

## Coloradoan

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### Health improvement naturally: A work in progress

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Since March, I've been trying to improve my overall health. To do that, I started visiting Natural Health Center of the Rockies and have been on a regimen of organic vitamins and supplements.

The most interesting thing for me is how quickly my body responds to the supplements. I'll go in one time and my adrenal glands are overactive. They have me increase the daily dose for the supplement that supports the adrenal glands and the next time I go in, my glands are back to normal.

The biggest challenge for me since I was a little kid is allergies. I've done everything. I had shots for several years and seemed to outgrow most of them. Then in my mid-30s, they returned and I started taking prescription medicine.

I naively thought my allergies would cause less trouble for me living here than they were when I lived in Iowa. Boy was I wrong. If anything they've only gotten worse and I suspect I'm reacting to some new things.

So, when I went in to see Tammy Jenkins last week, she suggested we try an alternative treatment for allergies. I'll warn you, it's pretty out there. It involves holding a glass filled with small vials of what you are allergic to (in my case mixed grasses, weeds, pollens and pine trees) and then touching and lasering acupressure points.

I haven't noticed any big change yet, but anything that could reduce my allergy symptoms has to be a good thing.

A machine massage

I'm a big fan of regular massages and have been getting them for the past seven years. That's why I was intrigued when Nancy Freibert, owner of the Fort Collins MIGUN store, called.

She suggested I try the MIGUN massage beds, so I did. The MIGUN Thermal Massage Bed combines massage, far infrared heat therapy, chiropractic therapy and acupressure all in one. Its technology combines helium-based light bulbs with jade stone massage heads to create infrared heat that penetrates 1 to 2 inches beneath the skin's surface.

The bed's pressure heads stop periodically to apply pressure to acupuncture points along the spine. When the pressure is released it causes a flushing of toxins out of the blood stream, which promotes better circulation. And here's the best part: spending 30 minutes on the massage bed is similar to an hour of jogging.

So far I've managed to go in twice to use the beds. It's a sad fact that my life is so hectic I can't even manage to make time to relax. Freibert tells me I really need to come in three or four times a week to see the maximum benefits.

If you're interested in trying out the beds, you can do so between 10 a.m. and 7 p.m. Monday through Friday and from noon to 4 p.m. Saturday. There's no charge, but Freibert has a suggested donation of \$5 per visit to help offset her costs.

That's a pretty good deal. Freibert also sells the beds and it would cost you more than \$3,000 to have one of them in your home.

Natural Health Center of the Rockies

Phone: 225-6900

Owners: Bill and Tammy Jenkins. Bill is a chiropractor and physical therapist and Tammy is a registered nurse and clinical nutritionist.

MIGUN

Address: 3307 S. College Ave.

Phone: 377-2919

Owner: Nancy Freibert

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