

Feeling Exhausted?

Our bodies are forced out of balance on a daily basis with all the toxins absorbed from our food, water, and air. Toxins accumulate and interfere with our metabolism, drainage and digestive systems.

The Core Cleanse Program Can Help!

This comprehensive detoxification program can help your body rid itself of dangerous toxins and is known for increasing energy levels, optimizing digestive function, improving skin health, improving sleep patterns, and often results in weight loss and inch loss.

How does the program work?

The Core Cleanse Program is a four-week detoxification program which includes:

- 12 treatments of mild electrical stimulation to 40 lymphatic drainage and meridian points
- Analysis throughout the program to track progress
- A set of self-adhesive pads that only you use (and keep)
- Simple dietary guidelines, meal plans and recipes which support the detoxification process
- On-going consultations and phone support throughout the entire program

This combination encourages the body to release deep toxins and food residues from the bowel, allows the body to utilize excess fat stores as fuel, increases lymphatic drainage and immune function and helps create a better balance in body function.

Could this program help you? Find Out!

Take the Toxicity Self Test on the inside portion of this pamphlet.

About The Centre for Health & Well Being:

The Centre for Health & Well Being was established in 2005 by Dr. Verna Hunt DC ND, who has been practicing since 1979, to provide natural health care that identifies dysfunction and provides restoration and promotion of the health potential of the individual. Practitioners and staff at the Centre act as part of a client's larger health care team. The health care provided works in concert with other health care services to assure the best outcome for the client's well being.

Client Comments

"Core Cleanse has given me back a healthy digestive tract as well as a burst of more energy and vitality"

"Core Cleanse Program helped me put healthy eating habits into place permanently."

"I have lost inches while feeling full and satisfied without counting calories or measuring food and my sugar cravings are gone!"

"The Core Cleanse Technology really changed my hard, abnormal fat to softer tissue that is now draining away and decreasing in size even after the sessions finished. I am looking forward to doing another cleanse in three or four months."

"My body is not puffy any more and my body is getting leaner with better muscle tone."

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The Core Cleanse Program



Detoxify

Rejuvenate

Re-energize

TOXICITY SELF TEST

Check each symptom that applies to your health profile for the past 30 days

Digestive

- Difficulty digesting foods
- Eat dairy products often
- Low energy
- Belch/burp often
- Body odour or bad breath
- Weak fingernails
- Food allergies
- Split ends on hair
- Diarrhea
- Chemical sensitivities
- Constipation (less than 2/day)
- Yeast/fungus problems
- Eat red meat often
- Low fibre diet
- Use antibiotics every 6 months

Circulatory

- General weakness
- Little or no exercise
- Poor concentration
- Skipped heartbeat
- High stress
- Chest pain
- High fat intake

Nervous

- Poor memory
- Poor coordination
- Learning disabilities
- Anxiety, worry
- Speech problems
- Depression
- Difficulty making decisions
- Mood swings
- High alcohol consumption
- Hearing loss
- Cravings – sweets, tobacco, caffeine
- Irritable

Immune

- Low energy
- Eyes itchy, watery, swollen
- Frequent illness/infection
- Excessive sweating
- Air pollution exposure
- Allergies
- Chemical sensitivities
- Stuffy nose

Respiratory

- Smoking
- Chronic throat clearing
- Excessive mucous
- Canker sores
- Asthma, bronchitis
- Hoarse throat
- Difficulty breathing
- Sinus problems
- Chronic cough

Glandular

- Fatigue
- Underweight/overweight
- Infertility/impotence
- Water retention
- Poor sleep
- PMS/Menopausal symptoms
- Feel out of control
- Prostate problems
- Hyperactive

Structural

- Structural weakness
- Pain with movement
- Dizziness
- Muscle soreness
- Arthritis/stiffness
- Weak joints

Urinary

- Dark circles under eyes
- Water retention
- Painful/urgent/frequent urination
- Itch or discharge

Skin

- Hair loss
- Hives
- Acne/Poor complexion
- Rashes
- Rosacea
- Dry skin

SCORE _____
(Total number of checkmarks)

Rating

- 0-10 Excellent**
Congratulations, you are leading a lifestyle that will maximize your health
- 11-25 Good**
Your lifestyle is healthy, but you may want to consider certain changes to optimize health
- 26-50 Fair**
Lifestyle/dietary changes are recommended
- 51-75 Poor**
Lifestyle/dietary changes are essential to prevent illness

The CORE CLEANSE PROGRAM
could be a great tool in helping to strengthen your body systems and improve your health