

Detoxify Your Body

Fall Cleansing Program - A 10-Day Jumpstart for Healthier Living

Can you benefit from a detoxification program?

Do you suffer from any of the following?

- Fatigue and lack of energy
- Body aches and pain
- Headaches
- Constipation/ digestive complaints
- Anxiety
- Chemical sensitivities
- Insomnia
- Sinus congestion/ "allergy" symptoms
- Foggy mind/ difficulty thinking

If so, then a detoxification may be right for you...

Did you know?

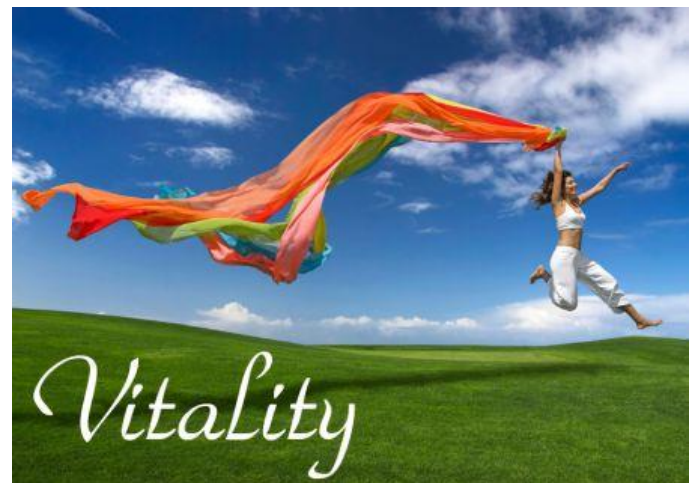
- Each year more than 4 billion pounds of chemicals and pollutants from plastics, pesticides, solvents, heavy metals, medications and other sources released into the environment and eventually find their way into our air, soil, and food and water supplies.
- These chemicals interact synergistically in the body to increase their negative effects, which burden our bodies and overwhelm our natural detoxification pathways.

What is detoxification?

Detoxification, also known as cleansing, aims to reduce or remove toxins in the body and promote overall health and wellness on many levels.

10-Day Metabolic Detoxification Program

A Metabolic Detoxification can help to remove toxins from your body. This 10-day detoxification program includes targeted nutrition, a modified elimination diet, nutritional supplements, simple exercise and basic recommendations for stress management. The program is done under the guidance of a naturopathic doctor.



Cost: \$195.00 (Pre-registration required with payment due by Monday, October 28, 2013)

Cost includes: Two (2) group meetings, two (2) Restorative Cleansing Yoga sessions held at Leslie Blake's Yoga Center, nutritional supplements to support detoxification, detoxification program guide, recipes and online support. (You will have the option to purchase additional therapies to further support detoxification such as therapeutic massage, constitutional hydrotherapy and infrared sauna sessions.)

Program Meetings: Wednesday, October 30, 2013 and Tuesday, November 12, 2013 from 6:00-8:00pm (10-day detoxification program runs from Monday, November 4, 2013 – Wednesday, November 13, 2013.)

Yoga Classes: Wednesday, November 6, 2013 and Wednesday, November 13, 2013 from 6:00-7:00pm at Leslie Blake's Women's Healing Arts and Yoga Center (16975 North Richmond Road, Cambridge Springs, PA 16403)

Call us today to start your journey to a healthier you!

Vitality Natural Health and Wellness Center

814-720-4825

570 Washington Street, Meadville, PA 16335

www.vitalityhealthandwellness.com