

***“Everything we have, everything we think we are, must at some point be surrendered, for it is only on loan from the bounty of the divine”***

*Upanishads*

Be in control of your health by honoring your body through regular cleansing.

***“It is the Bowel that invariably has to be cared for before any effective healing can take place”*** Bernard Jensen

## **YOU are as young as Your Colon**

Our bodies age prematurely due to toxic bacteria released by the decomposition of food in the bowel.

The way you look, feel, and think depends on the quality of the food and thoughts we take in. A healthy individual has a strong, vibrant body and an adventurous spirit

## **CLEANSING**

In order for your body to experience optimum health, I recommend detoxification and fasting programs four times a year as the seasons change. This includes three to seven day fasting

incorporated with colonics, coffee enemas, wheat grass and chlorophyll infusions.

I will work one-on-one with you to design a program that fits your lifestyle and budget and which addresses any specific health issues or concerns you may have.