

Online Courses with Integrative Physician, Author & Teacher **ELSON HAAS, MD**



The 5 Keys to Staying Healthy

Based on *Staying Healthy with NEW Medicine*, this free self-paced course helps you assess and improve each of the 5 Keys – Nutrition, Exercise, Stress, Sleep and Attitude – as a foundation for better health.

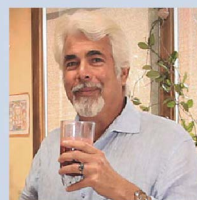
FREE!



Whole Self Detox

In this 5-class program, Dr. Haas pulls together much of what he has learned and taught in his 50-year career, presenting many healing insights for the physical, emotional, mental and spiritual levels of our being. Get fully connected in your new life.

\$197



Regain Your Natural Energy

Get beyond your Stimulation-Sedation Syndrome and substance dependency using this unique 7-10 day self-guided course. A first step in restoring health and unlocking your innate healing ability.

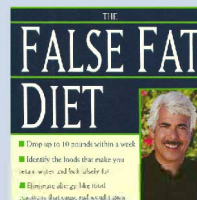
\$79



Weight Release

Often there are emotional factors involved in weight gain and we need to address them to lose weight successfully. Here are many positive tips to release weight and fat, and keep it off. Based on *Staying Healthy with Nutrition*.

\$149



No More False Fat

Sometimes what looks like excess weight is actually bloating and swelling from food reactions. Learn to identify your reactions and heal many issues from pain, digestive upset and insomnia. Based on *The False Fat Diet*.

\$99

SEASONAL DETOX



Cool Climate Detox & Warm Weather Cleanse

These two courses are based on *The Detox Diet* and offer 14-day programs customized for different climates. Each includes 3 webinars with Dr. Haas and extensive support materials detailing many detox options including his signature Detox Soup as well cleansing with juices, smoothies and more.



\$99 each

Learn More at <https://elsonhaasmd.thinkific.com/>