

Proactive Choice Introduces Targeted Detoxification Therapies

PORTLAND, OREGON, USA, May 28, 2024 /EINPresswire.com/ -- Proactive Choice is pleased to announce the launch of its targeted [detoxification therapies](#) designed to enhance holistic well-being. Proactive Choice offers a comprehensive and personalized detox experience for its clients by integrating traditional naturopathic practices with innovative modern methods.



PROACTIVE CHOICE

Proactive choice logo

Blending Tradition with Innovation

[Naturopathic medicine at Proactive Choice](#) builds on the wisdom of indigenous cultures and First Nations people, who have long relied on plants and natural elements for healing. These traditional therapies, such as applications of Peat, (humic and fulvic acid), and hydrotherapy with alternating hot and cold treatments, are incorporated into their detox programs. This holistic approach encourages spiritual rejuvenation by helping clients break old patterns and find respite from their hectic lives.

"Our medicine emphasizes holistic approaches, incorporating innovative methods like laser and FIR light therapy with Methylene Blue to offer a personalized and comprehensive detox experience," says Dr. Collins, founder of Proactive Choice.

Understanding Detoxification

Detoxification, often called "Detox" or body cleansing, is an ancient medical approach focused on eliminating unmetabolized waste matter in the body. This waste can lead to viral attacks and general inflammation, and its accumulation may result in adverse health effects. Detoxification practices at Proactive Choice involve various activities, including diet modifications, fasting, selective food consumption or avoidance, colon cleansing, Biome restoration and chelating herbs, Peat (Humic and Fulvic Acid), and activated Charcoal. Cholestyramine, Methylene Blue, soluble fiber, Glutathione, Hydrogen Water, EDTA, DMSA, and low-level sun exposure. The goal is to promote overall well-being and reduce the need for fevers, viral attacks, inflammation, pain, and premature aging.

Benefits of Detoxification

Toxin Elimination: Detoxification helps remove heavy metals, pollutants, and metabolic waste, enhancing the body's natural defense against harmful substances.

Enhanced Energy and Sleep: Detoxification can boost energy levels, improve sleep, and enhance overall well-being by eliminating energy-draining factors and reducing inflammation.

Weight Management: Detox programs can aid in short-term weight loss through diet and cleansing, though sustainable weight management requires a comprehensive lifestyle approach.

Inflammation Reduction: Detox methods can reduce chronic inflammation, which is linked to various health issues. This is achieved through dietary changes and innovative medical lab tests.

Enhanced Skin Health: Detoxification can improve skin conditions. Dr. Collins, the founder of Proactive Choice Inc., emphasizes the gut-skin connection and offers additional regeneration and rejuvenation protocols (including Exosomes and Biome restoration).

Improved Digestive Health: Detoxification enhances digestive health by aiding toxin elimination and promoting a balanced gut microflora, which is essential for optimal nutrient absorption and overall well-being.

Personalized Detoxification Process

Consultation and Assessment: Proactive Choice begins with a comprehensive examination of the client's health history and lifestyle to thoroughly understand their context. When necessary, medical tests such as the provoked EDTA urine assay for heavy metals are conducted. Based on this evaluation, a personalized detox plan is crafted.

Personalized Detox Plan: Proactive Choice offers personalized detox plans, which may include home detox protocols, diet changes, enemas, [IV hydration](#) with vitamin/mineral/peptide infusion, and natural chelation compounds like zeolite and chlorophyll. These plans aim to enhance overall well-being through tailored detox strategies.

Implementation of Detox Methods: With the guidance of Dr.Collins, clients embark on a safe and effective detoxification journey. The approach may include patients at home monitoring of their vitals and biometrics

.fasting, home hydrotherapy techniques (such as Coffee Enemas), supplements, and prescribed medications. If necessary, In-office IV treatments such as EDTA, Glutathione, DMSA NAD+, and

PlaquEX can be crafted into a personalized program.

Comprehensive Neural Therapy injections (in-office) can unlock toxic connective tissue blocks releasing lymph and bio-electricalcal stagnation.

Enhanced Detox Therapies: Complementary approaches such as homeopathy, hydrotherapy, FIR light, saunas (in-office), laser therapy, and Neural Therapy are offered to ensure comprehensive detoxification. The effectiveness of the detox plan can be monitored through repeated urinary assessments in the case of heavy metal toxicity and blood tests and other Biometrics, as well as subjective quality of life and reductions of symptoms such as pain or fatigue.

Necessary adjustments are made based on the client's responses and evolving health needs.

About Proactive Choice

Proactive Choice is a leading holistic wellness center in Oregon, committed to helping individuals achieve optimal health through natural methods. Under the guidance of Dr. Collins, a Naturopathic Physician with forty years of experience, Proactive Choice offers personalized programs and IV and injection therapies (in-office) designed to support and enhance long-term vitality and well-being.

Check out our blogs:

1. <https://www.proactivechoice.com/post/top-alternative-treatments-for-shoulder-pain>
2. <https://www.proactivechoice.com/post/traditional-hormone-replacement-therapy-vs-bioidentical-hormone-therapy>
3. <https://www.proactivechoice.com/post/alternative-cancer-treatments>
4. <https://www.proactivechoice.com/post/signs-and-symptoms-of-thyroid>
5. <https://www.proactivechoice.com/post/prp-vs-stem-cell-therapy>

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