

## *What can Mud Packing do for me?*

Many studies of the use of mud therapies are available showing the positive treatment of a vast number of illnesses. Some indications of the therapeutic use of mud include:

- back pain
- PMS
- lumbago
- sciatica
- fibromialgia
- osteoarthritis
- rheumatoid arthritis
- gout
- trauma
- sprains
- fractures
- sports injuries
- post operative rehab
- metabolic disorders
- neurological disorders
- eczema
- colds and flu
- stress
- detoxification

To book an appointment or if you have any questions, please contact:

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## *Medicinal Mud*

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*Have you ever wondered  
what was blocking your  
best efforts at attaining  
optimum health?*

We may visibly heal from traumas, but the repercussions of physical trauma go far deeper than you might suspect. The body is a magnificent open system emitting, as well as receiving and absorbing, a wide range of frequencies. The body's bio-field is preeminent over all the body's biochemical processes. The state of the body's organ/gland hierarchy, that determines how fast a person is able to heal or recover from an illness or trauma, is determined by the quality of the field.

When a body experiences trauma chaos is created in the bio-field and may cause an "interference field" at the site of the trauma. Interference fields can reflex to other organs and tissues in the body.

Interference fields may be due to previous physical trauma including scars, falls, puncture wounds, blunt tissue trauma, and concussions. Insufficient nutrition at the time of the trauma or injury contributes to these interference fields.

To erase the locked in effect of the interference fields, I use highly resonant "mud" packs and castor oil packs on the points of trauma that test weak. Each site is tested for the specific solutions needed to clear these harmful reflex patterns that may be abnormally sedating organ/gland function. These sites, once restored, can now be permanently healed. Mud packs can quickly eliminate years of bio accumulated toxins that impair nerve, lymphatic, and energy flow.

*Nature has the answer*

The therapeutic properties of "mud" have been known for thousands of years. Mud packs have been used throughout history as preventative, alleviatory, and curative therapies.

Medical peat (mud) is harvested from deep within peat bogs. These bogs were formed at the end of the last ice age and are extremely rich in highly bio-available minerals, and contain biologically active substances. The mud packs contain essential natural minerals, trace minerals, and organic acids. Science has proven that a large number of these compounds and trace elements are in perfect balance to penetrate the skin's surface. The mud packs encourage the circulation needed to metabolize lymphatic drainage, detoxification, cell regeneration, and collagen production. The astringent properties in the mud help to draw out toxins, and impurities, and act as anti-inflammatories, thus relieving muscular and skeletal problems.

Mud therapies play an essential role in detoxification of the body. The local and systematic healing effects help to improve the body's self healing potential and assist in normalizing the body's systems by affecting the autonomic and metabolic functions of the body in a positive manner.

