

JUICE & RAW FOOD RETREAT



Join Us For A Life-Changing Rejuvenation Retreat

April 30 - May 5, 2017

5 Days with world renown Juice Lady, Cherie Calbom, Immaculate Heart Retreat Center, Spokane, WA.



A PROVEN METHOD TO CLEANSE BODY, MIND & SPIRIT!

This is a Powerful Retreat! Changes happen during the juice fast that don't happen otherwise.

What you will experience in one week!

- Weight loss, anti-aging, smoother younger skin
- Mental clarify, better sleep, more energy
- Sense of well-being, balance and a stronger immune system
- Lessening of aches and pains and healing of ailments
- Better digestion and cleansing of the entire body
- Detox waste that interferes with the nourishment of the cells
- Improve metabolic rate and cell oxygenation
- Eliminate dead and dying cells and rebuild damaged cells
- Rejuvenate your body, soul, and spirit



Cherie Calbom M.S.CN, is the nationally renowned author of 33 books including the Sugar Knock-out, The Anti-Inflammation Diet, Juicing, Fasting, and Detoxing for Life, and The Juice Lady's Living Foods Revolution. Cherie has helped thousands of people restore their health through her juicing and

cleansing programs. She has worked as a nutritionist with George Foreman and Richard Simmons, and has appeared on numerous radio and TV shows and in scores of magazine articles. Cherie offers on-line classes including the 30-Day Detox Challenge, the 7 Day Mini-Cleanse and the 5 Day Juice Fasts.



Father John Calbom M.A. is an inspirational speaker, corporate chaplain, consultant, certified HeartMath trainer, and a Russian Orthodox priest with degrees in theology and psychology. He integrates Biblical truths with insights from neuropsychology, cardiac psychology, and behavioral medicine to help you de-stress and allow you to live from a heart of love.

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Cherie Calbom
THE JUICE LADY™
AMERICA'S MOST TRUSTED NUTRITIONIST