

# Spring Detox and Cleansing

AT DR. PEA'S ACTIVE HEALTH CENTER

## “Detox ‘Round The Clock” 7 days

Supervised Five Phase Liver Cleanse, Ion Cleanse Detox Footbath, Lymphatic Drainage Session, and 7 days of Herbal Detox Support.

Individually priced: \$250  
Package Price: \$229 (by April 1–\$209)

## “The Ultimate Pipe Cleaner” 7 days

All services above plus 1 Nutritional Consultation, 1 AcuGraph® Analysis, and 1 Acupuncture Detox Treatment.

Individually priced: \$380  
Package price: \$349 (by April 1–\$329)

## “The Grand Poobah” 10–14 days

All services above and a total of 2 Ion Cleanse Detox Footbaths, 2 Lymphatic Drainage Sessions, 14 days of Herbal and supplemental Detox Support, 2 AcuGraph® Analyses and 2 Acupuncture Detox Treatments.

Individually priced: \$635  
Package price: \$579 (by April 1–\$559)

## “I’ll Do It My Way” Cleanse

*(Ask for individual prices) 10% discount for 4 or more services*

### Five Phase Liver Cleanse (\$75)

This gentle and effective program cleanses the Liver and builds your Spleen and Kidneys. Particular foods are suggested at each phase, leading to the 5th phase which suggest general dietary recommendations to continue at the end of your cleanse if you choose. Most people lose weight and feel lighter and healthier after 7 days. A brief consultation and minor supervision is offered during the program.

### Ion Cleanse® and Ultimate Detox Footbath (\$50)

Bring relief and harmony to your core systems by using osmosis and ionization to gently release cellular, tissue, lymphatic, heavy metal, and organ debris. Holographic repatterning will be offered to all bathers for \$65. [www.amajordifference.com](http://www.amajordifference.com)

### Lymphatic Drainage (\$45)

A gentle hands-on technique designed to cleanse congested tissues at a cellular level. It affects a wide range of disorders by boosting the immune system, reducing swelling, promoting tissue regeneration, and relaxing and balancing the autonomic nervous system.

### Nutritional Consultation (\$65)

Individual recommendations will be recommended that support cleansing, strengthening and maintaining a healthier body. Prior to a brief consultation and exam, you will be asked to keep a 5 - 7 day food diary.

### Herbal Detox Protocol (7 days: \$75, 14 days: \$125)

Following a brief consultation, Chinese herbal formulas and/or supplements will be prescribed to assist in your detoxification process for the duration of your cleanse from one to two weeks.

### AcuGraph® Digital Meridian Imaging (\$50, follow up: \$ 30)

AcuGraph® combines state of the art technology based on more than 50 years of research in Japan and 2300 years of a medical system that has helped billions of people recover from disease and maintain wellness. The AcuGraph® will provide an easy to understand visual graph of the energy in your individual organ channels and more.

### Acupuncture Detox Treatment (\$75)

Acupuncture builds and regulates energy, unblocks stagnant energy, and improves the function of your vital organs. Since the liver and kidneys are major organs involved in detoxification, special attention will be given to these organs as well as the organs of digestion. Laser therapy or acupressure may be used in place of acupuncture if appropriate.

## YOUR SPRING DETOX AND CLEANSING SPECIALISTS

**ROSITA ALVAREZ** BFA, HR Ion Cleanse Detox Foot Baths ([www.amajordifference.com](http://www.amajordifference.com))

**SARAH FARWELL** RMT, Lymphatic Drainage and Massage ([www.drpea.com](http://www.drpea.com))

**CATHERINE COLLETT** RMT Lymphatic Drainage Sessions ([www.myomassage.com](http://www.myomassage.com))

**PADDY TAWADA** DOM, LAc. Consultations, AcuGraph®, Acupuncture, etc. ([www.drpea.com](http://www.drpea.com))



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