

# NATURAL SELECTION

VOLUME 1, ISSUE 1    JANUARY, 2005

## TOXINS & HEALTH

### Are you toxic?

One hundred percent of humans tested in the US, Europe and even "remote" places such as Mongolia and Antarctica show levels of industrial chemicals. Residents of Washington often show high levels of arsenic, mercury and lead.

Good health depends on every cell of your body working properly (You don't expect only 90% of your car to be operating!) Environmental toxins disrupt cell function and your ability to repair damage and produce energy.

### Do you have any of these problems?

- Chronic degenerative diseases
- Hormonal disruption
- Suppressed immune function
- Chemical hypersensitivity
- Digestive problems
- Poor memory, mood disorders, depression, attention deficit, anxiety, headache and fatigue.

### Your possible exposures:

Water: Industrial and farming chemicals

Air: Auto, smelter and refinery toxins

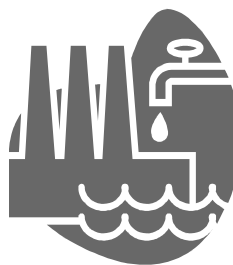
Food: Pesticides, hormones and additives

Work: Office and factory chemicals

Home: Paint and plastic exposure

School: Lead in water

Dental: Mercury/silver fillings



We are not even aware of all of our exposures to toxins!

### What can you do?

ICM now offers testing and treatment for chemical and metal toxicity. Speak with your healthcare provider to learn more. \$20 off on testing until February 28.

## Finally getting serious about losing those extra pounds?

The practitioners at ICM are pleased and excited to offer the most effective weight loss program they've encountered in their combined 45 plus years of practice.

Ultra-Lite® is a physician supervised weight loss program in which thousands of people have had success in not only losing weight but maintaining their loss.

This weight loss system combines real food with amino acid supplementation that is designed to switch your body chemistry into a "fat burning mode",

while maintaining proper blood sugar balance. We've seen our patients safely lose up to 20 pounds on the 5 week program!

### Let Uncle Sam pick up the tab!

With the new tax rules, you may be able to deduct the cost of our weight loss program on your federal taxes.

Let ICM get you off to a great start!

## THANK YOU FOR 10 GREAT YEARS!

Many of you made our 10th Anniversary celebration at ICM a wonderful success. We value every one of our patients and hope you continue to value us.

Please contact us if you want to be removed from our mailing list or have name or address changes. Thanks!

## ULTRA-LITE®

For a limited time, we are offering our patients, their friends and families a substantial savings on this 'one of a kind' weight loss program.

Call before February 28th to schedule a free consultation to see if the Ultra-Lite® program is right for you!

YOUR HEALTH IS WHAT  
MATTERS TO US!



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- Increase Energy without stimulants
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- Help relieve your stiff and achy joints
- Help you maintain strong bones
- Help maintain healthier, younger hair and skin
- Help support your immune function and increase resistance to infections

- Help to improve your mental acuity and protect your memory
- Help remove toxic metals and chemicals from your system
- Help restore regular elimination and relieve indigestion and heartburn
- Help keep your arteries from hardening
- Help lower your risk of cancer, diabetes, heart disease and stroke
- Help protect your vision from age related vision loss and blindness

And what if it was all in a once-a-day, delicious and refreshing drink of only 30 calories that tastes great in plain water? We unconditionally guarantee you'll absolutely love it or your money back !

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