

Tell me about the Cleanse Retreat...

A cleanse is not a fast. Our protocol is to avoid solid foods and gain nutrients by consuming a daily liquid diet including hearty pureed soups for dinner. Following a well designed program, participants drink fluids hourly such as teas, lemonade and fresh juices, along with nutritional supplements. Upon arrival, each person receives instructions & all supplies needed during the cleanse. For those who request more nourishment, a hypoallergenic rice protein drink is available at all times. At previous retreats participants have expressed amazement at how little they think about food & how small their "real" appetite is. Everything used is organic. Pilates, hot tub, & massage can keep you as busy as you want to be.



Part of the group at a previous cleanse

How Pilates Supports the Cleanse...

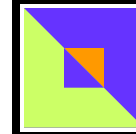
Pilates classes offered are suitable for all levels of students. There are 4 classes at the cleanse. "Pilates is a form of exercise that requires the mind & body to connect as you improve spinal alignment, muscle balance; body awareness & core strength. *"Pilates classes will help the mind to relax & focus while the body relaxes & releases."* - Angela Dismuke, Pilates Instructor



Susan Gins **Questions?**
Phone: 206-795-8892
nourish1@comcast.net



Susan @ 3-Day Breast Cancer Walk 2009



www.nourish.net
Susan Gins, M.S.,
presents:

Cleanse Retreat

Friday, 3:00 PM
September 17-
Sunday September 19
Pilates
DE-TOX
Nutrition Class



Rest & Relaxation
Willow Pond LakeHouse
Whidbey Island WA
www.willowpondlodge.com

What Retreat Participants Have to Say...

"The many cleanses that I have been on have been amazing. Normally I let food control me. Through the cleanse process – I take that back and I'm in control. It's an empowering experience." **Colleen Whiting**

"Everything was planned out so well. The guidance & schedule made the weekend effortless." Deborah Shields, Yoga Teacher

"It was nice to get away and relax with like-minded people. I don't usually take time to rest on the weekends." Susan Mochizucki, Boeing Employee

"The cleanse was a healing, nourish experience. I'm feeling healthier, strong & committed to practicing healthy eating habits."

[Come to the Cleanse/De-tox! Why?](#)

So that your skin will glow...

So that you can put your sugar "Jones" behind you...

So that we can take complete care of you.....

So that you can rest & relax...

So that you can be with women of like minds...

So that you will feel GOOD!

About the facilitator...

Voted the [Best Nutritionist in Seattle](#)
By CitySearch

SUSAN GINS

Washington State Dept. of Health
Certified Nutritionist
Master of Science in Nutrition,
Bastyr University

Susan started her private nutrition practice in 1997. Her training includes whole foods, herbs, supplements, vitamins & minerals. She emphasizes the healing power of food & moderation in all things. Susan has offered cleansing retreats in WA & CA for the past five years. She lives in Kenmore WA with her husband Steve where they enjoy organic gardening.



Cleanses are anti-aging!

Retreat Registration Form

One person: [Week-End Price:](#)
[Twin or 1 Queen Bed:](#) \$435.00

OR
[one person-Bunk Bed](#) \$395.00

Deposit- [\\$235.00](#)

Balance Due at Cleanse

Name _____

Address _____

Phone: _____

Email: _____

Method of Payment

- Check
 Visa/MasterCard
 Massage paid at Cleanse to masseuse \$60.

Credit Card # _____

Exp. date _____



Fill out form & send with your
non-refundable deposit \$235. to:
Susan Gins
2915 E. Madison Street, #200
Seattle WA 98112
Or FAX to:
425-483-8334

Susan Gins
[Questions?](#)
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