



Integrative Eye
& Wellness Center
FOCUSING ON YOUR WELLNESS

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Hi Friends,

It's that time of year when we feel the urge to clean things like our homes and cars. Well, how about our bodies? Yes, many of us pay more attention to our cars than our bodies. We change the oil, filters, and spark plugs regularly. So why not give the digestive system a cleaning and tune up!

Many chronic health challenges, including those that affect the eyes, are steeped in nutritional deficiencies and hidden food allergies. Hidden food allergies can be the root cause of chronic inflammation, itchy dry and allergic eyes, headaches, general seasonal allergies, sinus congestion, dry flaky eyelids and skin, poor digestion, and weight gain to name a few.

I have personally had great results with periodic cleansing, and have done this successfully for years. At different times I have had different challenges, but have always had results that match the time and effort I have put into the program. It is difficult to take time out to focus on you. Let's face it. We are all very busy, too busy! But, it is difficult to meet the challenges of work and family when we are not functioning optimally, so it is really important to carve out time for YOU!

Please join us for an innovative 3 step cleanse and detoxification. It may save you from future costly and invasive diagnostic tests. This holistic approach combines nutritional herbal supplements and coaching, with a controlled anti-inflammatory diet featuring a wide variety of food choices!

Please call with questions or feel free to email me. I am looking forward to a healthy journey with you!

Sincerely,

Millicent

Millicent L. Knight, O.D., CHC, FAAARM
North Shore Eye Center, Inc.
Integrative Eye & Wellness Center, Inc.
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Spring Cleaning Price Sheet

Total program cost: \$499

Program consists of three phases:

Phase One:

Bromelain Plus CLA tablets

Beta-TCP tablets

Booklet with recipes

Includes: Recipes, coaching, support (also available by phone or email)

Phase Two:

NutriClear powder (2)

BioDetox Packs

Whey Protein Isolate powder

Shaker cup with ball

Includes: Recipes, coaching, support (also available by phone or email)

Bio-wellness Exam: \$195.00 (for individual coaching there is an additional fee)*

Ionic Foot Cleanse: \$45.00 (during the cleanse program \$25/session)*

Phase Three:

Multivitamin*

Pro Omegas*

Pro Biotics*

Includes: Recipes, coaching, support

We will meet as a group each Thursday April 11th, 18th and 25th from 7pm until 9pm

Please call 847.570.9355 or 847.864.4768 to RSVP.

**Recommended products are not included in program costs as they may vary based on your personal needs.*

“FOCUSING ON YOUR WELLNESS”