



70 Pearl Street, 1<sup>st</sup> Floor  
North Plainfield, NJ 07060  
1.800.503.7127  
[www.LifeStrengthandHealth.com](http://www.LifeStrengthandHealth.com)

## 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 & Week 2 of Parasite Cleanse
Week 6	Fifth Colonic & Start of Yeast Candida Cleanse
Week 7	Sixth Colonic & Week 2 of Yeast Candida Cleanse
Week 8	Seventh Colonic & Start of Liquid Detox Transition Diet
Week 9	Start of 21 Day Liquid Detox
Week 10	Eighth Colonic, Week 2 of 21 Day Liquid Detox
Week 11	Ninth Colonic, Week 3 of 21 Day Liquid Detox – Gall Bladder Flush
Week 12	Tenth Colonic, End of 21 Day Liquid Detox – Gall Bladder Flush. Start of transition diet to solid foods.
Week 13	Start of 30 Day Raw Food Diet – Heavy Metal Cleanse
Week 14	Week 2 of Raw Food Diet & Food Preparation Class #1
Week 15	Week 3 of Raw Food Diet & Food Preparation Class #2
Week 16	Week 4 of Raw Food Diet, Health Evaluation & Eleventh Colonic
Week 17	Integrative Massage Therapy Session & Health Consultation
Week 18	Grocery Store Consultation (Within 20 mile radius of Holistic Center)
Week 19	In home Personal Training Session (At your home or at our Center. If weather allows it can be at a park)
Week 20	Twelve Colonic & General Consultation
Week 21	Integrative Massage Therapy Session
Week 22	Meditation & African Yoga Workshop
Week 23	Maintenance Program and Future Plans/Goals
Week 24	Thirteenth Colonic & Integrative Massage Therapy Session
Week 25	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.
- All products needed excluding personalized supplements
- Unlimited text message questions