

# **FREE CLASS**

## **EVERYTHING YOU EVER WANTED TO KNOW ABOUT DETOX**

**Sample Some of Our Therapies for Free**

- Do you ever wonder how those extra pounds are connected to detox?
- Have you unsuccessfully tried detox programs?
- Do you find the whole topic of detoxification a mystery?  
Where do you start? What comes first?
- What does massage have to do with detox?
- Do you know the connection between blocked energy and fatigue?
- What's all this Mind/Body/Energy stuff all about anyway?
- What does going to the bathroom/or not have to do with my skin?
- How can toxins come out through your feet?
- What exactly is ear candling?

**DO YOU WANT TO KNOW THE ANSWERS TO THESE QUESTIONS AND MORE?**

If so, come to this Inspiring and Educational Class given by Maggie Hope, Nutritionist/Colon Hydrotherapist and Kathleen Petryshyn, Polarity Therapist/I-Health Consultant, Experts in the field of Detox with over 25 years experience each.

Join us at BODY BASICS HEALTH CENTER the 3<sup>rd</sup> Wednesday of each month at 6:30 p.m. for this Free presentation and discussion of Detox. Be prompt. We start on time! Call ahead to put your name on the class list.

**Special Priced Sessions Offered Only at This Class**

**Body Basics ▪ 3699 Park Blvd ▪ San Diego ▪ CA ▪ (619) 296-7390**