



The Essential Cleanse

2-Week Rejuvenation and Detoxification Program for
Whole-Body Health and Well-Being

Beginner Friendly Cleanse Class with Dr Cory!

- ✦ Increase energy & vitality
- ✦ Optimize digestion & liver health
- ✦ Improve allergies
- ✦ Enhance mental clarity
- ✦ Establish healthy eating habits
- ✦ Lose weight & lighten up

THE ESSENTIAL CLEANSE INCLUDES:

- ❖ 3 two-hour group classes
- ❖ Comprehensive cleansing protocol and manual
- ❖ Medical supervision
- ❖ Nutritional and herbal support products
- ❖ Recipes, meal guidance and shopping list
- ❖ Supportive and encouraging environment

This is not a fast! You will be eating!

Facilitated by: Cory Reddish, ND
When: Tuesdays September 12th, 19th, and 26th
6:30 PM - 8:30 PM
Location: Teleosis Institute
1521B 5th Street, Berkeley, CA 94710
510.558.7285

\$295 for first time cleansers

\$195 for repeat cleansers

Cost includes all supplemental cleansing products, the classes and support materials.

To register or for more info contact Dr Cory at:
415-383-3716 or drcory@olympus.net

Registration and \$75 deposit must be received by September 7th.

Dr. Cory Reddish received her doctorate from the National College of Naturopathic Medicine in Portland, Oregon in 1998. She founded the Uptown Center of Natural Medicine and Uptown Natural Pharmacy in Port Townsend, WA, where she enjoyed a thriving practice for 6 years until returning to California. Renowned for her vibrant approach to natural healing, Dr. Cory brings potent energy and experience to her work, spreading awareness of natural medicine to empower people to become healthier and happier. She has coached hundreds of people with glowing results through her Essential Cleanse Program.

FAQ'S

Will I be hungry during the Essential Cleanse?

Generally, people are not hungry during the cleanse, as the quantity of food is not restricted. The quality and types of foods may be different than those generally consumed by most people, so there may be an initial transition phase where people experience some food cravings. Furthermore, one of the products is a shake, and is used to help prevent hunger and maintain blood sugar levels.

What will I eat?

Dr. Cory uses a hypoallergenic diet in the Essential Cleanse. Basically, it is a diet where the top most common allergenic foods, such as wheat, dairy, egg, sugar, etc are eliminated. That still leaves many foods to choose from. Emphasis is put on fresh veggies, whole grains, fruits, nuts and seeds, legumes and beans, and small amounts of fish and free range poultry are allowed the first and last few days. The diet is gradually tapered to facilitate the transition from the regular diet.

Why should I spend \$295 for this program?

A good portion of this cost goes towards the physician-quality herbal and nutritional supplements that are provided by Dr. Cory to the cleanse participants. Oftentimes, people actually save money on cleanses, as they are not eating out, not buying their daily coffee drinks or alcoholic beverages. Furthermore, the health tools and information that one acquires during the cleanse are invaluable, and will decrease your healthcare costs down the line.

I can't give up coffee.

Believe it or not, this is the biggest concern that people have when considering the program. Dr. Cory finds this to be one of the strongest legal addictions in our culture. The good news is that she has seen hundreds of people give up the java for 2-weeks no problem. She can give you tips and suggestions to wean you off. Most people find that they wake up more energized, have a clearer head and stable energy levels throughout the day when they stop drinking coffee.

Will I be going to the bathroom all of the time?

While it is critical to have 1-3 bowel movements per day during the cleanse, and for many this is more than their norm, most people find that their elimination isn't extreme or dramatic.