

Every sickness, every disease can be traced to a mineral deficiency”

Dr. Linus Pauling, Nobel Laureate 1954

Toxin: (from Greek meaning an Arrow that was dipped in poison)

You might be surprised to learn that seaweed Detox treatments do more than firm up bodies.....they play an important role in your health and quality of life. Toxins are poisons that are aimed at undermining your health and rob you of vitality. And that the minerals contained in algae in their blended perfection can act as a antidote to the myriad environmental aging factors we call toxins.

Let's start with what toxins are. Some are contaminants ingested into the body by finding themselves in the water we drink, the food we eat and the air we breathe. They are in the form of heavy metals like mercury, lead, cobalt and cesium. Some are even radioactive including strontium-90 and an isotope of iodine that are known to contaminate our food and water. And they have a devastating on our bodies. These contaminants attack vital organs including the liver and kidneys.

The other group of toxins is generated as by-products of cellular metabolism. These toxins are proteins and they attract water....lots of it to the point that they create congestion of the body's lymph system. That feeling of bloat is not only uncomfortable....it leads to the infiltration of these toxins in vital organs and fat. The accumulation of toxins lead to a range of problems ranging from unsightly cellulite to serious health issues. These toxins can not only decrease our quality of life....they have been shown to drastically reduce life expectancy (see Carrell sidebar).

Now seaweed Detox wraps have been used in Europe to help the body eliminate these toxins. Seaweed is nature's richest source of minerals...as well as nature's most balanced source. Seaweed grows in seawater and seawater is chemically identical to blood plasma and the body's fluids. Because the minerals contained in seaweed are the smallest in molecular size, they easily penetrate through the skin to feed the body. (University of Rennes study: 1963).

Why is this important? Well the calcium and magnesium levels in seaweed help to decongest the blood and lymph systems. Swelling is reduced and the body

can evacuate toxins from the tissues and eventually out of the body. Additionally magnesium is vital in cellular renewal so your skin looks more radiant. Potassium and selenium fight off free radicals to protect cellular integrity and prevent premature aging. And if this is not enough, seaweed improves circulation so your legs look radiant.

Seaweed Detox wraps: They are vital for your health; and the best thing you can do to maintain a firm and youthful figure. Evo offers this service. Make an investment into your health.

Alexis Carrell sidebar

To illustrate the importance of detoxification, we need look no further than the work of Dr. Alexis Carrell. Nobel Laureate (1912), Dr. Carrell was awarded this honor for his pioneering work in France on organ and tissue transplants. To prove that animal cells can live in a seawater medium, he placed chicken embryo cells in a special flask engineered with the help of Charles Lindburg. The seawater bath used was isotonic meaning that it was a saline solution. The cells thrived for 5 weeks before eventually expiring.

Carrell was curious to learn what actually caused the cells to perish. He discovered that due to the buildup of toxins in the form of metabolic wastes, the pH of the water acidified that deteriorated their environment. It could be argued that this is an example of an ecological disaster like Lake Erie. So he repeated the experiment; and this time, he drained the toxic water and kept a fresh supply of seawater flowing in daily. Rather than perishing in 5 weeks, he kept these cells alive for 22 years! This led to his famous quote: "The cell is immortal; it is merely the fluid in which it bathes that deteriorates."

Carrell argued that life expectancy which may be 80 or 90 years might be in fact longer...say 120 or even 150 years! But due to the accumulation of toxins in the body, they attack vital organs leading to premature aging and disease...and eventually early death. In a world of environmental pollution and the corruption of the food supply, Carrell's research is more relevant than ever; the need for seaweed Detox treatment more vital than ever.

A nuclear reactor has a leak or a major breakdown such as Chernobyl or Three Mile Island. Strontium-90 gas escapes and mixes with clouds which drift over farmland. When it rains, the strontium-90 contaminates the soil. Grass and grains that grow in the contaminated soil absorb this dangerous element which cows graze on. The milk produced by these cows are now contaminated with Strontium-90 and we humans consume it in the form of a variety of dairy products ranging from cheese to ice cream.

Did you know that your body is 70% water, which is identical to seawater? Seawater is the soup of life that nourishes our cells and seaweed is the vehicle that delivers the vital nutrients of the ocean to restore balance to our own inner ocean. This ritual begins with an exfoliating paste of Himalayan salts and revitalizing essential oils preparing the skin for the nutrients to follow. Detoxifying oils are applied to specific meridians to facilitate drainage and detoxification. Next, a mineral-rich paste of rare seaweeds are applied to your body and you are cocooned, keeping you warm. After rinsing, we apply mineral rich algae extracts to nourish every cell in your body. "The cell is immortal. It is merely the fluid in which it floats which degenerates." *included in [personalized detoxification/wellness program](#)

There is another category of toxins that afflict us. These are produced by our own bodies every minute of every day. They are the result of cellular metabolism. As you may remember from your science class, cellular metabolism produces two products—energy and waste. Energy is used by the cell to create proteins to build and repair the body's tissues; create enzymes or synthesize hormones among other things. But, and there is always a "but," there is "waste." The waste is in the form of proteins that are routinely eliminated from the body in the form of urine and feces.

It is now universally conceded that our topsoil is impoverished due to a century of erosion brought on by modern methods of farming. The use of pesticides and artificial fertilizers, have depleted the minerals in our soil. Pesticides kill the rich fauna that make the topsoil their home—bacteria, larva and worms. Worms in particular constantly tunnel our topsoil making it porous and aerated. When the rains come, the spongy topsoil absorbs the water. But when worms are killed off by pesticides, the soil hardens into a clay consistency. Water is not absorbed; rather it runs off the surface eroding the top layer of soil with it. The runoff diminishes the topsoil and the minerals with it. This process has reduced the average topsoil in North America by more than 80% over the last century.

The consequence of such shortsighted agricultural practices is devastating. Fruit, vegetables and grains grown in chemically treated topsoil are

demineralized and devitalized. Combined with environmental stress and a diet that is formulated with chemical additives, and the result is catastrophic to health.

Now there is an abundant source of minerals and other vital elements such as copper, zinc and manganese that is relatively untapped—the sea. The oceans cover 70% of the earth's surface or 400 million cubic miles of mineral water. Seaweeds are plants that dwell in this mineral soup. Nutritionally, they provide more than five times as many minerals per ounce than the most mineral-rich vegetables. Further, seaweeds provide us with a perfect balance of these elements which are 100% compatible with the human body.

The human body itself is made up of 70% water that is qualitatively identical to seawater. The remaining 30% of the body is made up primarily of minerals and trace elements. Minerals are the building blocks of DNA and proteins. When there is a lack of any one of these vital minerals, there are health repercussions as noted by Dr. Linus Pauling. Lack of calcium can lead to water retention, bloat and eventually osteoporosis; lack of magnesium leads to a feeling of stress and skin that lacks tone; lack of potassium translates into lack of energy and poor cellular metabolism. So, what can we do? At Evo we have a solution and a plan.

Can Seaweed Treatments Feed Our Skin; Our Bodies?

Seaweed body treatments provide a natural solution. Minerals from seaweed are known to penetrate the skin's barrier to nourish our bodies. The infinitesimally tiny mineral molecules are able to migrate into the skin and become absorbed by the bloodstream according to research from the University of Rennes in France. This means that you can feed your body transdermally (through the skin). Spa Technologies is a leader in the development of therapeutic products that feed the body vital minerals. This is important when considering that some of the most common skin and body disorders such as cellulite, PMS, dehydration, obesity, lack of energy, stress, psoriasis and advanced aging are linked to mineral deficiencies.

The Spa Technologies offers two programs to restore vital minerals to rejuvenate aging skin and tone up bodies. Body wraps containing various species of seaweed are nature's best remedy for fighting cellulite and other conditions such as water retention and aging skin. Below are some of the seaweeds we use in our treatments:

Lithothamnium White Algae drives in calcium to drain away trapped fluids, reduce congestion and alleviate the symptoms of PMS and bloat.

Laminaria Brown Algae is iodine rich to stimulate the metabolism of fat and contains copper, zinc and manganese to stimulate collagen synthesis.

Porphyra Red Algae contains essential fatty acids and amino acids for their super hydrating qualities and their ability to protect cell membranes against free radical damage.

Used in spa treatments, these seaweeds also help to rid the body of impurities that congest circulation and are believed to aggravate the onset of cellulite.

The benefits of this therapy are only effective when incorporated into our daily hygiene. The At-Home Spa Cure continues a mild detoxification and remineralization of the skin. This regimen consists of remineralizing seaweed baths, aromatherapy oils, slimming and firming creams, herbal teas and seaweed supplements. The At-Home Spa Cure consists of two programs: Women's Balancing and Detox:

- **Women's Rebalancing:** Addresses problems associated with circulation and water retention due to hormonal imbalance and lymphatic congestion. Congestion is at the root of many ailments such as PMS, menopause-related skin aging and heavy legs. Transdermal penetration of calcium, magnesium and silica help drain the lymph system and relieve symptoms of PMS and bloat.

Treatment regimen calls for twice weekly baths with Sea Cal Bath powder and Drainage Oil consisting of Clary Sage, Cypress and Juniper that promotes elimination of trapped fluids and hormonal balancing. Following the bath, Anti-Fluid Gel is applied to affected areas of water retention. The Seaweed Firming Cream is applied over the body to tone sagging skin and moisturize.

Sea Cal seaweed capsules rich in calcium, magnesium and iron are taken daily on an empty stomach to restore electrolytes followed by our Women's balancing teas to act as a gently diuretic.

- **Detox:** Seaweed baths provide intensive remineralization using Laminaria algae rich in trace elements and iodine to stimulate metabolism and promote detoxification

through hydro-lymphatic drainage. These toxins may be byproducts of metabolism or the result of nutrition and the environment. Ionizing minerals found in the bath powder neutralize free radicals responsible for many common afflictions and aches and pains. Our blend of essential oils works on the liver and intestines to restore purity to the body's eco-system and promote a more youthful lifestyle.

Treatment regimen calls for twice weekly baths with Sea Detox Bath powder and Detox Oil consisting of Cinnamon, Ylang Ylang and Rosemary that promotes elimination of trapped toxins found in the liver and intestines. Following the bath, the Laminaria Replenishing Extract is applied to affected areas of localized fatty deposits (hips, abdomen, thighs and upper arms). The Seaweed Firming Cream is applied over the body to tone sagging skin and moisturize.

Sea Detox seaweed capsules rich in Potassium, trace elements, iodine and mucopolysaccharides are taken daily with meals to restore electrolytes followed by our Detox balancing teas to help to purify the liver and increase metabolism of trapped fats.

Come to the Spa Central Coast and let us help you restore the real body that is in you.