

## Cleanse Program Daily Schedule

The following is a schedule of daily activities included in the Lake Travis Wellness Center Cleanse Program. This program is important as it provides a thorough full body cleansing experience that focuses on heavy metal cleansing, parasite cleansing, liver and gall bladder flush and candida cleansing as well as rehabilitation of the digestive system. No other program is as comprehensive and complete.

During the program, you will be provided with all you need to have a successful experience. You will find that although you are not consuming solid food for 7 days, you will feel revitalized and replenished. Hopefully, you will begin to identify some of your “triggers” surrounding food to cause you to follow unhealthy habits. You may lose some weight and you will leave here with the tools you need to continue on the road to health. The program outlined will be as follows:

**8:30 AM** Gather together to meet me for morning tea, stretches and supplements. We will also schedule your colonic session at this time.

**9-9:30 AM** There will be a pleasant walk for approximately 30-45 minutes, weather permitting. If weather conditions are adverse, we will have a group meeting at this time. During the group meetings, we will begin to discuss what we wish to accomplish with this cleanse. Bring your journals if we aren't walking. Also remember to bring your fruit drink mixed in your own bottle provided.

**10-NOON** Yoga and breath work with Christine Shaw.

**12:30 PM** -each day. Gather in the kitchen for supplements

**12:30 – 6:00 PM** – Monday afternoon is a rest day.

**12:30 – 6:00 PM** Tue – Friday, individual colonics and a massage scheduled individually.

**12:30 – 6:00 PM** Thursday, meet with fitness trainer Jeffry Szarkony.

**12:30 – 6:00 PM** Friday – cooking class with Mel Layton.

**6:30-8:30 PM** – Tuesday and Thursday – lectures by Paul Norris. Information about general lifestyle changes and tricks to help continue the program when you leave.

**6:30 – 8:30 PM**– Wednesday – Take your good health into the workplace. How to thrive with a hectic work schedule presented by Jenny Sabroff.

**6:30 – 8:00 PM** – Friday – Lecture by Suzi Pannenbacker on essential oils & their medicinal uses.

Some evenings I will provide DVD's. These movies will be motivational and informational. *Fat, Sick and Nearly Dead*, and *Food, Inc*, or *Supersize Me*, *Stress!!*, etc. will be some of them.

Plenty of fresh water will be provided so PLEASE remember to drink lots of liquids. The parasite products can cause severe dehydration so be aware. If you have any questions at any time, if I am not already on site, you can call me at **512-825-0226**. **Have a great cleanse!**