

OMEGA

Rhinebeck, New York

Dear Student,

You are registered for course # 2405-981, "De-Stress, Breathe & Detox: Being Connected in a Changing World" with Tom Francescott on June 24 - 29, 2012. Faculty asked that we send the following letter and Detox Program FAQs. You will also receive two additional documents, one which contains the Schedule as well as the Detox Foods and the other is a Detox Health Intake Form.

We look forward to seeing you this season!

Sincerely,

The Omega Staff

Dear Friend:

Welcome. I am looking forward to our time together at Omega. Taking time to cleanse your body and spirit can be one of the most rewarding experiences for your health and well-being. It can simply jump start a new way of being in the world. For me, the essence of cleansing & detoxification is about letting go and living one's true self.

Please read the letter carefully, as it contains information to insure that you have a great detox experience.

First, I want to assure you that this cleanse is easier than you may think. You do not have to feel deprived. In fact, most people do not even feel hungry during the week and find it easy to continue the cleanse when they return home in various ways to be discussed during the week.

In order to best guide you, please complete the separately attached ***Detox Health Intake Form*** and **mail/e-mail/or fax it to me prior to the start of the workshop (if possible)**. I will review this information in advance of the program.

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Awakening the Best in the Human Spirit

Here are a few suggestions to support you in feeling relaxed, prepared, and nurtured during this retreat:

1. Pre-Detox Cleansing Diet (this is a suggestion, not a pre-requisite). To assist your body's transition into the cleansing process, I suggest that you eliminate simple sugars, hydrogenated oils, artificial sweeteners from your diet several days prior to arrival at Omega. Also, if you normally consume significant amounts of caffeinated beverages, alcohol, and/or nicotine, I suggest you eliminate these in the week before our time together-withdrawal from these substances can be very uncomfortable the first few days of the program. *Do the best you can with this. There is no judgement.*

2. Consider reserving a wellness service in advance. I encourage you to make appointments with the wellness center. Various forms of bodywork, shamanic, and other energy therapies greatly enhance the cleansing process of body, mind, and spirit.

3. Preparation & planning is key. It is my belief that once you commit to a new journey or workshop, you set in motion a series of potential healing opportunities. Cultivate your connection with your "own inner healer" and check in with yourself to see how you are feeling in the present moment. You might also start looking at your home, home office, cupboards, clothing, etc and start the process of cleansing, organizing, and eliminating items which no longer support your health, wellness, and vitality.

My hope is that you will reach a higher level of wellness, happiness, and freedom. Please feel free to contact me if you have questions. Here's to a wonderful cleansing journey together!

In wellness,

Dr. Tom Francescott

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 "Detox Intake Form."

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. This program is specifically designed to balance & support health blood sugar levels.

Will I lose Weight?

This detox program is not solely 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.

De-Stress, Breathe, & Detox
Being Clear & Connected in a Changing World
with Dr. Tom Francescott June 24-29, 2012

Detox Schedule and Foods

Daily Detox Schedule

***Note** This schedule is subject to change without notice and is modified according to each group of participants.

Sunday Arrival & Detox Dinner

Monday **Ignite Your Awareness & Clarity**

7:00-8:00 a.m. *Omega Open Class: meditation, yoga, or tai-chi or Nature Time, Self-Guided Fitness Walk*

8:00-9:00 a.m. Breakfast

9:00-Noon **Detox as a Catalyst for Transformation: Detox Super Foods & Nutritional Catalysts**

12:15-1:00 p.m. *Omega Open Class: movement*

Noon-2:00 p.m. Lunch

2:30-5:00 p.m. **Modern Science & Quantum Energetics: Modifying Genetics; Mitochondria Regeneration; and Brain Neuroplasticity**

5:30-6:30 p.m. *Omega Open Class: movement, yoga, or meditation*

6:00-7:15 p.m. Dinner

Tuesday **Letting Go & Feeding Your Soul**

7:00-8:00 a.m. *Omega Open Class: meditation, yoga, or tai-chi or Nature Time, Self-Guided Fitness Walk*

8:00-9:00 a.m. Breakfast

9:00-Noon **Detox Your Brain: Feeding New Neurons & Thoughts**

12:15-1:00 p.m. *Omega Open Class: movement*

Noon-2:00 p.m. Lunch

2:30-5:00 p.m. **Detox Your Heart: Mending the Heart & Relationships; Role of Emotions & Stress on Adrenals & Hormones; Cultivating Inner Resilience & Calm**

5:30-6:30 p.m. *Omega Open Class: movement, yoga, or meditation*

6:00-7:15 p.m. Dinner

Wednesday

7:00-8:00 a.m.

Connecting Mood & Food with GI & Immune Health

*Omega Open Class: meditation, yoga, or tai-chi
or Nature Time, Self-Guided Fitness Walk*

8:00-9:00 a.m.

Breakfast

9:00-Noon

Detox Your Core: Discovering Mood Foods & Food Allergies; Healing the Gut & Building the Immune System; The Necessity & Science of Probiotics in a Modern World

12:15-1:00 p.m.

Omega Open Class: movement

Noon-2:00 p.m.

Lunch

2:30-5:00 p.m.

*Free Time for Self-Care

5:30-6:30 p.m.

Omega Open Class: movement, yoga, or meditation

6:00-7:15 p.m.

Dinner

Thursday

7:00-8:00 a.m.

Integrating your “New Normal”

*Omega Open Class: meditation, yoga, or tai-chi
or Nature Time, Self-Guided Fitness Walk*

8:00-9:00 a.m.

Breakfast

9:00-Noon

Realizing Wellness: Foundational Foods; Long-Term Health Solutions; How to Better Communicate with your Doctor

12:15-1:00 p.m.

Omega Open Class: movement

Noon-2:00 p.m.

Lunch

2:30-5:00 p.m.

Dr. Tom’s Top Ten Daily Wellness Practices for Longevity

5:30-6:30 p.m.

Omega Open Class: movement, yoga, or meditation

6:00-7:15 p.m.

Dinner

Friday

7:00-8:00 a.m.

Taking it Home & Being Connected

*Omega Open Class: meditation, yoga, or tai-chi
or Nature Time, Self-Guided Fitness Walk*

8:00-9:00 a.m.

Breakfast

9:00-Noon

Maintaining Wellness: Post Cleanse Options; Modifying for Individual Needs; Closure, Sharing, & Blessings

12:15-1:00 p.m.

Omega Open Class: movement

Noon-2:00 p.m.

Lunch

*Free time is scheduled into your program (Wednesday afternoon & evenings) so you can focus on self-care—taking a walk, writing in your journal, meditating, or enjoying services at the Omega Wellness Center.

Detox Foods

Gluten-free Dairy-free Soy-free Egg-free Vegan
Low-Glycemic Anti-Inflammatory Low-Allergy

Detox Goals To:

Support Blood Sugar & Hormonal Balance; Optimize Mood & Behavior; Rest the Digestion; Improve Energy; Reduce Inflammation in Body; Boost Immune System; and Provide Abundance of Anti-Oxidants & Phytonutrients.

Please note: *Sunday night and Monday morning there will be labeled “Dr. Tom’s Detox” special meals in the dining hall, generally where the plain food is against the back wall under the quilts.*

Includes:

- Vegetables: low-glycemic, steamed, sauteed, or as salads or soups
- Fruits: local (when possible), available at breakfast, on breaks
- Fresh Juices: vegetable/fruit juices twice daily
- Oils/Fat: olive oil, coconut oil, flax oil, tahini, organic butter, avocado
- Nuts & Seeds: sesame & flax seeds; cashews & almonds (limited amounts, not daily)
- Grains: quinoa (limited amounts, not daily)
- Herbal Teas: green tea (regular or decaffeinated), all other non-caffeinated pure teas, medicinal herbal teas (provided)
- Omega Water: may also have pure coconut water (bring or available at cafe)
- Sweeteners: natural stevia

Excludes:

- Vegetables: Nightshades (tomato, white potato, pepper, eggplant)
- Grains: All (except Quinoa); Gluten (wheat, rye, barley, spelt); Other Gluten-Free Grains
- Caffeine (except organic green tea), coffee (decaf or regular)
- Alcohol
- Sugars (including agave, honey)
- Eggs
- Dairy
- Soy
- Meats/Fish, Beans/legumes

Tom Francescott, ND, is a visionary teacher, intuitive doctor, and facilitator of gentle, yet transformative group experiences. He is founder of Dr. Tom’s Tonics, a wellness center and pharmacy in Rhinebeck, New York where he guides people towards optimal wellness and vitality. drfrancescott.com