

# Thinking ahead about a Spring Cleanse?



Here comes the the 2020 version; a collaboration with Dr. Emily Kane, Juneau's downtown NOW Spa, and YOU.

This month-long, self-care commitment will set you up for the graceful aging that you know is within reach. Join with wellness enthusiasts and optimal health seekers to reboot.

**DATES:** April 21 – May 19

**FORMAT:** Five (5) interactive lectures with Dr. Kane, Tuesdays from 4:30–5:30 PM starting April 21.

**LOCATION:** downtown in the Arcticcorps Building, room 214

**CURRICULUM:** Classes will focus on finding your best diet, improving sleep quality, sticking with moving your body daily, skin brushing, home hydrotherapy, and much more. This cleanse also requires a commitment to sweating! I recommend two infra-red sauna sweats and one ozone steam per week for four weeks. You will learn to apply simple self-health tips with a special focus on clearing chronic viral infections. Hint: viruses dislike heat—so you do need to sweat!

**COST:** \$65 for 5 lectures + \$20 for home urine pH testing for 15 days. Optional \$440 for four ozones and eight saunas through NOW Spa. Optional but recommended 1/2 hour office visit with Dr. Kane to personalize the program: \$115.

Reimbursable by most local insurers (except Medicaid/Medicare)

Limited to 16 participants in order to emphasize individual attention to your successful program.

---

To hold your place send \$50 to:

**Dr. Emily Kane, Natural Healthcare, 418 Harris St, Suite 329, Juneau AK 99801**

Please email if you want more info, or to chat about whether this is the right program for you: [DrEmilyKane@gmail.com](mailto:DrEmilyKane@gmail.com)

Check out the spa at [NOWSpaJuneau.com](http://NOWSpaJuneau.com)

Lots of self-health information, and future retreat descriptions at [www.DrEmilyKane.com](http://www.DrEmilyKane.com)

To make an appointment call 586-3655 or email my assistant at [DrKaneOffice@gmail.com](mailto:DrKaneOffice@gmail.com)

