



# Oasis Colon Hydrotherapy

Health Begins Within

## Weight Management Programs

Our weight management programs are simple and unique. The programs work because they address the important principle of nutritional cleansing, whilst undergoing a series of colon hydrotherapy treatments. The programs are weight loss AND cleansing oriented. They are a common sense approach to losing weight at a steady pace by cleansing, lowering caloric intake, and increasing physical activity. Whatever program you undertake, you have a system that can help you to reach your health goals and your target weight.

### 9 Day Weight Management Program

The 9 Day Weight Management Program is suitable for those who want to jump start their body into cleansing, replenishing and fat burning mode, by flooding and rejuvenating their body with over 240 high grade organic nutrients. It is a disciplined program, and is undergone in conjunction with colon hydrotherapy treatments.

### 30 Day Weight Management Program

The 30 Day Weight Management Program is a slower more manageable program, and can be started before the 9 day program. It still provides for gradual weight loss and overall nutritional revitalisation. It is a wonderful starting point for those who are faced with certain health challenges, or who are elderly. It is undergone with a series of colon hydrotherapy treatments.

### The Body Balance Program

After you have achieved your weight loss goal with either of the above programs, the Body Balance Program continues your cleansing, nutritional, and rejuvenating regime, whilst maintaining your weight goal. It is simple and easy to incorporate even into a busy lifestyle.



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