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### Ultimate Health Program Basic Breakdown

|         |   |
|---------|---|
| Week 1  | Orientation & Basic Assessment                              |
| Week 2  | First Colonic & General Consultation                        |
| Week 3  | Second Colonic & General Consultation                       |
| Week 4  | Third Colonic & Consultation on Parasite Cleanse            |
| Week 5  | Fourth Colonic & General Consultation                       |
| Week 6  | Fifth Colonic & 21 Day Detoxification Consultation          |
| Week 7  | Sixth Colonic & Phase 2 of 21 Day Detox & Detox Massage     |
| Week 8  | Seventh Colonic, Detox Massage & Start of 7 Day Fast        |
| Week 9  | Eighth Colonic, Detox Massage & start of Gall Bladder Flush |
| Week 10 | Nutritional Evaluation & transitional diet                  |
| Week 11 | Holistic Health & Nutrition Consultation. PT1               |
| Week 12 | Grocery Store Consultation                                  |
| Week 13 | Massage Therapy Session                                     |
| Week 14 | Colon Hydrotherapy & Q.A.                                   |
| Week 15 | Holistic Health & Nutrition Consultation. PT2               |
| Week 16 | Meditation & Energy Session                                 |
| Week 17 | Massage Therapy Session                                     |
| Week 18 | Colon Hydrotherapy Session & Q.A.                           |
| Week 19 | Holistic Health & Nutrition Consultation. PT3               |
| Week 20 | Meditation & Energy Session                                 |
| Week 21 | Massage Therapy Session                                     |
| Week 22 | Colon Hydrotherapy Session & Q.A.                           |
| Week 23 | Maintenance Program and Future Plans/Goals                  |
| Week 24 | Final Exit Evaluation/pictures/testimonials                 |

### Also Included in The Program

- 6 Workshops on Holistic Health (Given once a month at our center).
- Optional Kitchen Detox (\$50 extra transportation fee).
- C.D.'s on lectures and health related material.
- D.V.D.'s on lecture and health related Material.
- Discount on Monthly Cooking Classes
- All products needed excluding personalized supplements
- Unlimited text message questions