

September Group Fast, 2010

Celebrating 28 Years of Supervised Group Fasts

Safe & Effective - Program Supervision by Steven Bailey, ND
and the Staff of the Northwest Naturopathic Clinic

- Awaken Spirit** – *Expand clarity of consciousness*
- Increase Body Awareness** – *Develop improved mind-body communication*
- Rejuvenate Health** – *Feel good from the inside out*
- Detoxify** – *Eliminate waste & harmful elements*

Spring Cleanse Experience Includes:

- Educational Program and Support Resources
- Healthy Diet Planning Information
- Food Sensitivity & Allergy Testing
- Individual Follow-up Visit with Dr. Bailey
- First-time participants receive a copy of Dr. Bailey's new book, Juice Alive

WE HAVE been providing doctor supervised fasts to the public since 1983. Participants will have the opportunity to explore: raw foods, juicing, enemas, food sensitivity reactions, disbiosis/candida protocols, gallbladder/liver flush, castor oil pack, dry skin brushing, hydrotherapy and more. This is an opportunity to renew and rejuvenate your mind, body and spirit. We will not only be using the vehicle of fasting to help cleanse our physical bodies, but also to explore our mental, social and energetic relations with food, eating and nourishment.

Additional Program Options:

- Weight Reduction Planning, Targeted Reduction
- Support Practitioners (Counseling, Therapy, Massage)
- Individualized Options and Fast Extensions

THE BASIC PROGRAM consists of a 13-day framework: three days of preparatory bulking with fruits and vegetables, five days of juicing using various combinations of organic raw vegetable juice and fruit juices, and then a five day reintroduction schedule to challenge food sensitivities.

GROUP CLASS SCHEDULE

(group classes held at the Northwest Naturopathic Clinic, 1540 SE Clinton Street)

September 23 , 6:30 PM 7:00 - 9:00 PM	Introduction, Pre-Fast Diet, Juice Orders** Science and The Body, Elimination
September 27 , 7:00 - 9:00 PM	Reintroduction Diet, Fasting and The Spirit, Nutrition, Challenge Testing for
September 30 , 7:00 - 9:00 PM	Sensitivities and Food Allergies

Post-Fast Visit with Dr. Bailey, by appointment
Registration; Book Signing

Northwest Naturopathic Clinic
1540 SE Clinton St. in Portland

COST

First-Time Participants \$200* + Cost of Juices**
Returning, Full-Time Students or Seniors \$175* + Cost of Juices**

**Organic juices will be available for purchase. Self-juicing is optional.

Ask Us about Additional Services and Specialized Programs.

For Information & Registration, Call (503) 224-8083, or Email
drBailey@nwnclinic.com and See Us Online at www.nwnclinic.com