

Mud Therapy and other Simple Solutions for Health

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Abstract

There are so many health tools and treatments people can use to increase their health. As practitioners so many of us focus on labwork, nutrients and, often, complicated remedies, that patients do in office. I find patient compliance to be higher when I give them homework so they can empower themselves. The homework must be easy to do, if we want them to succeed and to continue on their journey toward optimal health. I have found that giving small things which can be done anywhere, anytime and be FREE of cost improves the outcomes for success. Little things can go a long way. I will love to share some of these Simple Solutions with you. Additionally I will like to share one of my favorite remedies that can be done in office and at home: Mud Therapy. It is an ancient remedy to detoxify and cleanse the organs, glands and muscles literally through the skin – our biggest organ! Most people feel clear and energized right away. This is a fantastic remedy for the overload of heavy metal toxins in the environment and especially useful for children because it is topical and – after all it is mud! They love it. Parents can continue the treatments at home making it easier for them and more affordable.

Received: April 07, 2022; **Accepted:** April 17, 2022; **Published:** April 27, 2022

Biography

Julie. E Health was born in USA, Nutrition & Fitness Spokesperson for TV/Radio, Magazines. Author, Vitamin & Anti- Aging Expert, Healer, Fitness product Developer. Working with individuals to improve their health and reverse the clock. Working with brands who's products are in alignment with our high energy quality - product development, and marketing strategies using Nutrition Expertise, Spreading health with Simple Solutions she has 32 Years of Experience as: Registered Dietitian , Fitness professional , ExerciseInstructorandPersonalTrainer

She begun her teaching fitness in high school. Certified by NASM, ACE, AIS, IM=X, and more. Reinvented Stretching with the Stretch Ball. It feels great AND in 5 minutes you feel as though you had the best massage, and as if you just finished a yoga class. Range of Motion improves instantly. StretchBall will replace the foam roller, simply because it deflates and can easily travel with you, feels great while using it & it goes where the foam roller cannot: neck, chest, groin, throat & 100% of your body.