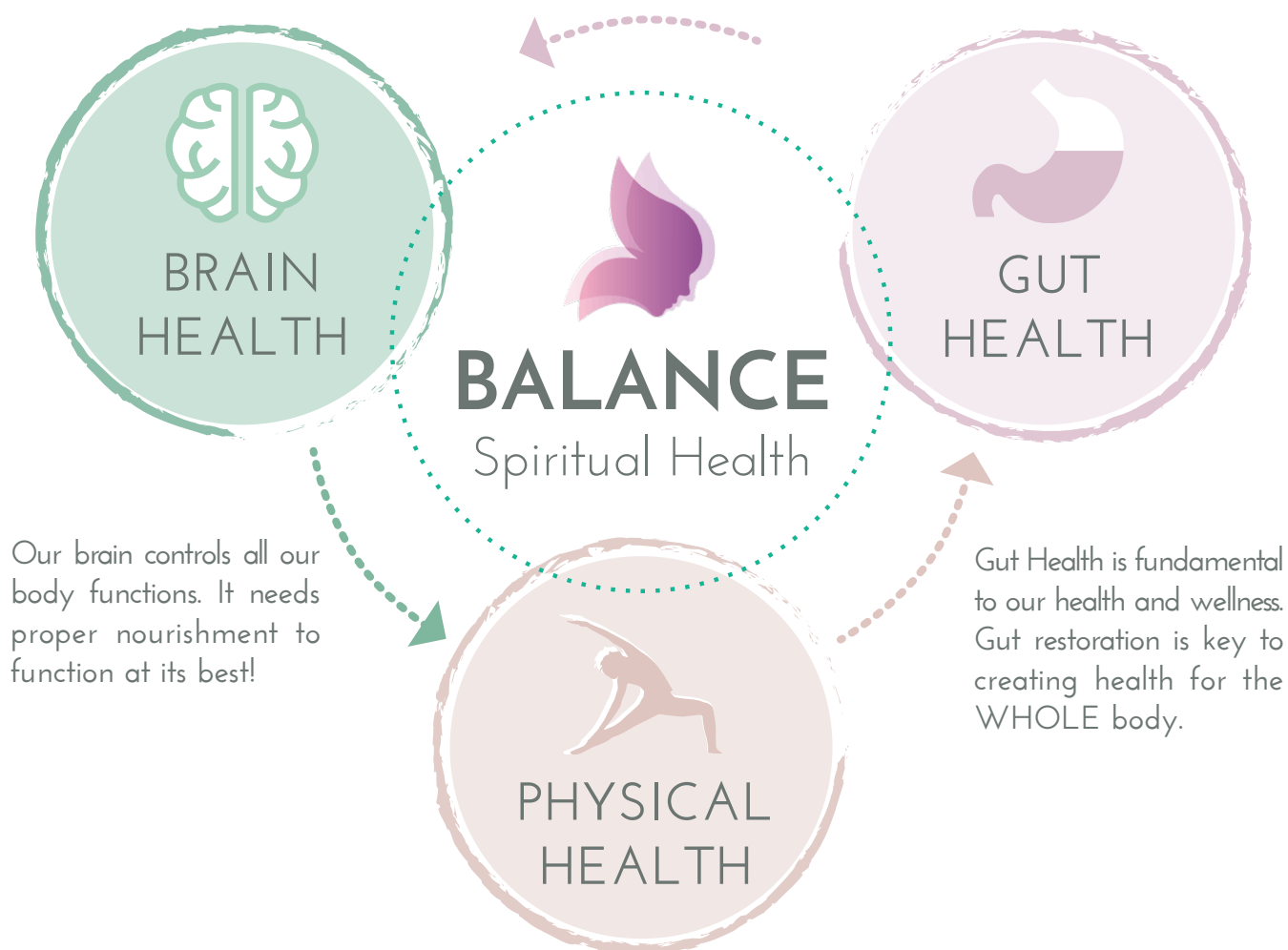


ALKALINE METHOD ©

— Create Health —

We believe healing is a journey in need of a clear roadmap to reach DESTINATION HEALTH. Our Alkaline Method© is the framework we use to reach YOUR goals.



Proper Alignment and Movements are necessary for our METABOLISM and to allow our bodies to effectively DETOXIFY to enhance our Brain and Gut function.

Physical Therapy and Yoga-Pilates Therapy are applied to get you moving safely to restore health.