

1



Meet Dr. Michele Menzel

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Disclaimer

- Not a licensed medical doctor.
- This lecture is not intended to diagnose, prescribe or treat any illness.
- Statements not approved by the FDA or any other state regulated organization.
- These statements are from research gathered by Michele Menzel, ND.



2

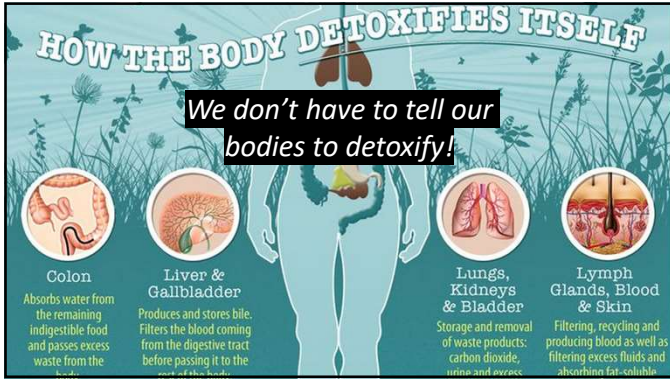
7 Laws of Wellness



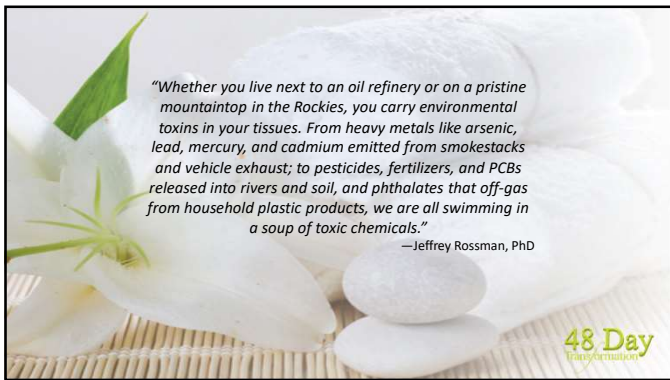
1. Nutrition
2. Hydration
- 3. Detoxification**
4. Rest
5. Faith
6. Exercise/Oxygen
7. Sunshine/Outdoors



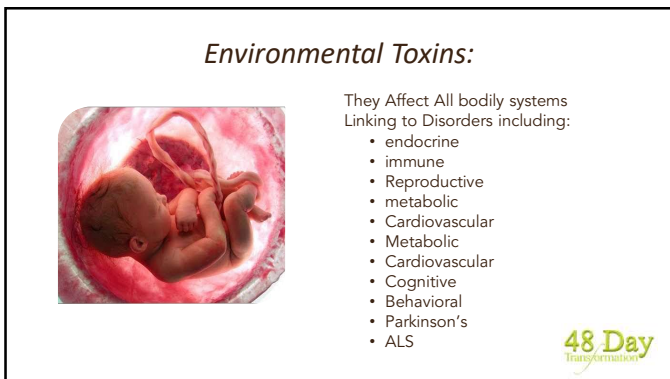
3



4



5



6

Toxic Exposure



Many neurological symptoms are not linked to a condition!

- Such as:
- headaches
 - fatigue
 - insomnia
 - impaired concentration
 - memory loss

We allow over 87,000 chemicals in our food supply!!



7

Elimination



8

Natural Detoxification



Harsh detoxification diets and cleanses can cause more problems than what you anticipate when you start.

Give the body what it needs on a **regular basis** and it will **NATURALLY** detoxify!!



9

Minimize Your Exposure




- Eat organic food and drink pure water.
- Use nontoxic, environmentally friendly cleaning products.
- Use organic fertilizers and natural pesticides
- Don't put anything on your body that you would not eat!
- Minimize exposure to electromagnetic radiation sources

48 Day Transformation

10

Develop a Routine



- Follow the 48 Day Eating Plan
- Use whole-food antioxidant supplements
- Daily exercise
- Exercise the lungs through deep-breathing techniques
- Drink mineral-rich water each day.
- Have a regular bowel movement
- Give the body a break, through periodic fasts
- Natural detoxification therapies

48 Day Transformation

11

Make a Wellness Appointment



- Take advantage of the SpectraVision Technology
- Determine specific areas of concern
- Find out your toxic load & what your body needs for support
- Low level laser treatment
- Return the body to homeostasis/balance

48 Day Transformation

12



Cleansing Products

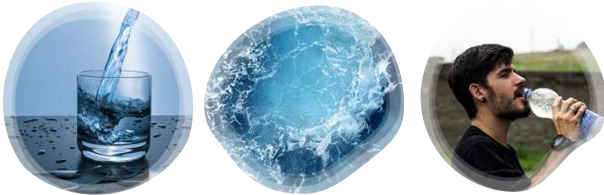


Basic Supplements

- Eliminate Processed Food
- Eat Pure Whole Foods
 - Fats
 - Vegetables



13



The 7 Laws of Wellness: Detoxification

48 Day
Transformation

With Dr. Michele Menzel, ND

14
