

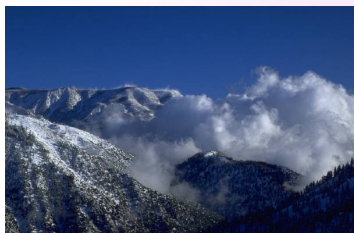
# Winter Cleanse & Detoxification

Bring in 2010 with a healthy body!

Saturday, January 16, 2010 11:00am-12:30 pm

\$99

Register today, 847-397-2787



**Today is a very important day.**

*You are exchanging today for a day of your life.*

*You can waste it... or use it for good.*

**When tomorrow comes,**

*today will be gone forever, leaving in its place what you have traded it for.*

*Use it for gain and not loss, or good and not evil, or right and not wrong, for success and not failure.*

*Use it for the best that is in you so that you will never regret the price you have paid for this day.*

**Your worth is not determined by**

*the number of pounds you weigh, the amount of money you have, the color of your skin, the branches on your family tree, the size of the hill you can ski, the points you can score, Or the people you know.*

**Your worth is determined by**

*YOUR IDEALS  
YOUR VALUES  
YOUR DREAMS  
YOUR PASSIONS  
YOUR COMMITMENTS  
YOUR THOUGHTS  
YOUR WORDS AND  
YOUR DEEDS.*

**Your worth is determined only BY THE WAY YOU LIVE YOUR LIFE.**

## BENEFITS OF DETOXIFICATION

Almost everyone can benefit from a cleanse. It's one of the best ways to remain healthy in a destructive environment. No one is immune to environmental toxins.

A detox cleans out body waste deposits, so you aren't running with a dirty engine or driving with the brakes on. **After a cleanse, the body starts rebalancing, energy levels rise** physically, psychologically and sexually, and creativity begins to expand. You start feeling like a different person—because you are. Your outlook and attitude change, because through cleansing and improved diet, your actual cell make-up has changed.

- Your digestive tract is cleansed of accumulated waste and fermenting bacteria.
- Excess mucous and congestion is cleared from the body.
- Liver, kidney and blood are purified, impossible under ordinary eating patterns.
- Mental clarity is enhanced, impossible under chemical overload.
- Dependency on habit-formers like sugar, caffeine, nicotine, alcohol or drugs is less.
- Bad eating habits are often turned around; the stomach has a chance to reduce to normal size for weight control.
- Cleansing also releases hormone secretions that coupled with essential fatty acids (EFA's) from fresh plant sources stimulate and strengthen the immune system.

## 3 STEP APPROACH TO DETOXIFICATION

**A good detox program has 3 steps; cleansing, rebuilding and maintaining.**

The **first step** of the cleanse is **elimination**. A brief 3 day juice cleanse is the best way to release toxins from the system. Shorter cleanses can't get to the root of a chronic problem. Longer cleanses upset body equilibrium more than most people are ready to deal with except in a controlled, clinical environment. **A 3 day cleanse can "clean your pipes" of systemic sludge**—excess mucous, old fecal matter, trapped cellular and non-food wastes, or inorganic mineral deposits. During a cleanse, the body decomposes and burns only the substances and tissues that are damaged, diseased or not needed, such as abscesses, tumors, excess fat deposits and congestive wastes. **Even a relatively short cleanse accelerates elimination, often causing dramatic changes** as masses of accumulated wastes are expelled.

The **second step** is **rebuilding healthy tissue and restoring energy**. With obstacles removed your body's regulating powers are activated to rebuild at optimum levels. Eat only fresh and simply prepared foods during the rebuilding step. A diet that is low in fat, with little dairy and no fried foods. Include supplements and herbal aids for specific needs.

The **final step** is **keeping your body clean and toxin-free**. Modifying lifestyle habits is the key to a strong resistant body. To facilitate long term results, a diet for health maintenance is necessary. A program of detoxification and rejuvenation is incomplete without our understanding of our thoughts and emotions which in turn impact on our physical body. Check our schedule for more Mind/Body classes and workshops.

**FitnessArts**

www.fitnessarts.org

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