



present

The Health Restoration Retreat and Spa  
[www.HealthRetreat.ca](http://www.HealthRetreat.ca)

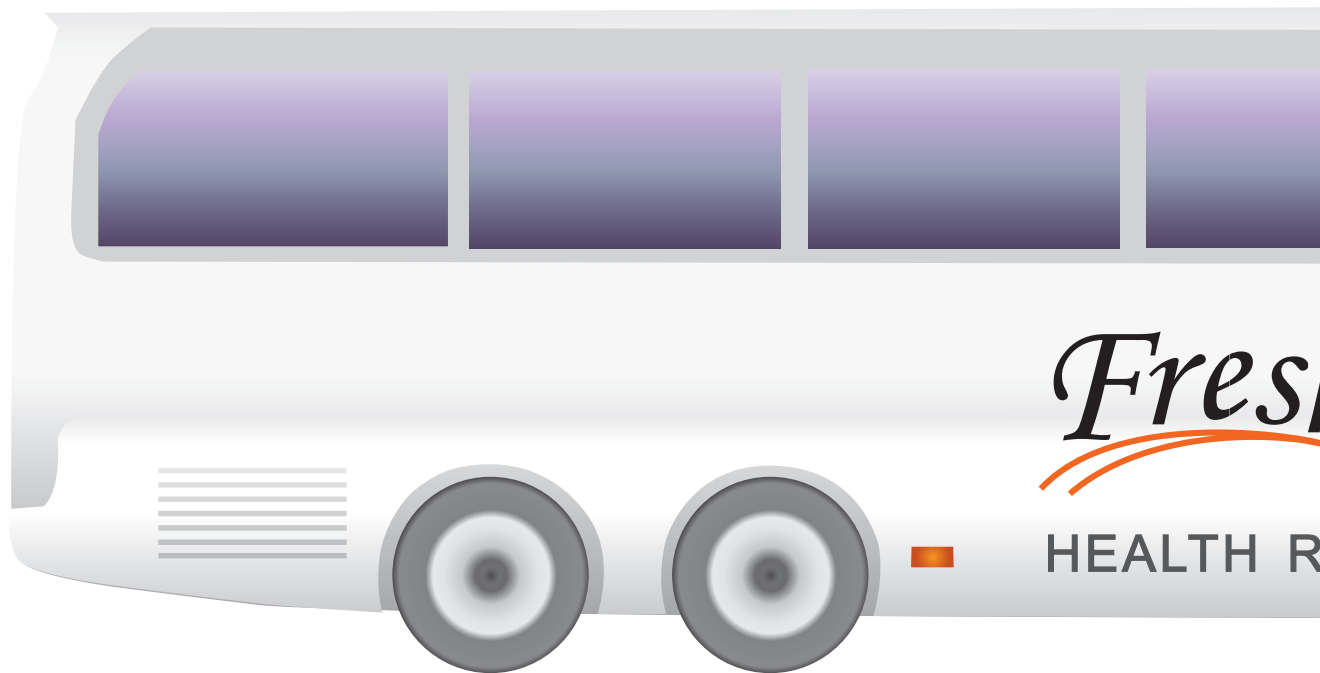


at Ocean Resort, Oyster Bay, BC on Vancouver Island

Relax   ✿   Prevent   ✿   Restore

Fresh Start is Canada's Premier Health Restoration Retreat for Health Seekers with Mild to Moderate Health Conditions.

Established in 2005

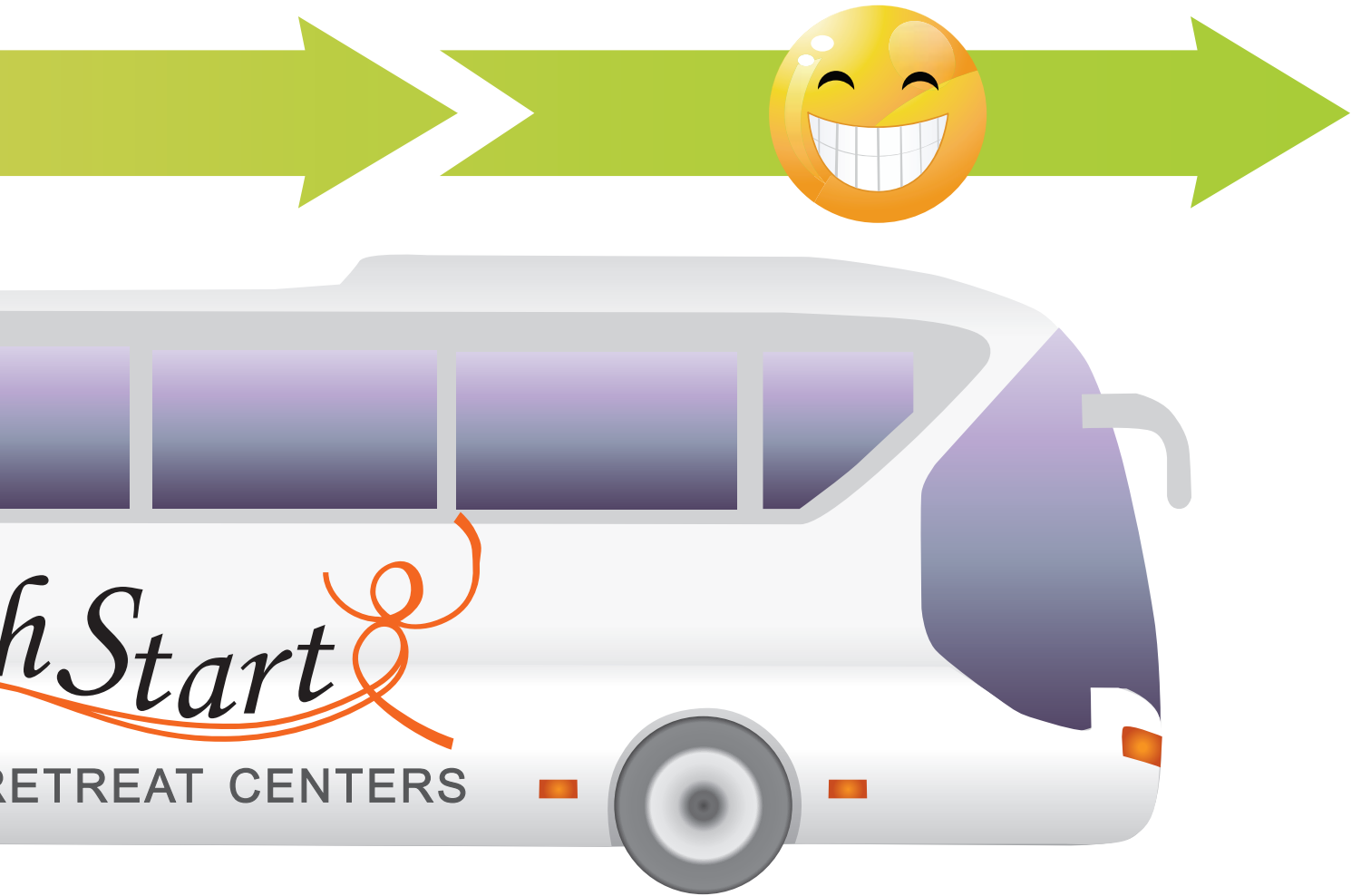


## Where You Are Now

- You roar like a tiger at family members and friends for no apparent reason
- Three alarms and you are still not awake
- Your midsection is expanding
- You cannot go one day without a chocolate bar
- Even the things you used to enjoy become a chore
- The cold you got in November is still hanging on into December
- You are so absent-minded you would lose your head if it were not attached
- Headaches and migraines turn you into a monster
- Your face looks like a pizza
- The hottest movie star could be waiting in your bedroom and you would ask for a rain check
- Food and life do not agree with you
- You want a real life change

You have at least one of the conditions below:

- HBP/high cholesterol
- Colitis, diverticulitis, constipation, diarrhea, bloating, or other digestive disorders
- Diabetes
- Arthritis/joint pain
- Neck, shoulder, knee or back pain
- Asthma
- Chronic cough
- Allergies
- Fibromyalgia
- Eczema/psoriasis
- Breast cyst/uterine fibroids
- Prostate disorders and erectile dysfunction
- Sinus problems
- Swollen lymph nodes or edema
- PMS or menopause symptoms
- Varicose veins
- Hypoglycemia or low blood pressure
- Underactive thyroid
- Adrenal exhaustion
- Mild to moderate depression
- Frequent urination or stress incontinence
- Osteoporosis



### How Do We Help You Get There?

- Cellular re-nourishment with organic raw foods, green smoothies and juices
- Empowering health education
- Supervised advanced whole body detoxification
- Invigorating yet gentle exercise and walks in the healing ocean air
- Hydrotherapy enhancing blood and lymph circulation
- Relaxing meditation focused on the healing abilities of the body
- Health spa treatments, including colon hydrotherapy, Bowen and Ortho-Bionomy
- Well-tested and structured programs for people with mild to moderate health conditions
- Support and guidance by the professional team

### Where You Want to Be

- Healthy weight and inch loss
- Improved digestion
- Strengthened immune system
- Increased energy levels and mental clarity
- Greater ease of movements and a spring in your step
- Learn new healthy habits
- Decreased food addiction
- Glowing and clear skin
- Easier breathing
- Sound and restful sleep
- Fresh breath
- Quit smoking



## What Will We Be Doing at the Retreat?

### Health Lectures & Videos

You will discover why horses do not have constipation, how to keep the flu bug away, what you need to keep your adrenals and thyroid healthy. You will gain this and much more vital knowledge about health and disease. The inspiring documentaries will show how this health knowledge can be applied to real life.

### Healthy Meals and Drinks Preparation

Our educational classes are thorough and well-planned. This well-rounded educational system will teach you all you need to stay on track after you leave the program. During the demo classes you will learn how to prepare amazing – yet simple – gourmet meals to live for. Our guests love this educational part the most. Knowledge is freedom.

### Integration Workshops

The third most important type of educational classes offered is dedicated to the many practical aspects everyone needs to know: how to set-up a healthy kitchen, how to choose best foods at your grocery store, which ingredients on the labels to avoid, what body care products are best to purchase, how to integrate healthy nutrition in your busy day-to-day routine, and much more.

### Emotional Wellness Workshops

Facilitated by a variety of speakers specializing in emotional healing, and whom implement a variety of different techniques, these amazing classes will enrich and inspire you. In a safe and light atmosphere the professionals will share with you the many tools that will help you to gain even more inner peace, and to address deep, non-physical causes of ill health.

### Group Time

Group time, facilitated by the Program Director, is a much-loved activity and provides an opportunity to bond with other program participants, to share how your day went, and to gain useful insights and inspiration from others. Group Time gives you the opportunity to talk about what is meaningful to you, while focusing on different topics related to emotional health and personal growth, helping to let go of the past, focus on the present, and learn helpful tips to support you to be more positive and confident in life.

### Hydrotherapy

Daily steam baths and cold water treatments, along with aromatherapy, are used to aid the body in eliminating toxins, boost the immune system, lose weight, clear up the respiratory system, and to beautify the skin. Guests love them!!!



### Yoga Classes

Our exercise program is light and enjoyable – perfect for the advanced cleansing program. Our yoga instructors have a very gentle approach and will gladly help people with limited mobility or pain to find postures that work best for them. Those who would like a more intense workout will be equally assisted to learn how to receive the maximum benefit out of their class.

### Guided Meditations

Our meditations are focused on the self-healing abilities of the body, and to provide you with practical tools helpful for stress and pain management.

### Nature Walks and Excursions

You cannot imagine how close the ocean is – until you get here and see it with your own eyes! The healing salt air, majestic eagles living on the tops of the mature trees, deer eating the peas from our garden, the view of driftwood scattered all over the beach... it's the perfect backdrop for a Fresh Start. Walks are an important part of our exercise program at the retreat, as they provide your body with healthy oxygen and accelerate healing.

### Fitness, Movement and Fun Classes

Try our dance and Medical Qi Gong classes, Art, Natural Facial, Hair Mask and other creative and fun extracurricular activities. Laugh, relax and take special memories home.

### Health Spa Treatments

Enhance your program results *while at the same time* pampering yourself with a wide range (of over 40) holistic, therapeutic spa services. Healing spa services range from Swedish or Huna massage to Lymphatic Drainage, finger-licking good natural facials and a non-surgical face lift - top it off with a relaxing exfoliating sea kelp body wrap and stub. Try Laser therapy, acupuncture, Orthobionomy, acupressure, and a variety of emotional healing sessions.

And so much more.....

*Please note: Health Spa treatments are not included in program packages. Please see detailed descriptions and prices on attached list of Fresh Start Health Retreat Centers Ltd. Spa Services.*



## Nutrition and Drinks at Fresh Start

### Living Organic (Vegan and Gluten Free) Foods

Have you ever dreamed about guiltlessly eating cake for breakfast, ice-cream for lunch and pasta for supper, without being afraid of gaining any extra pounds? This is not a dream. It is possible. See it, smell it, taste it, and learn how to make it a reality - here at our centre. You too can exclaim along with our guests: "Now I know that food that is good for you does not have to taste bad!" During our retreats we use 80%+ raw or living foods, and occasional, simply cooked, vegan dishes.

### Fresh Organic Juices

Due to the fine structure, up to 90% of nutrients contained in a juice can enter and be utilized by cells, compared to only 30% from raw foods. This is why fresh juices are the most nourishing foods in the world! Our juice blends are delicious and fresh, which means served within 30 min of preparation.

### Wheat Grass

Wheat grass is quite similar in chemical composition to that of our blood, so drinking wheat grass juice is like having a healthy blood transfusion. At our retreat you will fill your arteries with a fresh blood supply daily, or even several times per day, without inserting a single needle!

### Green Smoothies and Raw Soups

We call Green smoothies a health panacea. Full of fiber, rich in chlorophyll and other nutrients, these delicious drinks are among our guests' favorites. A green smoothie is a delicate combination of a variety of nutrient-packed greens and yummy juicy fruits. In addition, for enhanced cellular re-nourishment, a large portion of our green smoothies include superfoods, such as Goji, Incan Berries, Mulberries, Flax, Chia, Hemp and Sesame seeds. Occasionally we also serve raw soups – awesome fresh veggie smoothies including a flavourful combination of vegetables, avocado and quality spices.

### Digestive Enzymes

Due to common issues with low Hydrochloric Acid, diminished thyroid function, and scant bile flow, many people have difficulty digesting foods effectively. To assist the process we have introduced digestive enzymes, which are served here along with meals.

### High Quality Probiotics (acidophilus)

Repopulation of the intestines with probiotics helps increase digestive function and immune response, increases mineral absorption and lactose tolerability, as well as creates competition to harmful organisms, such as Candida. There have been some encouraging findings with regards to probiotics and high blood pressure, colon cancer, IBS, and cholesterol. The probiotics are also served with each meal.

### Live Electrolyte and Mineral Drinks

This unique drink is designed to add more nutrients to your cellular re-nourishment process and to ensure balanced electrolyte level (calcium, potassium, magnesium).



### Waking-up and Calming Digestion

Every 7th Canadian experiences the heartburn at least one time per week. After adding bloating, IBS, constipation – we'll realize that our digestive tract is crying for help. Specially selected herbs, fermented vegetable drinks and some other unique ingredients contained in our several drinks will help you digest foods more effectively, heal gut inflammation and to calm the stomach at night for a restful sleep.

### Drink for Better Sleep

Most people living in North America today have insomnia – occasionally or often. Even though in case of long-term lifestyle factors and underlying depression it may take some time to resolve sleep issues completely, these special drinks and supplements have been very helpful to our guests on a physical level by calming of the nervous system and assisting the body to relax into a deeper and longer sleep.

### Hormonal Support and Rebuilding

Our energy levels and interest in life endeavors are directly related to the functioning of our hormonal system. Because most of us live high-stress lifestyles, which directly affect our adrenals, thyroid and other hormonal glands, it becomes even more important to provide these glands with support and care. The hormonal system nourishing ingredients we use in our program will assist your adrenals and other glands in rebuilding and restoring your energy levels.

### Fresh Lemon Juice

It is quite interesting that lemon is one of the most alkalizing foods, in spite of its sour flavor. Since body acidity is at the root of many health issues, including weight gain, at Fresh Start we use abundance of this freshly squeezed elixir of health. In addition, citrus juice, including lemon, very effectively cleanses blood vessels, liver and kidneys.

### Purified and Restructured Hexahedron 999 Water

Other than being treated with chlorine and fluoride, tap water loses its healthy properties as it runs through the straight pipelines. In nature the streams and rivers never run straight, which prevents staleness and allows the water to charge with sun energy. The Hexahedron Unit augments the bio-photons (biological light) and brings more life energy into the water. Restructured water provides better hydration of cells, facilitates absorption of nutrients and helps restructure our body's cells. In addition, it tastes delicious! Enjoy it throughout your program.

### Herbal Teas

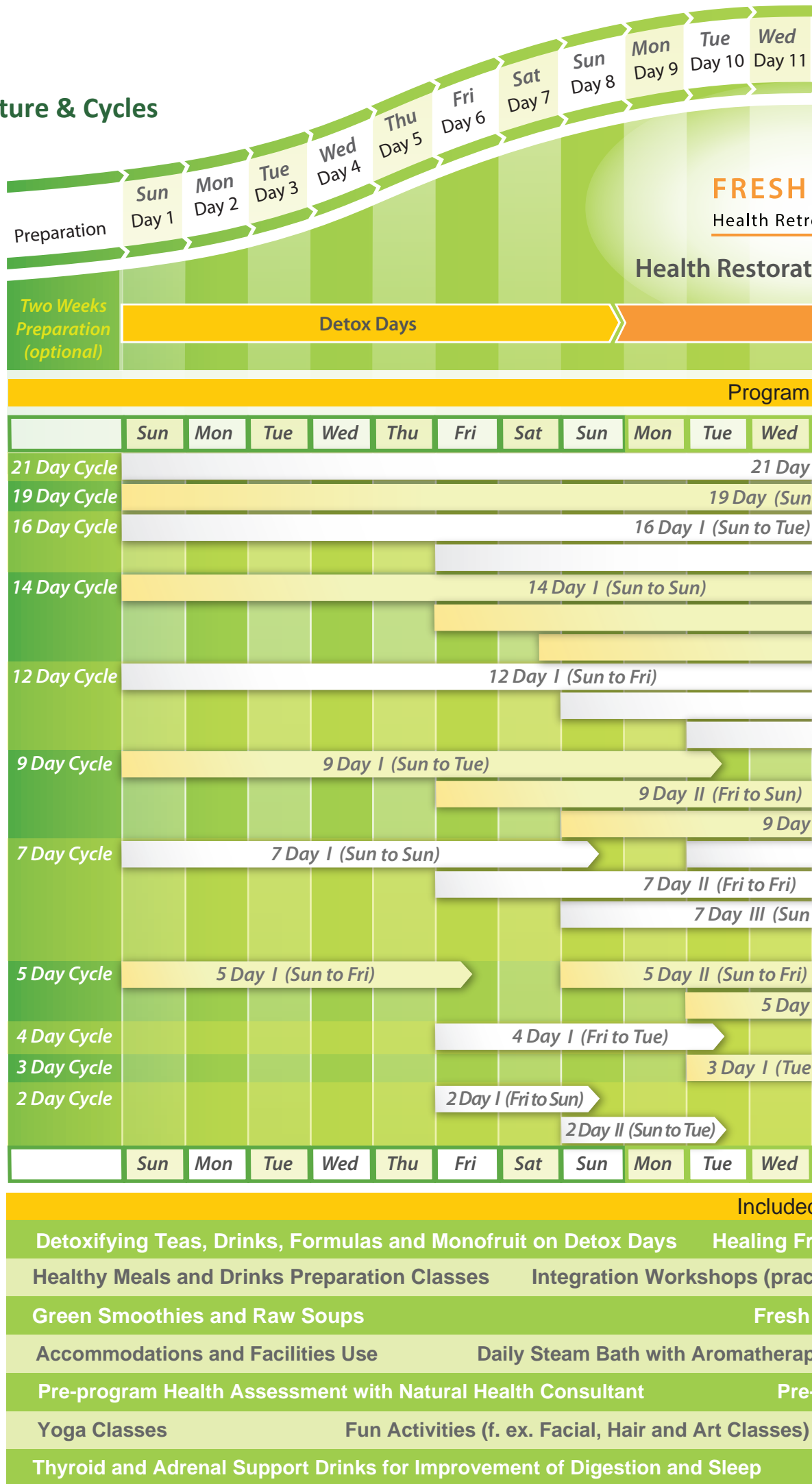
Help yourself anytime to a cup of comforting warm tea. Our tea collection may include Camomile, Peppermint, Raspberryleaf, Fennel, Hibiscus, Rooibos, Nettle, and Liver Tonic.

### Cleansing Drinks, Formulas and Teas

It is often said that YOU ARE WHAT YOU EAT. Unfortunately, many people in this fast-paced society suffer from poor nutrition and poisons collecting in their bodies. Detox *can* help! By using various cleansing drinks, formulas, and teas *during the detoxdays* our guests are able to cleanse the colon, liver, gall bladder, blood, and other organs. All are prepared with freshly squeezed organic juices, bentonite clay, charcoal, herbs and other natural ingredients.

# Programs Structure & Cycles

To see the dates matching the Program Cycle of your interest, please go [www.HealthRetreat.ca/dates.asp](http://www.HealthRetreat.ca/dates.asp) or see included Dates/Rates handout in your mailout pack.





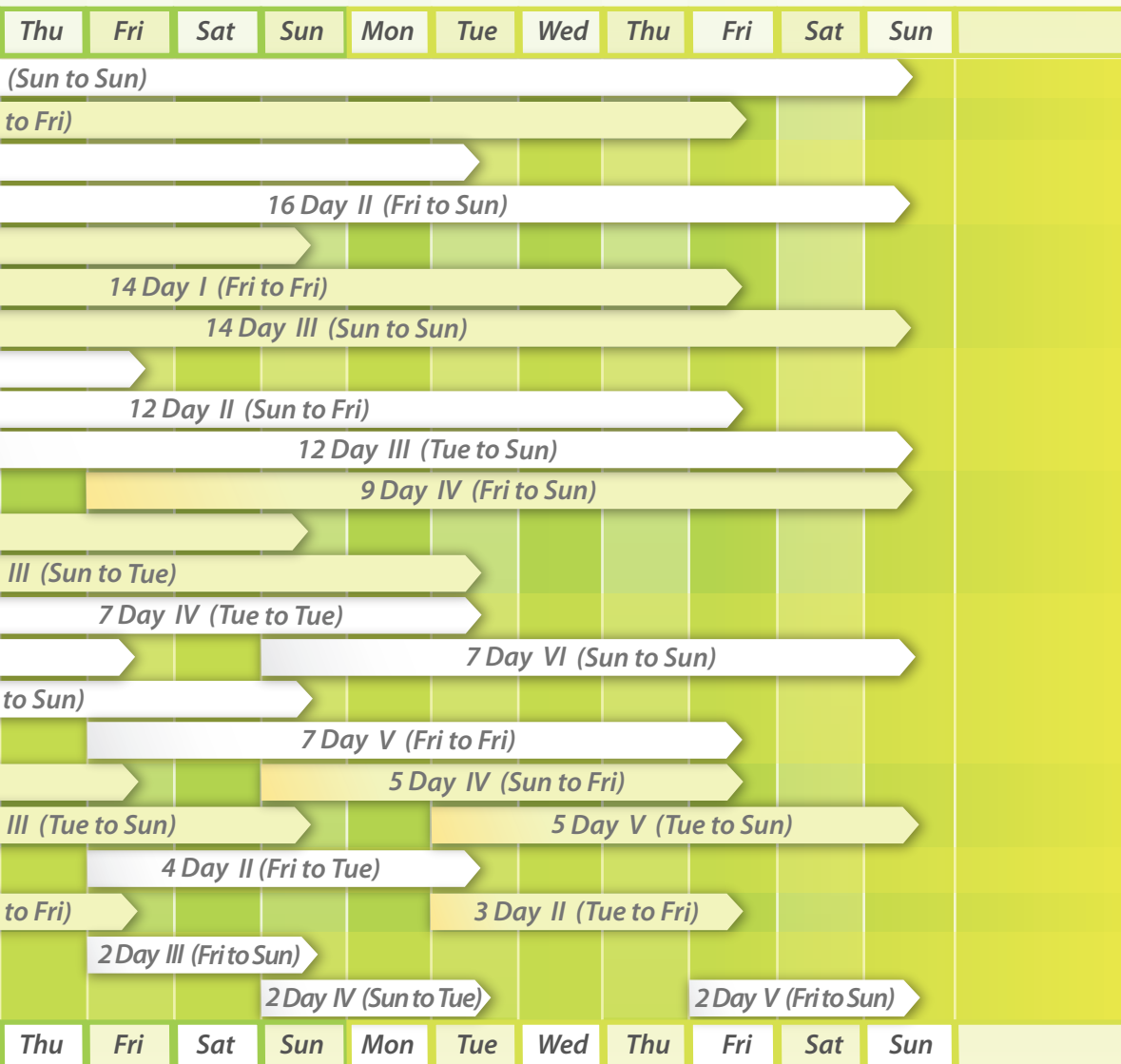


**ion Retreat & Spa**

**Cellular Renourishment Days**

*Post Session  
Healing  
Momentum*

**Cycles**

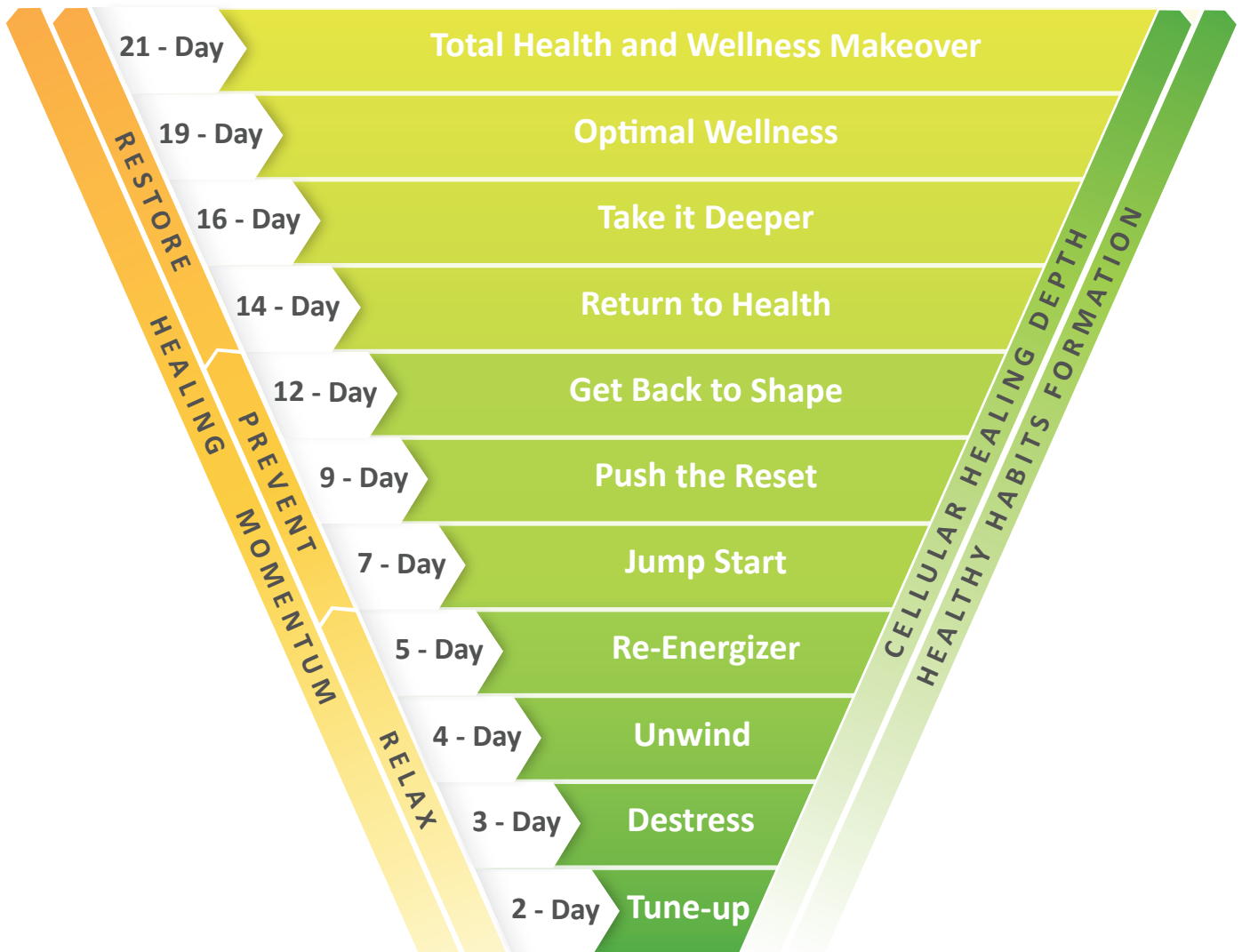


**Included in Program**

- Fresh Juices
- Vegan 80%+ Raw Organic Meals on Cellular Re-nourishment Days
- Practical info helping in real life)
- Emotional Wellbeing Workshops
- Group Time
- Wheatgrass
- Health Lectures and Videos
- Nature Walks and Excursions
- Professional Guidance and Support
- Pre-program Preparation Guidelines
- Post-session Guidelines
- Fitness, Dance and Qi Gong Classes
- Guided Meditations
- Live Electrolyte Drinks
- Green Body Care

## Our Programs

Our bodies, like cars, fail to give optimum performance when they are not properly tuned, and this often leads to a breakdown. At The Fresh Start Health Retreat Centers Health Retreat & Spa we offer eleven different programs to be used as stepping stones to a healthy lifestyle.



### Jump Start to Health

#### RELAX

2-3-4-5 Day

Relaxation Wellness Programs

- for busy people who look forward to refocusing on their health and rejuvenation

**All Inclusive Health Retreat**

- 2 Day starting from \$840
- 3 Day starting from \$1260
- 4 Day starting from \$1680
- 5 Day starting from \$2100

#### PREVENT

7-9-12 Day

Prevention Wellness Programs

- for those who need a good whole body tune-up and want to learn new healthy habits

**All Inclusive Health Retreat**

- 7 Day starting from \$2940
- 9 Day starting from \$3780
- 12 Day starting from \$5040

#### RESTORE

14-16-19-21 Day

Restoration Wellness Programs

- for those who are ready for a radical body and mind transformation experience

**All Inclusive Detox Retreat**

- 14 Day starting from \$5880
- 16 Day starting from \$6720
- 19 Day starting from \$7980
- 21 Day starting from \$8820

# Programs Comparison Chart

## What's Included

Pre-program health assessment and consultation with natural health consultant
Pre-program preparation guidelines
Accommodations
Green body care products (shampoo, conditioner and soap)
Guest binder, eco water bottle, welcome gift
Gourmet vegan and mostly living (raw) organic meals with high quality probiotics and digestive enzymes, or/ and cleansing custom made drinks & formulas (depending on the focus of your program)
Organic fruit and/or green & vegetable smoothies
Fresh organic juices, including wheatgrass shots
Thyroid and Adrenal support
Drinks for improvement of digestion
Drinks and supplement for deeper sleep
Living Minerals and Electrolytes drinks
A variety of healing herbal teas and plenty of fresh lemon juice
Steam bath, aromatherapy, and cold water treatments
Health lectures and videos
Healthy meals preparation workshops
Integration workshops ('how to implement what I learned into real life')
Emotional Wellness workshops
Group Bonding Time
Yoga classes
Guided meditations
Additional Activities (example: Guided Nature walks, Excursions, Qi Gong, Art classes, Zumba or African Dance, Fitness classes, Organic Facial/Hair Care classes, Beach Bonfire) – as per schedule
Access to over 40 world-class health and beauty spa treatments, including colon hydrotherapy, Huna and Thai massage, Orthobionomy, Bowen therapy, Clavithery, and Naturopathic Doctor services (subject to availability, additional fees apply)
Pre-program Personalized Spa Services Suggestions, based on your health profile
Professional guidance throughout the program
Before and After Program Guidelines
Over 60 delicious time-tested Fresh Start Recipes
Take-out lunch

### Not included:

- Airfare fees and pick-up
- Health and travel Insurance
- Major customizations of the program (drinks, supplements), if required
- Optional additional health spa therapies. See Fresh Start Health Spa Services Price List.

*Disclaimer: Program components may occasionally change without notice.*

# Detox and Detox Methods at Fresh Start

## Why Body Detox?

Many prejudices and misconceptions surround the concept of body detox. It is often associated with obsessed health freaks and hypochondriacs. Some object that normal healthy people do not need to detox. This is 100% true... in theory.

## Unfortunately Most of Us Are Not “Healthy People”

We have become so accustomed to minor aches and pains that we consider them normal, something to put up with. One aspect of good health is absence of pain, aches, depression and minute illness. How many people do you know who have pink skin, healthy teeth, nails and hair, breath that smells fresh at all times, are never bloated, that have a bowel movement after every meal (which is normal)?

A body cleanse program can make a huge difference to how you feel. The Detox is a must for those who want to rid their body of heavy toxins or wants to assist their body in health restoration.

## Immediate Benefits of Body Detox

- Improved sleep
- Increased energy levels
- Feeling of lightness and cleanness
- Clearer thoughts
- Effective, fast weight-loss (up to 2 lbs. per day)
- Flatter tummy
- Metabolism reset
- Strengthened immune system
- Improved nutrient absorption
- Developing a taste for healthy foods
- Decreased desire to smoke (with minimal withdrawal effects)
- Assists toxin removal in lungs associated with smoking
- Chronic respiratory problems decreased
- Improvement from emotional imbalance and mood swings
- Decreased PMS, painful menstruation, and menopause symptoms
- Eliminate/ decrease frequency and intensity of headaches
- Greater ease of movement, especially for arthritic people
- Smoother, clearer, and well hydrated skin; pinkish healthy color and glow to skin and eyes
- Less body and breath odor
- Start reversing some degenerative conditions and getting rid of some old pains
- Start restoration of improperly healed tissues, broken bones and childhood diseases (you might not have even felt them for many years and thought they were gone)

## Who Will Benefit from Detox?

Besides bringing great benefits for those who do it simply for maintenance, as well as for the people with mild to moderate health conditions who want to improve their health condition fast, we especially suggest the detox for those who have quit smoking or wish to quit smoking, those planning to come for after-cancer treatment recovery, those who were short-or long-term exposed to chemicals, and *everyone* whose main concern are Candida and sugar cravings.

## Our Cleanses

### Oxygen Cleanse

This cleanse is to gently start cleansing of the intestinal tract. It starts by loosening up the old plaque that may be adhering to the intestinal walls.

## Entire Digestive Tract Cleanse

Health starts with digestion. As a result of this cleanse, your belly will get flatter and a variety of digestive issues like bloating, constipation, diarrhea may significantly improve. This cleanse is unique in that it cleanses not only the colon, but also the upper intestinal tract, including esophagus, stomach and small intestine.

## Lymphatic System Cleansing

Because of sedentary habits and shallow breathing that most of us have developed over the years, the lymphatic system often gets sluggish and does not eliminate the excess of protein and fluids, which accumulate in our tissues daily. During this cleanse through osmosis the toxins will be pulled from the lymph circulation into the digestive tract and eliminated.

## Liver/Gall Bladder Flush

As we are bombarded with stress, chemicals, rich fatty foods, maybe even alcohol or tobacco; our liver's bile stops flowing freely, which can lead to stone formation and may manifest into light colored stools, difficulty digesting food, skin eruptions and insomnia. Our custom-made liver flush will help your liver and gall bladder restore their function and get rid of the accumulated old bile.

## Blood Purification

One of the symptoms of blood toxicity is headaches. The powerful blood cleansing formula we offer will assist you in purifying blood from parasites and other toxins.

## Candida/Heavy Metal Cleanse

If you have sugar and starch cravings and extreme fatigue, you can be almost sure that Candida is a problem. Overgrowth of this bacteria has been linked to anemia, allergies, asthma and many inflammatory diseases. Our Candida/Heavy Metal Cleanse is designed in a way that it attracts the bacteria, absorbs it along with heavy metals, and due to the abundance of binding ingredients, safely eliminates them from the body.

## Kidney Cleanse

Low vitality has been linked to kidney malfunction in Chinese medicine. Being responsible for the pH balance and water distribution in our body, kidneys deserve your close attention. Flush your kidneys with this effective cleansing formula, as well as abundance of restructured water and abundance of fresh juices, including green apple juice, during your stay with us.

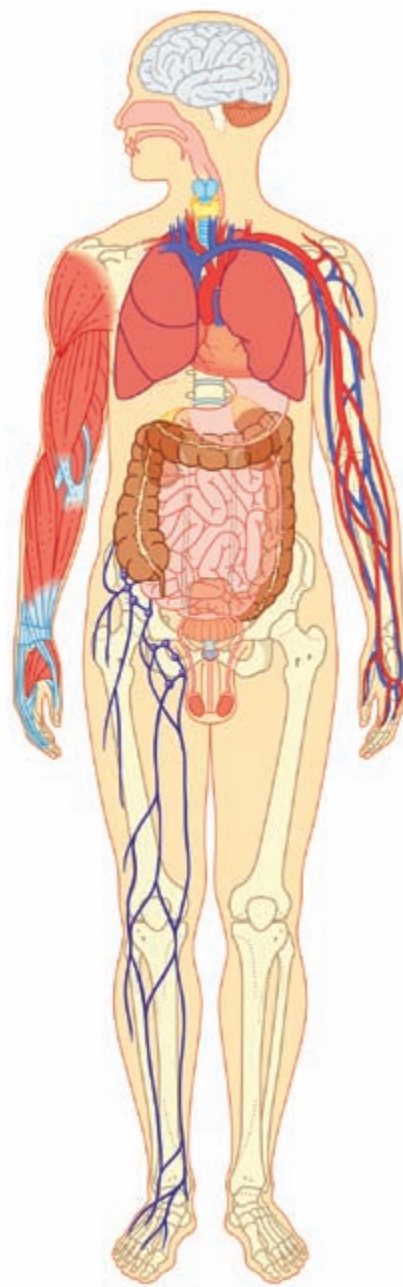
## Parasite Cleanse

The transport and non-thorough washing of produce are just two common ways of getting parasites. Ridding your body of those unwanted tenants is a corner stone of health restoration. Our custom made formula served daily will help you eliminate parasites from intestinal tract, blood and other body organs.

## Daily Hydrotherapy Sessions (Lung, Lymph and Skin)

Our daily steam baths and cold water treatments, combined with aromatherapy, greatly assist in the detoxification process. The steam sauna increases circulation and removes toxins from your body, as well as promotes strengthening of the blood vessels, purifies skin, lungs, and boosts immune system.

*Note:* There are also additional services assisting in detox offered at the retreat: colon hydrotherapy, manual lymphatic drainage, far infrared sauna (additional fees apply).





## Cellular Re-nourishment at Fresh Start

### What is Cellular Re-nourishment?

Cellular Re-nourishment means filling the body's cells with as many easily absorbable and assimilable nutrients as possible within a short period of time. It is very beneficial for many of us who do not normally eat healthy (or as healthy as we'd wish), and maybe even have digestive issues on top of it.

The body, without an adequate amount of nutrients, is like a car running out of gas – it cannot go far. With the body this effect is even worse: It may not stop functioning completely, but bit-by-bit the body will be breaking down. It's obvious: without proper parts your internal machine will be coughing, sneezing, and crawling instead of running 120 km per hour like it's supposed to.

With the added nutrients, you can move mountains: you'll have more stamina and endurance for exercising, improved clarity of thinking, restored healthy state, and will have healed many aches and pains. And very importantly – your body will operate effectively on a day-to-day basis. This means a stronger digestive system, better emotional and physical well-being, less mucous in sinuses, deeper sleep, shrinking of unwanted inches, and pounds lost.

At Fresh Start, for Cellular Re-nourishment, we use vegan, organic meals, with 80+% living (raw) ingredients, freshly squeezed juices – including wheatgrass, green, and other types of juices – as well as green smoothies and raw soups.

### Why Do We Serve Organic at Fresh Start?

According to research, just one bunch of organic spinach contains 2 times more calcium, 4 times more magnesium, 34.5 times more iron, and 117 times more manganese than one bunch of spinach that was commercially grown. Flooded with these nutrients even the least efficient digestive system greatly improves its' nutrient absorption.

An additional benefit of organic foods are a decreased appetite. Nutrient-dense foods satisfy your hunger faster and longer. Besides, organic foods don't contain the pesticides, artificial hormones, and other chemicals, such as with other commercially produced fresh foods, which accumulate in the body leading to the proliferation of Candida as well as other health issues.





## Why Do We Use Raw Food?

The reason we chose high raw vegan nutrition during your program is simple: it is not just food, it provides awesome nourishment for every cell in your body, it is so colorful and gorgeous, and it's to live for! In-season our food comes mostly from our local organic farms. The Comox Valley brings the highest food quality possible in the entire country. Raw food and enzymes it contains have many healing benefits:

- Increased energy and vitality. See your energy increasing, while not experiencing that after-meal afternoon slump - the worst let down when you're trying to accomplish tasks requiring mental concentration and clarity.
- Rehydrate and clear up the skin. With the abundance of water and minerals, and without chemical additives and preservatives, they assist the liver to do its' proper work, thus not allowing your skin to become an alternative route of toxin elimination showing (such as pimples and other skin blemishes).
- Help the body digest and assimilate nutrients; may be very beneficial for people with allergies.
- Contain good bacteria, important for integrity of the intestinal lining and absorption of minerals and vitamins.
- Activate macrophages and natural killer cells, thus boosting and strengthening the immune system.
- Balance weight.
- Fiber in raw foods absorbs up to 100 times its volume in toxins, helping to eliminate constipation and decrease the risks of colon cancer.
- Especially helpful for people with diabetes, where the pancreas cannot produce enzymes effectively.

## Practical Nutrition-Focused Education

In addition to tasting the great foods and healing juices and smoothies, during the Re-nourishment Days we'll share with you how to prepare these at home, as well as teaching you other important things to know for your success in continuing on a health path after the program. During your stay you'll experience educational health lectures and videos, food preparation demos, and integration workshops, helping you to put it all together.



# Weight Loss

## Five Most Common Mistakes When Trying to Lose Weight

1. **High Protein Approach.** While being an essential nutrient, in excess protein, particularly from meats and protein isolates supplements, may cause osteoporosis and arthritis due to accumulation in the joints of its by-product uric acid. It also puts a huge stress on the heart and kidneys – in extreme cases it may lead to kidney and heart failure!
2. **Heavy Exercise.** Regular exercise is vital for good circulation and healthy lymphatic system, and helps us maintain high energy levels. However too much exercise may overtax our kidneys and hammer our adrenals. By “too much” we mean multiple, strenuous exercise sessions daily. They are not only non-sustainable for most people in a long run but also bring about only modest and short-term results.
3. **Calories Restriction.** Besides being a pure torture and nutrient-deprivation, calorie restriction has nothing to do with health, and weight gain is not directly related to calories. Avocado, for instance, has tons of calories, yet you can eat 5 of those per day and will become only leaner, because it contains fatty acids which aids in weight loss.
4. **Lifestyle Maintenance vs. Change.** Often weight loss is approached as a diet which end goal is to help a person improve how he or she feels, and to get back to the previously-led lifestyle. It will not be too helpful if a person fasts for a week and then afterwards continues to eat chocolate on a daily basis. Weight loss means a changing of thinking and of the way we eat *for good*.
5. **Weight Loss is Considered Separately from Health.** Healthy weight is simply a side effect of health and not a goal in itself. If there is extra weight it is a sign that the body is not receiving what it needs most. Instead of “cutting inches and pounds”, your main focus will be on acquiring health.



## Our Secrets of Weight Loss



- **Healthy Nutrition.** We truly believe that the path to health lies through your stomach. This is the place we'll start the magic transformation of your body.
- **Advanced Whole Body Detox.** An average person carries 5-10 lbs. of waste in their waist – plus much more in other tissues. The detox will take care of these in days.
- **Ample Amounts of Water.** Many times people eat when their body actually wants to drink. Supplying the body with sufficient amounts of water will prevent this.
- **Emphasis on Emotional Health Component.** The body holds on to weight as a means of protecting the soul from harm. When you feel secure, safe, and peaceful this “fortress” becomes unnecessary, and body will easily stabilize the weight.
- **Eat Breakfast Yourself, Share Your Lunch with a Friend, and Give Your Supper to an Enemy.** One of the quickest, most effective, weight loss methods is either to cut out completely – or to make early and light – your supper. At Fresh Start we use nutritious juices and smoothies and other drinks for the evening, allowing your digestive system to calm down and restore.
- **Sustaining Changes through Conscious and Common Sense Lifestyle Education.** When everything you want to accomplish has a meaning and is doable: this is when the true changes happen. Life is not about food but about living. Our approach is to let go of idealism and to focus on multiple options and real-time solutions.
- **Gentle and Enjoyable Exercise Program.** Exercise and movement is an essential ingredient of one's physical health, but even more of emotional well-being. During your stay you'll be offered many exercise options.



## Raw Vegan Food and Weight Loss

Raw fiber greatly assists in losing weight: due to the special firm structure and attachment of the fiber-to-starches in such foods, you will not gain any unnecessary weight on raw foods, regardless of how many calories you consume. Everything is even more simplified by the fact that there are very few raw foods that have high calorie content, and those won't add any extra weight. So during your Fresh Start retreat you do not need to worry about counting calories – it is simply inapplicable.

What may surprise you though is that on meals with 80%+ raw you will feel more and longer satisfied than when consuming the «normal» food most of us are used to. Due to the high nutrient content in a balanced raw meal, your body will say quite soon after you start eating. Just to illustrate this to you: imagine eating a two pound box of lettuce at one sitting... (no worries, we are not going to feed you like this).

And now a bag of chips of the same volume... Which one will go down and which one won't? The answer is obvious. Here is how it works: the body has its own nutrient testing «receptors». It does not care as much about the quantity you eat, but will keep asking for more and more until you give it exactly the nutrients it is looking for. It is like a kid asking for a new toy: the body will not stop the feeling of hunger until you give it what it asks for. The only difference is that when doing so the body cares not just for its own interest, but about your health and survival, too.



My Sister Had Just Returned From the Fresh Start Health Retreat Centers. Her Cholesterol Had Decreased by 100 points and Her Thyroid Was Almost Normal.



*Pamela Pipes, New Orleans, LA, USA  
Weight Loss 10 lb in 9 days*

My oldest sister Elizabeth last year had been diagnosed with very early stage breast cancer and had been treated with radiation. Several weeks after her return from the Fresh Start she decided to go have a complete blood count and see what if any improvements had occurred. Her cholesterol had decreased 100 points and her thyroid was almost normal... I realized Fresh Start had to be different than the other wellness centers we had attended because she was incorporating it into her new lifestyle which had never had before.

I went to the Fresh Start Health Retreat Centers because and for numerous reasons in no particular order. I am a seventh generation New Orleanian had survived Hurricane Katrina by the hardest. I become a workaholic trying to tell Katrina's story for all who perished and in the process was exposed to numerous toxins and neglected my health for three years. I have just returned from Los Angeles as a 2008 Audie Finalist...the Oscars of the CD world for my self guided tour Hurricane Katrina: Her devastation, progress, and Lessons for us all, which had been nominated for best original work. My body had taken a huge beating: glands, lost 10 pounds and the inflammation that existed within me... Thank you and your wonderful nurturing community for restoring me.

My hair had begun to fall out by the handfuls and my endocrine system was in trouble according to my holistic doctor and my liver numbers were elevated and I don't even drink. I also had red spots throughout my body. **After several days there I immediately began to improve. My hair stopped falling out and I noticed that the red spots were drying up like scabs. It was amazing to watch them diminish hourly. I was on a collision course and you saved me.** My body thanks me every day for taking care of it and not abusing it. In fact last night a man who had not seen me in several months asked me what I had done because I looked so different. I told him that I had attended a 10 day wellness program, de-toxed all my organs and glands, lost 10 pounds and the inflammation that existed within me... Thank you and your wonderful nurturing community for restoring me.



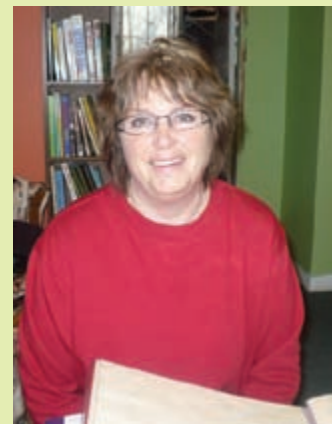
I Left the Centre Feeling Calm, Cleansed and Rejuvenated on All Levels

When I came to the Fresh Start, I needed some time for me. I was mentally and physically exhausted due to my busy life style. I am in the Health and Wellness Industry, so I have a lot of knowledge about health, however the last three years has taken its toll and I had let my good diet choices and exercise program go out the window. I knew that I needed to make some changes. **The information and knowledge that I received at the center deepened my knowledge base and reactivated my passion for healthy eating and lifestyle.** I left the center feeling calm, cleansed and rejuvenated on all levels (mind, body & spirit).

*Taylor Wideman, St. Albert, AB, Weight lost: 4.2 lbs in 5 days*

### I Feel Like I Have Been Given a New Pair of Legs and Hands

I have spent my entire life on junk food. I would eat at fast food places and many, many times my complete meal would consist of a large bag of chips and a chocolate bar and coke. I had this lifestyle for many years and when I approached my 40's, I felt 60. I had a hard time walking up stairs, lifting myself off of a couch and even getting out of bed. **I was swollen all over and in general just felt like I was dying a slow death. ..On the third morning of the program, I got out of bed EARLY and decided that I wanted to walk. As I was walking I said to my friend, oh my goodness, I don't believe it...my legs are not aching!!! I really just wanted to cry with such joy. On the fourth day, I woke up and the swelling in my hands was gone. I feel like I have been given a new pair of legs and hands.** I could go on and on but I'm sure you get my point. Coming to the Fresh Start was **THE BEST THING THAT I HAVE DONE FOR MYSELF IN MY ENTIRE LIFE!!!**



*Edy Lambert,  
Edmonton, AB, Canada  
Weight lost: 5.8 lb in 5 days*



**“Since we participated in a 14 day program we have begun to see significant improvements in our health.** On the outside we notice that our hair and nails are growing in thicker and less brittle. Our skin is soft, clear and blemish/red patch free. Our eyes are bright and less tired looking. Cellulite has diminished significantly and we have lost weight. On the inside we notice that we sleep more soundly and are able to go to bed earlier and get up earlier in a good mood with more energy. Our minds are clearer and our thinking less scattered, allowing us to think better and get our work done more efficiently and in less time. This in turn has helped stabilize our moods and we are able to handle stress better. We are moving our joints with more flexibility and we are without the heavy feeling in our limbs that we had experienced before the program. **Catherine has been able to eliminate any and all asthma steroids and allergy medication, which she has been taking for the past 16 years.** She is breathing normally and is able to exercise at will without becoming breathless and light-headed. The program at the Fresh Start far surpassed any expectations we had.”

*Catherine Hyldgaard & Philip Williams  
Edmonton, AB*

I am very blessed to have spent this time at the center and I would recommend it to anyone. I am very grateful to have had the opportunity to attend and I look forward to going back to the center



*Susan Nelson-Smith*

*Merritt, BC, Canada*

*Age: 49, Female*

*Weight Lost: 13 pounds, Regained my health*

Having gone through my last 25 years on a roller coaster of weight loss and gain, I finally had gotten 60 pounds off, and was half way to my goal of becoming the person I wanted to be. My health had started to suffer before the weight loss began and I was doing really well until we had several losses in our family. This devastated me and I began to put weight back on.

A year before I attended the program I had a large surgery and had a terrible infection and was on numerous amounts of antibiotics. At this time I started searching the internet for something to help me get my health back. This is when I first found Fresh Start.

It is interesting how things happen but when I first spoke with Vasili on what the center offered and my health issues; I didn't realize how I couldn't commit to a 14 day program at the time. Vasili encouraged me to wait till the time was right and I would know when I was ready. This would allow me much better results. The following year, it was just like he had said; I knew instinctively that I needed to do the program. I never hesitated to pick up the phone as I knew I was ready. I knew 100% I could commit to doing what I needed to do. I booked myself the 14 day program. I am so happy that I did.

From my conversations with Vasili prior to attending, I knew that the program offered a place to detoxify, heal, and nourish the body. What I didn't realize was all the extras I would come away with. The retreat is not just a cleanse: it is a foundation for healing the body and the soul. I became aware of many things about myself. I had never been introduced to raw foods and I finally understood what happens to the body when we don't give it the nourishment that is so vital. For so long I had let my eating become unhealthy and didn't realize the consequences of what other things I was doing to my body other than weight gain. It had been so long since I felt good that it felt normal to me.

From the moment I step onsite I embraced the program. I found it very easy to feel comfortable being there away from home. I knew that in order for good health I needed to open my heart to hearing what information they had for us to learn. I needed to absorb it fully. Our program director, Raymond was amazing. He was one of the kindest people I have ever met. Each staff member that I came in contact with treated me with the utmost respect and consideration. My health was their concern and I felt it every day I was there. The services they offer from massage to colonics were numerous and having them available on site was so nice. Your time was filled with educational information, exercise, cleansing drinks and nourishing meals. The food was so delicious and presented so beautifully.

I think the most pleasant surprise during the detox process was that I didn't feel like I thought I would. It was not hard or unpleasant at all. Every day I felt better and better and what I have come away with is an understanding of what my body requires and needs and how vitally important it is to put myself first and the nourishment I take in. It is that important.

I am so very blessed to have spent this time at the center and I would recommend it to anyone. I am very grateful to have had the opportunity to attend and I look forward to going back to the center. This 14 day program was truly a gift. I am healthier, happier, and enthusiastic about my life.

My expectations were mostly related to weight loss and some improvement in my health. What happened there however, was nothing short of a miracle.

During the period of August 09 to 18, 2011 I had participated in 10-Day Advanced Whole Body Detox Program organized by Fresh Start Health Retreat Centers in Oyster Bay, British Columbia. Little did I know that this program would indeed become a fresh start in my life.

However, lets back up a little. I am a 47 years old, professional accountant, who leads a very intense, deadline oriented, fast paced life. Non stop stress and pressure, long working hours (I am a true workaholic) and love of good food and wine has unfortunately brought serious deterioration to my health. Even an active involvement in martial arts (karate training since 1998) and passion for hiking could not stop my progressing weight gain and associated deceases.

I have been diabetic since I turned 40, on insulin for the last 2 and half years. High blood pressure and on going stomach problems were additional health problems in my life. Finally, in 2011, at 243 pounds, things got so bad that I knew I had to do something different. The medications had me going but I was not getting any better, only bigger if anything.

My expectations were mostly related to weight loss and some improvement in my health. What happened there however, was nothing short of a miracle. Yes, I achieved my target weight loss, even exceeding expectation of 12 pounds (I lost 14 pounds from 237 to 223 during the detox). But the true miracle was my health. After three days I was able to put the insulin away. You have to realize I was on 4 injections a day, 20 units before each meal and 90 units before night. Couple days later, I dropped my high blood pressure medication and cut my stomach medication (Losec) to one pill a day. Finally, on the last day of the program I was medication free, a happy and healthy individual.

I could not believe my luck. I felt 20 years younger and with long healthy future ahead of me. The program changed my life completely. I have discovered a new way of eating, came back to yoga and dancing. Today, a month later, I am still medication free. My morning sugar level was 4.00 (I have never achieved that level in the morning with insulin). I can eat food which before my digestion could not process (even with Losec) and finally my blood pressure is normal.

I have lots of energy and really feel like a true black belt in karate. My weight is 208 pounds (the last time I had such weight was in 1998). Everything is easier when you are healthy and without extra pounds even at 47 years of age.

The program initiated all these changes. Yes, I eat different today, but it was the detox which changed my cravings, gave me the knowledge of proper nutrition and body functions. The owners and creators of the program, Vasili and Ania are truly caring, visionary individuals. They went through the program and it changed their lives and now they are sharing it with others. The program director Ray was also a great inspiring person.

To make such profound changes in your life you have to be in the group environment, under proper supervision. Fresh Start program provides it all. Our group was fantastic. I have met people who I know will be in my life for long term. The location is also very inspiring – on the water, with great mountain views and with nice hikes nearby. I do not to have mention the SPA, its staff and services to encourage you to go do I?

The program changes your body, your health and your mind. It is a very interesting creation with yoga, meditation, zumba, tai-chi, lectures, daily steam bath and group time and movies components.

I can honestly recommend it to everybody. You will come back as a different person. It simply gives you a fresh start in your life.



*Jack Kasinski  
Calgary, Alberta, Canada*

*Age: 47, Male*

*Weight: 223lbs, Weight loss: 14lbs*

# FRESH START

Health Retreat Centers



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