



## OSMOSIS VITALITY PROGRAMS

OPTIMAL HEALTH, VITALITY & BALANCE  
ARE WITHIN YOUR REACH

### THE OSMOSIS VITALITY CLEANSE

Achieve optimal health and vitality for your body and skin with our flexible 4 week synergistic strategy containing a dynamic combination of the detoxifying cedar enzyme baths, lymphatic drainage massage, dry brush exfoliation instruction, supplemented with digestive enzymes and probiotics all under the guidance of a personal Certified Nutrition Consultant! *This amazing package is an \$800 value for just \$499!*

This program can naturally reduce fatigue, ease anxiety, boost circulation, enhance skin tone, strengthen the immune system, reduce lymphatic waste and address an underlying cause of chronic inflammation.

This incredible offer is over 6 hours of treatment combined with a month's worth of powerful enzyme supplements as well as supporting diet plans and recipes.



**Mary Sheila Gonnella,  
NC, BCHN**

Certified Nutrition  
Consultant

Board Certified in Holistic  
Nutrition

Certified in Clinical  
Ayurveda

*"Before working with Mary Sheila, I felt like a toxic blob. Once starting the program Mary Sheila helped me to understand what I was doing to my body and how I could make changes to get back on a healthy track. Through the plans laid out by Mary Sheila, I have achieved all my personal goals, feel fantastic and have incorporated healthy habits back into my life."  
~ Becky C.*

#### *The 4-week Vitality Cleanse includes:*

- ♦ Two Personal Consultations with Certified Nutrition Consultant, Mary Sheila Gonnella, CNC, graduate of Bauman College. Included as well: a starter kit, a menu developed by Dr. Edward Bauman and email correspondence and support throughout the cleanse.
- ♦ Three Detoxifying Cedar Enzyme Baths – a warm mixture of fragrant cedar fibers, rice bran and over 600 active enzymes designed to detox the body and soothe the soul.
- ♦ One Dry Brush Skin Exfoliation to help remove toxins as they are expelled through the skin.
- ♦ One Lymphatic Drainage Massage to stimulate lymph circulation to help the body feel clean, light and healthy.
- ♦ A one month supply of Transformation Enzyme Supplements – enzymes taken internally to improve digestion, promote circulation, immune modulation and detoxification. (a \$110 value).
- ♦ A take-home dry brush to help maintain the release of toxins.

The *Osmosis Vitality Cleanse* is designed to enhance health, and does not diagnose or treat any disease or medical condition. You must consult with your doctor about your medications and any personal concerns regarding heat treatments, enzyme supplements, and nutritional detoxification. We advise you not to continue taking vitamins and nutritional supplements while on the *Osmosis Vitality Cleanse* program because it may interfere with the detoxification process.

## ENZYMES PROVIDE SUPPORT

While dietary changes and enzyme baths begin to regenerate the body, participants in the Vitality Cleanse support their digestive healing with the highest professional-grade oral enzymes available.

### TRANSFORMATION DIGEST™

Provides enzymes to help digest the carbohydrates, proteins and fats most common in the human diet. Promotes optimal digestion, nutrient availability, and cellular health.

### TRANSFORMATION PROTEASE™

Protease enzymes support healthy circulation which encourages optimal delivery of oxygen and nutrients to the cells and removal of metabolic wastes from the body. When taken away from food, they additionally assist in the removal of inflammatory mediators.

### TRANSFORMATION PROBIOTIC™

The beneficial bacteria that line our GI tract is a reason why much of our immunity lies within the intestines. Their presence also lends a hand to healthy digestion as they assist in breaking down the nutrients we take in from food. Today's levels of stress, medications, and food allergies, can contribute to their imbalance and need to be replenished.



TRANSFORMATION

## JOURNEY TO INNER WISDOM: DISCOVER YOUR UNIQUE PATH

*If you can change your belief in what is possible, you can change your life.*

In this Inner Journey, you have the opportunity to script your future. Where will you live? What will you do? How will you feel? Your guide, Daidie Donnelley, will lead you through exercises designed to help you relax and connect to your own deeper wisdom. In the process, you will discover images that can guide and heal you – reminding you that at any given moment, you have the ability to create your life by the thoughts and images you hold.

The journey will take place in one of Osmosis' secluded pagodas. This wooden structure, situated in a magical creekside forest, will provide a nurturing sanctuary for your journey.

The Osmosis Inner Journey is designed to shift your focus to what is most important to you. The guided imagery that helps clarify your values, will enable you to create the life you really want. Learning to simplify, leads to changing your belief about what is possible, and brings the reality of change to your life.

**Learn more about Daidie at [www.adelaidedonnelley.com](http://www.adelaidedonnelley.com)**

*The cost for this Inner Journey is \$135 for 75 minutes. You may combine any of our services before or after your journey for an even deeper experience.*



Osmosis.com  707-823-8231  
reservations@osmosis.com  
Freestone, California