

Merry Christmas

Another year is ending, and you may find yourself not feeling quite how you would like.....

- Are you sick and tired of feeling sick and tired?
- Having difficulty losing weight? Clothes not sitting right? Just a bit too tight/uncomfortable?
- Finding it difficult to curb your sugar cravings?
- Have issues with constipation /IBS?
- Increasing intolerances to food and/or chemicals, allergies and/or skin irritations?
- Generally feeling stressed out and in need of some R&R?

*I have a solution -*

*Are you ready for it?*



If you have met me, you would know that I am very passionate about health, in particular digestion and colon health. I am always learning and on the lookout for new things to gain a greater understanding of how our body works and repairs itself.

A number of years ago I wrote a program to eliminate **mucoïd plaque**.....then Covid hit and ....I got distracted....until my latest trip to Thailand which re-ignited and recharged my passion in this area. Having additional experience and education I was ready to begin trials. Fortunately, I had a few volunteers keen to give it a go; to be honest, these wonderful people had me hitting the ground running. Not 100% prepared, however the results in weight loss, inflammation reduction and overall improvement in health were clear.

### Testimonials

*I was astounded by the amount of waste I personally eliminated, losing a total of 4 kgs and 3cm from my waist. The inflammation in my body was dramatically reduced and I had decreased my metabolic age by 2 years. All this and more in 7 days! I can honestly say that this experience has been the best thing I have ever done for my health and wellbeing. I was expecting it to be hard - no food for 7 days – but it was astonishingly easy and I wanted to continue on. Each week post-cleanse I have noticed that my body shape is changing. My weight has continued to decline, and I am no longer retaining fluid. My clothes feel loose and comfortable, and some items purchased in May are now inches too big. Loving my body!*  
JW

*I was surprised at how easy my 5 day cleanse was because I did not feel hungry, if anything I felt quite full. It was a great way to hydrate myself because I often don't drink enough water. The enemas were easy – it was my first time doing them and Jodie was very helpful with the instructions. I was amazed at what came out. By the second day I had no pain at all in my body – I tend to have achy joints and it was totally gone, and that remained for the whole time on the cleanse and after. I could feel that I was detoxing because I could feel and see that my tongue was becoming coated. The tongue scraper came in really handy – Jodie thinks of everything! I didn't feel as bloated afterwards; I had no cravings for anything sugary. I actually craved more light foods i.e. salads and nutritionally rich light and healthy*

**foods. It put me back in touch with my body and how it reacts to certain foods. Overall I felt that this experience was very educational and something I will continue to do for the rest of my life because the results were so noticeable – pain free, better digestion, less bloating, weight loss, felt hydrated, improved skin and no sugar or processed food cravings. I would highly recommend this program – it is life saving and life changing. SW**

**During my 7 day cleanse, I didn't feel hungry at all. I was not tempted or had the urge to eat anything. I felt that the water and the detox drink was keeping me sufficiently full. The amount of mucoid plaque released was more than I expected. My energy increased and I am sleeping better. My skin is clearer and does not feel as dry. I have noticed my abdomen is getting flatter and I feel like I am getting my body back. I lost almost 4 kgs and I am over the moon that I can now wear a pair of my favourite shorts that I have not been able to wear for 3 years. I would highly recommend this program and I would do it again. RB**

Finally – Bendigo Wellness Centre is very excited to share with you our new

### **Deep Cleanse & Detox Retreat – Unveiling the new you.**

[Click here for the PDF](#)

6x Night – all inclusive retreat at Bendigo Wellness Centre. This full body detox will leave you feeling lighter, relaxed, regenerated to bring in the new year. Experience all our detox treatments and shed unwanted toxic waste, free your body to absorb nutrients and stimulate healthy cellular activity.

During your stay you will be treated with the best care, support and encouragement on your journey to greater wellness.



#### What is included:

- Personal Amenities Pack – Deodorant, Tooth powder, Bamboo tooth brush, Tongue scraper, Shampoo, Conditioner, Body Wash (all toxic free)
- Coffee Enema Pack & workshop
- Ace Bio Water Filter Jug
- 5 Colon Hydrotherapy Treatments
- 5 Float Therapy Sessions
- 4 Infrared Sauna Sessions
- 2 Foot Detox Treatments
- 1 Hugo & Hocatt Treatment
- 1 Detox Body Wrap with Express Facial and Celluma LED Treatment
- 5x5 Detox Drinks
- Daily Gentle Exercise & Breathing technique
- Colon Cleansing Herbs and Nutritional Supplements
- Daily Probiotics
- 2 Probiotic Drinks
- 1 Probiotic Implant
- 6 nights' Accommodation (deluxe single occupancy)

During your stay you will be treated with the best care, support and encouragement on your journey to wellness.

The groups are limited to 5 participants – for a more intimate, unique and personalised experience.

To make a booking – please follow the links below or contact us directly.

**Group 1: 26<sup>th</sup> December –1<sup>st</sup> January**

<https://app.acuityscheduling.com/catalog.php?owner=16417125&action=addCart&clear=1&id=1650403>

**Group 2: 1<sup>st</sup> January – 7<sup>th</sup> January**

<https://app.acuityscheduling.com/catalog.php?owner=16417125&action=addCart&clear=1&id=1656601>

**Group 3: 7<sup>th</sup> January – 13<sup>th</sup> January**

<https://app.acuityscheduling.com/catalog.php?owner=16417125&action=addCart&clear=1&id=1656602>

If you have any questions – please reach out to us at Bendigo Wellness Centre on 0408 953 156 or book a consultation for a private discussion.

For Local participants that would rather stay at home – please contact us directly.

Rhonda and I thank you for your patronage and for keeping us employed. We wish you a safe and Merry Christmas and a Happy New Year.

Warm regards

Jodie

PS – I have also uploaded the PDF to our Specials Page - Please feel free to share far and wide!

<https://www.bendigowellnesscentre.com.au/specials/>

