

Energize your Summer

Nutritional Cleanse for Mind and Body



The Nourishment Cleanse™ is a structured, gentle, food-based, detoxification program that is a tune-up for body, mind, and spirit. It is designed to integrate a deep level of nourishment into all aspects of your daily life.

This summer, transform your relationship with what you eat, and experience the vitality and clarity that simple whole foods can bring!

Led by Ying Yu and Eliza Carlson, both Certified Nutritionists and Registered Mental Health Counselors.

- LENGTH:** 5 - Two-Hour Meetings
1 - One-Hour Natural Foods Store Tour
- WHEN:** July 14-31, Mondays and Thursdays, 7:30-9:30 PM
- WHERE:** The Vital Energy Center, www.thevitalenergycenter.com
2033 10th Ave E, Seattle, WA 98102
- COST:** \$250 (includes a 100 page workbook) if registered by July 1 or with a friend! \$275 after July 1.
- REGISTER:** Contact Ying at (206) 683-8753 or email ying@integrative-nourishment.com

DETOXIFY YOUR LIVER

IMPROVE DIGESTION

**BREAK ADDICTIVE EATING AND
SELF-SABOTAGING PATTERNS**

**ENHANCE THE BODY'S NATURAL
ABILITY TO RENEW ITSELF**

BOOST ENERGY & MENTAL CLARITY

**BUILD NOURISHING PRACTICES
INTO YOUR BUSY SCHEDULE**

Ying Yu, MS, CN, CHHC

Ying practices holistic nutrition therapy with expertise in emotional eating, digestive issues, chronic stress and fatigue, and detoxification. She is an approved Nourishment Consultant trained under Halé Sofia Schatz, the creator of the Nourishment Cleanse™ and author of *If the Buddha Came to Dinner*. Ying runs a private practice in downtown Seattle. To learn more about Ying, please visit www.nwdeliciousliving.com.

Eliza Carlson, MS, CN

Eliza is adjunct faculty at Bastyr University in the Nutrition and Psychology Departments. Her expertise includes weight & chronic disease management, food allergies & sensitivities, and seasonal cleansing. She practices nutrition therapy at The Vital Energy Center in Capitol Hill and at Pacific Nutrition & Wellness in Edmonds. To learn more about Eliza, please visit www.thevitalenergycenter.com.