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2009 Healthcare Benefits

We're pleased to examine your insurance benefits to see if they contribute to your care.

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Chiropractic for Kids

Good health starts early. Ask Dr. Julie how Chiropractic plays an important role in kid's development.

Issue: 21

3.17.09

Greetings!

With the recent warm temperatures hitting the 60s and 70s many of my patients are beginning to show signs of Spring Fever. Thankfully, this is a great time that often leads to healthy activities and lots of enjoyment.

Along with Spring comes good old Spring Cleaning, the tasks associated with cleaning your house, sweeping the garage, changing out your wardrobes, etc. As an integrative health practice focused on prevention, Spring Cleaning also involves ridding our bodies of toxins that accumulate year round.

There are many different ways to detoxify our bodies. I offer detox protocols including the Ion-Cleanse footbath, supplements and diets. Please read more about our different methods and feel free to ask questions during your next visit.

Live Healthy!

Dr. Julie Marchiol, DC, FIAMA

Ascent Health Center 303.343.8800

Detox: Spring Cleaning, its not just for the home!

Why Detox?

With the large amounts of pesticides, herbicides, additives, preservatives and other chemicals that are found in our water, food and air, our bodies can become contaminated. These toxins are deposited throughout the body causing gradual disruption to regular functions and creating an environment prone for disease.

What Will I Experience?

Healthy individuals can expect to feel lighter, more energetic, and to have a greater feeling of well being. Some patients with pain, edema, gout, headaches and swollen joints have reported relief. Other patients have seen positive results coping with arthritis and allergies.

There are simple detox protocols for every lifestyle.



The Ionic Cleanse Footbath:

Similar to the ionizers that clean your household air, a flow of ions in a footbath of water draws out and neutralizes the body's acid waste. The footbath enhances cellular activity enabling your body to detoxify at a higher rate.

Detox Supplements:

There are a variety of supplements in the marketplace that assist with detoxification. Livotrit Plus is a unique and effective formulation of herbal extracts, incorporating Ayurvedic principals with western science, providing support for healthy liver metabolism and detoxification systems. I work with Livotrit and other supplements to provide safe and effective detoxification.



Beet Cleanse:

The Beet Cleanse is a powerful cleanse for your liver and gall bladder. The cleanse stimulates better digestion and elimination. It tends to lower blood fats (cholesterol and triglycerides). Patients have experienced increases energy, concentration and memory. Read more about the [Beet Cleanse](#).

Why is Ascent different than other Chiropractic clinics?

Chiropractic + Acupuncture + NET + Nutrition

Could you imagine making four different appointments to bring together the disciplines of [Chiropractic](#), [Acupuncture](#), [NET](#) and [Nutrition](#)? Better yet, try getting each of your practitioners to communicate and share their findings.

Good news, you don't have to! Dr. Julie is pleased to provide each of these disciplines to her patients during each and every appointment.

Experience the benefits of Detox and SAVE!

- 2 jars of Detox
- Livotrit
- Beta
- TCP
- Hydrate
- Greens
- First
- Ascent water bottle
- 4 Ionic Cleanse footbaths
- Lymphatic Massage



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