



The Best Cleanse ... EVER!

Are you ready
to look and feel your best?

Spring is a natural time to cleanse our bodies, minds and spirits. It is a time for rejuvenation and new beginnings.

Have you experienced any of these symptoms?

- ✓ Feeling irritability, frustration or anger.
- ✓ Feeling physically stiff or emotionally 'stuck.'
- ✓ Having difficulty sleeping between 11 p.m. – 3 a.m.
- ✓ Noticing changes in vision or an increase in headaches or migraines.
- ✓ Sluggish or "upset" digestion.
- ✓ Tired

Our natural instinct at this time of year is to 'get moving,'
We can help you put the "spring" back in your step.

Call or e-Mail to reserve your seat:

Edgewater Natural Family Medicine
18 South Riverside Drive #230
Sartell, MN 56377

Email: ENFM@me.com

320-253-4112

Cost: Only \$7 / person

Bring a friend and **save**

- 2 people for \$10
- 3 or more people for only \$15!!!

Save the Dates!!!

Tuesday April 27
Or
Friday May 7

7:00 - 8:30 p.m.

SPRING CLEANSE 2010

With the combined wisdom and talents of 5 top health care professionals!

✓ **Dr. Lee Aberle** Naturopathic Doctor
'Food as Medicine'

✓ **Karen Nielsen, L.Ac., M.S.O.M.**
'Liver Energetics' - Ancient Chinese Secrets Revealed!

✓ **Lisa Dempsey, Reiki Master**
'Reiki and Emotional Cleansing'

✓ **Brittina Seaborg, CMT**
'Colonics & Core Healing'

✓ **Jane Reckow, CMT**
'Raindrop Therapy - Shamanic Spinal Centering'

It's like 5 classes in one!

An invitation from
Five "**women of wisdom**"
to a join us
for an evening of discovery

All Class attendees will receive free class notes and the food plan

Support services and products will be available at savings of up to 50%.

For more details see our Facebook Page - The Best Cleanse ... EVER!