

## What participants are saying

**Clean:** What a wonderful change in me since I started on the Renew Yourself program.



With lots of encouragement from you and your staff, I was exercising daily and maintaining good blood sugar within three weeks. Three months after I started the program, my total cholesterol had dropped 45 points. I now love fish, eat very healthily and have kept my 21-pound weight loss. I am enjoying every day and feel great!



**Lean:** I have tried many other programs to lose weight, and nothing else has worked as well as the Renew Yourself program. In four months I lost 36 pounds.

**Healthy:** Within 24 hours of beginning Phase 1, my continuous and miserable hot flashes completely ceased.



It was really quite unbelievable, but as you can imagine, quite motivating to continue. Off the cleansing program for a couple of months now, I have a changed diet and more energy. I am happy to say that the hot flashes stay gone. Thanks!

## About the Center for Health & Healing

The Center for Health & Healing, built on solid traditional medicine, integrates alternative therapies to promote optimal health & wellness. We emphasize preventive care, personal responsibility, and mind-body integration and balance. Our health team includes Nellie Grose, MD, MPH, the medical director; Eric Grose, LAc, FABORM, the acupuncturist and infertility specialist; Steve Hernandez, RMT, the massage therapist; and Alicia Castellano, the certified holistic health counselor and First Line Therapy Lifestyle educator.

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# Renew yourself



**A 28-Day Program to  
Getting Clean, Lean  
and Healthy**

The Center for Health & Healing  
[www.tchh.net](http://www.tchh.net)

# Why renew yourself?

Tired  
Craving  
unhealthy  
foods

Foggy-minded  
and forgetful

Hanging on to  
weight and body fat

**Bloating and  
poor digestion**

Chronically ill

These are all signs that you need to release your “toxic burden.” Renew Yourself to improve your health habits, to lose fat and to be lean and healthy.



In the process of daily living, your cells and organs accumulate toxins from their own metabolic processes and from external sources. Your whole body becomes less effective and slows down. Cellulite formation, high cholesterol, high blood pressure, blood sugar problems and sleep loss can all result from toxin exposure and accumulation.

You already constantly renew yourself as new cells form and old ones die off. These natural processes require proper, adequate nutrients to support the high energy needed to both eliminate toxins that are holding on to fat and to build healthy cells.

Through this holistic, mindful approach to renewing yourself, you will not only cleanse, but you will also experience the health and leanness that come with a balanced approach to improving your body composition.



## What is the program?

The 28-day Renew Yourself program provides an “oil change” or a tune-up for the body, and especially for the bowels, liver and immune system.



Your body will revitalize while supporting its natural detoxification processes. The program can be modified and personalized.

The Renew Yourself program helps a person to healthily lose fat and have a leaner appearance by nutritionally supporting the loss of excess fat and the retention of muscle, which improves overall health. This healthy body composition program increases



the likelihood that you will keep fat off of your body and reduces your risk for disease.

The main components of the Renew Yourself program are

- a personalized consultation
  - mindful lifestyle adjustment and food elimination
  - nutritional supplementation to support the body's natural detoxification process along with intestinal health
  - periodic body composition monitoring
- The program can be extended according to your goals.