

**Subject: Purification Program from Rejuvenation & Well Being**



Rejuvenation & Well Being  
Live from the heart.

Phone: 707.795.1063  
Email: [Office@RejuvAndWellBeing.com](mailto:Office@RejuvAndWellBeing.com)  
Web: [www.rejuvandwellbeing.com](http://www.rejuvandwellbeing.com)  
315 East Cotati Ave. Suite A, Cotati, CA 94931

*"One of the biggest tragedies of human civilization is the precedence of chemical therapy over nutrition. It is the substitution of artificial therapy over natural, of poisons over food, in which we are feeding people poisons trying to correct the reactions of starvation."*

-Dr. Royal Lee

## A Purification Program that Works!

### **Purification Program Details**

**The foundation of our  
21-day purification**

With the holidays behind us and spring approaching, this is a great time of year to begin a purification or detox program!

Many detox programs demand that you go without solid food for extended periods of time; this can be particularly harsh on your system.

**program includes:**

- Eating whole, organic, and unprocessed foods
- Taking whole food supplements
- Drinking plenty of water

**You will eat:**

- Vegetables
- Fruit
- Select proteins
- Select complex carbohydrates

**Foods that will be eliminated:**

- Caffeine
- Sugar
- Alcohol
- Dairy products
- Refined carbohydrates
- Processed foods

It's simple, yet clinically effective!



**Whole Food Supplement Information**



[SP Complete®](#)

Our program is different; it's a program that helps you live a healthier life by purifying, nourishing, and maintaining a healthy body and weight. **It is not a diet** and you will be encouraged to eat as much as you need to feel satiated.

The program uses whole food supplements to help your body purify and rebuild itself naturally from the inside out. You'll also be supporting all of your organ systems that play a role in purification.

Throughout this program, you might find yourself eating foods that may be new to you. As a result, you'll be enjoying some new tastes, new textures, and a whole new you!

**Rejuvenation and Well Being's Purification Program**



We think of our Purification Program as a "Spring Cleaning" for your insides. Purification, also known as detoxification, can help you remove natural toxins from your body and help maintain a healthy weight. Purification is merely the internal cleansing and detoxification of your body.

We are exposed to external toxins every day, including pollutants, pesticides, and chemicals. Internally our bodies produce waste byproducts as a result of normal metabolic function. Although your body is designed to rid itself of these toxins naturally, it can become overburdened.

Everyone can benefit from participating in our Purification Program... especially if you answered "yes" to the majority of the questions on our Toxic Load Questionnaire:

[Toxic Load Questionnaire](#)

Purification offers your body additional support to expel natural toxins and achieve optimal weight, which is important to maintaining your health and vitality.

Toxins can contribute to a wide range of conditions:

essential whole food nutrition in a convenient powder

or

[SP Complete® Dairy Free](#)

SP Complete Dairy Free (vegan) offers essential whole food nutrition in a convenient powder

[SP Cleanse®](#)

SP Cleanse combines 20 unique whole food and botanical ingredients designed to support the body's normal toxin removal processes

[Gastro-Fiber®](#)

Gastro-Fiber provides soluble and insoluble fiber to support the digestive system encouraging healthy elimination

[SP Green Food®](#)

SP Green Food provides a simple way for people of all ages to add vital phytonutrients to their diet

[Whey Pro Complete](#)

(optional)

Whey Pro Complete supports weight management, helps build muscle tissue, immune function, and gastrointestinal health

## Group Supported Purification Program

Includes 5 meetings:

An initial informational meeting, 3 weekly support meetings to discuss challenges and successes, and a final meeting to go over long term strategies to maintain your new healthy way of living.

We will also provide email support, tips and healthy recipes that will be

- Stuffy head
- Fatigue or difficulty sleeping
- Digestion and other gastrointestinal problems
- Food cravings and weight gain
- Reduced mental clarity
- Low libido

Benefits of purification program:

A purification program can have a significant, positive effect on the biochemistry of the body while allowing natural toxins and byproducts of daily metabolism to be eliminated.

- Improved weight management results
- Increased energy/vitality
- Better digestion
- Less bloating
- Clearer skin
- Shinier hair
- Better sleep
- Clearer thinking
- Disappearance or lessening of past unwanted conditions

Our purification program is different than any other diet.

**The Purification Program is not a diet.** It is a program that helps you live a healthier life by purifying, nourishing, and maintaining a healthy body and weight.

The program emphasizes supplements and whole foods, particularly fruits and vegetables, while limiting high-calorie, refined foods and saturated fats. Nourishing yourself with nutrient-rich foods will provide the complex combination of vitamins, minerals, and antioxidants that are needed to protect the body and promote optimal health.

We offer a group supported Purification Program or a kit to do it yourself. Please see details on the left.

Our next group Purification Program will begin in March. Please call the office for pricing and more details. We wish you good health and wellness!

**Sincerely,**

Dawn Dolan  
Christine Calaway, *Purification Program Specialist*  
Rejuvenation & Well Being

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## Purification Program Testimonial

goals outlined in the program.

"I was diagnosed with Lupus in 2005 and the past year I've had some major flares ups. I had read and researched about changing my diet to help with my lupus but I was overwhelmed with information. When I went to Dawn's website it was like everything that I read about was all in one place. When I found out about the 21day cleanse I was eager to try it. I've been doing chemo for the past 4 months and taking steroids to control the inflammation in my body, I figured I might as well try this to see if it helped. I noticed a difference within the first few days of the cleanse. My body didn't ache and my joints were not swollen and I was sleeping better than I had in a year. My energy level was always low in the past year but now my energy level is great. Even my mom said I haven't looked this good in two years. I'm still cleansing and am still feeling great. I feel like I have some control over my health now."

- V. M., Santa Rosa