

How do Toxins accumulate?

Each year, U.S. chemical companies RELEASE over 7 billion pounds of 650+ different chemical pollutants into the atmosphere and water. In addition, industrial manufacturing plants and fossil fuel combustion RELEASE heavy metals into the environment, including 48 tons of mercury annually. Exposure to these ubiquitous chemical compounds and pollutants has created an overall toxic burden that extends from the very young to the very old.

Toxic elements are toxic to the human body and interfere with its functioning and undermine health: mercury, lead, cadmium, aluminum, arsenic, gadolinium, and others.

Toxic metals have no known physiological functions. They are toxic to organ systems and disrupt the balance of essential nutrients. They also create oxidation of fats, destroying cell membranes while essentially creating foreign molecules in our tissues and cells. They trigger immune attacks and inflammation.



The question isn't always "what am I deficient in?"

Environmental Medicine Perspective:

"Is there something in me preventing my body from healing itself?"

Build up of modern living (Environmental Toxin Overload) can prevent the body from healing itself, but we can clear things out that suppress our ability to heal through cleansing our body of these toxins.

At Vis Clinic, we can perform functional labs for:

- Environmental Toxicity Testing
- Mold Toxin Testing
- Toxic Heavy Metal Testing
- many more...

These test can help reveal the inner issues that may be causing the toxic overload that is plaguing our bodies system.

Our lab tests helps determine the true toxic burden patients carry while also allowing Doctor and Patient a means to track the efficacy of a cleanse program or therapy. To learn more about our lab, visit "Vis Labs" on our website!



How Can We Help Our Body Cleanse?



Cleansing through Chelation

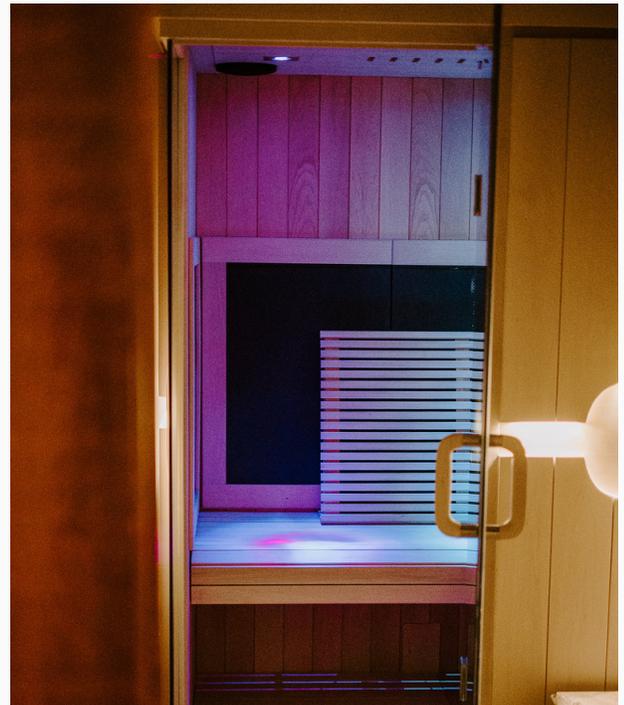
Chelation Therapy is a highly effective treatment for clearing heavy metals, excess calcium, and artery-damaging chemicals from the bloodstream. Although it was first used to treat heavy metal poisoning, chelation has since proven valuable for treatment of heart disease and other circulatory disorders.

Chelation utilizes EDTA (a heavy metal binder/antioxidant) in conjunction with vitamins to decrease toxic burden in the bloodstream, promoting improved circulation. Chelation works by removing heavy metals and decreasing inflammation in the circulatory pathways of the body. Chelation Therapy is typically ordered in a series of treatments.

Other Therapies

Vis Clinic offers services that aid the body in shedding its toxic burden:

- **Constitutional Hydrotherapy** -this therapy enhances the immune response, improves overall nutrition, promotes cleansing and helps restore nervous equilibrium. Naturopathic constitutional hydrotherapy works because it helps to optimize the quality of blood, while improving the efficiency of its circulation.
- **Wet Sheet Pack** -Aids in cleansing through the skin. Heating promotes sweating and elimination and is therefore useful in cleansing from environmental or chemical exposure.
- **Infrared Sauna Therapy** -Infrared Sauna is a type of sauna that uses infrared rays to cleanse the body of toxins instead of steam used in traditional saunas. Vis Clinic offers this service to the public and is available in a package purchase or individual sessions.



"Our Infrared Sauna is open to non-patients and can be purchased as a package or individual sessions."

10 and 25 day Vis Cleanse



Vis Clinic's 10 and 25 day Cleanse Program Have Everything You Need



This approach to cleansing the body of toxins consists of following a strict diet and supplement schedule, modified eating habits, and fasting. Participants will gain significant health improvements through the duration of the program, and will learn how to create sustainable health practices long after the cleanse is over!

We offer a variety of options which range from standard supplementation to full-service programs which include additional therapies to promote the greatest benefit from the cleanse.

Bronze

This package includes our powdered formulas to enhance nutrient dense superfoods, fiber, probiotics, and digestive enzymes—all important for cleansing. You have the option to add on our relaxing infrared sauna therapy to help boost the cleanse

Silver

This package includes a daily dose of specific supplements to help support cleansing and our powdered formulas for nutrient and digestive support. You have the option to add on our relaxing infrared Sauna therapy to help boost the cleanse

Gold

The ultimate cleanse experience. We provide everything you need to support cleansing. Our in-house cleanse therapies include IV support, infrared sauna and hydrotherapy. You will also receive specific supplements and powdered superfoods to enhance cleansing and increase nutrients

Promote Your Health Through Education



Vis Clinic offers an extensive library of webinars and other materials that give you the information you need to make informed decisions about your health! You can watch and learn for free with topics that include a breakdown of our 10 and 25 day cleanse program, this way you can learn what might be right for you!

To see a list of our current Webinars, please visit the web address:

<https://visclinic.myshopify.com/search?q=webinar>

Vis Clinic's Supplement Store

Our supplement store is open to the public

8am-5pm Mon-Thurs
and 8am-1pm Fridays

Come see us for all of your supplement needs!



20% off all supplements

Unleash The Vis!

Mark Your Calendars!

The sale dates are June 13th-17th

20% off all supplements in the store, come stock up!

Vis Wellness Kitchen



"Food is information for the body, Color in food is inspiration for the soul!"

*-Dana-
Vis Health
Coach*

Hearty Vegetable Fried Cauliflower Rice

4 SERVINGS 30 MINUTES



INGREDIENTS

1 head Cauliflower (coarsley chopped OR can purchase already riced cauliflower in freezer or cold section)
 2 tbsps Avocado Oil
 3 Carrots (peeled and diced)
 1/2 Yellow Onion (diced)
 2 Garlic Cloves (peeled and minced)
 1 Zucchini (diced)
 1 large Eggs (beaten)
 3/4 tsp Coconut Aminos (or more as needed)
 Sea Salt & Black Pepper (to taste)
 1/4 cup Basil Leaves (chopped)

DIRECTIONS

- 01 If using prepared riced cauliflower, skip this step; working in batches, place the chopped cauliflower in a food processor and pulse until a rice-like consistency has formed. Set aside.
- 02 Heat the oil in a large, deep skillet over medium heat. Add the carrots, onions, and garlic and cook for 2-3 minutes. Add cauliflower and zucchini and cook for 4-5 minutes. Add the egg and cook 1-2 minutes, stirring to combine. Pour the coconut aminos over the cauliflower mix and season with salt and pepper. Continue to cook for 2-3 minutes for the flavors to meld.
- 03 Serve with chopped basil on top.

Recipe adapted from the Food Babe Cookbook

Dana is a Functional Medicine Certified Health Coach. She decided to become a Health Coach to fulfill her passion of working with individuals to improve their health and lifestyle. She understands that changing habits and creating a healthy lifestyle doesn't happen overnight. She guides clients, helps them remove barriers, and create healthy habits one step at a time.

"Join Dana on June 15th from 12pm-1pm for a free in-house seminar diving deeper into the topic of cleansing and the health benefits associated!"