

Detox & Weight Loss Cleanse

with Dr. Tom Francescotti

May 31-June 7, 2013

Welcome Letter

Dear Friends:

Welcome. I am looking forward to our time together at Omega. Taking time to cleanse your body and spirit can be one of the most rewarding experiences for your health and well-being. It can simply jump start a new way of being in the world. For me, the essence of cleansing & detoxification is about letting go of what no longer serves your vitality mentally, emotionally, and physically.

Please read the letter carefully, as it contains information to insure that you have a great detox experience.

First, I want to assure you that this cleanse is easier than you may think. You do not have to feel deprived. In fact most people do not even feel hungry during this retreat and find it easy to continue the cleanse when they return home in various ways to be discussed during the week.

To best guide you, please complete the attached ***Detox Intake Form*** and **mail or e-mail it before the start of the workshop (if possible)**. I will review this information before the program.

Mail:

Omega Institute for Holistic Studies
Attn: Registration Dept
150 Lake Drive
Rhinebeck, NY 12572

Or scan and email:

classapplications@eOmega.org

Here are a few suggestions to support you feeling relaxed, prepared, and nurtured during this retreat:

1. **Pre-Detox Cleansing Diet** (this is a suggestion, not a prerequisite). To assist your body's transition into the cleansing process, I suggest that you eliminate simple sugars, hydrogenated oils, artificial sweeteners from your diet several days before your arrival at Omega. Also, if you normally consume significant

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amounts of caffeinated drinks, alcohol, and/or nicotine, I suggest you eliminate these in the week before our time together-withdrawal from these substances can be very uncomfortable the first few days of the program. *Do the best you can with this. There is no judgment.*

- 2. Preparation & planning is key.** It is my belief that once you commit to a new journey or workshop, you set in motion a series of potential healing opportunities. Cultivate your connection with your "own inner healer" and check in with yourself to see how you are feeling in the present moment. You might also start looking at your home, home office, refrigerator, cupboards, clothing, etc and start the process of cleansing, organizing, and eliminating items which no longer support your health, wellness, and vitality.
- 3. Consider reserving a wellness appointment during your stay at Omega.** I encourage you to make appointments with the wellness center to amplify your personal detoxification. Various forms of bodywork, shamanic, and other energy therapies greatly enhance the cleansing process of body, mind, and spirit.
- 4. Please see "Further Preparation Instructions" for further details.**

My hope is that you will reach a higher level of wellness, happiness, and freedom.

Please feel free to contact me if you have questions:

Email: info@doctortomstonics.com

Phone: 845-876-5556

Website: DoctorTomsTonics.com

Here's to a wonderful cleansing journey together!

To Your Health+Happiness,

Dr. Tom Francescotti

There is a story in Zen circles about a man and a horse. The horse is galloping quickly and it appears that the man on the horse is going somewhere important. Another man, standing alongside the road shouts, "Where are you going?" and the first man replies "I do not know, ask the horse!"

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This is also our story. We may be riding a horse and we do not know where it is going and we cannot stop. The horse is our habit energy pulling us along. Mindfulness is the energy that allows us to recognize our habit energy and prevent it from dominating us. Be mindful of your habit energy. Change is hard and challenging but the effort will reap huge rewards.

-Thich Nhat Hanh

Detox Program FAQ

Should I stop taking my prescription medications during program?

You should not stop any medications unless you are told to do so by your healthcare provider. You can still take part in this program, just please indicate all current medications on Dr. Tom's "Detox Intake Form."

Should I continue with my regular vitamins?

The program contains many vitamins and other nutrients to help meet your daily requirements. You may suspend natural supplements during the detox if you wish. Please ask your current health care practitioner if you have any specific questions, especially if they were prescribed to you for a particular condition.

Will I be fasting during this program

No. This is not a fast, nor is it a colon cleanse, which are very harsh on your system. You will be eating plenty of food and the shakes are pleasant tasting. You may feel a slight withdrawal in the first few days if you are giving up a lot of caffeine or sugar. The "**medical shakes**" will assist you with hunger and any withdrawal symptoms that you may have.

Can I do this program if I have hypoglycemia?

Yes, since this is not a fast or juice fast, you will be consuming adequate amounts of food to help regulate your blood sugar. Dr. Tom may also tailor the program

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to fit your needs as well. This program is specifically designed to balance & support health blood sugar levels.

Will I lose Weight?

This detox program is not solely designed to be a weight loss program. However, many people lose weight during their detox program. Some of the reasons for this weight loss include: lower than usual caloric intake due to having shakes, taking sugar out the diet, decreased consumption of allergenic foods such as wheat and dairy, increased awareness around any emotional issues, and the release of toxins from fat stores.

Further Preparation Instructions

A journey of a thousand miles begins by taking the first step. -Lao-Tzu

There are three stages to any transformational cleanse: preparation, the cleansing experience itself, and integration of that experience into daily life.

This is the first step!

Start preparing yourself now and your experience and transformation will be easier, richer, and even more inspiring.

Pre-Cleanse Preparation:

Building Awareness.....is the key to change

Starting the process of: Acceptance, letting go, shedding old, non-healthy habits & what no longer serves your healthy life, and creating new patterns & possibilities.

Reflections & Checking In: Does anything need to change? Am I ready to transform? Why do I want to cleanse? What draws me to this process?

Mindful Attention to Key Areas of Your Life:

Detox & Weight Loss Cleanse

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Relationships: Consider & reflect on how you communicate with loved ones. Does anything need to shift or transform? Be real with yourself and others.

Stress: Do you have high stress in your life? Do you function "better" when you are stressed? How can you start the process of reducing life stressors in your life?

Sleep: Do you sleep well and enough? Do you need to increase your rest and relaxation? Do you need to discover a better bedtime sleep hygiene?

Smoke (*if you smoke*): Reduce or replace with more natural products (less chemicals). Become unattached to your brand and shift to create change.

Alcohol (*if you drink*): Reduce consumption, or stop and take a break. Contemplate your addictions.

Sugar: Eliminate juice (bought), soda, diet soda, artificial sweeteners, HFCS. Replace with more natural sweeteners like stevia, agave, honey, maple syrup. Reduce your total intake of sugar, Consider stopping all sugars except those in whole, fresh fruit.

GMO Foods, High Fructose Corn Syrup, Hydrogenated oils: STOP NOW!

Coffee (*if you drink*): Reduce or eliminate coffee. Switch to organic coffee, drink just enough to avoid headaches. Simplify your fluids intake. Choose pure water and herbal teas.

Foods: Reduce or eliminate refined flours and "enriched" or processed products. Consider reducing gluten and dairy before your cleansing experience. If it comes in a box, consider reducing or eliminating these items before cleanse.

Personal body products: Reduce any product with Paraben (*known carcinogen*) and Triclosan (*an antibacterial & anti-fungal agent*). Take an inventory of all beauty & skin products. Consider more natural options.

Detox & Weight Loss Cleanse

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Home Detox: De-clutter, and start letting go. Schedule annually a spring & fall cleaning of your home, garage, closets, drawers.

Cleaning products: Replace with more natural, earth-friendly products.

Refrigerator: Clean, remove products with added chemicals, sugar, or bad oils (like salad dressing). Start making your own salad dressings.

Cupboards: Clean, start shedding what you are willing to let go of especially old, outdated products, hydrogenated oils, soda, artificial sweeteners, processed, refined & packaged goods. Create space for healthy replacements.

Filters: drinking water, shower, air, vacuum (hepa)

News/TV/phone, EMF emitting devices: Shedding distractions can help keep you on track with your health goals. "Energy toxins" that disrupt our natural healing field and anything outside of us can distract us from our feelings and ultimately our healing.

Work/Home office: Organize, let go of papers, edit or delete files on your computer. Simplify our life. Make a "To-do List".

Professional goals: Refine your 6 month, 12 month, 5 year goals. During this cleanse, you will get more clarity, so start the shedding process, create space to welcome in health, vitality, personal growth, and abundance.