

# *Reset your metabolism, detoxify, Lose weight and feel great*

Join us for a powerful reset  
21 day Cleanse and Purification Program  
Cleanse with the Fall Equinox  
September 21 – October 11

Are you feeling bloated?

Is Covid getting you down, or do you have Covid long haul symptoms?

Do you feel in need for a Cleanse but don't know where to start?

Please join me, Claudia Weitkemper, as we begin this journey of 21 days of cleansing and purifying together, beginning with the October Full moon on October 20<sup>th</sup>.

Effects of this Purification will be:

- Reset of your metabolism
- Whole body detoxification
- Loose weight and feel great
- Reset your adrenal glands
- Balance your sleep
- Manage menopause through food and herbs
- Tune your body up for fertility
- Say good buy to addictive unconscious eating habits
- Easy to follow through and real food.

Why do we become toxic and do need to Cleanse?

1) Environmental toxins:

Such as plastic water bottles, pesticides, hairspray, deodorant, blush, hair dye, etc., can slowly poison our system. These toxins can lead to estrogen dominance and through our hormonal balance off center. Than we get chronically stressed and maybe cannot sleep well. The next step may be the craving of coffee, which lowers DHEA levels and suppresses immunity, and than we feel really tired and crave more sugar or coffee.

Another common toxin is alcohol, which slows down our metabolism by 70%, congests the liver and adds to “Estrogen dominance” and a higher risk of cancer.

2) Not enough Sleep:

if we don't get enough sleep, we do not get the normal detoxification our body needs at night.

3) Stress:

Stress interferes with memory, concentration and decision-making. Chronic stress burns our “Adrenal Glands” and this leads to hormone imbalances or chronic fatigue, anxiousness, depression and chronic stress makes you toxic.

#### 4) Medication:

Antidepressant, blood pressure medicine, anti depressions, cholesterol-lowering medicine, and many other medicines leave toxic residues in our bodies and the liver often has a hard time to catch up with the purification and needs some support. (If you take more than two medications, you need a third one to manage the side effects of the two).

How do you know, that your body is toxic?

#### 1) Sugar cravings:

- -We experience sugar cravings, if we do not eat enough protein.  
(Our Adrenal glands need every three hours some source of protein to stay strong and healthy.
- -Genetically modified food & Sugar create withdrawal symptoms
- Increased stress makes us crave sugar
- Sugary foods are highly addictive
- If we do eat out a lot, and do not eat wholesome, home made foods, there are likely some sugars and toxic additions to our meals

#### 2) Weight gain

- -Especially around the waist

#### 3) Body pains and Aches

Recognize the signs of toxicity and do not wait for the perfect time. Bring your body today in a new balance and vibrant health. Take care of your Adrenal Glands and start exercise in moderation.

5 simple steps to loose weight and balance your hormones:

- 1) Remove gluten and dairy from your diet
- 2) Eat 1 pound of vegetables per day
- 3) Eat pro-biotic foods like kefir, sauerkraut, kim-chee, or miso.
- 4) Drink lots of clean, fresh water
- 5) Moderate, regular exercise

What does the 21-day purification program offer?

This gentle and powerful purification resets your hormones and metabolism gracefully and will transform your life.

You will loose weight, double your energy, clear toxins, feel your best self, increase your sex-drive and fertility, and improve your skin and youthful appearance.

You will feel fresh, happy and much lighter. Sugar cravings drop and your vibration increases, while you will eat fresh & healthy foods.

Program includes:

- Life Webinar on September 22, via Zoom
- Triphala Colon Cleanse
- Sp Complete Lactose free
- Sp Cleanse
- Sp Green food
- Gastro fiber

Cost: \$265

I bring 30+ years of experience to help you feel your best and tune up body, mind and spirit!

Claudia Weitkemper is the owner of Natural Healings Ways. She received her Masters degree in Traditional Chinese Medicine from the Academy of Chinese Culture in Oakland, CA, her Naturopathic Doctorate from Munich, Germany and her nursing degree in Wuppertal, Germany. She currently works as a Naturopath and Acupuncturist as well as an Evolve Coach, Ipsalu Teacher and Certified Spirit Coach® and Healer with over 25 years of experience.

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