

The NEW YOU in the NEW YEAR!



The New Year often brings hopes and desires to change for the better. Some aim to eat healthier to lose those last 5 pounds, while others seek to de-clutter and de-stress from a hectic lifestyle.

One tried-and-true way to lose weight a bit easier and to improve mental clarity and peace of mind for a healthier, younger YOU is through a comprehensive detox program. January's newsletter will focus on Dr. Funk's Total Body Detox. *She will be giving a FREE TALK on detoxification Tuesday, January 21st from 6pm-7pm at the BNFM Clinic at 1810 Broadway St.*



DID YOU KNOW?

- Governor Chris Gregoire proclaimed January as "Learn a Snow Sport Month". The different ski areas in Washington are giving special discounts on lessons, gear rentals, and lift packages. Contact Ski and Ride Washington for more details.
- More than 90 percent of all Washingtonians live less than 2.5 hours from a winter sports playground. So take advantage of the great outdoors!


Detoxification will clean and eliminate toxins that accumulate in your blood over time. If your body's innate healing mechanism can no longer rid of the toxins, then disease results. A comprehensive, well-researched detox program not only provides you with quality-grade supplements, but offers nutritional guidance and inspires and motivates you to make lifelong changes and to eliminate destructive habits that lead to ill health.

Dr. Funk's Total Body Detox will include working individually with each patient to optimize their metabolism so that losing weight and feeling great will be easier!

Dr. Funk's Total Body Detox

~ Give Yourself the Gift of Health ~
Join Dr. Funk's Total Body Detox Now!

Dr Funk's 4 week Total Body Detox Program:

- Teaches you step-by-step how to incorporate detoxification into your daily routine so that you **STAY** healthier and **FEEL** years younger.
- Addresses any concerns and answer questions you may have about your health before, during, and after your detox program during our 1-on-1 sessions.
- Assesses your **INDIVIDUAL** dietary needs based on your specific food allergies and specific health condition to offer ideas on what to eat during your detox. 
- Provides organic, professional-grade detox supplements that aid the organs of detoxification such as the liver, kidneys, bowels, lymph, lungs, skin.
- Walks you through the physical aspects of the detox program such as hydrotherapy, colonics, and skin brushing. These manual therapies all increase circulation and improve your overall detoxification.



Committing a bit of time and money to experience the numerous benefits of a well-thought out detox is a priceless investment for YOU now and in the future!

Call BNFM @ 360.738.7654 now to sign up for Dr. Funk's comprehensive Total Body Detox! Detox office visits with Dr. Funk may be covered by your insurance!

Upcoming Events: FREE TALKS at BNFM



Contact Bellingham Natural Family
Medicine @ 360.738.7654 for inquiries
regarding our FREE community
presentations. Talks will be held at the
BNFM Clinic located at: 1810 Broadway St
(next to the fire station).

On **Thursday, January 21st**, DR. FUNK, ND, MPH will be providing a free talk on DETOXIFICATION: Restoring your body's natural vitality! Dr. Funk will explain the importance of detoxing and will describe the benefits of her Total Body Detox program to eliminate toxins that overtime poison our blood, burden our bodies leading to disease processes.

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Also, on **Tuesday, February 16th**, Dr. JUM FUNK, ND, MPH will be providing a free talk on natural approaches to the treatment of AUTISM. Dr. Funk will be sharing the latest research, diagnostic, and treatment recommendations from her attendance at the Defeat Autism Now (DAN) Conference in Tampa, Fl.

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On **Thursday, February 18th**, DR. ELAN KEEHN, ND, ARNP will be providing a free talk on CHILDHOOD VACCINATIONS. The topic of vaccination for children is a difficult one because both sides are very compelling causing confusion, frustration and fear. Vaccines do prevent diseases and vaccines can come with side effects and complications. What's a parent to do? Dr Keehn will discuss the risks and benefits of pediatric vaccines from a balanced point of view. Come join in on this important conversation!

Again, **BEST WISHES TO YOU & YOUR FAMILY** in the new year!

~ Bellingham Natural Family Medicine