



## 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 6<sup>th</sup>,  
Yoga Session, Wed. Feb 18<sup>th</sup>, and  
Thurs Feb 26<sup>th</sup> 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!*

**Erin Mills Optimum Health**  
3105 Glen Erin Drive  
Mississauga, ON L5L 1J3  
(905) 828-2014

[www.erinmillshealth.com](http://www.erinmillshealth.com)

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Erin Mills Optimum Health

*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.