

Spring Detox Workshop

Time for a detox?

Are you feeling sluggish, tired, or run down? This detox and weight-loss workshop is the jump start you need to shed unwanted weight, boost energy, and lighten your mood. This is your opportunity to be guided through a detox with an experienced naturopathic doctor.

When: March 16 (Tues.) 6-8pm **OR**
March 20 (Sat.) 10-12 noon

Where: Dr. Tom's Tonics (across from Rhinebeck post-office)
6384 Mill Street (Route 9), Rhinebeck, NY 12572

Why

Detox: Toxic overload is the cause of many people's health issues.

The cleansing of our mind of negative thoughts, behaviors, and memories is essential to health. Emotionally, detoxification helps us uncover and express hidden frustrations, grief, fear, and anger and replace them with forgiveness, love, joy, and hope. Physically for our bodies, taking a break from the obvious environmental toxins in our food can leave us feeling energized, renewed, and protected from disease.

**Who
should
Detox:**

Everyone can benefit from a detox program (18 years old plus)
(If you have serious medical issues or are taking prescription medications, it is best you consult with your physician before starting any cleansing program.)

**What
you will
Learn:**

Identify & let go of the "toxic" material in your body & organs.
Address any obstacles to losing weight.
Discover if you have personal food allergies.
How the adrenal glands affect energy, weight, & stress.
Dr. Tom's Ten simple detox tips.

Price:

\$45

(This fee is for the 2 hr workshop & handouts. If you choose to do the 3-week program discussed, the detox products are extra. Please stop in and pick up information on the 3-week detox or call our office for further details.)

To reserve your spot, please call (845)876-5556.