

## Do you need a Detox?

- 1) Do you often feel tired or have a lack of energy?
- 2) Do you have sore muscles for no apparent reason?
- 3) Do you have difficulty concentrating?
- 4) Are you easily irritated or feel moody?
- 5) Do you have trouble sleeping?
- 6) Do you wake up feeling unrefreshed?
- 7) Do you feel bloated or gain weight easily?
- 8) Do you have digestive or intestinal discomfort?
- 9) Do you have occasional, mild headaches?
- 10) Do you feel like you're not as healthy as other people your age?

If you answered "yes" to any of the questions above, then a simple program could help you feel better and have more energy in just 10 days!

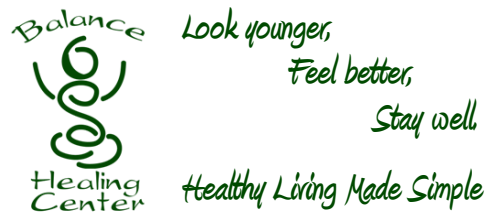
## Check out what other detoxers have to say!

"Not only did I enjoy the cleanse and all the resulting benefits, but the food was delicious. I tried foods that I had never heard of and enjoyed them all. The bonus is that it was beneficial to my body!" - *Jennifer, Park Ridge*

"The detox was a great way to cleanse my body and start reaping the rewards - for me it was more energy and dropping a couple of pounds. The food and assistance Balance provided made the process easy to fit into my work and family life." - *John, Norwood Park*

"I had no idea how easily I could improve my diet with a few simple changes I learned from the detox program. Additionally, the detox minimized my unhealthy cravings making it that much easier to continue on a healthy course after the program ended." - *Steve, Edgebrook*

"Detoxing allows my body the time it needs and craves to refresh, cleanse, and revitalize. It's amazing the amount of energy I gain during the process and how healthy my skin, face, and insides feel. The effect lasts long after the detoxing is over, and must be noticeable since I've had friends randomly comment about how fresh and beautiful my skin looks, thinking I had a facial. On a side note, it's also amazing how cravings for sugar and chocolate go away after a few days into the program." - *Eileen, Skokie*



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## Metabolic Detoxification



- More energy
- More comfortable
- Better concentration
- Less moody
- Sleep better
- Healthier body
- Healthier digestion
- Feel better

### Is your body on toxic overload?

- I have used plastic containers to heat my food in the microwave.
- I consume products (i.e. diet sodas) with artificial sweeteners such as NutraSweet or Splenda.
- I drink bottled water.
- I have taken antibiotics, over-the-counter drugs, and/or received vaccines in my life.
- I use non-stick pans to cook with.
- I take prescription drugs.
- I drive a car in heavy traffic every day.
- I use hair dyes, nail polish, body lotions, deodorant, cosmetics and moisturizers.
- I eat in fast-food restaurants at least once a month.
- I use standard soap, detergent & cleaning products on my skin, for my clothes & in my house.
- I eat food that is not certified 100% organic.
- I have less than 2 large bowel movements every day and do not drink 8 glasses of purified water every day.

This is just a partial list to open up our eyes to the fact that living a “normal life” absolutely results in mass toxins going in our bodies. 100 years ago people were not loading themselves with massive amounts of toxins, as we are today...and every day they are increasing.

### Doesn't my body naturally clear toxins?

The body's ability to detoxify potentially harmful substances is critical for overall health. But the body's normally efficient detoxification process may be compromised by increased toxin exposure to a lack of nutrients necessary to fuel this filtering process.

Over time, a buildup of toxins not only affects vitality, it can lead to health issues like chronic fatigue and pain syndromes. People with the following conditions may benefit from a detox:

- Fibromyalgia
- Menopause Symptoms
- Infertility
- Weight Challenges
- Irritable Bowl Syndrome
- Stress/Anxiety
- PMS
- Diabetes



- Jan 5: Detox & Toxins 101, 6p
- Jan 16: RSVP for Detox by 5p
- Jan 18: Tutorial for Participants & Food Pick Up #1
- Jan 19: Detox Day 1
- Jan 21: Food Pick Up #2
- Jan 25: Food Pick Up #3
- Jan 28: Detox Last Day

Limited space — call today! (773) 774-5610

## BHC's Simple 10-Day Detox



### Professional Supervision

Your success can improve dramatically when you utilize all the resources available to you through Balance.

- An in-depth tutorial to explain every detail of the program, which means less preparation and work for you.
- Every program is adjusted to properly suit individual health needs and goals.
- Motivators, group support and professional support available throughout the entire program.

### Targeted Nutrition

The program includes a powered beverage mix to support metabolic detoxification, including “clean” protein, vitamins, minerals and phytonutrients.



### Eating Plan

A modified elimination diet rich in vitamins, minerals, and phytonutrients reduces the allergen and toxin load, helping the body to detoxify efficiently. Balance provides one meal a day making it simple and easy to follow the program.



### Simple Exercise

Strenuous or prolonged exercise should be reduced during the program to allow your body to cleanse and rejuvenate more effectively.



### Stress Management

Adequate stress reduction and sleep are important to the success of your program. Your body is recharging and regenerating—help it by getting adequate rest. As an added benefit, you receive 20% off any service (massage, acupuncture, facials and more) and free use of the sauna with any treatment during the program!

