

Encinitas Chiropractor Publishes New Post On Astaxanthin Supernutrient

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The K2 Health Center, a chiropractor in Encinitas, is pleased to announce a new addition to their blog, on astaxanthin—a powerful antioxidant. Many of the world's top researchers believe that astaxanthin may be one of the most powerful antioxidants that can be found in nature. This form of algae constantly shows a very large number of health benefits, as proven by ongoing research. It is used as a health supplement, maintaining the health of joints and tendons, skin, eyes, the brain, and the cardiovascular system.

Astaxanthin is derived from *Haematococcus microalgae*. The algae produces astaxanthin to protect itself from UV radiation and the harsh environment it grows in. It is related to beta-carotene, lutein, and canthaxanthin. What makes astaxanthin unique, however, is its molecular structure, leading it to be dubbed "The King of Carotenoids".

Carotenoids are what give many healthy foods their color, such as the lycopene in red tomatoes, beta-carotene in orange carrots, and the zeaxanthin and lutein found in yellow corn. Astaxanthin is an antioxidant over five hundred times stronger than vitamin E, and six thousand times stronger than vitamin C.

The potent antioxidant differs from other carotenoids and antioxidants in that it has the ability to neutralize the effects of free radicals, handle multiple free radicals, cross the blood-brain barrier to provide antioxidant protection to the eyes and brain, and even protect both the fat-soluble and water-soluble parts of the cell. It also acts to protect skin from the inside out, helping users achieve healthier, more beautiful skin. It is an all-round solution to a number of skin problems while also helping improve the health of the body from the inside.

“Every day in the Encinitas Chiropractor office, I teach that it is not only what you put onto the skin to protect it, but more importantly what you put into it, and that is the strong point about astaxanthin,” says Dr. John Kupper of the K2 Health Center. “Recent buzz with the rich and famous around natural astaxanthin has increased its profile. More and more people are learning what most dermatologists have long known: natural astaxanthin helps support the skin during long periods of UV light exposure.”

The K2 Health Center offers a number of chiropractic services, including upper cervical chiropractic (which re-aligns the upper cervical spine to relieve pain and treat a number of conditions), low-level laser therapy (for management of both chronic and acute pain), sports and therapeutic massage therapy, post-concussive therapy for patients with any of a number of neuro-musculoskeletal disorders, treatments for Temporomandibular Joint (TMJ) pain, and surgery avoidance consultation.

“The goal of the K2 Health Center is to make the local communities of Encinitas, Leucadia, Carlsbad, Cardiff, Solana Beach, Del Mar, and the surrounding areas a happy and healthy place! We strive to provide the most advanced chiropractic, massage, low-level laser therapy, nutrition, exercise therapy, and diagnostic services. There is no better choice for quality natural health care,” asserts the K2 Health Center. “We treat those of all ages and walks of life, which includes everyone from pediatric patients to the elderly. Many patients have responded well to care who are suffering from the following conditions/symptoms: Neck pain, headaches, migraine, low back pain, neuropathy, TMJ, knee pain, shoulder pain, fibromyalgia, gastro-intestinal disorders, fatigue, and many others.”

The health center has successfully treated a wide variety of issues. Pleased clients have left a number of positive reviews online. A Yelp reviewer, Anne H, states, “Dr. Kupper is the absolute best! I've seen many chiropractors over the years and never seen the results as I have with him. His adjustments are never aggressive like other chiropractors have been. I feel better than I ever have. I would highly recommend Dr. Kupper!”

For reliable chiropractic services from an Encinitas chiropractor that makes use of the most advanced modern technologies to treat patients, contact Dr. Kupper and Dr. Keener of the K2 Health Center. Their website can be found at <http://k2healthcenter.com/>. The site contains details of all the services offered by the health center, along with an informative blog with regular posts about new technologies or general

information on the health of the human body.

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For more information about K2 Health Center, contact the company here: K2 Health Center Dr. Kupper & Dr. Keener (760) 456-9470 info@k2healthcenter.com 317 N. El Camino Real Suite 110 Encinitas, CA 92024

K2 Health Center

Encinitas chiropractors Dr. Kupper and Dr. Keener are well known as the top pain management doctors in Encinitas. They have helped numerous patients with all sorts of issues including upper back and neck pain.

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