

April 12, April 19, April 26, 2010

Spring Renewal

April 2010

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Waterdown Clinic
of Naturopathic Medicine
www.waterdownclinic.com
905-690-9151

21 Day Medically Supervised Cleanse

Detoxification is central to natural health and with our modern toxic burden, our natural systems of elimination are easily overwhelmed.

This 21 day cleanse is a comprehensive detox program with a twist. Designed and delivered by the Naturopathic Doctors at the WCNM, each week includes interactive support and discussion PLUS guidelines to integrate detoxification into your everyday life.

Ready to get rid of those winter cobwebs and start feeling great? Join us for this inspirational, educational and supportive detoxification program designed to keep you feeling fantastic!

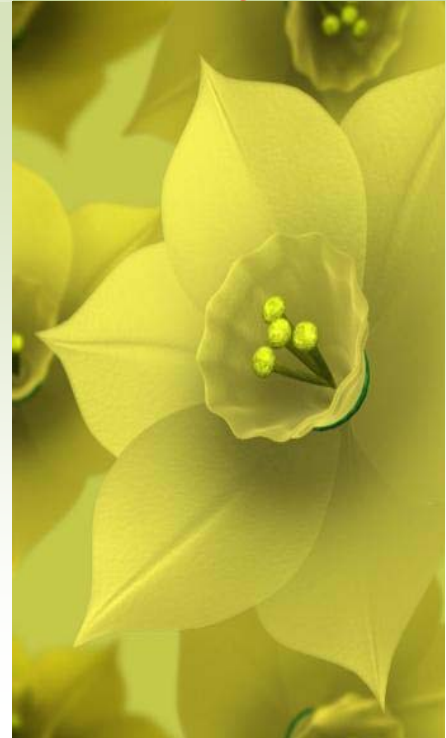
REGISTRATION INFO

Contact the **Waterdown Clinic of Naturopathic Medicine**
905-690-9151

Secure your spot with a credit card and schedule your pre-cleanse assessment.

Space is Limited! Last year this program sold out!

*"In the first week I lost 6 lbs but
the real change was how I felt!"
-MC*



Fee \$260

Registration Fee Includes

- Pre-Cleanse Assessment
- BIA (BioImpedance Analysis)
- Individualized Eating Plan
- Professional Instruction
- All Classroom Materials
- All Cleanse Products
- Interactive Group Support
- Weekly Seminar
- Free Samples Each Week
- Home follow-up Program

Location and Dates

The Vitamin Store,
255 Dundas Street E, Waterdown
Monday April 12 7-9pm
Monday April 19 7-9pm
Monday April 26 7-9pm

SPRING RENEWAL A Closer Look



Much more than just a detox, it's about raising the bar on how you do things every day!

“It made a huge difference in the way I think, I made some significant changes to my cooking and feel great for it! I’m a big fan.” - MW

Pre-Cleanse Assessment

Your pre-cleanse assessment will be performed by either Alison or Teri, ND's of the Waterdown Clinic. It will consist of some basics – your vitals and weight; BioImpedance Analysis to determine your generalized state of health at a cellular level ; and a detox questionnaire to determine possible special needs in your program; You can download the detox questionnaire from the Waterdown Clinic website (www.waterdownclinic.com) any time after April 1.

Additional Follow-up Support

The Waterdown Clinic has a special **follow-up offer** to take the cleanse, and your health, one step further. A special 45 minute clinic appointment will complete intake information, provide a second BIA, and include a discussion of unresolved health issues and what information may link them to your body's capacity to detoxify. This offer includes a 45 minute consultation for the fee of a regular half hour appointment.

Valid until June 30th.

Weekly Outlines

These outlines give you an idea of what to expect each week.

Week 1 – All The Basics

- Introduction and understanding the BIA
- Why do we get toxic and the benefits of detoxification
- What to expect from the cleanse itself
- The ABC's of detoxification - the role of food inclusion and elimination in detoxification, individual recommendations, and recipes for success
- Supporting the organs of elimination
- Supporting Self Care practices
- Creating a cleansing environment through positive attitude, relaxation, eating hygiene, exercise

Week 2 – The Good, the Bad and the Ugly

- Group review of successes and struggles
- Everything you wanted to know about detox reactions – why they occur, what they mean, and what we can do about them
- The truth about inflammation
- Building a detox diet – the concept of culinary cleanse, cleansing superfoods and nutritional nightmares
- Displacing the myths about protein.

Week 3 – Taking it Home

- Group review of successes and struggles
- Reintroduction of foods – understand fixed sensitivities
- Investigating food sensitivities and allergies
- Exploring Nutritional Allergens
- Review of the whole digestive picture – Liver/GB, Gastrointestinal tract, Pancreas, Lymphatics – and it's relation to good health
- Exercise in detox and ongoing maintenance
- Living a detox Life – daily & monthly plans for ongoing care.