

HEALTHY *Lifestyles*

Obtaining Optimal Health



Cecelta Bryniawsky

by Cecelta Bryniawsky, Electro-Dermal Screening Technician

Fall is here and it is time once again to take a look at your health and well being. Just as you clean your house in the spring and fall so should you do some "house cleaning" of your body. There are three steps you should consider taking: (1) eradicating unwanted pathogens such as viruses, bacteria, parasites, yeast/fungus overgrowth, environmental pollutants, and heavy metals. (2) Rebuilding the areas of the body that were stressed or diseased (3) Maintaining health with good hydration and nutrition, as well as exercising and adequate rest.

The first thing I suggest is finding out if you have parasites. Once thought to be the plague of poor undeveloped countries, parasites are fast becoming a quiet epidemic for Canadians. These little critters, including Hookworm, Pinworm, Fluke worm and Tapeworm to all the varieties of Amoeba's, bring a myriad of symptoms. People with parasites often suffer from eczema, heartburn, constipation and diarrhea, as well as headaches and a general feeling of fatigue. It is important to determine which parasite you have as they often require different treatment.

Another consideration is a yeast or fungal overgrowth. Our North American diet is quite lacking (to say the least) with an overabundance of *white bread*, *white pasta*, *white rice* and *white sugar*. All of these things encourage a yeast/fungus overgrowth as well as our dependence on conventional antibiotics as a heal-all. Yeast and fungus overgrowth can have similar symptoms and it is important to

differentiate between the two to ensure proper treatment.

Heavy metal toxicity, such as mercury and lead, can be extremely detrimental to your health. Heavy metals are often found in our soil and water supply and our fish are also being contaminated. Symptoms are vast and vary from depression and insomnia to arthritis

and muscle weakness.

Having these things identified and treated in a natural and holistic manner will get you well on the way to obtaining or maintaining optimal health.



Tired of Battling Illness?

Not Getting Answers to Health Issues?

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Cecelta Bryniawsky

Wellness Consultant

Electro-Dermal Screening Technician

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What is Electro-Dermal Screening?

Electro-Dermal Screening is a non-invasive procedure that tests for the presence of pathogens such as parasites, viruses, bacteria, yeast/fungus, heavy metals and environmental pollutants; as well as determining food and environmental sensitivities.

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