



Are You Sick and Tired of Feeling Fat, Sick and Tired?

Poor nutrition and stored toxins may be robbing you of your life and health.

Bone Appetit-- a Doctor Supervised 28-day Nutrition Program and Cleanse to detoxify and deliciously nourish you

We are in contact with 82,000 chemicals every week with only 200 tested for human safety. These chemicals are everywhere: Parabens and phthalates in our personal care products, pesticides and herbicides in our fruits and vegetables, hormones antibiotics and steroids in our meats, and pharmaceuticals in our water supply. The body has a magnificent detoxification system and when combined with poor nutrition cannot adequately eliminate these dangerous chemicals that end up stored in our fat tissue--including the brain, joints and other tissues. Stored toxic chemicals can potentially lead to a variety of health problems such as:

*Obesity
Allergies
Headaches
Depression and Anxiety
Pain
Fatigue
Digestive Issues
Irritable Bowel Syndrome
Chronic Fatigue Syndrome
Fibromyalgia
Arthritis and more...*

Many people are unknowingly taking prescription drugs with side effects-- for the symptoms of nutritional deficiency and/or toxic chemical overload.

What are a few of the Benefits of a Cleanse?

*More Energy
Radiant Skin
Healthier Weight Loss
Slow Aging Effects
More Balanced Hormones
Better Concentration
Reduces stress
More Restful Sleep
Aids Digestion
Strengthens Immune System
Builds Muscle
Restores Normal Sugar Levels*

What do I receive?

Bone Appetit Cleanse with all products for 28 days
Four (4) visits to the Doctor's Office
Four (4) Far Infrared Saunas (Benefits Below)
Four (4) Spa Treatments at Watersedge Resort and Spa:
One (1) Aromatherapy Lymphatic Massage
One (1) Detoxifying Wrap
One (1) Body Polish
One (1) Detoxifying Facial

How do I start?

For a complimentary telephone consultation contact The Spa at Watersedge who will refer your information to the Doctor. She will then contact you.

If you choose to do the cleanse The Spa at Watersedge will collect your personal information and fee of \$995.

What is the procedure?

Go to Boneappetitecleanse.com then the Recipes Tab and print the Health Appraisal Questionnaire (HAQ 1 and 2) and thoughtfully fill it out. Correspond to the Graph. Please take your time.

Call to schedule a consultation with the Doctor to discuss your HAQ, your goals and objectives, and to answer any questions you may have.

The Doctor will devise a targeted nutrition program and cleanse specifically for you and order your product.

The Doctor will call you to schedule an appointment to go over the cleanse and the recipes, give you your product and weigh you in if weight loss is an objective.

You will schedule with the Doctor once a week for four weeks in Branford for weigh ins, questions, comments, and concerns.

Also included with your Spa Program are four (4) Far infrared saunas. Benefits are:

Weight Loss--burns 200=600 calories per 30 minute session
Detoxifies chemicals and heavy metals
Purifies the skin
Relieves pain due to sore muscles
Eases tension for better relaxation
Restores joint motion
Decreases blood pressure
Boosts immunity

After 28 days, you will repeat the HAQ to determine your progress and next steps.

What if I need to continue past the 28 days?

If you do continue past 28 days your once per week Doctor visits are at no extra charge. The only charge would be for more product.

Are there any refunds?

Once the HAQ has been handed in to the Doctor there are no refunds.

Does the Doctor offer any guarantees?

We are committed to your success! The Doctor's passion and purpose is to help each and every client meet, or better yet, surpass their goals and objectives. However, results are not guaranteed.

About the Doctor

Dr. Cathy Lomartra is a 3rd generation native of Branford. She is the Director of her Wellness Center which opened in 1989 and offers Chiropractic, Acupuncture, Orthopedic Orthotic Scanning and Nutrition Services. She is producer and host of the popular cable television program "Healthy Living" and author of "Awaken your Magic, enjoy the power you possess to create your dreams." Her philosophy is simple: Health is Wealth. Her passion and purpose is to help as many people as possible to achieve their full potential through lifestyle choices--nutrition, exercise, rest, a positive and happy mental attitude, proper body structure and cleansing. To appreciate that Life is a gift--to make every day a healthy day and always remember to celebrate.

Dr. Cathy Lomartra ~ 470 East Main Street ~ Branford, CT 06405 ~ 203 488-0073 ~ drcathycan.com ~ Boneappetitleanse.com ~ Facebook ~ since 1989