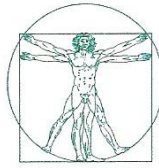


Your key to

Optimal Fitness & Health



Dimensions of health...

Greater vitality...

Functional anti-aging...



Exceed Your Known Potential!

Vibrant Health Institute

Near Sunrise and Swan, Tucson AZ 85718

520.615.1336

“The Missing Piece”

What we don't know can hurt us. Now more than ever, we need to educate ourselves about how our bodies work (or in too many cases, don't). Illnesses and chronic fatigue are more widespread than ever. Many of us have turned to natural therapies to replace or supplement traditional medicine. There is so much to learn, so much we don't know. And how is it that we can take herbs, vitamins, and enzymes, yet still be plagued by the very issues that push us to become more health conscience? Why don't we get better?

The answer my dear [Watson] is “alimentary.” It is a fallacy that what is put in the mouth at one end of the alimentary canal nourishes us and completely releases all waste products at canal's other end. This is the ideal, but seldom the real scenario. Pure food and natural supplements cannot restore health if they are not absorbed. And the modern liver and colon that must filter out environmental toxins, food additives, and drug by-products, in addition to extracting nutrients, and eliminating waste, are operating under tremendous stress.



If the bag on the vacuum cleaner is not emptied, eventually the vacuum cannot do its job. It is plugged in and the motor is running. And it's still rolling across the floor. But there is dust spewing out and it smells hot and nasty. And so it is with us. Our impaction begins producing their own toxins. Our blood supply picks up these poisons and our tissues become saturated with impurities. No wonder we ache all over and feel tired. We accept indigestion, bloating, gas, constipation, and diarrhea as minor inconveniences, not recognizing them as signs of a slow process of auto-intoxication. After all, we are plugged in and still rolling across the floor. Right?



Wrong, says Dr. Karl VanArsdale of Vibrant Health Institute. Oxidative Colon HydroTherapy is the heart of his Naturopathic practice. To achieve health and optimal fitness we must first rid the body of accumulated waste. Dr. Karl and staff add medical grade oxygen to the hydrotherapy process. And many things happen. The bubbling oxygen breaks up encrusted mucus and fecal matter more rapidly than traditional Hydro. Parasites, viruses, and bacteria that thrive on carbon dioxide are killed and washed away along with their evil by-products.

The entire body (liver, vascular and all organ systems) is revitalized by the fresh flow of oxygen. The increase in oxygen speeds up the body's burn rate and that, combined with the elimination of stored waste, often results in a significant weight loss. (Autopsies of Elvis Presley and John Wayne yielded colons with over 20 lbs of impacted waste. Enough said).

Many have reported increased energy and a sense of well-being after their initial series of treatments. Freeing the colon of excess wastes restores the body's natural ability to absorb nutrients, and once again mobilizes energy for fitness training and healing. Dr. Karl advises his clients to schedule 3 treatments initially. He explains colon releases its contents in layers, layers built up over many years. Therefore, it will take multiple treatments to clean the neglected organ and begin to restore its natural function. Dr. Karl is often gratified, though no longer surprised, when people report a vast array of healings they attribute to Colon HydroTherapy. He is not surprised as Dr. Karl himself was once so ill he was headed for hospice; it was Oxidative HydroTherapy that literally saved his life. Dr. Karl found it to be the missing piece in the puzzle of health.





Vibrant Health Institute programs have brought lasting relief from conditions that did not respond to other medical treatments, such as:

Chronic bronchitis / Asthma
Arthrosclerosis / poor circulation
Allergies / food intolerances
Hypertension / high blood pressure
Eczema / psoriasis / rashes
Fibromyalgia / chronic fatigue syndrome
IBS/ abdominal bloating / diarrhea
Colitis / Crohn’s disease / diverticulitis
Hormonal imbalance / thyroid
Cancer / tumors / prostate disorders

Mood swings / depression / anxiety
Mental confusion / memory loss
Poor sleep patterns / excessive sleep
Indigestion / acid reflux disease
Candida / intestinal parasites / fungus
Bladder infections / gall bladder
Neuralgia / neuropathy / ALS
Migraine headaches

We are very fortunate to have Vibrant Health Institute in Tucson. Although Oxidative Hydrotherapy is widespread in Europe, there are few who practice it in the U.S. Dr. Karl is a skilled and compassionate healer working on the cutting edge of advanced alternative medicine.

Now that you are aware of a key reason for falling short of your optimal fitness goals give yourself the gift of greater health and restored vitality at Vibrant Health Institute.

From an article by health writer, Terry Herwick.

“I wish I had known about this therapy years ago” – Steve McCoy

“This therapy isn’t just for celebrities anymore” – Julie Bronson



Vibrant Health Institute staff

Audrey Langdon

draws on decades of wisdom to heal the negative attitudes, thought patterns, and emotions that drain physical health and energy. An authority on the meaning of dreams and spiritual experiences, she is a certified psychotherapy counselor. She has worked with leaders in communications, the arts, and industry.

Jimmy Volpe, NA, NT

Rena Goichberg, OHT

Mary Wettstein, OHT



Karl VanArsdale, NC, OHT, NAS, DN-APP

is the founder and CEO of Vibrant Health Institute. A nutritionist and specialist in colon and oxygen therapy, Karl has extensive training in other natural modalities. His knowledge of scientific advances and his insights into each client’s needs are unique.

Celebrities across the United States and dignitaries from other countries have sought Karl’s services. He has traveled to people’s homes to administer extended treatments. His individualized programs have changed many lives – the elderly on the brink of death, exhausted business executives, athletes striving to compete, mature men and women wanting to stay at their best.

As a wounded healer who has triumphed over life-threatening illness, Karl knows the value of perseverance and hope. His compassion encourages and inspires clients to reach their personal goals.

Karl VanArsdale and his associates are ready to help you achieve optimum health. We know that our programs bring visible results. Our modalities help men and women feel better, look younger, and enjoy life more fully. Start your personal program today – call now for your initial appointment:

520.615.1336

