

Discover a New You!

Have you ever wondered what it would be like to wake up feeling invigorated with a passion and joy to face the day? Imagine going through the day without the aches and pains, fatigue, headaches, depression and all of those symptoms that are preventing you from optimal health. Can you envision yourself full of abundant energy and free from the symptoms that drag you down? If you can't you could be experiencing an accumulation of toxins in your body.

Each year the average person in North America is exposed to 14 pounds of food preservatives, pesticide and herbicide residues. The toxic load on our bodies is increasing every year. If not eliminated, the toxic substances stored in our bodies have detrimental health effects and can lead to chronic disease and cancer. Detoxification is one of the central concepts of natural healing. Cleansing on a regular basis aids in the elimination and neutralization of toxic wastes and helps to revitalize the natural functions of the body.

Are you experiencing any of the following?

- Headaches
- Eczema/Psoriasis
- Stomach cramps
- Constipation
- Allergies
- Joint pain
- Diarrhea
- Frequent colds

- Fatigue
- Acne
- Slow healing
- Muscle aches
- Gas/Bloating
- Weight gain
- Fogginess
- Depression
- Heartburn/Indigestion
- Food cravings

If you are experiencing any of these symptoms, going on a detoxification program will have a tremendous impact on your health. Many people shy away from cleansing and detoxing thinking that they will have to starve themselves. The opposite is actually true. During a detox you can eat as much of the recommended foods as you like. By simply removing the top allergenic and inflammatory foods from your diet for 3 weeks and incorporating the necessary herbs, vitamins, amino acids and nutrients essential for cleansing, you can eliminate an abundance of toxins from your body.

Some of the changes that my patients have experienced as a result of cleansing are remarkable. These changes have included weight loss, increased energy, uplifted mood, enhanced immunity, complete healing from digestive symptoms, reduction of arthritic symptoms, clearing of skin problems and much more.

Remember that all cleanses are definitely not created equally. Before going on a cleanse of any type it is highly recommended to consult a qualified natural health practitioner.

Information Series

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Natural Wellness Clinic

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