

Wellness Clinic

AESTHETICS • REFERRALS • BEAUTY THERAPY

Detoxification and Rejuvenation



Our modern world is quite hostile to the body. We expose ourselves to toxins in the environment every day and a busy lifestyle often means that we do not take the time to eat nutritious food as often as we should.

Toxins accumulate in the body over time and can often be stored within the vital organs, where they can interfere with various biochemical processes. Toxins also pollute the cells and prevent nutrients from being absorbed.

This can generally make us feel low on energy and lethargic, or in some cases lead to more specific symptoms.

The detoxification programs available at the Wellness Clinic are designed to work with and support your body's own detoxification systems. An effective detoxification program must provide:

1. The correct balance of nutrients for your Metabolic Type
2. Specific procedures to support your body's organs of detoxification

This will enable you to:

- cleanse
- rejuvenate
- energise

...and help you to reach your ideal weight

Each program is tailored to suit your individual metabolism, symptoms you may be experiencing, and individual circumstances. Since what works best for one person may not work for someone else.



Re-balance

One of the aims of the nutrition and detoxification program is to balance your metabolism. Our bodies work much more efficiently when our metabolism is balanced. Any symptom has a metabolic imbalance associated with it - Therefore by re-balancing we are able to achieve a wide range of benefits and a greater sense of well-being.

The Metabolic Typing part of the program establishes which foods will help YOU as an individual feel at your best and reach your ideal weight.

The Problems with Calorie Restricted Diets

Weight loss programs that restrict calories have been shown not to provide lasting results. When we restrict calories or do not eat the right foods for our Metabolic Type the body starts to:

- slow down the metabolic rate
- create more enzymes associated with gaining fat
- release more hormones for fat storage
- break down muscle tissue - reducing metabolic rate even further

...the body basically becomes more efficient at storing fat!

All of this means that after a short time the weight goes back on again, leading to 'yo-yo dieting'. The latest studies show that only 1% of people who go on calorie restricted diets actually lose weight permanently.

Through Metabolic Typing we can establish which foods will enable YOUR metabolism to work more efficiently. This means that you will be able to:

- convert foods into useable energy rather than storing fat
- feel satisfied after meals rather than bloated
- reduce cravings

Metabolic Typing and detoxification procedures work together synergistically to maximise the benefits you experience.

A free thirty minute consultation is available to find out how the program can help you. To book your consultation, come in to see us or call us on the number below.

To book please call **01245 349933**

www.wellnessclinic.co.uk