

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. Yoga, 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...

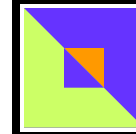
Pilates classes offered are suitable for all levels of students. There are 4 classes at the cleanse, led by [Angela Dismuke](#), graduate, Bastyr Exercise Science & Wellness program. Angela states: "Pilates is a form of exercise that requires the mind & body to connect as you improve spinal alignment, muscle balance; body awareness & core strength. *My Pilates classes will help the mind to relax & focus while the body relaxes & releases.*"



Susan Gins, C.N., M.S.
2915 E. Madison Street, #200
Seattle WA 98112



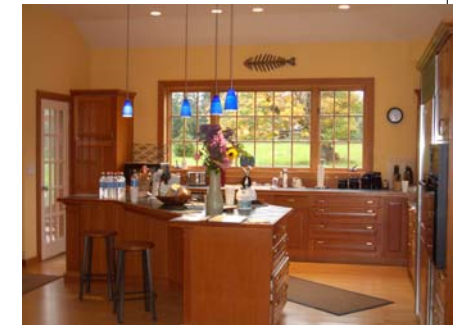
Questions?
Contact Susan:
Phone: 206-328-4488
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nourish1@comcast.net



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

Cleanse Retreat

Friday, 3:00 PM
October 19-
Sunday October 21
Pilates
Cleanse
Nutrition



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

What Retreat Participants Have to Say...

"The retreat provided a heightened awareness of the quality & quantity of food I consume & has resulted in better eating habits." Marsha Karnoff, RN

"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." Janine Ivanelli, Teacher



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.

[Optional 60 minute nutrition consult with Susan is included in the cost of the retreat.](#)



Veg Fest, 2004, Seattle Center *Featured Speaker*

Retreat Registration Form

Sign up for: one person Week End Price
\$435.00

Non refundable deposit \$235.00

Deposit _____

**Balance Due at
Cleanse** _____

Payment Plans Can Be Available

Name _____

Address _____

Phone: _____

Email: _____

Method of Payment

- Check
 Visa/MasterCard
 Massage paid at Cleanse to masseuse \$60.
 Free Nutrition Consult with Susan

Credit Card # _____

Exp. date _____



**Fill out form & send with your
non-refundable deposit \$235. to:**

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