



## INTENSIVE CLEANSING-DETOX RETREATS

Sign-up to participate in our upcoming retreat — January 20, 21 & 22, 2012. Space is limited.

### CLEANSING CREATES WELL-BEING

Our body is automatically programmed to cleanse itself daily. However, with our fastpaced modern lifestyle and exposure to an increasing number of harmful and toxic substances, our body's natural cleansing ability has become overworked and compromised.

Many signs and symptoms attributed to stress are now being linked to early signs of exposure to harmful substances such as PCBs, pesticides, herbicides, antibiotics, growth hormones, and mercury in food and liquids as well as dioxins and formaldehyde in the air.

These substances most notably affect the healthy functioning of the liver and immune system. Common symptoms of dysfunction in these systems include:

- Fatigue, anxiety and depression
- Allergies and frequent infections
- Unexplained weight gain and difficulty losing or gaining weight
- Joint pain and muscle weakness
- Difficulty focusing and memory loss
- Indigestion, constipation, diarrhea, gas and/or abdominal bloating
- Skin rashes, skin eruptions and/or acne
- Recurrent yeast/fungal infections
- Rapid aging

Harmful and toxic substances from our chemically-laden food and polluted environment have also become implicated as a leading

cause of many serious illnesses such as:

- Cancer
- Degenerative diseases
- Infertility, birth defects and genetic changes

To counter this growing situation, the doctors at Tao of Wellness have developed a Cleansing and Detoxification Program that is unique and highly useful in ridding the body of many harmful and toxic substances.

*"An amazing experience ...  
I am looking forward to experiencing  
the lasting effects over the coming  
weeks and months."*

In designing the detox program, the doctors have drawn upon the centuries-old Traditional Chinese Medicine (TCM) principles to solve a modern problem. The detox program combines selected TCM techniques that work together synergistically such as: acupuncture, cupping, herbal medicine, dietary therapy, far-infrared sauna, tuina bodywork and chi gong.

*"The treatments were wonderful.  
Each day I felt very refreshed. Definitely  
lost some weight and inches..."*

### HOW DOES IT WORK?

The Cleansing and Detoxification Program is scheduled as a three-day retreat at the Tao of Wellness or as a week-long program. The procedures used are designed to stimulate the release of harmful substances stored in the tissues and liver. Once the toxins are released

into the circulatory system, it is important to remove them as soon as possible. This is why the chosen treatment modalities are so important.

### ACUPUNCTURE

Acupuncture stimulates neurological, immunological, and endocrine responses beneficial to tissue cleansing and cell rejuvenation. It also stimulates the release of endorphins that reduce the pain and discomfort sometimes experienced when detoxifying and withdrawing from addictive substances such as alcohol, caffeine, drugs, nicotine and sugar.

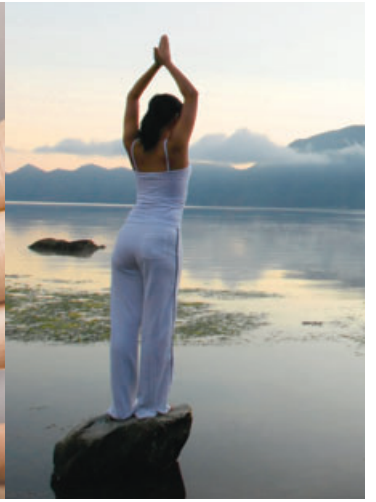
*"I feel an overall openness.  
My mental clarity is better and  
the foginess has lifted."*

### CHINESE HERBAL THERAPY

The proprietary herbal formulations focus on drawing the toxins directly out of the body through increased sweating, urination, and bowel movements. Some of the herbs directly support the filtering function of the liver and assist it in cleansing and promoting cell repair and cell regeneration.

### DETOX DIET PROTOCOL

Dietary therapy plays a distinct and essential role in the detox program. The prescribed meal plan includes selected foods that cleanse the liver and intestinal tract and provide key nutrients such as all the vitamins and minerals necessary for optimal health.



**FAR-INFRARED SAUNA**

The heat and deeper vibratory action of the sauna's far-infrared energy also promotes the release of toxins through increased circulation and through sweating.

The far-infrared sauna differs from the conventional sauna in its ability to penetrate deeply beneath the superficial layers of the skin. Studies show that the infrared light waves help to rid the body of toxins that are stored beyond the superficial layers of the skin. The excreted toxins include: cholesterol, fat-soluble toxins, toxic heavy metals (such as mercury and aluminum), sulfuric acid, sodium, ammonia and uric acid. The unusually high concentration of heavy metals and other fat-soluble toxins is not found in the sweat from normal exercise or a regular sauna.

*"I feel refreshed, optimistic, and my knowledge of my body is improved. Though I'm lighter and calmer, I'm more energetic!"*

**CUPPING**

Toxins often accumulate in the connective tissues creating blockages and impeding blood and fluid circulation. The strong suction action of the cupping stimulates blood and

lymphatic fluid to flow near the skin's surface and to key areas of the body for easy and direct release of toxins.

*"Such a great weekend. The staff were so wonderful, and everything was so well organized. I felt at home here. Thank you for all the great attention."*

**WHO SHOULD PARTICIPATE?**

The Cleansing and Detoxification Retreat is helpful for those wishing to change their habits and adopt a healthier lifestyle. It is very effective for people who feel constantly fatigued and for people who are trying to stop smoking, wean off drugs, lose weight, slow aging, prepare for pregnancy or reduce inflammatory conditions.

Many participants have reported significant improvement in their symptoms and conditions after attending a three-day detoxification retreat. *All quotations are testimonials from participants in a Tao of Wellness Cleansing and Detoxification Retreat.*

**DAY AND TIME**

- Friday — 9:00 am to 6:00 pm
- Saturday — 9:30 am to 6:00 pm
- Sunday — 8:00 am to 2:00 pm

**YOUR INTENSIVE CLEANSING-DETOX RETREAT PACKAGE INCLUDES (DAILY):**

- Acupuncture—special detox protocol
- Cupping and dry brushing
- Lymphatic tuina bodywork
- Far infrared sauna
- Vegetable juice blend
- Special cleansing vegetable broth
- Catered organic breakfast and lunch
- Take home dinners for Friday, Saturday and Sunday
- Detox herbs and nutritional supplements
- Lectures on diet, nutrition and environmental health
- Tai chi, chi gong and movement classes
- (Once) InfiniChi® healing session

**REGISTRATION:**

Weekend package: \$1150, Tao of Wellness patients \$1050. Sign up early; total number of participants limited. *If you are unable to attend, please contact Adriana Rivera at least two weeks prior to the beginning of the Retreat to avoid a cancellation fee.*

**LOCATION:** Tao of Wellness, Santa Monica, California

**CONTACT & INQUIRIES:**

Adriana Rivera, 310-917-2200, ext. 239  
arivera@taoofwellness.com

**REGISTRATION**

Please fill out this form and send with your payment to Tao of Wellness or fax to 310-917-2204.  
1131 Wilshire Boulevard, Suite 300, Santa Monica, CA 90401

NAME OF PARTICIPANT \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

TELEPHONE \_\_\_\_\_ E-MAIL \_\_\_\_\_

PAYMENT:  CHECK Make checks out to TAO OF WELLNESS  CREDIT CARD # \_\_\_\_\_ EXP. DATE \_\_\_\_\_ CV2 CODE \_\_\_\_\_

ARE YOU A TAO OF WELLNESS PATIENT?

\_\_\_\_\_  
SIGNATURE  YES  NO