


WEIGHT LOSS



Improved Energy
Increased Focus
Less Swelling and Inflammation
Lose that muffin top
Less Joint Pain



**Plus 5 DAY
ACCELERATOR PLAN**

4 Week Weight Loss Program

www.insidehealthclinic.com



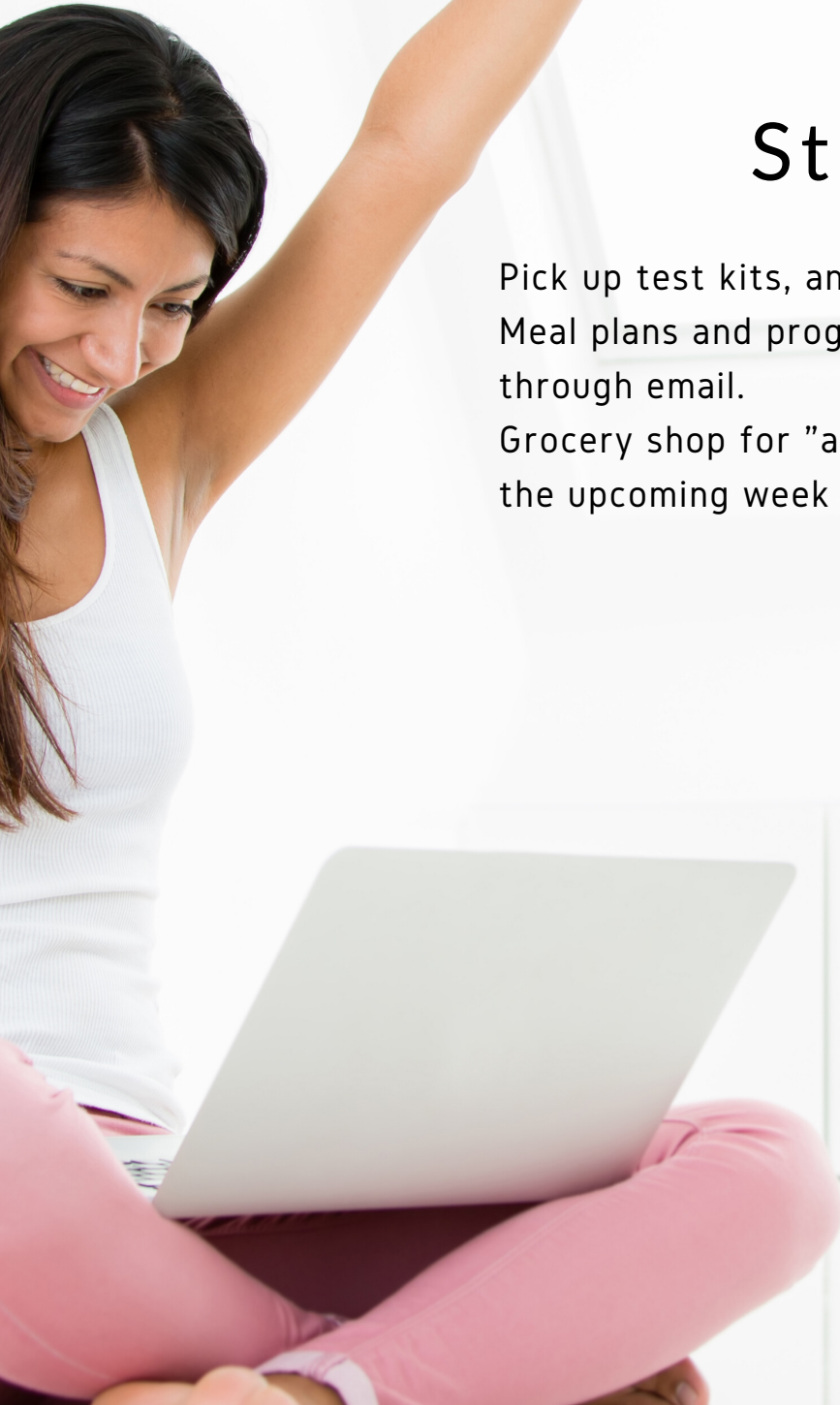
Weight Loss

How to get started:

Step 1

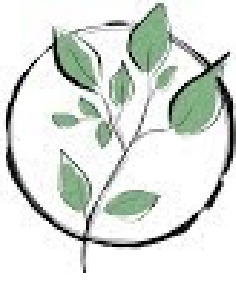
Pick up test kits, and program package from clinic
Meal plans and program videos will all be delivered
through email.

Grocery shop for "allowed foods" and prepare meals for
the upcoming week



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(P) 905.842.6654



Philosophy

"HEALING BEGINS IN THE GUT" - HIPPOCRATES

According to the Center for Disease Control and Prevention, there are on average of 212 various toxins present in people's blood and urine. These chemicals put a burden on our digestive, nervous, circulatory and lymphatic system.

If you have a colon full of feces, those toxins are then re-absorbed and directed back to the liver, it is called auto intoxication, this process invites our system to a whole new level of toxicity. When your body is full of toxicity, and not eliminating efficiently, your hormones and metabolism will not work properly to allow you to lose weight effectively, ultimately setting the stage for chronic diseases, premature aging, and premature death down the line.

Healing requires that there is no waste to take care of, the body can use it's energies and efforts to healing - which is why we say fasting and cleansing speeds up the healing process in every body.

Our weight loss program encourages your body to return to its natural state of health. By allowing your GI (gastrointestinal) tract to rest, your body can now repair leaks that have accumulated in the intestinal walls from emotional stress, poor diet, overeating, and exposures to daily toxins like pollution, medication, pesticides, sugar and alcohol.

After the 4 week PROGRAM, your GI tract and detox pathways are more efficient, being able to assimilate and absorb nutrients from food, and eliminate toxicity more efficiently. allowing for balanced hormones, promoting weight loss and stopping weight gain in the future!