



VITAL CELL CURE

for body and mind

An offer that not only attracts fans, because sceptical voices point to the auto-regulation of the body: liver, kidney and lungs would do the job of detoxification on their own. „True,“ confirms Prim. Dr. Karin Stengg.

„Of course, our organism should effortlessly master the elimination of the body’s own pollutants. However, it is not evolutionarily oriented towards the many toxins that surround us today - whether environmental toxins, heavy metals, chemical pollutants, plastic particles in food or antibiotics in meat,“ says the doctor, who is in charge of medicine and therapy at la pura women’s health resort Kamptal.

According to a report by the World Health Organization (WHO), our bodies are exposed to around 140,000 chemicals today.

That is about twice as many as a decade ago. „In addition, our sedentary, stressful lifestyle, an excess of carbohydrates and sugar in our diets, and other vices such as alcohol and nicotine, cause the amount of toxins to become rampant.“ An imbalance that can be brought back into balance through regular detoxification, says Stengg.