

Does your body need a Spring cleaning?



Join us on the first day of spring (March 20th) for a physician supervised 14 day detox and nutrition workshop

Nutrition based detoxification is a great, natural tool with superior therapeutic effects. When done properly, the potential **benefits of detox** include:

- increased energy
- weight loss
- relief from digestive problems
- better focus
- relief from headaches
- decreased joint & muscle pain

This gentle detox program includes three meetings (before, during and after), guidelines and tips for clean eating and all pertinent educational materials. It does not restrict caloric intake (we're not fasting). It is about eating healthy and supporting the body's natural ability to detoxify itself using antioxidant and nutrient supplementation. We will be with you every step of the way, offering tips and advice, ultimately giving you the tools to make this the first step in living and eating healthier.

What: Free orientation and informational session to learn about detoxing, the workshop and its potential benefits.

When: Thursday, March 20th at 6:00 pm

Where: White Oak Family Wellness
405 Illinois Avenue Suite 2B
St. Charles, IL 60174

Please RSVP by email: info@whiteoakwell.com
or call: 630-442-0057. For more information visit
www.whiteoakwell.com/detox.html



www.whiteoakwell.com

*Detox support supplements by Designs for Health

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