



Detoxify Your Body

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

Can you benefit from a detoxification program?

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.

How do I know if I need to detox?

The accumulation of toxins can wreak havoc on the body's normal processes and is often expressed through symptoms of disease. If you suffer from any of the following symptoms, then a detoxification program may be right for you.

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

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.

Program Meetings: Thursday, April, 18 2013 and Tuesday, April 30, 2013 from 6:00-8:00pm (10-day detoxification program runs from Monday, April 22, 2013 – Wednesday, May 1, 2013)

Yoga Classes: Wednesday, April 24, 2013 and Wednesday, May 1, 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)

Location: Vitality Natural Health and Wellness Center, 375 Chestnut Street, Meadville, PA 16335
(Across from the former YWCA and next to ReMax Real estate)

Cost: \$195.00 (Pre-registration required with payment due by Monday, April 15, 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.)

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

814-720-4825

www.vitalityhealthandwellness.com