



# Living Yoga Whole Health Cleansing Program

## Group Cleanse Meeting and Fee Schedule

Sunday January 8th  
6:30-8:30pm

### Introductory Meeting

This is a group meeting which will review the philosophy behind naturopathic cleansing, as well as introduce you to the dietary and supplement plan you will follow during the 14-day cleanse.

### January 8th-22nd

Individuals initiate and follow through with the 14-day cleansing protocol.

Sunday January 22nd,  
6:30-8:00pm

### Follow-Up Meeting

Equally important as the first group meeting, this session will review carrying healthy habits back into daily life, making a healthy diet a lifestyle and reducing the body's toxic burden.

### Fee

\$225 per person

Includes 2 Classes and supplements (cleansing protein powder and antioxidant formula).

All meetings will take place at  
**Living Yoga.**  
120A. North Main St  
Concord, NH 03301  
(603) 226-9642

Whole Health Concord  
314 S. Main Street  
Concord, NH 03301  
www.naturalmedicineNH.com  
Phone: 603-369-4626

## Can You Benefit from a Cleanse?

The following common signs and symptoms may indicate a cleanse will be beneficial for you.

- Fatigue
- Frequent Illness (colds, flus)
- Headaches, Joint pain and Stiffness
- Constipation and Digestive Problems
- Dark circles under the eyes, puffiness and bloating
- Increased mucus production and "allergy" symptoms
- Sensitivity to substances such as chemicals, perfumes and synthetics.
- Insomnia, Nervousness, Anxiety

The problem of "toxicity" has become more widely recognized over the last decade as poisonous compounds in our water, air and food supply have steadily increased. A substantial and growing body of research now supports the significant impact exposure to a variety of toxins in our daily environment has on our health.

As we are continually exposed to toxins, our body's detoxification system becomes overwhelmed and toxic substances accumulate. This accumulation of toxins can wreak havoc on the body's normal processes and is often expressed through the symptoms of disease.

The cleansing program led by Dr. Laura Riley Jones employs the use of vitamins, minerals, foods and herbs that aid the body in eliminating accumulated toxins. Cleansing aims to reduce or remove disease symptoms as well as promote overall health and wellness on many levels.

The goals of detoxification include increased energy, improved mental clarity, better immune function and digestion, and improved mood and sense of well-being. As with all naturopathic treatments, cleansing should be tailored to the individual's own specific health concerns and wellness goals. If you are interested in participating in our group cleanse, please call the office at 603.369.4626 or contact Beth at Living Yoga, 603. 226.9642, to register today!