

Detox Cleanse



Experience increased vitality and recalibrate your relationship to food
with this powerful detox program

- Learn the vital principles of healthy eating
- Effortlessly lose weight.
- Break old habits with a nutritionally supported 3-day fast
- Eliminate the energy drain of food allergies
- Enjoy the benefits of advanced liver detoxification.
- Enhance your experience with the powerful **Raw Food Option**

Pureworks™ is an experiential program that combines the modern science of biochemical detoxification and the ancient wisdom of fasting to help you establish healthy eating habits that can last a lifetime. The program consists of three ninety-minute sessions over the course of 10 days. It begins with a special elimination diet and concludes with a 3-day fasting retreat.

* The Raw Food Option: Following the 3 day fast it is remarkably easy to powerfully deepen and extend your detox experience by going raw for a week. For just \$75 you can attend a 90-minute introduction to raw foods complete with 7 day menu, preparation tips, and raw food potluck. Excellent for first-timers or returning detoxers. *

Location: The City Club, The Highlands Building, 885 Arapahoe, Boulder, Colorado

Cost: **Special Discounted Workshop Cost: \$280** (Usual program fee \$320)
Includes 3 lectures, Break-Fast Party & 2 jars of UltraClear Plus pH Balance Supplement (\$170 value)

Time:	Session I Thursday, April 8 7:00 – 8:30 pm <i>Orientation</i>	Session II Thursday, April 15 7:00 - 8:30 pm <i>Art of Fasting</i>	Session III Sunday, April 18 5:30 – 7:00 pm <i>Breaking-Fast Party</i>
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*Raw Food Option:	Introduction Thursday, April 15 5:30-7:00 pm (immediately preceding Session II)	Raw Pot-Luck Party Sunday, April 25 5:30-7:00 pm	Option Cost: \$75
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Reserve your place now by check or credit card, as space is limited.



Why do I need biochemical detoxification?

We are increasingly exposed to chemical toxins. There has been an estimated 40,000 new chemicals introduced into the environment in the last two decades alone and 2.5 billion pounds of pesticides sprayed on crops each year. When you add to this that the average American eats 124 pounds of additives a year, the toxic load can easily overwhelm and deplete our detoxification enzyme systems. Such toxic exposure is a significant cause of cancer and other diseases. The Pureworks™ program is designed to replenish these detoxification enzymes with a special supplement that efficiently eliminates toxins from the body.

Will I need to be on a special diet?

The first week you will be on a test diet that eliminates foods commonly associated with food allergies. After the fast you will systematically re-introduce foods to pinpoint hidden food allergies. Even though there is no caloric restriction, people easily lose weight as they begin to make more conscious food choices.

What is the value of fasting?

Fasting has been used for thousands of years in many spiritual traditions as a method of physical and spiritual renewal. When the body is calorically deprived, toxins stored in fat cells are released in the bloodstream and can be cleared by an adequately supported liver. Fasting also interrupts old eating habits, making new food choices easily accessible.

I'm not sure that I can handle a three day fast.

This scientifically supported fast makes fasting relatively easy. It is much easier than a severe water fast and much more effective than a common juice fast. You may be surprised with the increased clarity, energy, and decreased aches and pains that often comes with fasting. If you have a medical condition, take medications or are unsure if fasting is appropriate for you, please contact Dr. Gottlieb for a personal consultation.

What results can I expect?

The vast majority of participants report a markedly enhanced sense of well-being that is sustained long after the program. The completion of a fast serves as a powerful impetus for participants to make positive lifestyle changes in other areas of their life as well. Many people find that they lose weight effortlessly as they are naturally drawn to more healthy foods. In the useful lecture material you will also learn powerful nutritional concepts and how to apply them in your daily life.

Why the Raw Food Option?

This year I'm excited to offer the Raw Food Option to those who wish to deepen their detox and experience the mental clarity and vibrancy that comes with eating fresh foods. Among the many benefits of eating raw are avoiding the denaturing effects of cooking which preserves the complete nutritional value of a food including a host of enzymes, vitamins and important bioflavonoids. Even more importantly, eating close to the source means more "alive" food, an aliveness you will experience within days. Learn how to prepare an assortment of tasty raw food dishes that can add color and variety to your eating habits for years to come. It's healthy, easy, and fun!

If you are ready for a healthy change in your life, contact us today to reserve your space.

