

DETOXIFICATION AS AN INTEGRAL PART OF YOUR FITNESS AND WEIGHT LOSS PROGRAM

WHAT: A 60 minute presentation on the benefits of detoxification for Weight Loss but also to improve your Fitness Program outcome. Detoxification is the cleansing of the internal organs of the body from environmental pollutants, food waste, poisons, harmful bacteria and other substances such as alcohol, medications and parasites. The human body is designed to get rid of waste. The organs of detoxification include the colon, liver, lungs, kidneys, skin and lymph glands.

HOW: Your body is always detoxifying itself. We detoxify through the digestive system, respiratory system (lungs), the skin (our largest organ), the liver and lymphatic system. Exercise is an important part of any detoxification program as waste is eliminated by the skin through sweating. Exercise also helps the body's organs of elimination to function optimally simply by getting them moving. Moving the body helps to circulate both blood and lymph. The more these fluids circulate the more the liver and lymph nodes can do the job of cleansing and purification of blood and lymph. The lungs produce and give off carbon dioxide as a waste product of aerobic exercise. Another way exercise helps to detoxify is by reducing the body's subcutaneous fatty tissue. Toxins get stored in the fatty tissue of the body. So, when fatty tissue is reduced as a result of aerobic exercise, the toxins are released and can be eliminated through the cleansing organs. Doing a controlled, formal detoxification program helps our bodies get rid of these toxins efficiently and safely.

WHO: Presented by Dr. Trish Talerico, Nutrition and Weight Loss Center and Jason Lerman, Power1Fitness

WHERE: Power1Fitness, 1719 Highway 35 North, Oakhurst

WHEN: October 10th at 7:00 pm

RSVP: 732-962-3705 or 732-609-3366. Seating is limited to first 20 people to sign up. Free gifts and detox shake samples.



IMPROVE YOUR HEALTH... IMPROVE YOUR LIFE!

Longevity is not a gift, it has to be earned. Discover a medication-free approach to better health, better energy and longevity. **ARE YOU READY?**

- Body Fat • Diabetes • Cholesterol
- Hormonal Imbalances • Gluten Allergies
- Metabolic Syndrome
- Chronic Fatigue • Gut Imbalances



Tricia Talerico, D.C., M.S., Nutr.
Nutrition and Weight Loss Center of Ocean
Dow Plaza • 1819 Highway 35 North
Oakhurst, NJ 07755
732-609-3366

facebook.com/nutritionandweightlosscenterofocean