

# Weston's Wellness Center

“A Different Kind



of Health Center.”

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## WELLNESS THROUGH AWARENESS

### Spring Cleaning

We are now in another year and I am prepared to help you achieve all your personal goals. Now how do we achieve them? By introducing new concepts, thinking, and habits. Let's discuss habits in more detail. If you keep doing the same thing you always have done, you'll keep on getting the same results you've always gotten. Your habits play a major role in how your future unfolds. Life never just happens. Instead it is a daily process of making choices and responding to every situation. If you are in the habit of continually making wise choices, then success is likely to occur.

Successful people don't accidentally drift to the top of the hill of life. They stay focused, disciplined, and committed each day to expend the energy to make things happen. People of powerful vision and total commitment to accomplishing their goals all have one characteristic in common: They know how to ask for what they want. Now, ask yourself am I doing my best? Could I be healthier? Could I make better choices? Asking yourself these questions is the beginning of change; self-awareness is very healthy.

When changing a habit, first check with yourself on how long have I been doing this? If you are aware that its been a long time, then its probably going to take time to correct. If other people have made significant changes in habits, then so can you .But remember, nothing will change until you do. Embrace change, and don't let go.

Are you reaching a point where you are willing to take greater responsibility in shaping your health and well being? Several times each day, we have choices to make on what foods we buy, and what foods we eat. Whether we're aware of it or not, we alter our brain chemistry through what we eat.

These changes in brain chemistry cause shifting transformations in moods and mental performance ranging from subtle to the profound which can effect our job performance.

You have more power than you may have ever realized to shape your inner world. Through smart eating choices you can achieve balanced brain chemistry, resulting in feelings of optimism, confidence, and mental clarity. Many people in our society reach for drugs when they want to correct their health concerns, Not only is this unhealthy, it is unnecessary.

The greatest manufacturer of drugs is the human brain. And one of the fastest, most powerful ways to produce mood altering effects is through introducing new and better dietary choices and life style changes.

Now, if I may I would like to take a moment to introduce myself to you.

My name is Dr. F .James Weston, from Weston's Wellness Center.

We offer a variety of wellness enhancing life balancing programs which address health issues relating to stress, dietary and life-style changes, weight- loss management, purification/detoxification programs, and nutritional deficiencies. Let's discuss in more detail now our Ion Cleanse Therapy. The Ion Cleanse detoxifies the body more effectively and faster than any herbal or fasting protocols, with little or no stress to you the patient. Used properly, the Ion Cleanse provides a comfortable and relaxing way to rid the body of toxins. One of the first and most important things to do for yourself is to have a good purification/detoxification program . Today detoxification is a necessary commitment for staying healthy. It is a way to clean out environmental pollutants, drug residues, and collected waste matter trapped in our bodies. We are all affected by the enormous amount of environmental toxins and stresses assaulting us in our world. We all make unhealthy life choices now and again, be it food or otherwise. Over periods of time, this can catch up to us. How do we remain healthy in light of all this? Dr. Weston can answer your questions about body cleansing and detoxification in detail. He will recommend a good detoxification program, explain how it works in the body, and the benefits you can expect. He will discuss with you visible signs that your body might need a good cleansing, and offers different detoxification programs to best suit your needs. To enhance the body's ability to efficiently remove both metabolic and environmental toxins, Weston's Wellness Center has developed a cleansing program.

It was designed specifically to be utilized in a 21 day Purification/ Detoxification program.

Step by step instructions are included with the consultation for adjustments in your diet and lifestyle. Whole food supplemental programs, herbal therapies and homeopathic formulas will help you to achieve the best results.

As a Board Certified Naturopathic Doctor, I pride myself on helping to set in place personalized protocols/programs to correct those conditions that are challenging you such as: Type II Diabetes, Fatigue, High Blood Pressure, Weight gain, stiff joints, High Cholesterol, Hand/Wrist/Finger Discomforts. We can help you to achieve better health and create a personal wellness plan for you .Take charge now!

Immediately following this we recommend trying our weight- loss management program, followed with nutritional protocols, and finally a good exercise program.

Want to loose those extra Holiday pounds, want to have more energy, and just feel better, then give us a call , and we can help.

Be sure to look at our new website, and contact our office to set-up an appointment for a consultation with Dr. Weston.

We do not take any insurance.

We again wish to thank you for this past years support and hope that we may be able to be of service to you, your family, and friends in the New Year.

Thank You,  
Be Well Naturally,

Dr. F. James Weston, N.D., Ph. D.