

4 Week Winter Cleansing Diet Direction Program

at Elevate Wellness Center



1 Hour Group Class from 6-7 PM

February 25

Introduction
to the Program

- ✿ Eating for health
whole food groups
- ✿ Seasonal foods and
recipes for winter
- ✿ Food, mood, and
activity journal

March 4

Identify & Eliminate
Insults & Injury from Food

- ✿ Sugar
- ✿ Gluten
- ✿ Processed food
- ✿ Chemicals, additives,
and artificial flavors

March 11

Food Combinations &
Additions for Nutrition

- ✿ Digestion - You are what
you eat, assimilate, and
do not eliminate
- ✿ Toxic Load and a Sluggish
Liver: Why certain foods can
be a burden to your
digestive organs

March 18

Weight Management &
Meal Planning

- ✿ Targeted portions
- ✿ Nutrient Density -
Macro, micro,
phyto, hydration
- ✿ Seasonal foods for
breakfast, lunch,
and dinner

Partner with nutrition consultant, Dawn Sitchon, to improve your health as you learn to choose seasonal cleansing whole foods that will increase your strength and endurance.

Register by:
2-18-15 for \$80
After 2-18-15 for \$100

For more information and to register, please contact:

Elevate Wellness Center at (530) 541-9355

or

Dawn Sitchon at (530) 308-8597 | dawn@wisewaynutrition.com

