



Beauty is life when life unveils her holy face.
 But you are life and you are the veil.
 Beauty is eternity gazing at itself in a mirror.
 But you are eternity and you are the mirror.

*Kahlil Gibran, The Prophet
 Lebanese artist & poet in US (1883 - 1931)*

Recipes

ONE-DAY DETOX RETREAT.

Energy Movement Classes

Dr. Ben-Zion One-Day BoDyWaVe DETOX retreat- a 100,000 mile tune up for your body, mind and spirit.

Retreats

You get to spend a FULL DAY with Dr. Ester Ben-Zion

Do you want to loss weight, enjoy your life more, regain your health and vitality?

Spiritual Women Circle

Join Dr. Ben-Zion, a doctor of Holistic Nutrition, a Family and Marriage therapist, motivational speaker, and a dancer along with 14 other people in the privacy of her home, for a day to **restart your body, reset your mind and recharge your spirit.**

Products

You will enjoy nutritious juices, moving meditation and breath work. Dr. Ben-Zion will share with you her beauty and health secrets starting with her 5 minutes energy routine in the morning.

Inspirational Stories

CONNECT with like-minded people as you detoxify and give your digestive system a rest.

GET RID of toxins that infiltrate your body, mind and spirit.

TAKE CONTROL of your health.

DARE TO INDULGE IN PERFECT HEALTH.

COME READY TO BE TRANSFORMED

Be sure to wear comfortable clothes!

When- Sunday Oct. 28th

Where – 5700 Collins Ave. PHA. Miami Beach

Time- 9:00am – 4:00pm

Cost - \$195.00

DR. BEN-ZION 305-861-9383 drbenzion@holistichealthstudio.com

Detoxification Program Provides Welcome Relief for Fibromyalgia Patient

For over two years, fashion designer Mira Zigman lived in severe, chronic pain. Although they felt cool to the touch, her feet burned like she was walking on hot coals, her skin felt like it was being peeled away, and she experienced unrelenting fatigue. Ongoing neck pain led her to spend six months “sleeping” in a recliner, although she rarely slept. Inflammation caused pressure on her bladder and colon and kept her running to the bathroom most nights .

Mira visited every type of doctor and even resorted to having a CAT scan to determine if some sort of abnormal growth was causing her vast array of symptoms . **No matter how many doctors she saw or what types of tests Mira was given, no one could get to the bottom of what was wrong with her. The lack of sleep, the illness itself, and the overall full-body fatigue ultimately took a toll on her work schedule. She scaled back her clients and the only schedule she could tolerate was to work for one hour and to sleep for one hour.** It was no way to live. One doctor finally suggested that she see a psychiatrist who ultimately told her she suffered from depression and prescribed an anti-depressant. Who wouldn't be depressed?

Just recently, two good things happened: First, Mira finally received a proper diagnosis – she was told that she had a cyclic and progressive illness manifested by multiple symptoms called **Fibromyalgia**. She found a doctor in California (Dr St. Amand) who was himself suffering from Fibromyalgia who started her on a Guaifenesin Protocol. *(For more information, visit www.fibromyalgiatreatment.com)*

Second, she reconnected with me. You see, I knew Mira for nearly ten years, but hadn't seen her because she was housebound 80% of the time due to her illness. When a mutual friend told her to contact me, Mira was not the same person I'd known before. As she entered my office, I noticed her previously youthful smile and energy has faded, she could barely walk, she sat slowly and for only a few minutes, and when she tried to fill out my application, she couldn't hold the pen. She was obviously in pain and her skin had patches of yellow stains and the worst part? She couldn't touch her own skin.

I suggested that Mira attend my detoxification program and she immediately agreed. We did not share her diagnosis with any of the other participants as we sat together in a circle on a mat on the floor of my studio. Due to her painful condition, Mira was unable to join the group on the mat; she was only able to sit - very uncomfortably - in a chair. Along with the rest of the group, **Mira began my step-by-step process of drinking the specially prepared vegetable juices and fruit smoothies that facilitated the purification of the system. She avoided red meat and the night shade vegetables which exacerbate her condition.** Some examples of these foods are in the nightshade category and include tomatoes, eggplants, peppers, and potatoes, just to name a few. **Mira's condition improved dramatically and by the next-to-the last class, she was able to sit on the floor with the rest of the group! Many of her symptoms disappeared and Mira feels like she's been given a new lease on life. Mira has begun telling others about her healing miracle, exclaiming “Sharing my story is a mission. You get what you give!”**

If you are ready to get rid of toxins that infiltrate your body, mind and spirit and if you want to take control of your health, please join me.

DARE TO INDULGE IN PERFECT HEALTH.

COME READY TO BE TRANSFORMED.

Choose from one of the following programs:

- *A Seven-Day Detoxification program. Give your digestive system a rest. Get rid of the toxins that infiltrate your body, mind and spirit. Take control of your health. Gain energy and clarity of vision. This seven-day guided detox program focuses on nutritious juices and whole foods that I will personally prepare for you based on your individual needs. The core elements of the program include a specialized juice plan for 5 days; on the 6th day you will be given shakes, and the on 7th day you will experience wholesome, delicious and nutritious organic plant-based foods.*

When - Wednesday Nov. 14th

Where - Holistic Health studio 5700 Collins Ave. #16M

Time- Pick up juices 9am and 3 pm

Cost- \$549.00 if you register before Nov. 9th

- *BoDyWaVe DETOX retreat. A 100,000 mile tune up for your body, mind and spirit.*
- *Come and Spend al day with me and enjoy nutritious juices, moving meditation and breath work. I will share with you my health and beauty secrets beginning with a five-minute energy routine in the morning. You will CONNECT with like-minded people who will support you.*

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[To register](#) for the 7 days *BodyWave* detox program call 305-8619383

BodyWave - is a 12 or 24 week-by-week mind*body*soul TOTAL TRANSFORMATION program that encompasses every facet of a

women's life. Her daily demands and frustrations to her wants, needs, and fears. This REVOLUTIONARY program elevates the experience of weight loss far beyond the physical! This program emphasizes your unique bioindividuality and is targeted especially for your individual make up of emotions, physical strength and weaknesses and spiritual awareness. With simple steps, which are gently laid, by Dr. Ester Ben-Zion, BodyWave program effectively empowers woman to take control of their health, discover their passion, override their fears and create a life filled with joy & serenity – THIN THIGHS ARE JUST A BY-PRODUCT. Giving you practical tools that will enable you to look into the mirror of your life and **discover the very special person that only you can be!!!**

Dr. Ben-Zion will give you her top fat burning and healthy eating secrets, cooking classes, detox programs. Energy work with Chi machine to clear your charkas, meridians and pathways. LBG machine, which is great to move toxins out of your body and increase circulation and metabolism and last but not least reawaken your soul and bring out your sensual and sexual self with energy movement and trace dance.

“This program is unlike any thing else that I’ve tried before. It will truly transform your life from the inside out” *Ilana Liliental Brodt*

To register for a 30 minutes free consultation, please go to – drbenzion@holistichealthstudio.com or call 305-861-9383

If you have a recipe you would like to share with other HHS fans, please email to drbenzion@holistichealthstudio.com

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