



10-day booty boot camp : adjunct therapies

I call this Booty Boot Camp for a reason – good, thorough cleansing can be intense! I’ve done a LOT of cleansing for myself, and I’ve really found that the ‘too good to be true’ easy cleanses are easy because they are, actually, too good to be true! It took time and daily effort for you to cake that stuff on and back up and slow down your body systems. Give yourself the gift of really taking some time and spending a little effort to really cleanse your body and eliminate toxins – from your colon and digestive system, your liver and blood, and your cells.

And since this is, or can be, hard work – I’ve got some fabulous resources for adjunct therapies & practitioners you can call and work with to assist the detoxification process, and also add in the element of pampering yourself.

Adjunct Therapies & Practitioners:

- **Food Allergy and Sensitivity Testing:**
Due to a common condition called “Leaky Gut” our bodies may be reacting to foods and other non-toxins as toxins. The result can be a huge list of symptoms and an exhausted immune system. Test to figure out which foods are hurting you or helping you. For more info see: www.shealynnbaird.com/food
- **Stephen J Barlow, CMT:** He’ll be giving you the massage included in your program. stephenjbarlow.wordpress.com/bodywork for more info on Stephen.
- **Deana Dennard, CMT, MA:** is a certified Ayurvedic Practitioner, Aromatherapist, Nutrition Educator and Energy Kinesiologist. She Specializes in lymphatic drainage, and several other cleansing / detoxifying treatments. Please contact her for more information: 707. 280.6502, or zagaea@yahoo.com, or www.dhyanacenter.com
- **Blake Bertling, NLP Practitioner:** Because cleansing can bring up new or forgotten issues, or exacerbate existing ones, get ready to give your mind a colonic as well! You’ll never go back to regular talk-therapy once you’ve had NLP! 707.578.1119
- **Annie Osborn, L.Ac., Dipl. Ac.:** is a Naturopath & Acupuncturist, she also does this amazing kinesiology-based toxicity screening. It’s really cool. 707.547.0500, or annieoby@yahoo.com.
- **Alan Goldhamer, DC.:** is a way more than your average chiropractor! Besides constantly giving me seriously the best adjustments I’ve ever had in my life, Dr. Goldhamer also has helped to over see my health in a variety of different ways. He is the director of True North Fasting and Health Center here in Santa Rosa, and he has a top-notch staff to cover many different needs. Please contact him at 707-586-5555 or www.healthpromoting.com for more information.
- **Dr. Oloph Granath, DDS :** is a holistic / biological dentist, and my office mate! While we’re working on you from our end, why not let Dr. Oloph work on you from the other end and remove that mercury! 707-528-9411 or www.stunningsmiles.com for more information.

ALL OF THE ABOVE LISTED PRACTITIONERS ARE GREAT AND THEIR PRACTICES ARE BUSY - PLEASE CALL WELL IN ADVANCE IF YOU ARE INTERESTED IN BOOKING SESSIONS!

If coming from out of town:

Hyatt Vineyard Creek Hotel and Spa

170 Railroad . Santa Rosa . CA 9540X 707.284.1234

They also have a wonderful Spa on site to help counter balance your Boot Campiness.