

# DETOXIFICATION WORKSHOP

## Understanding Natural Therapies

## DETOXIFICATION

Orchard Hotel - Singapore

7<sup>th</sup> Dec 2008

9 am to 5 pm

Detoxification is a health option frequently sought after by those in pursuit of good health and wellbeing. It is also undertaken to address a variety of health problems. In spite of the many positive results gained from the detoxification measures, there is a lack of information available to help individuals understand the specifics of the different detoxification program and how one should approach it to optimize its results.

**REGISTER NOW** for the **Detoxification Workshop** to learn from a panel of professionals who will share with you their understanding of this very interesting health topic.

### PROGRAM HIGHLIGHTS

- ❖ *Principles of Detoxification*
  - *Why is Detox necessary ?*
- ❖ *Steps towards Detoxification*
  - How to detox ?
- ❖ *Getting the most out of Detoxification*
  - Detox formula
  - Detox Diet
  - Colon cleansing
  - Liver / Gall bladder cleanse
  - Techniques to support cleansing
  - Assessing & monitoring results
- ❖ *Protocols in different health situations*
  - Bowel related problems
  - Leaky gut problem
  - Concerns with Heavy metals
  - Concerns with Parasites / yeast
  - Chronic health

### WHO SHOULD ATTEND ?

- INDIVIDUALS with interest in detoxification as an approach to maintaining health & wellbeing
- PRACTITIONERS / THERAPISTS with interest in learning about the specifics of detoxification that may be applicable in their practice.

### REGISTRATION FEE

| DETAILS                        | Registration Before 30 Nov'08 | After 30 Nov'08 & On-Site Registration |
|--------------------------------|-------------------------------|--|
| Detox Workshop<br>7 Dec Sunday | \$ 250                        | \$ 280                                 |

### To register, contact SIMS Secretariat

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Organised by : **SOCIETY FOR INTEGRATIVE MEDICINE SINGAPORE ( SIMS )**

