



Lifetime Wellness

21 Day Cleanse and Weight Loss Program



Staying Healthy in a Toxic World

Today, we see how important detoxification is becoming once again. No one is free from the enormous amounts of environmental toxins assaulting us in the world every day. No one is immune to unhealthy lifestyle options. How can we remain healthy in this toxic environment?

Our bodies detox continuously as a natural process. It's only when the detox mechanism becomes overloaded that the process becomes less efficient and symptoms may occur. Improper digestion and imbalanced gut tract ecology provide internal toxins in the form of metabolic by-products stemming from certain bacteria, yeast and parasites, that have toxic side effects hindering the natural detox pathways.

Many of the chemicals detected are known to disrupt hormones, cause cancer, and contribute to many health problems, including weight gain, fibromyalgia, autoimmune disorders, chronic fatigue, psychological disorders and birth defects. Our bodies store foreign substances in fatty deposits – a significant reason to keep your body fat low. Some people carry around 15 pounds of mucous that harbors this waste!

Body purification has been a part of mankind's rituals for health and well-being for thousands of years. Cleansing is a rich tradition that has helped humans through all ages and cultures. It is the foundation of every great healing philosophy. Detoxification is the most exciting tool in natural medicine for its simplicity, low cost and superior therapeutic results.

The 21 Day Cleanse and Weight Loss Program

Lifetime Wellness Holistic Health Center has designed this 21 day cleanse program to provide you with a better understanding of nutrition and to help you craft a more healthful diet, based on your goals and needs. This program was not designed as a weight loss program but most participants experience a significant reduction in body fat. It is also not a fast. Rather it is a program designed to help identify and correct many metabolic imbalances such as allergies or intolerances, yeast and bacterial overgrowths, sluggish metabolism and leaky gut syndrome, that could be contributing to a lack of energy, as well as weight-loss resistance.

Our 21 day detox will change your relationship with food. The program, in addition to stressing the importance of whole food nutrition, helps you better understand “diets don't work” and that lifestyle is everything. We will explore the mind body connection and the emotional connection to food and why you turn to bingeing or eating sugary foods to “fill you up” emotionally. Good nutrition, exercise and a healthy emotional state are key to achieving your goals. You will learn how to identify and eliminate the toxic and inflammatory foods that could be contributing to your health problems. This 21 day detox is partially designed to help you break bad habits or addictive behavior that could be plaguing you, and keeping you from making better choices for your health and well-being.

This program is a short cut to an allergic-free, Paleolithic diet without all the preparation time. It is simple and delicious and anyone can benefit, especially those of you who live a busy, “on the go” lifestyle.



CHANGES
Salon & Day Spa
CENTER FOR WELL BEING

HAIR • NAILS • SKINCARE • MASSAGE • SPA • GIFTCARD

Symptoms that may be relieved by following our detox program include:

- Weight loss resistance
- Irritability
- Constipation
- Poor concentration
- Headaches
- Fibromyalgia
- Blood sugar imbalances
- Bad breath & body odor
- Skin conditions
- Fatigue

Our carefully-planned detox program can offer you:

- Increased energy
- Clear skin & eyes
- Reduced allergy symptoms
- Healthier immune system
- Longevity
- Weight loss/body fat reduction
- Improved appearance & enhanced vitality

*Mental Detoxification:
The Mind-Body Connection*

Cleansing our mind of negative thought patterns is essential to health. Get rid of the “Stinkin thinking”! Emotional detox helps us uncover the expressed hidden fear, anger, frustrations, and resentments and replace them with forgiveness, love for self, joy and hope.

- Meditation and prayer
- Daily affirmations
- Breathe
- Get out with nature

“Make time to relax, be still, and enjoy your solitude, indulging in much needed self care.”

“Let go of small negative thoughts about yourself. See your self succeeding.”



CHANGES
Salon & Day Spa
CENTER FOR WELL BEING



The Clean Lifestyle

1. Plastic hazard: Never heat in plastic. Use glass or ceramic. Plastic releases harmful chemicals when heated.
2. Dry-brush skin: To aid in lymphatic drainage, use a natural bristle bath brush to dry brush before bathing. Start at the feet and gently brush in a circular motion towards the heart. Our skin is our largest detox organ.
3. Lose the microwave oven: Although microwaves are fast and convenient, they denature proteins and dramatically decrease the nutritional value of food. Heat on a stove top or conventional oven. Avoid Teflon and synthetic non-stick coated cookware.
4. Drink clean water: Public tap water is often contaminated. Drink and cook with filtered water. Avoid plastic water bottles and never leave them in a car where they can heat up and expand, which releases toxins.
5. Exercise: One of the best ways to improve your metabolic activity is simply to use your body. Find an activity or exercise program that motivates you and keeps your interest. Try jumping on a re-bouncer or trampoline which will also increase lymph flow. Sweating also releases toxins.



Detox Program Guidelines

- Drink half your body weight in oz. of water daily.
- Eliminate all dairy products (anything that comes from a cow).
- Eliminate all yeast-containing foods (processed food, refined sugar, commercially-prepared condiments, breads, peanuts vinegar and alcoholic beverages).
- Eliminate gluten by avoiding foods containing wheat, rye, barley, and oats. This includes pasta, bread products, crackers, cereal and cornmeal. Gluten-free products, including brown rice, quinoa, buckwheat and millet are acceptable.
- Eliminate meats such as pork, beef, veal and all organ meats. Chicken, turkey, lamb and cold water fish such as salmon, mackerel and halibut are acceptable. Select from free range/organic when possible and wild salmon over farmed.
- Eliminate all alcoholic beverages
- Eliminate all caffeine-containing beverages including coffee, tea and sodas. Water-processed decaffeinated coffee is acceptable.
- Eliminate all fake sugars, including sucralose, Splenda, NutraSweet, Aspartame, Sweet and Low and Saccharin.
- Replace ordinary table salt with ‘Lite salt’, no salt or ‘Celtic Sea Salt’.
- No hydrogenated oils, MSG, artificial coloring and flavoring, sulfites and other preservatives.
- Consume only organic produce during cleanse.

Fun and easy tips for enhancing your detoxification:

1. Drink lemon water upon rising on an empty stomach: juice one lemon, add to hot or cold water and add a pinch of cayenne pepper.
2. Take hot baths with Epsom salt & baking soda .
3. Far infra-red saunas or body wraps.
4. Weekly colonics.

Join us for a 21-Day Cleanse and Weight Loss Program

3 weekly meetings provide support, meal plans, weight loss tips and recipes to help you achieve a new level of physical, mental, emotional health. Meetings start monthly.

Visit www.changessalon.com for more information.

1475 N. Broadway, Walnut Creek, CA 94596 Ph 925. 947. 1814