

## Hard to Stay Healthy Around the Holidays!

*Where's the time? Where's the money? Where's the trust? With so much going on in today no wonder people don't know where to turn to calm there busy brains. If you want to stay healthy NATURALLY and do it on a budget then I have just the thing!*

**Dec. 31, 2008** - [PRLog](#) -- Now more than ever Americans are finding it hard to stay fit. Many of us struggle with finding the time, while others just cannot seem to conjure up the money. Millions of us are confused and with health ads on every channel, WHERE DO WE TURN?!

Well, the Advanced Total Wellness Center of Bala Cynwyd, Pa. has all the answers to keep you healthy NATURALLY. Even celebrities are raving about more holistic ways of staying fit and healthy. So, what's the celeb secret that's been used for thousands of years? Colon Hydrotherapy! Colonics offer a safe and natural alternative to conventional methods of weight loss, acne prevention, eczema, bloating, gas, IBS, allergies, fatigue, emotional imbalances and More! The system used by the Advanced Total Wellness Center is relaxing and safe. They use 12 gallons of double purified warm water to flush out years of impaction, bacteria, parasites and toxins. The results after having had several colonics are undeniable! To help people achieve their health goals around the holidays, they are currently offering HUGE DISCOUNTS on this service and more. Check out their website at [www.atwchealth.com](http://www.atwchealth.com) for details.

Other discounted services to become a better you include:

Massage Therapy, Acupuncture, Nutrition and Lifestyle Consultation, Ear Candling, Hair Mineral Analysis, Cell Energy Therapy and Chi Treatment.

They also carry over 2,000 natural vitamins, supplements and herbs.

Advanced Total Wellness Center  
51 E. City Ave.  
Bala Cynwyd, Pa. 19004

Phone: 610 664 5231

Located in the Bala Cynwyd Shopping Center

Appointments Available Mon-Fri 10-5 and Sat 10-4:30

Don't be discouraged! The power to change is in Your hands!

Happy New Year!

###

The Advanced Total Wellness Center is a family owned company that has been in business for over 30 years. They provide people with an alternative method of health and wellness. Currently, their goal is to help people stay on track during these stressful holiday times.

--- End ---

Source           Advanced Total Wellness Center  
City/Town        Bala Cynwyd  
State/Province

Zip Pennsylvania  
19004  
Country United States  
Industry [Fitness](#), [Health](#), [Lifestyle](#)  
Tags [Colonic](#), [Weight Loss](#), [Acupuncture](#), [Nutrition](#), [Health](#), [Colon](#), [Stress](#), [IBS](#), [Gas](#)  
Link <https://prlog.org/10161493>



Scan this QR Code with your SmartPhone to-  
\* Read this news online  
\* Contact author  
\* Bookmark or share online