

Weight Loss and Cleansing

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- A Whole New You

Is it time to get serious about the new you and new ways of being you?

Increase your vitality with a whole body cleanse:

- Lose weight
- Enhance mental clarity
- Reduce dependence on sugar, caffeine, nicotine, alcohol and other drugs
- Help your stomach return to normal size
- Create hormone balance
- Cleanse your digestive tract of accumulated wastes
- Purify your liver, kidneys and blood
- Clear excessive mucous and congestion
- Incorporate better eating habits...as a natural consequence of cleansing

Who should cleanse? And who should not?

The following suggested cleanses will be safe for most people. However **if you have any of the following you should not attempt a cleanse of any kind without doctor supervision:** terminal or malignant illness, a genetic disease, an autoimmune disease, are chronically underweight, have hyperthyroidism, mental illness, are pregnant, or if you take medications regularly.

Even if you are in good health, if this is your first cleanse we highly recommend that you consult with one of the IHC doctors before proceeding. The safe removal of the toxins is imperative.

If you are a seasoned cleanser, please come into the clinic and we will equip you with programs that will safely take you deeper into the cleansing process. The deeper the cleanse, the greater your vitality and health!

An effective detoxifying program incorporates four steps:

Preparation: Prime the liver and kidneys for full functioning and proper elimination of the toxins that will be released during the elimination phase.

Elimination: Utilize select foods, fresh raw juices and supplements, as well as gentle exercise and body work to pull toxins from the tissues and colon.

Rebuilding: This is the most important part of your cleansing program. Taking in simple foods will continue the gentle cleansing while preparing you for re-entry to day to day living. Allergy inducing and other incompatible food elements are often revealed during this phase.

Maintaining: Cleansing will bring a heightened awareness of your body's needs allowing you to make better choices. Use this awareness to pinpoint foods that no longer serve you and utilize the new energy to permanently eliminate them from your diet. This is the time to implement new lifestyle habits.

Our doctor supervised cleanses take you through all four steps safely for great results.

Changing habits around food and exercise can be foundational for making changes in every area of your life.

There is a special gift in the cleansing process that not a lot of people know about:

In addition to a healthier, happier you, the cleansing process will reveal you to yourself.

- Find inner strength you may not know you have
- Review your relationship with food
- Discover the supports you need to accomplish things you want in many life areas
- Reveal your attitude toward commitment
- Notice the inner critic's power of persuasion

There is absolutely no right or wrong to what you learn through this process. It is all information. Information gives you choices. In choice there is power. If you like what you see, no changes need be made. If you discover things you want to change on a personal level, revealed while cleansing on the physical level – hooray, it's a great time to make those changes!

How much time are you willing to dedicate to the new you? To higher energy levels? To a clearer mental outlook?

One day per week? One week? 3 weeks?

We have programs based on your time, interest and dedication level. See our [Cleanses page](#) for more information.

This is a great time to get acquainted with the new you and reveal him or her to the world with a splash!! Here's to your success.

Be sure to call the clinic for support if you need it. We'll get you in right away.