

What Participants are Saying...

"I was very surprised at the amount of energy I had the whole time."

"This was one of the nicest things I've done for myself in years. A real pleasure...I plan to fast again."

"...the individual attention and caring, the enthusiasm...was wonderful. I highly recommend this clinic to friends."

*Cascade
Rejuvenation
Program*

Hundreds of people, from a broad range of backgrounds and occupations, and with a variety of health concerns, have successfully completed the program. Many have returned to repeat the experience.

*Regain the Inherent Vitality
of a Truly Healthy Body.*



Hillsdale Naturopathic Clinic
6274 SW Capitol Hwy., Suite 2
Portland, OR 97201



Nature Cure

*Cleanse & Revitalize
Your Body Now!*



Elaine Bayes Gillaspie, ND
Hillsdale Naturopathic Clinic
Serving Portland Since 1981

POSTMASTER: Please forward to addressee.

Rejuvenation... **Health, Energy, Vitality**

Ever wonder about the phrase, "Cleanliness is next to Godliness?" Maybe it has to do the purifying the inside of your body.

Clean is Efficient

Health professionals have learned that a clean body, with cleansed organs, works most efficiently. After a cleansing 13 day juice fast, or a 21 day detoxification diet, people feel healthier, brighter, revitalized.

Inherent Vitality

A well-designed rejuvenation program can help stimulate our organs and encourage the elimination of waste materials: fats, as well as chemicals. With this elimination we begin to regain the inherent vitality of a truly clean, healthy body.

Allergy Relief

Specific foods often cause a variety of reactions ranging from rashes to headaches. Both programs offer relief from allergic symptoms and allow you to determine which foods are causing the reactions.

Out of the Bog, Into the Sunshine

The Cascade Rejuvenation Program brings out a new you – or more correctly – it brings out the old you that has been bogged down with years of ingesting unhealthy substances. Purifying the inside of your body brings you back into the sunshine of good health and vigor.

*Cascade
Rejuvenation
Program*

The Fast...

The Cascade Fast is a thirteen (13) day program consisting of three days of preparation, a five day juice fast, and the last five days dedicated to "reintroduction" allowing the participants to adjust to eating solid foods while also giving the doctor an opportunity to test for any food allergy reactions.

The Diet...

The Cascade Diet is a twenty one (21) day program. This gentle detoxification program incorporates a diet free of gluten and dairy products. Through the combining of pure foods and eliminating common allergens, this diet helps to fully support the liver and heal the intestines allowing the body to function, once again, in an optimized state.

The Classes & Sessions...

During both programs, participants attend three evening classes to learn basic information about the body, digestion, nutrition, and health. At the evening sessions, doctors and staff monitor the participants' body responses with: urinalysis, blood pressure testing, measurements of pulse rates and weight. The doctor is also available to each participant for one-on-one discussions.

An Invigorating Experience...

Most participants maintain their normal weekly activities of work, school, and family responsibilities without interruption. Fasters and dieters alike, find the experience invigorating. Take the first step to a cleaner, healthier, more alive body and participate in one of the Cascade Rejuvenation Programs.

*For information regarding costs,
dates, and registration
refer to the insert
in this brochure.*



*If you have any questions or want more
information please call:*

503-245-6516

fax 503-245-5061

Hillsdale Naturopathic Clinic