

# The **LIPHE BALANCE** Center

*Mind*

*Body*

*Soul*



**Education / Cooking Classes / Resources / Infra-Red Sauna and more**

Feel Healthier, Lighter and Clearer with

**The Liphe Balance Center's**

# **Liquid Feast** **4 Evening Cleanse**

*(with 7-10 day option for additional fee)*

*No deprivation...only rejuvenation!*

*Delicious filling soups, satisfying smoothies and avocado salads to live for!*

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## **ACIDITY = INFLAMMATION**

**(The root of stubborn weight, most discomforts, joint pain & illness.  
Are you ready to rid your body of them?)**

### **Meeting Dates:**

**Monday, September 16, 6-9PM**

**Tuesday, September 17, 6-9PM**

**Thursday September 19, 6-9PM**

### **Benefits Include:**

- Elimination of Harmful Toxins Resulting in Renewed Energy & Clear Thinking
- Less Aches and Pains - Decreased Inflammation
- Weight Loss - Overcoming Cravings
- Better Digestion - Better Sleep – Improved Attitude Toward Life
- Elimination of Allergenic Foods
- Nutrients to Support Organs of Detoxification

### **What's Included:**

- Cooking & Food Prep Classes – lots of samples, tastings and recipes
- In-depth Transitional Food Guidance from cleansing to life choices for clean living
- Daily meal of soups, shakes, green almond juice drinks & our Liphe Balance Guacamole Smoothie
- Supportive Group Meetings - Education for a Healthy Lifestyle
- Gentle Exercise Sessions
- Unlimited Alkaline Water / Infra-Red Sauna
- Individually tailored (kinesiologically tested) supplementation program at 20% off consisting of the highest quality nutrients, protein and cleansing powders.
- You are provided with an in-depth instructional manual
- Unlimited email coaching to assist you through the program and further help you on your journey

### **What To Expect:**

- Each evening your Liquid Feast begins with stimulating lymphatic movement, a delicious smoothie, talks and Q&A with our staff.
- The session progresses with gentle exercise, guided meditation, infra-red sauna, and more.

- We review & individualize your supplement program.
- We monitor your progress throughout your cleansing process.

## **Services designed to enhance your cleanse experience are available at an additional fee:**

- Guided Electro-Lymphatic Drainage - recommended in conjunction with colonics for enhanced results
- Intuitive sessions available for working through emotional issues
- Massage and Kidney Flush reflexology

***The Liquid Feast program addresses physical, emotional & spiritual growth creating space for healing, clarity & peace.***

### **Liquid Feast Program Fee: \$350**

(includes all cooking classes and use of exercise / spa facilities)  
(\$150 non-refundable deposit required to hold your place)

**The Liphe Balance Center of Weston, CT**

**203.912.2791**

**~ [www.liphebalance.com](http://www.liphebalance.com) ~**

Barbara Slaine, Director ~ Andrea Candee, MH, MSC

***We are committed to helping you realize your goals with individual support. Your success is our gift.***

## **Testimonials:**

*"My experience at your home was beyond inspiring, I am so grateful for all of your insights, your vast knowledge, and the fun interactions between you and Andrea, you do make a perfect team! I have just finished my avocado carob pudding, and have enjoyed salads, smoothies, and veggies for all of my meals. Even after these few 5 days my energy has greatly increased, and I do feel light on my feet, and my skin is glowing from the oils! How amazing is it that these connections happen! Thank you again!" ~Joni*

*"Thanks so very much once again for the weekend! It was so nice to see what had been in the planning stages materialize into such a wonderful offering. You two work extremely well together*

*and you come across as a great team with integrity and passion - very professional yet warm and nurturing. I learned a lot and was motivated to continue. In fact today I had some solid food and it felt like too much - I got too full! With gratitude." ~Marilyn*

*"Thank you again for your knowledge, kindness and generosity of spirit. I loved the Liquid Feast and the time at your home/center. The practitioners were wonderful!! And guess what – I am feeling better and got on the scale and lost close to 10 lbs in 4 days – wow!" ~Rosemary Nichols*

*"I learned more in 3 days at LipHe Balance than I did in 5 days (x2) at Canyon Ranch! And it was a better value! This experience really inspired me to treat myself better! Barbara has found the "best of the best" in terms of products, services and resources. Her passion to move everyone to a better, healthier place is contagious but not obnoxious. She and her team help you to enjoy the journey to a healthier you!" ~Lynne Marino Financial Advisor*

*"No matter where you are on your journey of wellness, nutrition and healthy eating, you can learn and benefit from the "Liquid Feast" program. For me personally "The Liquid Feast" left me feeling like a "reset" button had been pushed, allowing me to find my own healthy balance with diet, nutrition and exercise. I was given the tools to recharge and revitalize my body, feeling more energized and alert within days of starting the program. Not only are the three facilitators (kudos to them!) extremely knowledgeable on the subjects of nutrition, alkalinity vs. acidity, diet, healthy recipes, exercise, and many topics related to the mind/body connection, but they are genuinely nurturing and deeply interested in assisting one in having a more balanced and healthy lifestyle. Thank you for your commitment to emotional, physical and spiritual health."  
~Anthony S.*

*"For the last 40 years of my life I have felt over-stressed, drained of energy, emotionally shot and over-weight. I tried every diet, pills, junk food that I could to feel better and nothing worked. However one conversation changed my life, when I met Barbara while sitting in yet another doctor's office. She told me about the blood cell analysis and the cleanse she was doing the following week so I signed up right there and then. After a few days of feeling less than crummy I began to get my energy back and after a few exercise sessions with Laura began to sleep better at night and feel a whole lot less stressed. I know I still have a ways to go but I know I am on the right path. With the support of the Liphe Balance Staff I feel I am finally getting somewhere and have even lost 15 stubborn pounds in the process! I highly recommend this program to anyone who really wants to improve and who is tired of being sick and tired. With Love and Appreciation." ~Karen*

*"During Barbara's liquid feast I lost 13 lbs!! It just showed me how "sick" my body was. Once I followed Barbara's guidelines and suggestions and turned my acidic body into an alkaline body, it just released all the toxic weight it was carrying. I've incorporated Barbara's recipes, suggestions for overall care for my body and some of her supplements into my daily regimen and have never felt better. It's amazing! Most of all though, Barbara was with me every step of the way. She is so caring. Within moments of any question I emailed her she responded. She never*

let me down. I cannot thank the Liphe Balance center enough for all they do!! I will continue to have them in my life as my journey to better health continues - they are too much of an amazing asset not to have on my team guiding me!" ~Jen M.

"I had a great time...and came home feeling very empowered and inspired...it is great to know there are so many great tasting options to keep me going. I was also encouraged that I don't have to be "perfect" and do this 100% of the time, as for me this is impossible. I just don't have the will power. So, I'm now content shooting for 80% of the time. I have recommended the program and the services you offer to several people. I definitely would do this again, and I am hoping my mom will join me next time. Thanks again for sharing your home and your wonderful circle of people with me." ~Anne Manos

"I am so very grateful for all your incredible kindness and unbelievable generosity! I can't wait till I can come up again and be with you and Ana. And Ana – my gosh, I will never know how she does it. Amazing woman. Thank you, from the very bottom of my heart. You have brought me back to life, and for that I can never thank you enough. Warmest hugs and love." ~Deborah D.

"You'd be proud of me...I attended a reception at someone's home last night that was catered with champagne, wine, Perrier and hors d'oeuvres (luckily not a sit-down dinner). I had: Perrier, celery sticks, red and yellow pepper strips, and asparagus spears. I declined the turkey, salmon, sausage and cheese sticks. I'm sure no one noticed or thought anything of it if they did. The most amazing part is how easy it was, how I wasn't even tempted by the other things and how satisfied I felt with what I ate. Can this really be me??? You and Barbara are doing a good job!" ~M.S.

Barbara Slaine, Director  
Andrea Candee, MH, MSC  
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