



Detox & Rejuvenate For the New Year



Tele-Class

Saturday, January, 17, 2009, 10AM



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Detox & Rejuvenate For the New Year



~ Look your best
~ Feel your best

Detox & Rejuvenate for the New Year

In this tele-class will cover the following topics:

- Dangers of Body Burden
- How The Body Naturally Detoxifies Itself
- Detoxing Through Diet
- Benefits of Supervised Detox Programs

Body Burden

The term " Body Burden " refers to the total amount of toxic chemicals that are present in the human body.

Toxic chemicals, both naturally occurring and man-made, often get into the human body.

We may inhale them, swallow them in contaminated food or water, or in some cases, absorb them through skin.

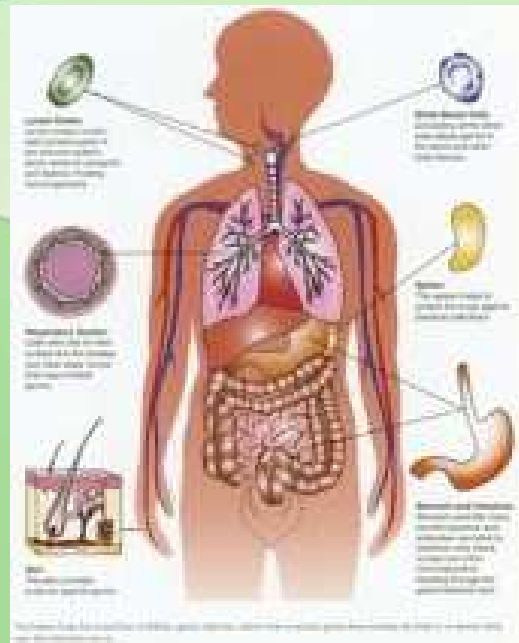
Body Burden

Exposure in Today's Society

- ~ Heavy Metals
- ~ Drug Residue
- ~ Pesticides
- ~ Petro Chemicals

How The Body Naturally Detoxifies Itself

- Elimination of Waste is Natural
- Vital Organs Act to Filter & Transport Wastes from Body



- Lungs
- Blood
- Liver
- Lymph system
- Kidney
- Intestines
- Skin

Detoxification Through Food

- Many toxins enter our body with the food that we eat
- In order to aid body's natural detoxification efforts you need to:
 - Remove toxins from your food
 - Eat foods that promote elimination of toxins

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How to Remove Toxins From Your Food

- Organic Vegetables and fruits
- Grass-Fed Free Range Meat
 - Free from Hormones & Antibiotics
- Organic Whole Grains
- Organic Dairy Products
- Organic Eggs from Free Range Hens
- Pure Water
- Avoid Foods/Beverages in Plastic Packages

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Foods that Help to Detoxify

- Whole Foods NOT Supplements
- Fresh dark leafy-green vegetables
 - Chard
 - Collards
 - Mustard Greens
 - Beet Greens
 - Romaine & Red Leaf Lettuce
 - Cilantro

Other Foods that Help to Detoxify

- Celery
- Dark Red Fruits and Berries
- Pumpkin Seeds / Flax Seeds
- Wheat Grass Juice
- Fresh Ginger
- White Potato

Recommended Diet During Detox

Healthy Diet Should Consist Of

- 40% Vegetables
- 40% Complex Carbohydrates
- 2 Fruits a Day
- 3 Servings of Protein a Day
- Lunch Largest Meal of the Day

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Foods that Promote Toxin Elimination

- 40% of Your Diet Should be Whole Grains & Beans:
 - Millet
 - Amaranth
 - Barley
 - Corn
 - Quinoa
 - Brown Rice
 - White Beans
 - Garbanzo Beans
 - Navy Beans
 - Mung Beans
 - Split Peas
 - Lentils

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Food Combining for Detox

- Food Combining Diet Promotes Healthy Digestion
- Meat and Carbohydrates (Grains) separate
- Fruits by themselves
- You will receive an optional food combining program with your detox package

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Foods to Avoid During Detox

- Coffee and Caffeine
- Alcohol
- Simple Carbs
 - Sugar
 - Candy
 - Products with White Flour

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Cilantro Chelating Pesto Recipe

Ingredients:

- 4 cloves
- 1/3 cup Brazil nuts (selenium source)
- 1/3 cup sunflower seeds (cysteine source)
- 1/3 cup pumpkin seeds (zinc, magnesium sources)
- 2 cups packed fresh cilantro (coriander, Chinese parsley) (vitamin A source)
- 2/3 cup flaxseed oil
- 4 tablespoons lemon juice (vitamin C source)
- 2 tsp. Dulse powder
- Bragg's Liquid Aminos

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Directions

- Process the cilantro and flaxseed oil in a blender until the cilantro is chopped.
- Add the garlic, nuts, and seeds dulse and lemon juice and mix until the mixture is finely blended into a paste.
- Add a squirt of Bragg's Liquid Aminos to taste and blend again.
- Store in dark glass jar if possible.
- It freezes well, so purchase cilantro in season and fill enough jars to last through the year.

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Cilantro Pesto Dosage

- Use 2 Teaspoons a Day
- Detoxifies Heavy Metals from your Body
- Can Be Used as a Preventative Measure

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Other Ways to Support Detox

- Calm Meals
- Chew Food Thoroughly
- Regular Colon and/or Lymphatic Massage
- Dry Brush the Entire Body before bathing
 - 2-3 times a week
- Warm Baths with Natural Sea Salt

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Other Ways to Support Detox

- Use Vegetable Oil-Based Lotions & Cosmetics
 - www.cosmeticdatabase.com
- Practice Deep Breathing
- Try to get Enough Rest and Sleep
- Refrain from Smoking

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Risks of Unsupervised Detox

There are risks involved when you try to detox on your own with no supervision:

- When toxins are released too quickly, they may cause **various reactions like headache, diarrhea, skin rashes**, etc.
- Frequent complication
 - release of **gallstones** may cause **emergency surgery**

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Benefits of Supervised Detox

- Slow Detox Reduces Risks of Side Effects
- No Shock to the Body
- Support During Detox
- Program Can Be Adjusted
 - A Trained Homeopath will Know How

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Gemmotherapy— Your Gentle Detox

- European System of Detoxification & Revitalization
- Developed in the 1950's by French and Belgian Homeopathic Physicians.
- Utilizes Healing Power of Plants
- Now Available in the USA



Fagus sylvatica - Beech

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Gemmotherapy— Your Gentle Detox

- Plants are Harvested in Spring
 - When Most Potent
- Organic
- Cultivated or Wild-Crafted
- Use Alone OR with Homeopathy

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How Gemmotherapy Promotes Detoxification

- Enhances Body's Own Cleansing Mechanism
- Works at the Cellular Level
- Oxygenates and Revitalizes Cells
- Opens Pathways for Wastes to
- Escape Eliminate Obstacles to Healing

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Gemmotherapy— Your Gentle Detox

Gemmos contain ingredients responsible for enzymes production & ionic channels

- NUCLEIC ACIDS (RNA DNA) : repairs and antibodies
- AMINO ACIDS : building blocks
- VITAMINS : nourishing
- ENZYMES : digestion & anti-inflammatory
- ANTI-OXIDANTS : which are the flavanoids
- FLAVANOIDS : especially high in Quercetin
- PHYTOCHELATIN : chelating

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Detox & Rejuvenation Program

- Two –Three Week Program
- Initial Consultation of 30 minutes
- Exclusive European Herbal Detox Formulas
- Dietary Guideline
- Follow-up Consultation of 30 minutes
- For one low price \$55 **YOU SAVE \$75**

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Detox & Rejuvenation Program

Sign up Now - SAVE \$10 MORE

- To enroll call TODAY Jan, 17 for \$10-OFF
- Enroll in the program by, January 20th

YOU SAVE \$5

- Myra at 925-826-3858 in Walnut Creek
- Masha at 650-532-0517 in the Peninsula and South Bay Area

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Detox & Rejuvenation Programs

- We Offer Customized Detoxification Programs
- Designed for Your Specific Needs
- Ask About Other Programs Available

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Lymphatic and Colon Massage

- Receive a discount on lymphatic and colon massage with the purchase of the Detox & Rejuvenation Program:

– **Patty Coggan**

The Wellness Arts Center, Benicia

707-745-1201

or

– **Synergy Body Spa**

249 Park Road, Burlingame

650-996-0905

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Professional Homeopathic Programs

If You Have a Chronic Condition,
You Will Benefit From
Professional Homeopathic Care

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Professional Homeopathic Care

- The homeopath takes into account all of your symptoms and prescribes an **individually selected homeopathic remedy**
- The remedy **heals you from inside out** and you feel more energy, your moods improve, you feel calmer, and your chronic problems go away.

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Schedule a FREE Homeopathic Consultation in Burlingame

- Masha Rosen, CHom
- Certified Homeopath
- Will be available for a FREE 30 minutes homeopathic consultation on January 30th and January 31st
- Schedule your FREE consultation online at:
<http://www.masharosen.com/OpenHouseJanuary2009.html>



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FREE Wellness Consultations in Walnut Creek

- Myra Nissen, CHom
Certified Homeopath
will be available for Free
private wellness consultations at
- Elephant Pharm, 1388 S California Blvd.,
Walnut Creek, CA
- Thursday, Jan. 22, 4p.m. - 7p.m. &
Thursday, Jan. 29, 4p.m. - 7p.m.



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QUESTIONS?



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Thank you for joining us today for New Year's Detox & Rejuvenate

- This class is informational and not meant to treat or diagnose. This information or the use of Homeopathy should not take the place of professional medical care. If you or your child has a serious medical condition, seek immediate medical attention from a professional. If you have questions about your health, please consult your doctor.
- Masha Rosen and Myra Nissen practice homeopathy. We are not physicians. Homeopathy is an alternative and complementary healing art. As homeopaths in California, we conduct our practices in accordance with Sections 2053.5 and 2053.6 of the State of California Business and Professions Code that was provided for by 2002 SB 577.

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