



Treatment at
Sanoviv

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Introduction to the **Medical Program**

Every guest at Sanoviv will benefit from a team of professionals that includes an experienced, internationally-trained medical doctor, a dentist, a psychologist and a nutritionist. Diagnostic tools are unique and therapies include a wide range of modalities including orthomolecular nutrition, bio-resonance homeopathy, bioenergetic technologies and biological dentistry. Sanoviv is dedicated to addressing health concerns in a 360° fashion to find the underlying cause of degenerative disease.

Diagnostic Tests

Diagnostic tests are important to assess the overall function of organs and cells. At Sanoviv, two categories of testing are used, blood testing and organ function tests.

Blood tests

In addition to an extensive panel of blood chemistries, a package of specialized blood tests is included in most programs to assess vitamin levels, cardiovascular health and platelet “stickiness.” Sanoviv has made special arrangements for you to have these tests completed prior to your arrival to take advantage of your local laboratories and, when applicable, your health insurance. With labs in hand, your program can begin as soon as you arrive.

Organ function tests

Functional tests can detect suboptimal function prior to the development of clinical signs and symptoms. Sanoviv utilizes the most progressive medical technology to detect dysfunction at its earliest stages, tools such as the WatchPat (for sleep apnea), the EndoPAT (for blood vessel inflammation) and thermography (for inflammation in the breast).

Treatment Program

After the battery of blood and functional diagnostic tests have been completed, your Sanoviv team implements a comprehensive treatment program that is both standardized and individualized to meet the health needs of each guest. Your team works together to ensure that you receive the treatment that is most effective for you.

Blood tests

Blood Chemistry Panel

Blood tests are necessary to identify pathology, predict risks, and detect gross nutrient deficiencies, such as protein malnutrition. It's the first step in every program.

Urinalysis

Testing urine is a screen for bladder and kidney infections, blood sugar disorders, and other metabolic abnormalities.

Functional Intracellular Analysis (FIA™)

Overwhelming scientific evidence confirms that vitamins contribute to your health. Even 50 percent of those taking daily supplements can still be deficient. The FIA™ is a specialized, patented test that measures the levels of vitamins, minerals, amino acids and antioxidants in your system so that targeted nutritional replacement can correct deficiencies. It is unique in that it can assess the steady state of your nutritional status over the preceding three to four months.

Lipoprotein Particle Plus Panel (LPP)

The LPP blood test is the most advanced lipoprotein test available. Unlike traditional cholesterol tests, the LPP panel measures the size and number of several classes of lipoprotein particles, critical risk factors as cited by the National Cholesterol Education Program. Specific nutrient and dietary recommendations will be made to normalize cardiovascular risk based on the LPP profile.

Aspirin Response Test ART™

The ART™ urine test is a measure of the level of thromboxane in your body. Thromboxane is produced by platelets, small blood cells that stick together to form blood clots and control bleeding. The ART™ is an assessment of "platelet stickiness" and risk of heart disease or stroke.

Functional Diagnostic Tests

D.I.S.C. Personality assessment

As soon as a guest reserves their program at Sanoviv, a link will be sent via E-mail to complete an online personality profile. The DISC profile is an assessment of four basic behavioral styles: Dominance, Influence, Steadiness, and Conscientiousness. Each guest will review the individualized report with a trained psychologist. The tool will help to teach new skills for improving communication and reducing conflict in all areas of your life.

Bio impedance analysis (BIA)

The BIA is a non-invasive method to measure the ratio of body fat against lean muscle mass. BIA helps to determine a realistic plan for weight loss, weight management and improved health.

Heart rate variability

Heart rate variability (HRV) refers to the beat-to-beat variability within heart rate. Under resting conditions, the ECG of healthy individuals exhibits variation in rhythm of the heart rate. When this is lost, and the length of time between each beat becomes the same, certain cardiac risks come into play. The assessment reflects the overall condition of the health of sympathetic and parasympathetic nervous system.

WatchPat Assessment

This is a simple, non-invasive over-night test to identify obstructive sleep apnea. Untreated sleep apnea affects more than 12 million persons in the US alone and can lead to an increased risk of hypertension, stroke, cardiovascular disease, depression, memory loss, weight gain, impotence and even increase the risk of sudden death.

EndoPAT

The endothelium is the thin layer of cells that line the inside surface of blood vessels. The EndoPAT assessments is an FDA approved, non-invasive test to assess inflammation, the earliest marker for risk of stroke, heart attack and other cardiovascular diseases.

Heidelberg Gastric Analysis

The Heidelberg test has been used for over 30 years with more than 143 published studies published about its use since 1977. This 90 minute test involves swallowing a vitamin-sized capsule that is a pH meter and radio transmitter. Diseases associated with gastric acid deficiency can include adrenal disease, asthma, diabetes, chronic hives and a long list of autoimmune disease.

Biological Terrain Analysis (BTA)

The BTA assesses the pH, reduction/oxidation balance, and mineral content of the blood, urine, and saliva. These measures indicate how well the body is functioning at the cellular level. Because of the sensitivity of this test, all samples must be collected first thing in the morning before eating, drinking, or brushing teeth.

Digital Infrared Scanning (Thermography)

Thermography is the use of a digital infrared scanning to detect differences in body surface temperature. This painless, noninvasive technique is used to scan the breasts and the musculoskeletal system to identify inflammation or poor circulation. It is valuable for identifying areas of concern in the breast years before a mass can be detected by a mammogram.

Radiology

Ultrasound

An ultrasound is a type of radiation-free imaging used to view organs structures such as liver, kidneys or spleen. Depending on your program, an ultrasound of various organs may included be view your organs or to monitor response to a treatment.

Microscopic Live Cell Analysis

Examining blood cells under a microscope provides a wealth of information not available from standard blood tests. The analysis uses a high-magnification microscope to observe living blood cells. Darkfield and phase contrast microscopy can assess the health of red and white blood cells, while bright field microscopy determines the level of free radical damage. A photographic reproduction of the live cell analysis is available to each guest.

X-ray

A baseline chest X-ray provides information regarding the health of the heart, lungs, diaphragm and upper gastrointestinal tract. Additional x-rays may be ordered to monitor the progress of your treatments. Even though the equipment used at Sanoviv reduces x- exposure by more than 50 percent, we minimize the amount of radiation by ordering studies only when absolutely necessary.

Energetic Assessments

The VEGA system was developed by Dr. Reinhard Voll, a German physician. The machine measures skin resistance over acupuncture points to identify imbalances in specific organs. This subtle diagnostic method can detect underlying health problems long before clinical signs and symptoms occur.

Sanoviv Medical Treatments

Sanoviv's medical programs incorporate advanced medical technology with effective integrative medical treatments available. The results are unique, non-toxic, scientifically-developed and proven therapies that combine the best of conventional and alternative care.

Infusion therapy

Integrative physicians often use high doses of oral nutrients to encourage natural healing. However, only a certain amount of any vitamin or mineral can be absorbed at one



time. Intravenous infusion of nutrients directly into the bloodstream carries the nutrients directly to the tissues at much higher dosages than can be tolerated orally.

Glutathione

Glutathione is required to maintain the normal function of the immune system and is the body's most important intracellular antioxidant. Infusions of glutathione have been document to improve peripheral vascular disease, diabetes, Parkinson's disease and a host of other conditions.

Matrix Regeneration Therapy (MRT)

MRT is a detoxification treatment that focuses on the matrix, the soft connective tissue that acts as a conduit to the cells of every organ in the body. The matrix provides access to the lymphatic and circulatory systems, transporting nutrients to the cells, and disposing of waste products. Proper organ function is dependent upon a healthy matrix. Establishing normal function of the connective tissue matrix is a vital first step in healing the body.

MRT repairs the connective tissue matrix in three ways. Each of these methods is successful independently, but the synergistic effect of using them together makes MRT a powerful healing tool. These three methods are:

- Petechial vacuum extraction massage
- System information therapy
- Direct current treatment

Petechial vacuum extraction massage

The vacuum created by a skin roller draws toxins and metabolic wastes to the surface of the body for excretion. This treatment is typically performed on the back but all organs are stimulated through nerve endings in the skin.

Temporary red marks and bruising may result due to fragile capillaries or damaged tissue. As the skin and organs become stronger and more resilient, these transient side effects are less pronounced and will disappear more rapidly. With detoxification and improved health, any discomfort experienced during treatment will diminish. Also, the therapist can adjust the level of suction to a tolerable level.

System information therapy

Every substance in the body has a unique pattern of electromagnetic oscillation. The toxins and waste products mobilized by the vacuum massage have patterns that are pathological to the body. These frequency patterns are reversed by MRT and reintroduced into the body. This allows the body to recognize the pathological nature of these substances and initiate proper detoxification.

Direct-current treatment

The third component of MRT consists of subtle direct-current stimulation. This electrical treatment reduces inflammation and supports tissue regeneration by reestablishing appropriate electrical polarity in the tissues.

In addition to the benefits already mentioned, MRT enhances immune function, stimulates blood and lymph production and circulation, moderates the hormonal system, and reduces the effect of stress on the body.

NOTE: When undergoing MRT, guests are encouraged to drink extra water.

Chelation therapy

Chelation is a process used to rid the body of heavy metals such as lead, mercury, and cadmium, and other environmental toxins. An intravenous solution of a substance known to bind these toxic substances is infused to eliminate the substance from the body.

antioxidants to promote health and healing. The Sanoviv medical team primarily uses USANA™ nutritional supplements to support guests in achieving and maintaining optimal health because the products meet pharmaceutical grade standards, and guarantee purity and potency.

Orthomolecular medicine

At Sanoviv, food is medicine.

The term orthomolecular medicine was coined by Linus Pauling, PhD to describe the practice of using high quality nutrition and supplementation to prevent and treat disease. Our physicians and nutritionists use these principles to recommend food, vitamins, minerals, nutrients and

Hyperthermia

When threatened by illness, the body induces fever as one of its first lines of defense. Therapeutic hyperthermia uses infrared light to raise the body temperature. This technology enhances the immune system and increases the metabolism and effectively kills cancer cells and disease-causing microbes.

Ultraviolet Blood Therapy

Small amounts of blood are passed through a sterile apparatus that is infused with ultraviolet light. The UV is transported by red blood cells through the body, eliminating pathogenic organisms. This treatment is a powerful tool for cleansing the blood and supporting the healing mechanisms.

Extra Corporeal Ozone Sessions

A new and effective therapeutic approach to cleansing the blood is available through a technique called extracorporeal blood oxygenation and ozonation (EBOO). This treatment is performed with a high-efficiency apparatus that treats the blood with a mixture of oxygen-ozone for extraordinary results. Extracorporeal ozone sessions uniquely facilitate the elimination of microorganisms and other toxins from the bloodstream for overall cleansing and health.

Hyperbaric oxygen

Administering oxygen under pressure can increase

the delivery to oxygen to the tissues at much higher concentrations than can be delivered by breathing ambient air. This is because increasing the pressure of oxygen saturates the blood plasma, not just the hemoglobin in the red blood cells. Both clinical and experimental evidence suggests that hyperbaric oxygen treatments are beneficial in reducing mortality and improving the functional recovery of brain injuries and other neurodegenerative diseases.

Colon Hydrotherapy

Colon hydrotherapy, is a safe, effective method of removing waste from the large intestine without using drugs. By introducing filtered and temperature regulated water into the colon, the waste is softened and loosened, resulting in evacuation through natural peristalsis. Colon hydrotherapy is best used in combination with a detoxifying diet and exercise. Today's sophisticated technology promotes both the safety and sanitation of this popular cleansing practice.

Bioenergetic Medicine

Since the ancient times, humans have used energy to heal disease. Modern science has used proven what the ancient healers intuitively knew: living organisms are made from energy. Humans, animals and plants emit a range of electromagnetic frequencies.

Energy tools can be used diagnostically to identify problems and as a treatment to realign dis-harmonic frequencies. Bioenergetic medicine restores cell function by introducing appropriate energy wavelengths and frequencies into damaged cells. This is not simply a suppression of symptoms; it is a restoration of proper function.

Understanding energy in this way is a fresh perspective. Healers of the past knew intuitively that everything on the earth emits a unique pattern of energy. Bioenergetic medicine, in one form or another, has been around for thousands of years. Sanoviv is proud to be at the forefront of the resurgence of this revolution, using a variety of German instruments and technological equipment for health and healing.

Bioenergetic therapies are administered in an area of our hospital referred to as the Quiet Room. An elegant place with restful views of the ocean allows the healing frequencies to resonate within your body as restorative medicine.

Medical microcurrent: The Electro-Acuscope™

Sanoviv uses a unique form of medical microcurrent through a device known as an ascusope. This revolutionary life-changing technology heals tissues at the cellular level and rebalances bio-electrical flow. The result is reduced healing time and relief of long-standing chronic pain. Guests may experience a barely-perceptible tingling sensation during this remarkable treatment.

Ondamed™ biofeedback

The Ondamed technology works by using mild sound and accompanying magnetic pulses to stimulate the body at various frequencies. The relaxing wave lengths are part of a cellular biofeedback process that allows the patient to "relearn" how to be in a healthier state. Many studies have shown that sound frequencies help re-establish the proper balance between the sympathetic and the parasympathetic nervous system.



Sanoviv[®]
Sanoviv Medical Institute
Science Healing Heart



Introduction to the

Detoxification Program

The human body is an intricate and complex organism. Under normal conditions, the body can fight off disease and stay healthy. However, in our increasingly toxic world, we are under frequent assault from pollution, pesticides, processed food, stimulants and stress. These noxious substances force the body to work constantly to metabolize and excrete toxins. At the same time, we have begun starving ourselves of the nutrients necessary to neutralize and dispose of these poisonous substances. The end result is that the body becomes overwhelmed and begins to lose its ability to function effectively. This process is a contributing factor in the development of many chronic degenerative diseases. Detoxification is an important part of the healing process. Even the best holistic therapies will have only limited success when the body is battling a toxic overload. For this reason

Sanoviv has developed a comprehensive cleansing program. The diet, medical treatments, fitness program and spa therapies are all designed to assist the body in ridding itself of toxins. The detoxification department at Sanoviv focuses on cleansing through the colon and the skin, two of the most important elimination organs of the body.

The Digestive Process

During the digestive process, food is changed into simple molecules that can be absorbed into the bloodstream and carried through the body. Proteins are broken down into amino acids; carbohydrates are reduced to simple sugars, and fats become fatty acids. These simple molecules are then used to build new tissue and to continue the work of the body. The following organs contribute to the digestive process:

- Brain** : When food is seen, smelled or even thought about, the brain sends a message to the salivary glands to secrete saliva. The brain also directs every other part of the digestive process.
- Mouth** : Food is broken down by chewing and by ptyalin (amylase), an enzyme that reduces carbohydrates to simple sugars.
- Esophagus** : Swallowing moves the food from the mouth into the esophagus. It then reaches the stomach by esophageal peristalsis, a wavelike motion of the muscular digestive wall.
- Stomach** : The churning action of the stomach mixes the food, much as mixing a bowl combines ingredients. Pepsin and hydrochloric acid begin to break down the food particles into smaller molecules. The food becomes a semi-liquid, called chyme, which enters the duodenum, the beginning of the small intestine.
- Pancreas** : Pancreas: Enzymes such as trypsin, chymotrypsin, lipase and amylase are secreted from the pancreas into the duodenum, to further break down food molecules. The pancreas also produces insulin, which regulates sugar in the blood.
- Liver** : Bile from the liver is stored in the gallbladder and is secreted into the small intestine to emulsify fat molecules. The liver metabolizes wastes and toxins so they can be excreted by the body.
- Small Intestine** : The small intestine is not small at all. This approximately 22 foot long tube begins with the duodenum and continues as the jejunum and then the ileum. Bile, enzymes and bacteria break down undigested matter in the small intestine. The food molecules are then absorbed through millions of microscopic finger like protrusion in the intestinal wall called villi. Peristalsis continues to move the mass of digested food along the small intestine. Anything that is not digested in the small intestine is sent to the colon.
- Colon** : The colon (large intestine) completes the process of absorbing nutrients and also reabsorbs water from the digested matter. The solid waste is then expelled through the anus as feces.

Structure and Function of the Colon

The colon, or large intestine, is a tube made of smooth muscle situated at the end of the digestive tract. It is approximately 5 feet long and 2.5 inches in diameter. The colon completes the digestive process and prepares food waste and other body waste for excretion. It is normally populated by billions of "friendly" bacteria that detoxify waste, synthesize certain vitamins and help guard against infection. These bacteria make up approximately 70% of the dry weight of feces. The colon is divided into three segments:

- **Cecum and ascending colon** | Liquid food waste moves from the small intestine to the cecum after passing through the ileocecal valve. The waste is then propelled by peristalsis through the ascending colon.
- **Transverse colon** | Water, minerals and vitamins are reabsorbed here
- **Descending colon** | Here mucus is secreted to coat the feces prior to expulsion through the rectum and anus.

Healthy people on a plant based diet have at least one bowel movement daily and have a bowel transit time from eating to defecation of 24 hours or less. In unhealthy states, such as poor digestion, yeast overgrowth, colitis or other disease, chronic constipation and diarrhea are usually accompanied by autointoxication. This is self-poisoning. Soluble

wastes are reabsorbed into the blood stream and circulate throughout the body. Auto-intoxication places a heavy burden on other organs of elimination, such as the kidneys, liver, skin and lungs.

Proper colon function is necessary for health. It is estimated that up to 80% of disease is caused, in some part, by colon malfunction.

Creation of Hardened Mucoïd Matter

The body can protect itself from harm when toxic substances are ingested. The first line of defense is a mucus substance that is secreted throughout the digestive tract when the mucous membranes of the intestines have been irritated. This secretion occurs in the presence of dairy products, dead, decaying and spoiled foods; stimulants such as alcohol, sugar, coffee, tea, nicotine, soda pop and drugs. Pancreatic enzymes strip the mucus off the intestinal membranes within a few days and digestion returns to normal.

This protective mechanism was designed to deal with the occasional toxic substance. However, in the modern world, most people ingest decaying foods and stimulants every day. This causes layer upon layer of mucus to be secreted into the digestive tract.

The pancreas is unable to keep up with the body's demand for removing the mucus layers and they eventually become so thick that peristaltic action is inhibited. This results in a slower transit time, which is the length of time needed to digest food and remove waste. Bacteria in the intestines begin to ferment the stagnant food, causing gas and bloating.

The undigested, fermenting waste becomes sticky, as water is reabsorbed by the colon. When this sticky waste passes through the colon, part of it adheres to the walls creating layer after layer of tough, glue-like feces that cannot be removed by peristalsis. The

feces become dehydrated, leading to constipation.

Feces become trapped in the diverticuli (pockets along the length of the colon wall), which can result in stagnation, infection and inflammation (diverticulitis). This toxic process can also lead to colitis or irritable bowel syndrome and can even contribute to colon cancer. The body works overtime to try to handle the toxic overload, but in the absence of significant dietary change, it is a losing battle. As digestion becomes increasingly compromised, food is only partially digested and nutrient absorption decreases. Lack of necessary nutrients further restricts the body's ability to deal with toxins. The intestinal walls become irritated and are unable to prevent toxins and undigested food from being absorbed into the blood. This leads to a heightened immune response and can contribute to the development of autoimmune disease and other immune dysfunction. Eventually, every part of the body is compromised due to the lack of necessary nutrition reaching the cells and the toxic load circulating throughout the body. Chronic conditions can develop in the skin, nervous or cardiovascular systems, or any other part of the body.

Many people have suffered for years from toxic process, which can result in any of the following symptoms:

- Aches and pains
- Bad breath, coated tongue, body odors
- Brittle hair and nails
- Constipation
- Cravings
- Disease
- Gas, belching, bloating, cramping
- Insomnia, irritability, nervousness
- Lack of energy, fatigue, depression
- Lack of sexual response
- Loss of memory or concentration
- Menstrual problems
- Skin problems
- Swelling of legs
- Weight problems
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These symptoms of toxic overload may develop in the part of the body that is overloaded or in a weaker body part. For example, watery eyes and a runny nose may be symptoms originating from an unhealthy intestine. Using a sinus spray in this situation will provide only a temporary relief, as it does not address the source of the problem. The focus of all detoxification and other treatments at Sanoviv, is to uncover and resolve the root of the problem, rather than simply treating symptoms.

Bacteria in the Digestive System

A healthy digestive system contains a delicate balance of bacteria. “Friendly” bacteria, such as *Lactobacillus acidophilus* and *Bifidobacterium*, synthesize some vitamins and help digest food. These friendly bacteria keep the “unfriendly” strains of bacteria in check. Harmful bacteria—such as *Salmonella*, *Shigella*, etc., ferment undigested food causing gas, bloating and other problems. The modern diet causes toxic accumulation within the digestive tract and creates a breeding ground for unhealthy bacteria.

Most raw food creates an environment in which the friendly bacteria flourish, thus supporting proper digestion and elimination and contributing to improved health in the following ways:

- Reduced cholesterol
- Increased immune function
- Reduced bad breath, gas and yeast infections.

What is Colon Hydrotherapy?

Colon hydrotherapy or CHT is an internal bath that helps cleanse the colon of poison, gas, accumulated fecal matter and mucus deposits. This gentle, health enhancing treatment has been beneficial throughout history, with the first recorded use in 1500 BC.

CHT is more effective than enemas because the entire colon is treated and water is not purposely retained.

CHT can be used on its own to improve health or it can be used in conjunction with other therapies. When elimination is improved, the body responds more effectively to all other holistic healing therapies.

massage may be applied to the feet to promote bowel relaxation. During the 45 minute treatment, the flow of water into and out of the colon may be repeated 3-6 times. The modesty of the guest is preserved during the entire process.

CHT is administered by a trained therapist. Sterile, single-use equipment introduces filtered water via the rectum. The therapist controls the water flow, and uses external abdominal massage to soften fecal matter and old deposits on the colon wall. This waste is then removed from the body when the gentle water pressure is released. Reflexology

Herbal preparations may be added to the water to aid in healing certain health conditions. Probiotics, incorporating *Lactobacillus acidophilus*, may also be used as a temporary colon implant to normalize bowel flora.

Is Colon Hydrotherapy Safe?

CHT is completely safe. The sterile equipment is used only once. Water is filtered through a reverse osmosis system and enters the body at very low pressure, so there is no danger of contamination or bowel perforation. Unlike regular use of laxatives, CHT is not habit forming (except in a positive way!). Judicious use of CHT strengthens colon muscle tone and greatly improves colon function.

Results of Colon Hydrotherapy

Most people quickly notice improvement after CHT. Many report a greater sense of well-being, improved mental clarity and a sensation of lightness. Guests may experience immediate or gradual relief of bloating, constipation, toxic headaches, painful hemorrhoids and skin problems. With regular CHT, nutrients are absorbed more effectively, reducing the risk of bowel disease and leading to improved health.

Who Can Benefit from Colon Hydrotherapy?

Virtually everyone can benefit from CHT because any health condition related to toxic overload will be improved. Even people who have a good diet with regular bowel movements may have a build-up of hardened mucus deposits which can hinder proper elimination. CHT cleans out these accumulated deposits, and improves colon function and overall health, even in the absence of disease.

Conditions Positively Affected by Colon Hydrotherapy

- Allergies and asthma
- Candida overgrowth
- Constipation and diarrhea
- Depression
- Diverticulitis
- Fatigue
- Gas and bloating
- Headaches
- Hemorrhoids
- Inflammatory bowel disease (colitis, Crohn's)
- Irritable bowel syndrome
- Skin problems (acne, eczema, psoriasis)
- Other acute and chronic health conditions)

CHT can also be used to improve the results of therapeutic diets and fasting.

Number of Treatments Needed

Mucus deposits build up over a lifetime and therefore cannot be completely removed in one or two sessions. 6-12 treatments may be recommended, depending upon the condition being treated and the results of the first session. After the initial course of treatments, it is a good idea to have CHT every month to maintain good elimination and prevent disease.

Toxin Elimination and Cleansing Reactions

Accumulated toxic exposures contribute significantly to illness and can be successfully eliminated from the body with proper nutrition, colon cleansing, homeopathy, massage and hydrotherapy. Even emotional health is enhanced by toxin removal.

Natural detoxification is the exact opposite of drug based allopathic medicine.

Drugs may temporarily suppress symptoms and even give the impression of healing. This false sense of security allows the insidious progression of the underlying disease, which will eventually erupt more openly, especially if immune reserves are depleted. Cleansing or toxin elimination can bring these disease causing substances to the surface and eliminate them permanently.

A cleansing reaction can be unexpected and alarming if you don't recognize what is happening and why. As toxic substances are mobilized from tissue storage, you may temporarily feel worse, instead of better. This paradoxical response is merely an indication that toxins are being released into your lymphatic and circulatory systems, for disposal by your body's organs of elimination (skin, colon, bladder, lungs, etc.). You may experience temporary headache, dizziness, nausea, brain fog, weakness, lack of energy, discharges, sneezing, skin eruptions, ringing in the ear, coughing, pain or other symptoms of prior illness.

Individual response will vary, depending upon the toxic load, the ability of the body to efficiently eliminate, and the type of cleansing program.

Chlorophyll and Wheat Grass

Chlorophyll, the green pigment found in plants, is vital to photosynthesis, the process whereby sunlight is absorbed and converted to energy. Chlorophyll is abundant in all green vegetables, such as alfalfa, kale, spinach, parsley and wheat grass.

The chemical structure of chlorophyll is almost identical to that of hemoglobin, the molecule in the blood that carries oxygen to the tissues. The only difference is that chlorophyll has an atom of magnesium at its center, while hemoglobin has an

atom of iron. Because of the similarity to hemoglobin, chlorophyll has traditionally been used to build and cleanse the blood. When used as a temporary colon implant, chlorophyll stimulates the body to eliminate hardened mucus and helps rebalance intestinal flora. Many generations of holistic healers have used chlorophyll with great success.

The weaker or more toxic you are, or the more compromised your intestinal tract, the greater the likelihood of a significant cleansing reaction. The duration and degree of response will be proportionate to your need for detoxification.

If we do not understand toxin elimination, our tendency is to stop doing the very things that are allowing us to get well. A cleansing reaction should be viewed as a positive occurrence and something we actually try to achieve. When it happens, we should feel enthusiastic! It is an encouraging sign that we have purged the toxic waste that was poisoning both mind and body, predisposing us to illness.

By eliminating accumulated toxins, we remove barriers to healing and prepare the way for a healthy lifestyle and a positive attitude to accomplish their work of cellular repair and systemic restoration. With an understanding of the process, most people willingly tolerate the temporary inconvenience of detoxification, motivated by the promise of improved health, vitality and longevity.

The therapist controls the water flow, and uses external abdominal massage to soften fecal matter and old deposits on the colon wall.



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Wheat grass juice is used as a colon implant because it is an excellent source of chlorophyll and because it is a powerful living food, rich in trace minerals, which are well absorbed in the colon.

Dry Skin Brushing

The skin is the largest elimination organ of the body. Dry skin brushing is an important part of the detoxification process because it removes dead skin cells, improves circulation, lymphatic drainage, opens pores, and increases the skin's ability to remove toxins. The only equipment needed is a natural bristle body brush, preferably one with a detachable long handle. It is important to keep the brush clean, as it will be removing dead skin and impurities from the body.

Every few days, wash the brush with a mild soap, rinse well and towel dry; then allow 24 hours for further drying before using it again.

How to Use the Dry Skin Brush

Start by brushing your feet in small circular movements, brush one foot at a time, starting with the toes and moving to the sole and top of the foot, and then to the ankle. Work up the leg, always brushing towards the heart. Brush from ankle to the thigh where cellulite often gathers in women. Cellulite is toxic tissue that collects water and fat in little clumps, making the skin look like orange peel. It is unhealthy and unsightly, and may be improved by vigorous skin brushing. However, always gauge the force of brushing by the way it feels. The aim is to glow, not bleed.

After completing the legs and thighs, brush the hands, fingers and palms. Brush up the arms, paying special attention to the elbows, which have

a tendency to become rough, discolored, and scaly. Next, brush across the tops of the shoulders and the back of the neck, if a fat pad or hump is developing on the back of the neck, brush in small circles over and around the area. This will reduce local congestion and tension.

Afterward, brush the torso. Be careful to brush lightly across the chest, as it is a delicate area. Do not brush the breasts or nipple, as they are too sensitive for this process. Move down the solar plexus, left to right. Brush in a clockwise pattern to stimulate colon activity, as well as to stimulate metabolism of local fat deposits. Continue brushing around hips, buttocks, shoulders, and back. Be careful to avoid any moles. After achieving an overall glow, take a bath or shower to wash away the dead skin.

Benefits of Dry Skin Brushing

- Removes dead skin and other impurities
- Keep pores open for better toxin elimination
- Stimulates and increases both lymphatic and blood circulation
- Stimulates oil-producing glands
- Rejuvenates the nervous system by stimulating nerve endings in the skin
- Helps prevent colds, especially when used with hot/cold showers
- Makes skin look younger, fresher and softer



Dry skin brushing is of particular importance during fasting, when the body is releasing toxins.



Nutrition



Nutrition Program

While the following principles apply to everyone interested in optimal nutrition and digestive health, they are especially important for those with serious medical conditions. Individual needs will vary and, in the absence of a life-threatening situation, it may be possible to pursue a more relaxed, but steady progression toward an optimal dietary plan. However, if health concerns are not resolving as expected, closer adherence to these recommendations is encouraged.

Purpose of the Sanoviv Nutritional Program

Each guest enjoys a diverse menu from a wide variety of healthful satisfying foods, as well as powerful unique foods that are highly effective in achieving specific health and medicinal goals.

The objective of one's diet will be to provide the ideal concentration of various substances from food—including macronutrients, micronutrients, and phytochemicals—necessary for a return to physical, mental, emotional, and spiritual well-being. This includes particular foods to address specific nutritional deficiencies and needs as well as naturally assist your body in nourishment, regeneration, and revitalization. It is a nutrient dense pH

balancing diet of low glycemic load foods to balance blood glucose & insulin levels. These anti-allergenic, anti-inflammatory cleansing foods are designed to support Phase I & II Detoxification.

Regardless of a guest's current state of health, nutritional therapy will strive to provide the proper amount and balance of nutrients and health properties to achieve specific goals and requirements.

Nutritional Therapy will consist of private nutritional consultations, nutritional education, customized nutritional home programs, and personalized nutrition therapy by qualified professionals. The supervised integrative Sanoviv approach gives the body and mind a chance to adjust during the transition. During your education programs at Sanoviv, you will have the opportunity to learn more about nutrition through food, basic concepts and how to apply them, and dietary essentials for good health.

Amazing things happen when we improve our diet and give our bodily systems and cells the high quality fuel and nutrients it needs to function. On the physical level, your body is comprised of what you eat, drink, and breathe; “you are what you eat”.

Nutritional Program Objectives

- To enhance nutrient absorption and assimilation
- To balance blood sugar/insulin levels and avoid cravings
- To improve healthy bowel function
- To enable cleansing by liberating and eliminate toxins
- To balance pH alkaline/acid level
- To reduce inflammation & support immune competence
- To support balanced hormone & brain function
- To enable the body to heal itself—rebuilding & optimizing bodily cells, tissues, organs, systems
- To enable the body to function optimally

Individualized Dietary Program

The diet during your stay excludes common food allergens (gluten, dairy, soy, corn, peanuts, shellfish) to give your body a rest from possible food sensitivities or allergens. For many people these foods are excellent healthful foods but it is important to rule them out as a possible contributing to symptoms of imbalance. We also do not serve sugar or caffeine as these foods can further aggravate hormonal imbalance in some people while other people can tolerate them in moderation. Respecting individuality is an essential feature of Sanoviv's nutritional philosophy, but until we identify what is uniquely best for you, it is best to avoid serving common imbalancing foods. In this regard, we offer a variety of diets ranging from predominantly raw live foods to mostly cooked foods. We will do our best to accommodate individual needs balancing your health needs with your current level of nutritional awareness.

Too often nutritionists and diet books try to convince people into a certain way of eating based on their personal biases. This approach only makes sense if everyone had the same exact bio-chemical makeup. Yet our biochemical individuality, genetic inheritance, and current state of bodily health make each person have different nutritional requirements and tolerances.

Each person's body chemistry and goals are unique so we believe that everyone's dietary plan should be unique. Your nutritionist will be in continual communication between the doctors, the food preparers, and you to fine-tune your diet while at Sanoviv. You will learn a lot about nutrition and your body, while eating the highest quality foods that taste great, you enjoy, and are specifically beneficial for you.

The Sanoviv dietary program is a low stress, cleansing and regenerative diet, using enzymes, raw juices, and pre-digested foods to supply maximum energy with a minimum amount of digestive work. Guests are then provided with a series of transitional diets, to promote gradual lifestyle changes. People set themselves up for failure when they try to change their diet too quickly on their own. The supervised Sanoviv approach gives the body and mind a chance to adjust during the transition.

The Sanoviv dietary program is not a “quick fix.” It is a biochemical approach to health that helps the body regenerate cellular integrity in the following ways:

- Assists in removing toxins
- Cleanses and alkalinizes the body
- Improves absorption and assimilation of food
- Reduces stress on organs of digestion and elimination
- Provides all nutrients needed for optimal cellular function

Vitamins
Minerals and trace elements
Amino acids (protein precursors)
Carbohydrates
Essential fats

- Provides other compounds that promote optimal body function

Fiber
Chlorophyll
Phytochemicals

Phytochemicals

Salad greens, sprouts, vegetables, roots, tubers, and some fruit will compromise 80% of the Sanoviv dietary program, which is rich in the following foods

Fresh organic vegetables	Sprouts
Whole grains	Fermented foods
Legumes	Fresh pressed juices
Fruits	
Germinated nuts and seeds	

Recommended Nutritional Preparations before your stay

- Increase water intake
- Eat a raw vegetable salad everyday, including darker greens instead of iceberg lettuce
- Eliminate trans fats: margarine, hydrogenated oil, vegetable oil (corn, cottonseed, soy, etc); Use coconut oil, olive oil, butter instead
- Reduce canned, frozen & processed foods
- Eliminate pasteurized milk; Use nut milk, rice milk, water instead
- Reduce caffeine intake (coffee, tea, soft drinks); Switch from regular to decaf or drink herbal tea
- Reduce salt intake; Use sea salt in place of regular salt
- Reduce sugar, candy, desserts, soft drink intake



Biological Dentistry

 *Sanoviv*[®]
Sanoviv Medical Institute
Science Healing Heart

Biological Dentistry

The health of the mouth, teeth and gums is closely related to the health of the entire body. Sanoviv uses progressive bioenergetic and medical techniques to treat functional disturbances in the mouth and the related organ system. Oral health problems that have developed beyond the functional level must be treated by specific intervention at the site of the problem, using one of the following therapies:

Minor surgery

Infections in the bone, known as cavitations, are cleaned, disinfected and sealed to prevent further infection.

Neural therapy

Procaine and/or laser therapy are used to reduce pain, stimulate cellular growth and to eliminate infections and dysfunctional tissue.

All guests who have had amalgam dental work are assessed for mercury toxicity. Sanoviv dentists work closely with the rest of the medical staff to develop a comprehensive detoxification plan for each guest. Removal of mercury amalgam fillings may be recommended and should only be done by a dentist who is skilled in the safe removal of mercury.

Because detoxification is the focus of the initial treatment program at Sanoviv—and a prerequisite, it may not be appropriate to remove amalgams or root canals during this time. Guests may return to Sanoviv for a comprehensive dental care, which is available on a fee-for-services basis.

Intraoral Digital Camera

In an effort to locate potential problems in the teeth, gums and palate, this high resolution camera is used to visualize all areas of the oral cavity. Images are displayed on a computer screen and printed in color so the guest can see exactly what the dentist sees. Before and after printouts dramatically highlight the result of therapeutic intervention.

Dental X-ray

A dental X-ray is used to provide information about the health of the oral cavity. The digital panoramic X-ray equipment used at Sanoviv represents the latest in safe imaging technology, and is the first of its kind in Mexico.

Dental VEGATEST expert

This test is part of the dental exam that determines the health of the oral cavity. Each tooth is linked with an organ system in the body. Amalgam fillings, crowns and bridges are tested to determine their level of electrical current and health impact on the associated organ system. VEGATEST findings are reviewed with other medical assessments to determine the most effective course of treatment.

Oral cancer screening

Even though 90 percent of patients who contract oral cancer are over the age of 40, the number of younger persons with oral cancer is increasing. While tobacco and alcohol use are the primary risk factors contributing to oral cancer, 25 percent have no lifestyle risk factors. And while oral cancer affects men more than women, 2:1, this cancer is becoming more common in women. Our dental department offers a simple, non-invasive screen for cancer that can have a positive impact on your health.

Dental Ozone

Dental Ozone is a completely new way to look at decay. The treatment is simple and requires no injection of anaesthetics. If the area of decay is deeper, and more extensive, a dental drill may need to be used to remove the cover of enamel over the decay and ozone is used to sterilize the area of decay. The damage to the tooth is limited, and the inherent strength is preserved. Ozone can be used to clean up decay within root canals and help to heal the gums. Our dental department uses state-of-the-art equipment to restore your mouth and heal your body

Dental Sleep apnea

Sleep apnea, the cessation of breathing during sleep, is a common problem that affects more than 12 million Americans. Obstructive sleep apnea is an airway blockage most commonly caused by an obstructed airway due to the tongue and soft tissues falling into the back of the throat during sleep. Although continuous positive airway pressure (CPAP) is the most common treatment, new guidelines recommend the use of oral appliances for mild to moderate obstructive sleep apnea in people who don't respond to CPAP or have difficulty sticking with the treatment. A custom-fitted oral appliance worn during sleep, helps to maintain an open airway by repositioning lower jaw and lifting the tongue off the back of the throat. Our dental department uses state-of-the-art testing and mouth guards to lead you to a restful and refreshing night sleep.

Amalgam Removal

Mercury exposure can come from diet, environment, employment or from mercury/silver fillings. All forms are cumulative and contribute to the total body burden. The goal of amalgam removal procedure is to minimize any additional mercury exposure of the patient or the dental staff. Steps approved by International Academy of Oral Medicine and Toxicology are used for your protection.





Psycho-spirituality

Introduction to the Psychospiritual Program

The Sanoviv psychospiritual program addresses the mental, emotional, and spiritual components of health. Guests learn techniques for stress management, develop healthy coping strategies, and increase self-awareness and self-esteem. The program emphasis is on learning ways to integrate health-promoting thoughts, emotions, and behaviors into daily life during the stay at Sanoviv and upon returning home.

The Mind-Body connection and health

Many factors contribute to the development of chronic illness. Stress, poor nutrition, and lack of exercise play major roles in many health conditions, including cancer and heart disease. Stress and lifestyle are two components that can be controlled by choice. If disease is “cured” without addressing these issues, the disease-promoting behaviors will continue, and the likelihood of recurring illness will increase.

Modern science consistently validates the ancient wisdom that the mind and the body are inextricably connected. Evidence indicates that thoughts and emotions affect the conduction of electrochemical impulses through the nervous system and, thus, the messages that travel from the brain to various parts of the body. Mental and emotional states can impact immune function, digestion, blood flow to organs, and many other important biological processes.

Most people are not taught that they can exert healthy control over their thoughts or emotions, and are instead controlled by them. The Sanoviv psychospiritual program teaches guests to monitor their thoughts and emotions through awareness, education, perseverance, and action. Psychospiritual classes and therapy sessions provide the opportunity for guests to develop insight into their old patterns, let go of unhealthy thoughts, emotions, and behaviors, explore issues of faith and spirituality, and develop healthy skills for dealing with life. By addressing these important aspects of living, guests dramatically increase the likelihood of restoring health.

Coping strategies

Functional Intracellular Analysis

Coping strategies are lifestyle choices used for dealing with distressing emotions, negative thoughts, disharmony in the body, and virtually any threatening experience. Coping mechanisms are often second nature, occurring without conscious thought. Some are clearly unhealthy, such as overheating, smoking, gambling, and alcohol or drug use. They may bring temporary relief, but do not resolve the issue; often they even intensify the problem. Other frequently used strategies are detrimental to health in more subtle ways. Many people may ignore a problem in the hope that it will go away, confront a situation with displaced anger or blame, manipulate others, or rationalize an unhealthy behavior. These coping strategies do not help the body return to balance. As a result, the hormones produced during stress continue to suppress the immune system and tax vital organs, eventually leading to illness and disease.

Unless we consciously change these “knee-jerk” coping responses, they will remain in our memory and we will continue to use them as the basis for dealing with issues in our lives. This leads to feelings of powerlessness. It is as if we are on “automatic pilot”, unable to make conscious, empowering choices. It is essential to our health that we identify negative coping patterns and learn to apply healthy strategies instead. All classes and therapy sessions at Sanoviv are designed to support guests in this learning process.

Therapeutic modalities and classes

» Art Therapy

Art therapy is not just for artists! It is an opportunity for all guests to express themselves without words. Creating artwork bypasses the cognitive mind and accesses the right side of the brain. Current research indicates that this is an important component of maintaining change. During art therapy, guests may access

Spirituality and faith

Spirituality has been defined as having an awareness of God or a higher power, feeling a sense of purpose and meaning in life, and having a sense of connectedness with other people and the world. British author, Aldous Huxley, called this elevated human consciousness the perennial philosophy, that level of reality that transcends the limitations of culture, religion, and ego.

Spirituality and faith provide an opportunity to detach from circumstances and observe life with clarity and integrity. From this perspective, people become empowered and realize that even though they have issues, stressors, and illnesses, they are not defined by any of these circumstances; they are greater than the sum total of all the troubling aspects of their lives. This realization provides a pathway to greater peace, freedom of self-expression, increased control over the healing process, and higher self-esteem.

While at Sanoviv, guests attend spirituality and meditation classes to facilitate development of faith, spiritual awareness, and inner peace. The psychospiritual program is nondenominational. The Sanoviv staff respects all religious traditions and honors all spiritual paths. Guests are supported in deepening their faith within their own religious tradition and are encouraged to practice all spiritual exercises in the context of their own religious beliefs.



previously unconscious thoughts and feelings about themselves, their illness, and their healing process. The purpose of art therapy is to allow these inner thoughts and feelings to emerge without censorship or judgment. It is an opportunity for each guest to learn more about the depths of their personal life and health.

» Biofeedback

Chronic stress leads to immune suppression and can reduce the effectiveness of medical treatment. Learning to relax is important to healing because it minimizes the effects of stress on the body. Biofeedback provides a striking look at how thoughts and emotions can relax the body, or cause stress and tension that inhibit healing. Guests learn how to relax the mind and body with the help of biofeedback equipment.

Sanoviv uses advanced computer technology to provide guests with information about muscle tension, heart rate, blood flow, skin temperature, brain waves, and respiration. With practice, the relaxation skills learned in biofeedback sessions can be incorporated into everyday life. Guests are able to recognize increasingly subtle signs of stress, and then respond by relaxing. Eventually, the relaxation response becomes habitual and minimizes the impact of stress on the mind and body.

» Cognitive therapy

The mind plays a large part in physical health. Negative, distressing thoughts lead to distressing emotions and behaviors, which can impact health. Unhealthy thoughts can suppress the immune system and increase the likelihood of illness. Cognitive therapy focuses on increased

awareness of nonproductive thought patterns, and assists in the transition to positive, health-enhancing thoughts. In addition to supporting physical health, the process of cognitive therapy is provided during group and individual therapy sessions.

» Emotional freedom technique (EFT) and thought field therapy (TFT)

EFT and TFT combine Chinese medicine, energy healing, and modern psychology to help guests release distressing emotions and negative thoughts. EFT and TFT stimulate energy flow in the body by tapping gently at specific acupuncture

points along the meridians. The result is a reduction of distressing thoughts or emotions. This innovative healing technique is very effective, and can be practiced at any time without supervision.

» Existential Therapy

Modern society is primarily focused on external life: job, money, status and possession. People are not encouraged to ask the deep, personal questions of life, such as Who am I? Why am I here? What is my purpose for being alive? If these questions are not answered, life will eventually seem shallow, dull and meaningless. No amount of money or possessions will fill the vacuum created by avoiding these important questions. Existential therapy provides the setting for guests

to explore the depths of life and to strengthen the commitment to their highest path. This is a vital part of healing, not only because it provides a reason to want to be healthy, but because finding the answers brings about a level of internal peace that has a direct impact on the function of the body. Existential therapy is provided during group and individual therapy session and is integrated into classes.

» Group Therapy

Feeling a sense of belonging and connection with others is a basic human need. Research indicates that social support has a positive effect on the immune system, overall health, and longevity. Giving and receiving support is an important part of human interaction and a vital component of the healing process.

Group therapy at Sanoviv allows guests to connect with others in a safe, comfortable environment. The group sessions focus on addressing lifestyle change, stress management and other issues that surface during healing.

» Health & Lifestyle Class and Lifestyle Changes Class

The way people live has a tremendous impact on physical, mental, emotional and spiritual health. Eating habits, exercise, methods of dealing with stress and frustration, social life and leisure activities are all aspects of lifestyle. Unlike other influences on health, such as genetics and pollution, lifestyle behavior can be modified. The two part lifestyle class teaches guests to

look at their behaviors from a new perspective. They learn to recognize which responses improve health and how to integrate them into daily life. Because change may often seem difficult or intimidating, the class emphasizes how guests can best support themselves while making and maintaining adjustments.

» Humor as Therapy Class

A class about humor? What does humor have to do with health? Quite a bit, according to Norman Cousins, who literally laughed himself back to health and later established the Humor Research Task Force. Humor enables people to experience joy and happiness, even in the face of hardship. Laughing can actually reduce heart rate and respiration, lowering blood pressure,

relaxing muscles and stimulating the immune system. In addition to the physiological benefits, humor is an important part of coping with stress and anxiety.

This class teaches the background and mechanics of humor therapy, but is focused primarily on experimental... laughing.

» Hypnotherapy

The hypnotic state is a naturally-occurring state of increased focus. Everyone has experienced this at one time or another; i.e., when becoming so involved in a task that time flies, when arriving safely at a destination and not remembering the drive or when simply daydreaming.

Being in a hypnotic state does not involve loss of control over thoughts or behaviors. It is a state of heightened awareness in which extraneous stimuli are filtered out and the mind is entirely focused on a single subject.

Hypnosis has been used for several hundred years as a method of quieting the conscious mind in order to access the subconscious.

The subconscious mind stores old patterns and beliefs that can inhibit healing. The use of hypnotherapy gives Sanoviv guests the opportunity to work directly with the subconscious mind to access and release old beliefs and integrate new, healthy thoughts and behaviors.

Immune Power Personality, a book by Henry Dreher, details advanced research in the field of mind-body medicine. Seven personality traits have been discovered to improve the ability to deal with stress and anxiety. These personality traits not only allow greater emotional freedom, but also have a positive effect on physiological function. The class covers the major topics discussed in the book and teaches guests how to develop these personality traits.

» Individual Therapy

Individual Therapy provides an environment for guests to explore their issues in depth and discover the underlying mental and emotional components of physical illness. Guests receive supportive, focused, one-on-one therapeutic feedback. Treatment may include any of the components in the Sanoviv Psychospiritual Program. During individual sessions, guests work

with a therapist to develop a plan for continued health enhancement and lifestyle change. Upon returning home, this plan anchors the Sanoviv lifestyle into daily life and helps guests maintain healthy changes. Individual sessions are scheduled by referral from the Sanoviv Psychospiritual staff.

» Introduction to Meditation Class

Despite growing acceptance in the Western world, meditation maintains an air of mysticism. Often when people think of meditation they have images of a bearded old man, sitting motionless on a mountaintop or barefoot hippies eating granola. The truth is that meditation is simply a state of increased awareness and focus on the present moment. It is the oldest known form of relaxation and one of the best forms of personal healing.

Meditation is used as a tool to clear the mind. This increases receptivity to new information and new ways of dealing with unresolved problems. Meditation can increase feelings of tranquility and calm, reduce the physical, mental and emotional effects of stress, improve concentration and memory and induce the relaxation response. Sanoviv guests have the opportunity to practice different types of meditation, and are able to decide which ones best meet their personal needs.

» Journal Writing

Journal writing involves spending each day writing in a private notebook, though the focus is not grammar, punctuation or style. The purpose of writing in a journal is to access and express feelings, thoughts, beliefs, fears and anything else that rises to consciousness. Journal writing is an effective technique for stress management and is helpful in dealing with trauma, illness and transition. It can be used as a brainstorming tool, stimulating a profound level of awareness and providing a safe outlet for self-expression.

The Sanoviv Healing Journal is provided as a component of the Psychospiritual Program. Guests are encouraged to spend 10-20 minutes each day, writing on specific topics that are designed to facilitate self-awareness. Journaling provides an opportunity for guests to implement and practice stress management, emotional expression, purpose in life, meditation, spirituality, proper breathing, healthy beliefs and many other program principles. The Journal is designed for use while at Sanoviv and during the first month or so after returning home.

» Managing Stress for Optimal Health Class

Some research suggests that 80-90% of all illness and disease can be related to stress. The body's response to stress is to prepare for action; i.e., fight or run away. Because modern stressors are always present, the body maintains a constant state of readiness. As a result, blood pressure and heart rate are increased and blood flows preferentially to large muscles, leaving the digestive and other organs with inadequate oxygen and nutrients. Chronic stress eventually suppresses the immune system and reduces the body's ability to fight off disease.

The impact of stress on the body is largely determined not by the presence of stressors but by the perception of stress. It is not vital that we rid our lives of every stress-producing situation. How we perceive and manage stress is the essential factor.

This class includes information about the physiological and psychological effects of stress and discusses how to recognize the body's warning signs of stress overload. Guests learn how to alter their perception of stress, thus minimizing the effect of stress on the mind and body.

» Mental Imagery/Healing Imagery Class

The influence of the mind on the body has been firmly established by recent research in mind-body medicine. Using images created by the mind to induce relaxation and facilitate healing, mental imagery is successful because the body does not distinguish between imagined scenes and “real” events. A peaceful image of the mountains or ocean will cause the body to relax in the same way as actually experiencing the scene. When the body is relaxed, blood pressure is lowered and the heart rate slows. This allows the body to refocus energy from the fight-or-flight stress reaction to healing itself.

In addition to stimulating physical healing, mental imagery is often used for stress reduction. It has been successful in enhancing

athletic performance, reducing fear of public speaking and minimizing anxiety. Healing imagery counteracts the feelings of depression, anxiety and hopelessness so often associated with illness. It increases self-esteem and feelings of personal authority as people gain some feeling of control over their healing process. This technique can be used in any stage of illness.

In the healing imagery class, scientific research is presented that validates the positive effects of this therapy. Guests learn the purpose, mechanics, and best use of mental imagery. The primary class focus is on experiential learning. Guests practice mental imagery to relax, reduce stress and insomnia, improve physical symptoms and stimulate the body’s innate healing mechanisms.

» Mind –Body Connection Class

Psychoneuroimmunology (PNI) is a relatively new science that studies the connection between the mind and the body. Research validates the theory that physical health is influenced by the mind. Scientists are beginning to prove what many have long known: Thought and emotions can affect health and healing.

In this class, guests learn the physical impact of developing a healthy mental and emotional life. The didactic section of the class provides a scientific and practical understanding of the mind-body connection, and supplies tools that can be used to enhance health. The experiential part of the class gives guests the opportunity to apply the knowledge they have gained by practicing their new mind-body skills.

» Purpose in Life Class

Nothing shapes our lives as much as the questions we ask. One of the most important is: What is my purpose for living? The answer to this question often changes during the course of our lives. It has been said that the health of the human spirit declines when we lose our purpose for living, and that finding and

fulfilling our purpose in life is essential to spiritual development.

In this inspiring class, guests learn how to identify their life purpose and the personal values that influence it. There is also opportunity for group discussion of personal life purpose and goals.

» Qigong Class

Qigong (chee-GUNG) is a Chinese word meaning “to cultivate the life force”. Practiced for 5000 years, Qigong is one of the most important components of traditional Chinese medicine, and is a powerful healing tool. The basic elements of Qigong include concentration, relaxation, breathing exercises and gentle movements. The goal is to increase the flow of chi (energy) in the body. Scientific research has shown that Qigong can boost the immune

system, enhance circulation, improve lymphatic drainage, delay aging, cure disease and extend life even when all other medical treatments have failed.

Guests learn about the physiological, mental and emotional benefits of Qigong. The class emphasis is on learning the movements of Qigong and discovering the power of the body’s energy for healing the body and mind.

» Relaxation

Stress takes a tremendous toll on the body. In cases of chronic stress, the body must maintain a continual state of readiness to fight or flee. This reduces digestive capacity, increases heart rate and blood pressure and eventually suppresses the immune system. The mind is fatigued from being held in a state of tense alertness. Relaxation techniques are used to counteract these detrimental physiological, mental and emotional effects. Relaxation lowers blood pressure, slows the heart rate and moderates breathing.

The techniques used to initiate the relaxation response include biofeedback, Qigong, meditation, mental imagery, diaphragmatic breathing and VEGASOM.

Guests learn each of these relaxation techniques and practice them daily while at Sanoviv. In this way, the relaxation response becomes integrated into body awareness and becomes a natural reaction to stress.

» Spiritual Well-Being Class

Developing an awareness of the spiritual nature of our lives increases feelings of self-esteem, faith and trust; all of which are vital to health. In addition to the mental and emotional benefits, spiritual awareness has a direct impact on the function of the body. Recent studies have shown improvement in physical well-being when there is a feeling of connection to a higher power, self and other.

In this class, guests explore the history of spirituality and its connection with religion. They are supported in strengthening existing faith within their own religious tradition, and are given the opportunity to learn about concepts of spirituality and ways to enhance their spiritual life.

» Techniques of Proper Breathing Class

According to the beliefs of Eastern yoga practitioners, breath is the outward manifestation of prana, also known as the "life force" of chi. Interestingly, in many languages the words for breath and spirit are the same. Recent scientific studies have directly associated respiratory capacity with longevity. Conscious breathing regulates many automatic functions of the body and cleanses the system by improving lymphatic drainage.

The primary focus of the breath therapy class is experiential. Guests learn and practice several breathing techniques for relaxation and healing. The didactic part of the class teaches guests the basic physiology of breathing and the importance of breathing in health and healing.



Fitness

Introduction to the Fitness Program

Fitness conditioning has long been employed as a means of enhancing and strengthening athletic capacity and performance. In the last 15 years research has begun to verify that exercising has potent health enhancing effects on both the physical and emotional levels. Exercise programs have proven helpful in the treatment of many illnesses, such as diabetes, cardiovascular disease, obesity and hypertension. A recent study by the Harvard School of Medicine has indicated that people who exercise tend to live longer, more fulfilling lives.

A great deal of ill health is directly related to a lack of physical activity. People who exercise have more stamina, higher immune function, increased bone density and muscle mass, and lower body fat than their more sedentary peers. Active people have more self confidence, are less depressed, and even late in life tend to be more energetic. Our bodies are designed for motion. When we use them as they were intended, we are rewarded with increased health, vitality and even longevity.

Exercise enables us to deal more effectively with everyday emotional and mental challenges. A study of 5,000 college students revealed that those who exercised regularly had less anxiety and were better able to cope with the rigors of academic life. A study of adults between the ages of 65 and 72 found that, when compared to a control group, those who participated in a 16 week walking program scored higher on a test of mental ability.



» Research Results

Exercise can:

- Increase level of HDL (“good” cholesterol)
- Improve cardiovascular health
- Reverse adult onset diabetes (Type II)
- Prevent the formation of gallstones
- Improve lung capacity and function
- Increase muscle flexibility and strength
- Build and maintain bone mass
- Accelerate the removal of cellular toxins
- Increase cellular uptake of nutrients and oxygen

» Exercise Improves Mental Health

Exercise can:

- Decreases anger, hostility, fatigue, inertia, tension and anxiety
- Improves learning potential, memory and cognitive skills
- Elevates mood and improves self image
- Reduces the effects of stress

» Role of Oxygen in Health

Oxygen is key to overall health and well being. Higher oxygen consumption stimulates the metabolism, which results in burning extra fat stores. Many experts agree that increasing oxygen delivery to cells through deep breathing and aerobic exercise is the most important factor in

living a disease free and energetic life. Increased oxygenation boosts the immune system and can assist in ridding the body of illness. Nobel Prize recipient Dr. Otto Warburg stated that when cells get enough oxygen, cancer cannot survive.

Maintaining an Exercise Program

Dr. Kenneth Cooper, an American authority on exercise, conducted a study that followed more than 13,000 men and women over an eight year period. During the study, the least fit men had a death rate three times higher than that of the fittest men. In de-conditioning women the death rate was five times greater than for women who exercised regularly. A man reduced his risk of death by 37% simply by exercising regularly. A woman’s risk was reduced by 48% by engaging in exercise and becoming fit. Even so, most people are not exercising. Less than 10% of adults in the U.S. exercise vigorously at least three times a week. Why do so many people lead a sedentary life?

Mind –Body Connection

The answer to the above question may have more to do with the mind than the body. Many people believe that exercise is boring, painful and stress-producing. Television commercials that show sleek bodies may motivate some people, but they intimidate many more. There is little support in the mainstream exercise world for those who want to develop a moderate, fun exercise program. This is why the Sanoviv fitness program is designed to be just that. Emphasis is placed on moderate, enjoyable movement.

Exercise is best when it includes mental focus, spiritual awareness and a relaxing, peaceful environment. Rather than dreading a long exercise session or even a short one, change your mind! If you work hard at getting your head in shape, your body will follow.

Instead of turning on the TV or stereo, concentrate on physical performance and focus on raising your heart rate. The end result is often not exhaustion, but a feeling of relaxed alertness.

» Sanoviv Fitness Program

Sanoviv offers a unique opportunity to enjoy exercise. The fitness instructors provide classes that are grounded in the tenets of holistic health and include many innovative forms of movement.

» Fitness Evaluation

Each Sanoviv guest participates in a baseline fitness evaluation, which is an important first step in the conditioning process. This thirty minute assessment measure cardiovascular health, respiratory capacity, strength, flexibility and body composition. After the fitness evaluation, the fitness staff develops an individualized program for each guest, which includes three broad categories of exercise:

- Cardiovascular fitness conditioning
- Strengthening and toning
- Stretching and flexibility

» Cardiovascular Fitness Conditioning

The goal of cardiovascular exercise is to strengthen the heart and increase stamina. Aerobic exercise is a form of cardiovascular fitness conditioning. The literal meaning of the word aerobic is “in the presence of air”. Aerobic activity increases the capacity of the heart, lungs and blood vessels to deliver life giving oxygen to the cells.

Lymphasizing

The idea of using gravity to improve health and fitness was developed in the American space program. Doctors found that when astronauts went to the moon for 14 days they lost 15% of their bone density due to the lack of gravitational pull or G-force. When the astronauts were weightless the bones lost minerals, which leads to osteoporosis. Increasing the gravitational force increased deposition of minerals in bone, which increased bone mass. This information about the effect of G-force on bone health led to the development of the lymphasizer. American researchers believe the lymphasizer provides the ideal aerobic and bone strengthening exercise.

Dr. Robert G. Frost, a lymphasizing proponent, sums up its benefits: "It improves the performance of the heart, lungs and lymphatic system. It improves circulation and muscle tone and challenges the skeletal muscles to increase stamina without any of the jarring associated with other aerobic activities. Gravity-plus lymphasizing is the single most efficient way to improve health. No other exercise can match it". Tests at the University of California in Los Angeles have shown that regular bouncing increases the efficiency of the flow of the lymphatic fluid

along the collecting vessels. As Dr. Frost explains, "The lymph system cleans out toxic waste and health threatening bacteria. So we have an effect not just on the heart and circulation—any aerobic exercise can do that—what bouncing does is improve the body's own immunological system".

» Lymphasizer Exercise

Using the lymphasizer brings the body back to homeostasis (balance), strengthens every cell of the body and increases drainage from the lymphatic system. This is done in the following manner:

{ Two minutes of bouncing flushes the entire lymphatic system and increases the body's immune function. At the bottom of the bounce, the increased gravitational pull forces toxins out of the cells. At the top of the bounce, the one-way valves in the lymph vessels open, allowing the released toxins to be carried away and excreted.

{ At the bottom of the bounce, the G-force is two to three times the usual gravitational pull on earth. In essence, the cells weigh more as the body is pulled downward by gravity. Cells compensate for this increased weight by becoming stronger; it is as if each cell is weight lifting. Lymphasizer exercise is resistance training at the cellular level. Every Sanoviv suite has a lymphasizer.

» Health Benefits of Lymphasizing

- Stimulates the lymphatic system
- Reduces body fat
- Increases agility and endurance
- Strengthens connective tissues and ligaments, cartilage and bones
Firms legs, thighs, hips and buttocks
- Increases the output of the thyroid, pituitary and adrenal glands
- Increases production of red blood cells, which carry oxygen to tissues
- Increases lung capacity
Strengthens immune system by increasing white blood cell production
- Moderate appetite
- Reduces stress on weight bearing joints by 90%
- Promotes a positive self-image

Walking and Stair Climbing

Walking is a terrific way to exercise. It is simple, fun and rewarding. In 1994, more than 70 million Americans walked for exercise and recreation. Walking improves circulation by increasing the volume of blood pumped by the heart and improving oxygen utilization by the cells. Walking can also lower cholesterol levels, reduce blood pressure and aid in weight control, all of which may reduce the risk of heart attack. The Sanoviv Ocean walk forms a 1/8 mile track.

Stair climbing provides all the benefits of walking. It can be used to provide diversity and to vary the cardiovascular intensity of walking. Climbing stairs during a workout reminds people that opportunities to exercise exist in every day life. Taking the stairs instead of the elevator, whether at home, in the office or at the mall, will increase fitness and improve health. There is an excellent opportunity for stair climbing in the Sanoviv Towers.

Water Fitness Conditioning

Water is the ideal environment for exercise because it offers all the components of a safe and effective land fitness program with many added benefits. The natural buoyancy of water reduces weight-bearing stress, allowing greater ease of movement, with less strain on bones, joints and muscles. The increased density of water creates even resistance, comfortably toning and strengthening the body. This accommodating resistance of water allows guests to exercise at their own pace, while providing a soothing, peaceful environment.

» Water Fitness Equipment

Noodles | Buoyant tubes used to create added support or increased resistance during movement.

Hand webs | Used to increase resistance.

Water dumbbells | Used to increase resistance during strengthening movements.

Chi Machine

The chi machine is an aerobic exerciser that is used during detoxification and cleansing. This machine creates a gentle lateral motion in the body, which tones and strengthens, increasing feelings of vitality and raising the chi, or vital force. The chi machine simulates a whole body massage and increases blood flow to muscles and internal organs. It has been estimated that just 15 minutes of chi massage provides the same amount of oxygen as walking for 90 minutes. The chi machine helps eliminate toxins without putting stress on the vertebrae, bones, joints, heart or lungs.

» Benefits of the Chi Machine

- Increases cellular activity
- Improves spinal alignment
- Increases immune system activity
- Stimulates production of blood cells
- Balances the autonomic nervous system
- Stimulates internal organs

Chi machines are located in each guest room for convenient daily use. Instructions for correct use are included with the guest compendium. Please read the instructions before using the chi machine.

Strengthening and Toning

Maintaining bone density is an especially important factor in the health of older adults, and it begins when we are young. Aerobic exercise, such as walking, is not enough to ensure bone health. Strengthening exercises are necessary to prevent bone loss in later life, which is important for men as well as women. Osteoporosis, previously thought to be a disease of women, is increasing in the older male population.

Strengthening and resistance training is based on the use of progressive amounts of weight to maintain and increase bone density. Resistance training also increases muscle strength and mass, improves

skeletal integrity, stimulates the immune system and facilitates physical and emotional balance.

» Strengthening and Toning Exercises

- Resistance bands
- Sandbag weights
- Swiss balls
- Water fitness conditioning

Resistance Bands |

Resistance bands can be used anywhere. These bands isolate targeted muscle groups and provide full range of motion exercise. The bands are available in a variety of colors, each one representing different resistance levels.

flexibility, coordination and balance. When used for stretching, the ball allows guests to focus on every major muscle group in the body. The low impact workout minimizes stress on the joints, while strengthening bones and muscles and improving posture.

Sandbag Weights |

Sandbag weights are available for additional resistance training and can be used while using the lymphasizer exercise to increase the cardiovascular workout and overall G-force. Sandbag weights are available in increments of two, five and seven pounds.

Stretching and Flexibility |

As the body ages, it loses its ability to produce elastin, a protein that enables muscle fibers to stretch. After the age of 30, it becomes especially important to maintain flexibility with a regular stretching regimen.

Swiss Balls |

The Swiss ball is an air filled ball that varies in size and is used to improve functional strength,

Stretching is a natural conditioning exercise that improves the tone and health of muscles, ligaments and joints. In addition to that, it just feels good! Stretching exercises are slow, sustained and relaxing. Attention is focused on the action of the muscles, facilitating awareness of sensation in the body, which is important in improving health. The numerous messages received from the body about stress, discomfort or illness can help people take control of their health in a positive way.

Exercise Recommendations

- 1 | Choose exercise activities you enjoy
 - 2 | Start slowly and never over exert yourself
 - 3 | Find a partner who will exercise with you
 - 4 | View exercise as important personal time
 - 5 | Pick a time of day and stick with it. People who exercise in the morning are 75% more likely to continue their exercise program than those who exercise in the evening.
 - 6 | Give yourself small rewards after exercising (not food!).
 - 7 | Focus on the benefits of exercise. Notice that you are feeling more relaxed, energized and refreshed. Perhaps you are sleeping more soundly and have better concentration.
 - 8 | Place your exercise goals where you can see them. Consider putting up a picture of yourself doing your favorite exercise. Post affirmations.
 - 9 | Visualize success. See yourself healthy and thoroughly enjoying your activity.
 - 10 | Get support from others and tell them what you are doing. They may want to join you.
 - 11 | Before falling asleep at night and upon waking in the morning affirm to yourself that you are physically active and that you enjoy being this way.
 - 12 | Create an exercise journal. Use this to discover times in your day that you can exercise. Make a note of times available for a 10 minute walk or for some other form of exercise. Write down the things you say to yourself that hold you back from exercise. Write down one positive affirmation for each negative thought.
- NOTE:** All equipment, music and videos are available in the Fitness Center for personal use by guests and companions.

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Suggested Reading

- A Complete Guide to Rubberized Resistance Exercises, Mark Cibrario, CSCS
- Aerobic Ball Strengthening Workout, Caroline Creager
- Body, Mind and Sport, John Douillard
- Fitness After 50, Ettinger, Jr. Mitchell and Blair
- Jumping for Health, Morton Walker
- The Fitness Instinct, Peg Jordan, R.N
- The Healing Power of Exercise, Goldberg & Elliot
- The New Miracles of Rebound Exercises, Al Carter
- Therapeutic Exercises Using the Swiss Ball, Caroline Creager
- Water Exercise, Martha White



Medical Spa

Introduction to the Spa Program

Sanoviv uses the finest technology to improve the physical, mental, emotional, and spiritual health of our guests. However, we have not forgotten the ancient truth: touch stimulates health and promotes healing. Modeled after the renowned spas of Europe, Sanoviv's spa are has been specifically designed to support the well being of our guests through the use of proven complementary therapies. A quiet soothing environment, with luxurious and exquisitely-tiled rooms that provide a breathtaking view of the Pacific Ocean will awaken the senses and calm the spirit. The care given by highly trained massage therapists adds to each medical program healing touch and lymphatic release.

» Massage Therapy

The laying on of hands is an ancient healing method which therapists at Sanoviv have perfected. Several types of massage available and specific therapies are included in each program to assist with detoxification and healing.

» Aromatherapy Massage | 60 minutes

Aromatherapy oils are used to relieve stress, stimulate body function, promote relaxation and elevate mood. Applied in combination with massage oils, the result is a personalized healing treatment.

» Back and Neck Massage | 30 minutes

A simple back and neck massage relieves tension, improves circulation, and promotes healthy skin. This massage is prescribed to relieve stress, headaches, chronic inflammation, and muscle tightness.



» Reflexology | 30 minutes

Practiced in Egypt as early as 2587 BC, reflexology is the manipulation of points on the bottom of the foot that correspond to areas of the body. It is based on research that suggests massaging specific locations on the bottom of the foot can stimulate circulation and remove waste products from corresponding organs.

» Shiatsu | 60 minutes

Shiatsu is a massage technique based on oriental medicine. Firm pressure is applied with the thumbs to points along the body's energy channels called meridians. Shiatsu is used to reduce tension by removing energy blockages and restoring body homeostasis (balance).

» Swedish Massage | 60 minutes

The Swedish massage is the most commonly known and widely used massage. A combination of circular movements, kneading and long firm strokes are used to relax the muscles, stimulate immune function and improve circulation. A Swedish massage also maintains connective tissue mobility, increases joint flexibility and reduces pain.

» Therapeutic Massage | 60 minutes

This massage is a combination of the Swedish massage and deep muscle therapy. This type of massage is helpful for those who have acute and chronic conditions for alleviating pain.

» Body Therapy

In addition to massage, Sanoviv offers other forms of therapy that can improve health. These hands on body therapies stimulate the natural flow of energy and unlock the body's ability to heal itself.

» Craniosacral Therapy | 60 minutes

Craniosacral therapy uses the bones of the skull and the sacrum (at bottom of the spine) to improve the flow of the cerebrospinal fluid. It is a gentle, hands-on method for enhancing the motion of the cerebrospinal fluid between the brain and the spinal cord. Using a soft touch generally no greater than the weight of a nickel, practitioners release restrictions in the craniosacral system to improve the functioning of the central nervous system. In addition to its therapeutic value, this treatment is soothing and relaxing.

» Infrared Sauna | 5-15 minutes

Most saunas use standard electrical energy to heat the skin and raise body temperature. The Sanoviv's saunas have been specifically designed to use infrared light energy and create heat that penetrates deeper into the tissues to increase toxin elimination while sweating. Beyond stimulating toxin mobilization, the infrared sauna can also improve metabolic function and speed the healing of injuries.

» Matrix Regeneration Therapy | MRT -30 minutes

MRT is an electromagnetic therapy that supports elimination of cellular wastes and improves the influx of nutrients. MRT amplifies the effectiveness of other healing techniques used at Sanoviv by activating immune functions. This invigorating therapy can also reduce allergies and encourage the body's natural healing response. (See Medical Program; Sanoviv Medical Treatments).

» Parafango Treatment | 20 minutes

A combination of marine fango and paraffin, parafango treatments increase circulation. The result is the elimination of toxins, revitalization of the skin, reduced muscular tension, and localized healing. Parafango treatment also enhances weight reduction and helps to firm and tone flaccid skin.

» Reiki | RAY- kee, 60 minutes

Reiki is a Japanese word that combines Rei, for universal understanding or spiritual consciousness, and Ki, the life energy that animates all living things. Reiki is a light-touch healing technique that uses the Live Force to reduce stress and promote relaxation. Reiki is especially helpful for guests who want to increase their spiritual connection.

» Hydrotherapy

Throughout history, water has been used to treat disease. Egyptian, Babylonian, Persian, Greek, Hebrew, Hindu, Chinese and Native American healing traditions include the therapeutic use of water for healing. This practice continues today. Many modern holistic practitioners prescribe water therapy to assist in healing disease. Hot and/or cold water can be used to improve circulation, aid elimination of toxins, increase metabolism and support immune function. At Sanoviv hydrotherapy is an important part of the holistic approach to healing the body and mind.

» Balneotherapy | 25 minutes

In Balneotherapy, a custom designed tub is filled with hot or cold water and a combination of herbs, oils and mud powder. Each treatment has unique therapeutic effects and is particularly helpful for detoxification. Balneotherapy is individually prescribed based on the specific needs of each guest. The bath uses a special blend of healing essential oils that sooth the skin, relax the muscles and ease sore joints. This bath may be relaxing or invigorating, depending on the combination of oils used.

The **Aromatherapy bath** uses a special blend of healing essential oils that sooth the skin, relax the muscles and ease sore joints. This bath may be relaxing or invigorating, depending on the combination of oils used.

The **Fango Natrium bath** is an authentic volcanic mud treatment that is used in spas worldwide. Made of natural volcanic ash with minerals and trace elements, this ancient beauty ritual is effective for removing impurities and smoothing the texture of the skin so it can readily absorb moisture. This therapeutic spa treatment relaxes muscles and promotes detoxification.

The Fango Salicyl bath the classic fango mud bath with salicyl, the pain-relieving ingredient in aspirin. This treatment sloughs off dead skin cells and smoothens the texture of the skin. Additionally, heat from the fango promotes relaxation, while the pine needle extract stimulates circulation. This bath is used in a series of treatments to soothe muscles and joints and to stimulate toxin elimination.

The Mint Sea Salt bath contains Dead Sea salt, which is prized for its high concentrations of minerals, seaweed, algae and trace elements. This treatment relieves muscle pain, joint inflammation, and skin problems, while stimulating circulation and eliminating toxins from the body. Plus, energizing mint extracts enhance the healing, nourishing and detoxifying benefits of pure Dead Sea salt.

The Milk Whey bath is made of natural milk proteins that hydrate and soften dry, irritated or damaged skin. The milk whey bath retains and replenishes the protective layer of the skin to aid in healing and restoring skin tone. This moisture bath is effective for sensitive and normal skin.

The Mustard bath is used to stimulate, rejuvenate and cleanse the skin. It relieves stress, congestion, muscle and joint soreness, insomnia and aids in eliminating toxins by encouraging perspiration.

» Body Affusions | 5-10 minutes

This treatment alternately applies hot and cold water to localized areas, such as the legs or the trunk of the body. The fluctuating water temperature increases blood flow to the treated sites and promotes efficient systemic circulation. This, in time, improves the body's ability to regulate homeostasis (balance).

» Vichy Shower | 10-25 minutes

This refreshing treatment is used in conjunction with a wrap, exfoliation treatment or massage. Guests lie on a massage table as five or more shower nozzles are used to alternate hot and cold water over the entire body.

» Thalassotherapy | 25 minutes

Thalassotherapy, the Greek term for seawater, has been used as a healing tool for thousands of years. Seawater has the same basic structure as human blood plasma and is enriched with plankton and important microelements, such as mineral salts, amino acid, iodine and other minerals. Sanoviv favors French thalassotherapy protocols, allowing guests to move from one pool to another to experience purified seawater of varying temperatures. This invigorating treatment stimulates metabolism, encourages detoxification and supports immune function.

NOTE: Please notify a staff member before using the outdoor pools, which are available to guests any time.

» Body Care

Body care treatments are prescribed to improve circulation, cleanse the skin, detoxify the body and heal soft tissue. They are enjoyed by guests for yet another reason: They are the most relaxing, nurturing treatments imaginable.

» Body Salt Glow | 30 minutes

Salts exfoliate dead skin cells and hydrate the skin. The granular salt gently stimulates the skin and prepares the body to eliminate wastes through the pores. The salt glow therapy is used with guests who do not tolerate treatments that include heat or cold. They are exceptionally good for those who have chronic indigestion, diabetes, sluggish circulation, frequent colds, low blood pressure and low endurance.

» Fango Body Wrap | 80 minutes

Fango treatments soothe tired, sore muscles and cleanses the skin. The warming fango mud replenishes skin cells and relaxes muscular and joint tissues. After the application of hot mud, the skin is dry-brushed, and then wrapped in warm blankets for rest and relaxation.

» Herbal Wrap | 30 minutes

Herbal wraps are relaxing, cleansing treatment that relieves pain and spasm. The guest is wrapped from neck to toe in unbleached linen sheets which have been steamed in fragrant healing herbs. As the body temperature rises, perspiration increases, removing toxins. Many wraps are followed by a cooling sheets to close pores and restore balance.

» Seaweed Body Wrap | 80 minutes

Seaweed aids in detoxifying the body while encouraging cellular metabolism. Seaweed remineralizes the body, smoothes and hydrates the skin, stimulates circulation and relaxes the body and mind. The treatment can also help reduce cellulite and has been know to have a slimming effect.

» Facial Care

The face is constantly exposed to sun, wind, and environmental toxins more than any other part of the body. Facial care is a soothing way to reverse the effects of exposure, while enjoying a relaxing, nurturing environment.

» Aromatherapy | 60 minutes

A special massage technique is combined with herbs and essential oils that gently cleanse, nourish, and exfoliate the skin. While the skin is being revitalized, the mind is soothed by the fragrant aroma of the essential oils.

» European | 60 minutes

The treatment begins with a skin analysis to determine the most beneficial mask. All masks provide deep pore cleansing and gently remove surface impurities, leaving the skin soft and glowing.

» Paraffin | 60 minutes

This European exfoliation treatment uses warm paraffin to remove dead cells and rehydrate the skin, resulting in a soft facial glow.

» Salon

The Sanoviv Salon pampers guest with soothing manicure and pedicure treatments as well as hair care.