

OMEGA

Rhinebeck, New York

You are registered for course # 0805-724, "Detox & Change Your Life: Transforming Obstacles & Inspiring Health & Wellness" with Tom Francescotti on May 3 - 8, 2009. Faculty asked that we send the following note and attached Detox FAQs.

Dear Friend:

I would like to take this opportunity to thank you for joining me on this journey with your health. Taking time to cleanse your body and spirit can be one of the most rewarding experiences for your health and well-being. My hope is that you will reach a higher level of wellness, happiness, and freedom. In order to best guide you, please read the "Detox FAQs" that follow to support you in feeling relaxed, prepared, and nurtured for this program.

When you arrive on campus, you will be given a Health Intake Form to fill out. Please bring this to our first meeting together.

I look forward to helping you successfully achieve your personal health goals!

Here's to a great cleansing journey together!

In health and happiness,

Dr. Tom Francescotti

Awakening the Best in the Human Spirit

Detox Program FAQ

Should I stop taking my prescription medications during program?

You should not stop any medications unless you are told to do so by your healthcare provider. You can still take part in this program, just please indicate all current medications on Dr. Tom's "patient health profile."

Should I alter my diet in anyway prior to my arrival at Omega?

If you normally consume significant amounts of caffeinated beverages, simple sugars, and alcohol you might experience withdrawal headaches if you discontinue them all at once. I recommend that you gradually decrease these items in your diet before your arrival at Omega. Ideally these items will be out of your diet at least one week prior to the workshop to enhance your cleansing process. Do the best you can with this. There is no judgment. I will work with you wherever you are at in your healing and cleansing process.

Should I continue with my regular vitamins?

The program contains many vitamins and other nutrients to help meet your daily requirements. You may suspend natural supplements during the detox if you wish. Please ask your current health care practitioner if you have any specific questions, especially if they were prescribed to you for a particular condition.

Will I be fasting during this program?

No. This is not a fast, nor is it a colon cleanse, which are very harsh on your system. You will be eating plenty of food and the shakes are pleasant tasting. You may feel a slight withdrawal in the first few days if you are giving up a lot of caffeine or a lot of sugar. The "medical shakes" will assist you with hunger and any withdrawal symptoms that you may have.

Can I do this program if I have hypoglycemia?

Yes. Since this is not a fast or juice fast, you will be consuming adequate amounts of food to help regulate your blood sugar. Dr. Tom may also tailor the program to fit your needs as well.

Will I lose Weight?

This detox program is not designed to be a weight loss program. However, many people lose weight during the course of their detox program. Some of the reasons for this weight loss include: lower than usual caloric intake due to having shakes, taking sugar out the diet, decreased consumption of allergenic foods such as wheat and dairy, and the release of toxins from fat stores.