

Why Cleanse?

We are exposed to toxins on a daily basis that can affect our health. Our bodies carry a toxic burden that stems from environmental pollutants, chemicals and additives in our food, and the consumption of highly processed foods. Some people have the additional toxic burden of caffeine, tobacco use, or excessive alcohol consumption. These toxins accumulate in our bodies and can slow digestion, interrupt healthy cellular regeneration, and accelerate metabolic aging. Research shows that toxicity can also be a factor in many immunological, neurological, and endocrine disorders.

The liver, lungs, kidneys, and skin are constantly working to purge our bodies of toxins. When these organs cannot keep up with the toxic load, we become symptomatic. Cleansing allows us to flush out toxins so that our bodies can achieve optimal organ function and repair. The goal is to feel your best!

Our Cleanse has been effective in alleviating symptoms such as:

- headaches
 - muscle aches and pains
 - acid reflux
 - constipation and other gastrointestinal ailments
 - allergies
 - asthma
 - skin disorders
 - joint pain and arthritis
 - food cravings
 - fatigue
 - mood disorders
 - mental fogginess
 - elevated cholesterol
- ...and many other issues

The Cleanse is also a perfect way to jump-start a weight loss program, uncover food allergies, or alleviate symptoms of chronic disease.

How does the Cleanse program work?

The Cleanse is a three-week program in which participants eat a diet of whole foods including fresh fruits and vegetables and non-gluten grains, with an option to eat beans, nuts and seeds as well. In addition, we offer a high-quality protein supplement that ensures cellular health and maintenance of lean muscle tissue.

The Cleanse program begins with an initial appointment for a Body Composition Analysis with our Lifestyle Education Consultant. At this appointment you will also learn how to start the dietary part of the Cleanse. If enrolled in the group program, you will then come to the group meetings as scheduled. If you are doing the Cleanse individually, you will set up four weekly appointments with our Lifestyle Education Consultant.

The Cleanse meetings provide support for your cleansing process, and offer valuable health information on four of the most pertinent health issues today:

- environmental and food toxins
- antibiotics and digestive health
- blood sugar metabolism
- healthy diet and lifestyle habits

We hold Cleanses in group format in the spring and fall, however you can do a supervised individual Cleanse at any time with our Lifestyle Education Consultant.



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How is this Cleanse different?

DOCTOR-SUPERVISED.

Dr. Herring has been leading the Cleanse program for over 12 years. She supervises all Cleanses to optimize your success. If you have questions or concerns about how the Cleansing process may interact with your medical condition, Dr. Herring will be available for consultation during the three weeks of the Cleanse.



EXTRA SUPPORT. Our Cleanse support is not limited to the weekly meetings. Our Lifestyle Education Consultant, Sarah Allen Harvey, is available during the Cleanse to provide you with the support you need to be successful on this program. Sarah will also help you during your transition from the Cleanse back to a regular diet, a time when some people may want additional guidance.



BODY COMPOSITION ANALYSIS. Stepping on the scale tells us little about our how our bodies are structured. Only a Body Composition Analysis (BCA) can determine the ratio of muscle, fat and water in your body. Our BCA is a comprehensive test using bio-electrical impedance and is more accurate than traditional skin-fold tests and handheld devices. We offer a BCA test before and after the Cleanse to track results. This is a \$50 value included in the cost of the Cleanse.

MEDICAL GRADE PROTEIN POWDER.

All supplements are not created equal. Our medical grade protein powder uses a low-allergy-potential protein derived from rice, and is the highest quality available. It is specifically designed to support both Phase I and Phase II detoxification processes and has been backed by published research. It is clinically proven to ensure you maintain muscle mass and keep your energy level high.

Frequently asked questions

What benefits will I experience from the Cleanse?

Our participants report a dramatic decrease in a wide variety of troublesome symptoms, as well as improved energy and vitality.

How is this Cleanse program different from other programs?

Our Cleanse program combines the ancient wisdom of cleansing with current scientific knowledge of the body's nutritional needs. By using the highest-quality protein powder and a diet of real foods, participants in our Cleanse remain nourished and healthy during the entire cleansing process.

Will I be hungry on the Cleanse? Our Cleanse is *not* a starvation diet or a juice fast. You can eat until you are satisfied. Cleansing is achieved by eating a certain selection of foods, as well as supplements that support the healing process.

Do I have to be a patient of the Naturopathic Clinic to participate in the Cleanse? We welcome everyone to participate in the Cleanse. If you are not a patient of the Clinic, you will be asked to have a brief medical screening to assure readiness for the Cleanse.

If I am already healthy, should I still Cleanse?

Participants who are healthy and symptom-free can still benefit from cleansing. By detoxifying the internal organs before illness sets in, healthy people can reduce the likelihood of illness in the future.

Will my insurance cover the cost of the Cleanse? Some insurance companies may cover this program, even if they do not normally cover services by naturopathic doctors. We are happy to answer any questions for you or your insurance company in order to facilitate achieving coverage.

Can the Naturopathic Clinic do a group Cleanse program for my company or association? Yes! We can hold a group Cleanse at our location or yours, at a time convenient for your group. Consider hosting a program for friends and family, co-workers, association members, and others to improve health, reduce employee illness, and provide valuable health information.

Should children Cleanse? Yes. Cleansing is essential for children because they are exposed to more toxins proportionally for their body size. Reducing toxicity can help many learning and behavior problems, as well as skin disorders, fatigue, and asthma. Children cleanse for a shorter duration in an individual format.

What people have said about their Cleanse experience

“The Cleanse definitely improved my health and well-being! My energy level is higher than it has been in years and my mental attitude is extremely positive — to the point where I sometimes am amazed at how good I feel.”

“The compulsive eating ‘road’ I was on came to a halt. It feels great to be in control — the discipline was fantastic. I lost 7.5 pounds and a lot of gastrointestinal bloat.”

“Before the Cleanse I had a chronic cough that started in the fall and just never went away. By the second week of the Cleanse it was gone. I have a cartilage problem with my knees, and the pain I was experiencing in climbing the stairs was decreased during and after.”

“I did the Cleanse because of stomach problems. This was a wonderful experience because my stomach problems disappeared during the three weeks. This course will change my health habits for life. Thank you so much for the teaching you’ve done.”

“The naturopathic practices make sense to me. It was very ‘normal’ for me to do the Cleanse. I had no problems with the food and enjoyed cooking lots of good things.”

“How wonderful! I feel so good. I feel like I am ‘born again!’ I want to tell everyone about the Cleanse!”



Naturopathic Clinic of Concord

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The CLEANSE Program



Do you wish you had more energy?

Are you bothered by
uncomfortable symptoms?

Are you concerned about food allergies,
or about how your food choices
may be affecting your body?

**“Let thy food be thy medicine
and thy medicine be thy food.”**

Hippocrates (460-377 B.C.)