



The Spring
center for natural medicine

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Dear Friends,

Spring is the best time of the year to cleanse and purify your body. Purification, also known as detoxification or cleansing, is the process of addressing the natural toxins in the body. The liver, digestive tract, kidneys, bladder, lymphatic system, lungs, and skin are the major systems/organs that are involved in the neutralization and elimination of toxins.

Because we are exposed to high levels of foreign substances and over-consume chemically treated, synthetically produced food, extra purification is needed.

I can customize a purification program specific to your needs with an emphasis on liver and colon. These two organs play a major role in the digestive system and we need to start there to achieve a higher level of health and cleanse the body from the inside out. Go to my website knissmedical.com and fill out the "Toxicity Questionnaire" to see your current toxic load.

I look forward to working with you to bring your life to a healthy balance!

Sincerely,

Elke

(512) 445-7373 or email me elke@knissmedical.com

Do you have toxins in your Body?

Think for a moment of all the foods you have consumed over your lifetime. The amount could literally add up to thousands of pounds. It is likely that your diet contributes significantly to your toxic load. This may have you feeling less than your best, experiencing:

Weight gain ~ Food cravings ~ Fatigue or difficulty sleeping ~ Reduced mental clarity
Poor digestion ~ Low Libido

Answer the Toxicity Questionnaire on my website at knissmedical.com to give you insight on your body's current toxic load.

A cleansing program will give you a different mind set about food, your body, and your health. You may experience:

Increased Energy/Vitality ~ Improved Health ~ Weight Reduction ~
Improved Digestion ~ Loss of Food Addictions ~ Clearer Thinking ~
Improved Elimination ~ Improved Physical Appearance

Coming in April Newsletter

How we can use hair analysis and saliva tests to determine your hormonal balance and your nutritional deficiencies.

Got Belly Fat? Attend a Free Seminar!

Find out why dieting and exercise have not been working. Your problem might not be what you are doing - but more of what your hormones are NOT doing. Find out which body type you are: Thyroid, Adrenal, Ovary or Liver. Learn how HORMONES can effect sleep, cravings and fat burning.

Each body shape requires different solutions. **Most people are attempting to solve their weight PROBLEM without ever knowing the real cause.** Before YOU jump to the next solution-diet, diet pill, or exercise program, learn about the missing step and get an understanding of WHY you have stubborn weight in the first place.

CALL NOW! For your evaluation: 512 445-7373 or email elke@knissmedical.com

Testimonial

My experience with Elke was positive and uplifting from beginning to end. She was able to address my physical issues efficiently and effectively. Drawing from her background of both allopathic and alternative medicine she was able to pinpoint the problem and prescribe the most effective cure. She was open and sensitive to all of my input which allowed her to work from a deeper perspective. It was truly a gift to have such an open hearted exchange with a medical professional.

posted by Margaret-

for more testimonials go to <http://austin.citysearch.com/review/37377745>