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Lexington Chiropractic and Alternative Health Care Offers Free Wellness Scans During Focus on Nutrition Month

The desire to get healthy and stay healthy is the primary reason more and more people are turning to natural health care, or complementary and alternative medicine, according to this Lexington chiropractic physician.

/24-7PressRelease/ - LEXINGTON, VA, April 24, 2008 - Dr. Tamara Santa Ana, D.C., a local chiropractic physician, says a growing number of people are turning to natural health care in an effort to obtain better health and then stay that way through complementary and alternative medicine.

March is a good month to focus on nutrition, so to help members of the public with better health through nutrition, Santa Ana is offering a free wellness scan (tm) using ZYTO technology.

Santa Ana, of ProActive Health Solutions and Chiropractic, is using the newest biotechnology from ZYTO Corp. to make better decisions about the health care needs of patients. There have been well over 150,000 clinical health assessments performed by health care professionals using ZYTO (tm) technology. The accuracy of the results and science that supports it has enabled Santa Ana to avoid guesswork and trial and error in the process of selecting the best nutritional supplements and other remedies for patients.

"As more and more people experience the accuracy of a health scan and assessment from the ZYTO technology, they are so enthused that they tell everyone they know. This has been one of the primary reasons so many people are trying natural health care," explained Santa Ana.

The goal of natural health care is to assist the body to heal itself by giving it what it needs to stimulate the body's defense mechanisms and processes. It is based on the belief that the body can heal itself and then stay healthy, if it has what it needs. The ZYTO technology is used to communicate with the body and determine what is needed to bring it into balance.

The human body has an innate ability to heal itself through self-cleansing, self-repair, and therefore self-healing. This process can be achieved by focusing on the immune, hormonal, nervous, and detoxification systems of the body. Once these systems are in balance, restored health is the probability, according to Santa Ana.

"The body's self-healing ability can be better understood if one takes into account the fact that homeostasis, or biological balance, is the main characteristic of any healthy system," explained Santa Ana.

ProActive Health Solutions and Chiropractic is located at 150 Walker St. at Summit Sq., and appointments can be made by calling 540-463-2462.

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