



The Regency Resort & Health Spa Voted "The Readers Choice Award Winner" by Spa Finders Magazine, as One of the Worlds Top Ten Destination Spas

Centered around the concept of a Vegetarian Wellness Lifestyle, guests not only experience the benefits of weightloss, gourmet vegetarian cuisine and physical fitness, but also the virtues of a peaceful and positive attitude for the mind, body and spirit.

Hallandale Beach, FL, April 04, 2008 --(PR.com)-- The Regency Health Spa has been at the forefront of health education and health promotion. Ongoing research and clinical studies continue to validate the message of the Regency program. And, to a great extent, the most devastating chronic diseases of our society, e.g. heart disease, diabetes, and cancer, are not inherited, but are the consequences of risky lifestyle choices across time.

For over 17 years, the comprehensive health education and clinical program of the Regency has been under the direction of Dr. Frank Sabatino. Dr. Sabatino is a chiropractor, with Masters and Ph.D. degrees in cell biology, neurobiology, and neuroendocrinology from the Emory University School of Medicine in Atlanta, GA. Dr. Sabatino has been involved in significant research, and published numerous articles and papers, in the areas of endocrinology, neurobiology, nutrition, stress, and aging. In addition, he has many years of additional training in Applied Kinesiology and low force Chiropractic techniques, fasting care, hypnosis, stress management, Oriental medical approaches, tai-chi, chi-gung, and auriculotherapy. His unique expertise and chiropractic approach are an important part of the Regency Health Spa wellness program.

The plant-based vegan diet taught at the Regency is the most powerful nutritional approach for reducing weight and obesity, preventing and reversing heart disease, lowering cholesterol, promoting longevity, reducing the negative consequences of aging, preventing and reversing diabetes, maintaining healthy bone, and preventing a variety of cancers. This nutritional approach eliminates the acid forming inflammatory nature of conventional diets loaded with animal-based, highly processed refined foods. Since many health problems, including heart disease, cancer, and diabetes are now thought to develop from the process of inflammation, the anti-inflammatory vegan diet may be one of the most important factors for the prevention of disease.

The extensive exercise and activity program of the Regency includes the most significant parts of a comprehensive fitness program: aerobic endurance activity, strength training, and flexibility development. Daily morning walks, and numerous supervised aqua fit and low impact studio aerobic classes, are an integral part of the program. Fun aerobic dance classes including salsa, afro-Caribbean, and belly dancing add to the variety of aerobic classes. The new state of the art gym provides new aerobic machines and weight training equipment to promote strength training, while stretch, Pilates, yoga and tai-chi classes round out the flexibility part of the fitness program.

Lectures and techniques for stress management are a very important part of the Regency program. These include massage therapy sessions, and relaxation and meditation sessions in addition to yoga, chair yoga, and tai-chi classes. In addition, the Oceanside location, on the turquoise waters of the Atlantic Ocean,



promotes emotional and spiritual serenity, and is a perfect complement to the Regency health program. Fun and entertainment are also critical to the healing process, and the Regency provides weekly musical entertainment, games, shopping trips, and lectures and trips of special interest.

The Regency Health Spa is a profound health adventure. They can transform a person's life, and give them the tools to embrace their own power to heal and be well. They are friendly, comfortable, intimate, and, in the words of the guests, always feels like home. So, come home to the Regency Health Spa, and transform a person's life and health.

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