

LOTUS NOTUS

“Optimum Health Naturally”

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Weight Control Workshop: Wednesday, March 16, Dr. Belluccio is presenting another workshop for the **Ideal Protein Diet**. There is no charge to attend, and each person will receive a free body composition analysis and recommendation. Learn about losing weight, detoxifying your body, and building lean muscle mass. The meeting runs from 6:30 – 8:30, and there is no obligation. Seating is limited, so call now to reserve your spot. Join our group of patients who are leaner and smaller with this diet!

Speaking of losing weight: Did you know that Food sensitivities, allergies, and intolerances can keep you from losing weight, even cause you to gain weight? Lotus Path now offers the ALCAT testing from Cell Science Systems. This diet indicates your level of sensitivity to various foods, safe foods for you, and provides a recommended diet that will allow you to lose weight and/or improve your body mass.

Lymphatic Drainage Massage is now offered by Clarice Ventrone, our Licensed Massage Therapist. This is the most important type of massage for breast health. The lymph system is located just below the skin, so the massage is simple and light to the touch. It is part of the circulatory system, moving fluid through the body for waste disposal to detoxify areas of edema. Lymph massage clears bacteria, excess water, and waste into the bloodstream to be removed by the kidneys. It removes inflammatory substances due to damage from trauma or surgery more quickly for a better recovery. The lymph system also helps the circulatory system deliver nutrients and oxygen from the blood to the cells. LDM is great for women recovering from breast cancer, as it moves fluids toward the axillary nodes to continue a healthy flow. Though you may prefer a deeper massage for healing and relaxation, this soft massage is important to keep our bodies healthy. The cost is \$70 for one hour, and includes instruction so that you can do it yourself.

Did you know that asthma is a chronic inflammatory disease that has been linked to food intolerances?

What's new at Lotus Path Wellness?? Our thermography camera!! Dr. Belluccio has a new state of the art camera this year that provides much better imaging with two different types of photography. In addition, the Men's Health Screen now includes a prostate screening. You will see the difference in the results of your next thermogram. Call today to get on the schedule.

Spring is Liver Detox Time. That's right, spring cleaning time! For a successful cleanse, Start with lots of healthy vegetable juices to provide ample nutrients while flushing the body. After 1-3 days, add in clear broths and other detox foods. Get lots of fiber to keep your digestive system at peak performance. Eat and drink liver friendly foods (see list). Establish good healthy eating and living habits (exercise, stress reduction, fluids, and nutritional foods).

Top Ten Cleansing Foods for Daily Detox:

1. Organic, leafy green vegetables.
2. Daikon
3. Lemon
4. Garlic
5. Whole Grains
6. Green Tea
7. Broccoli Sprouts
8. Cabbage
9. Fresh Fruit
10. Water

Share good health and save! That's right! When a new patient uses your name as a referral, you receive a coupon for 10% off any of our products or services. If you want to refer patients for thermography, we can provide you with important information about breast health at your request.

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