

WHY CLEANSE?

We live in a toxic world, and our health is paying the price. The chemicals found in our food, water, homes, even our very air, can accumulate in our bodies and create dysfunction in our immune, nervous and hormonal systems. Toxicity manifests in an unfortunate array of health conditions ranging from low energy levels, to increased allergies, memory and mood problems, to serious and chronic disease.

Imagine your body is a bucket. It can only contain so many damaging substances before they spill over and you get symptoms. Your fundamental capacity to stay healthy depends on minimizing the influx of toxins, enhancing their elimination, and protecting healthy cells from toxin damage.

The Essential Cleanse Program gives you the opportunity to begin to detoxify your body and clear out the 'background noise' of debilitating chemicals. By cleansing you can reclaim, restore and rejuvenate!

Out with the old, in with the new!

Testimonials

"It was momentous! Life changing!"
-Laura, Mill Valley, CA

"The education about nutrition and how your body works is priceless. My head was clearer, my body felt light and spacious; my energy was strong and even throughout the day. My body and I thank you Dr. Cory!"
-Lisa, Corte Madera, CA

"I would highly recommend this cleanse to anyone who has the desire to become more balanced and focused, and to re-connect with their body, mind and spirit"
-Stacy, Port Townsend, WA

"I am amazed at the decrease in skin problems and muscle/joint pain since participating in the cleanse. More importantly, I understand how to make better nutritional choices in my daily life and am feeling more energetic"
-Gail, Port Townsend, WA



**2-WEEK REJUVENATION AND
DETOXIFICATION PROGRAM FOR WHOLE-
BODY HEALTH AND WELL-BEING**

THE ESSENTIAL CLEANSE INCLUDES:

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

This is not a fast! You will be eating!

As a result of the ESSENTIAL CLEANSE you will:

- ❖ Learn to procure and prepare health-enhancing foods
- ❖ Enhance your body's ability to mobilize and excrete toxins
- ❖ Optimize bowel health and elimination
- ❖ Experience the gratification of deep self-nurturing
- ❖ Reclaim your foundation for good health
- ❖ Obtain lifelong tools for supporting your body in achieving and maintaining lasting health and wellness
- ❖ Acquire knowledge and information about toxins and how your body functions

ABOUT DR. CORY

Renowned for her vibrant approach to natural healing, Dr. Cory Reddish brings potent energy and experience to her work, spreading awareness of natural medicine to empower people to become healthier and happier. She is a licensed naturopathic physician, having received her doctorate from the National College of Naturopathic Medicine in Portland, Oregon, and Bachelor's of Science from UC San Diego.

After founding the Uptown Center of Natural Medicine and Uptown Natural Pharmacy in 1999, Dr. Cory enjoyed a thriving practice in Port Townsend, WA for six years. She has been a guest faculty member at several colleges and retreat centers, such as Esalen, Port Townsend School of Massage, and Olympic College. She recently relocated to Mill Valley, CA to teach her cleanse program and develop a line of quality nutritional and herbal supplements.

Dr. Cory created her Essential Cleanse Program for her patients as an effective tool to aid in restoring balance to the body's natural functioning, to address the root cause of illness, and to encourage healing transformation. She has coached hundreds of people through the program, and continues to be inspired by the glowing results.

CLASS INFORMATION

The two-week program is taught in small groups to enhance the educational and supportive experience. Participants meet for two hours, once a week, at the beginning, middle and end of the cleanse. Generally the class is hosted by someone either in their home or place of business, with a minimum of seven participants.

COST:

\$295 for the classes, high-quality supplements, and support materials.
\$195 to repeat the program

Please contact Dr. Cory if you are interested in taking the cleanse course. She is currently teaching the Essential Cleanse around the Bay Area, and occasionally has classes in other parts of the state and country.

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