



Program

New Year, New YOU: Naturopathic Detox is a supervised 3 week program which includes:

- Initial visit with one of EMOH's Naturopathic Doctors
- Elimination diet with full menu plan
- 3 hour long group detox meetings led by an EMOH N.D.
- 1 Yoga session during the second week
- Individualized supplement recommendations
- Post-detox N.D. follow up visit

**Group Meeting dates: Fri. Feb 6th,
Yoga Session, Wed. Feb 18th, and
Thurs Feb 26th 2015 at 7pm**

Over \$500 value for only:

\$175 New Patients

\$150 Current Patients

\$125 if you refer a friend!



 **Erin Mills**
Optimum Health

Erin Mills Optimum Health is a true Wellness Centre with five professions working together to provide the optimum health experience.

Contact EMOH today to find out more about the *New Year, New YOU Detox!*

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*New Year,
New YOU!
Naturopathic
Detox*

 **Erin Mills**
Optimum Health



Presented by our
Naturopathic Doctors



Dr. Kirsten Almon, N.D.
Dr. Aisling Lanigan, N.D.
Dr. Erica Nikiforuk, N.D.



Benefits of a detox:

In our previous detox programs ALL Participants:

- Lost weight
- Increased energy levels
- Improved digestion
- Made permanent changes to their health

Other results of *New Year, New YOU detox*:

- Reduced nasal congestion
- Clearer skin
- Increased mental clarity
- Improved emotional stability
- Less food cravings
- Resolution of migraines and headaches
- Better quality sleep



What is a detox?

Detoxification is the body's natural, ongoing process of neutralizing or eliminating toxins from the body

The New Year New YOU Naturopathic Detox:

- Minimizes the amount of chemicals ingested
- Emphasizes foods and supplements that provide the vitamins, nutrients and antioxidants that the body needs for detoxification
- Encourages the body's natural elimination of toxins

Do I need a detox?

Some common symptoms of an increased toxic burden:

- Headaches
- Fatigue
- Skin Problems
- Digestive concerns
- Food cravings
- Trouble sleeping
- Chronic congestion
- Anxiety or irritability
- Bad breath
- Body pain

If you are experiencing any of these symptoms it could mean that your body is in need of a detoxification.