

To participate in a program  
 contact the V.P. of Programs,  
 Edie Jerome, 847-853-7150

## 2015 Member Meeting Calendar

(Check for changes)

|              |   |                                       |
|--------------|---|---------------------------------------|
| March 25     | Table Changing (3 Changes)  | Sullivan's—Lincolnshire               |
| April 22     | Raynor Door—John Bradley—Presenting   | Marcello's North—Northbrook           |
| May 27       | Cathy Cain-Blank, L. Franklin & L. Stern Panel<br>*Come prepared with questions for this communications panel | Saranellos—Wheeling                   |
| June 24      | Alan Karzen Restoration   | Sullivan's—Lincolnshire               |
| July 22      | New Member Presentation & golf  | (Planning Stage)                      |
| August 26    | Special Program—Membership Drive  | (Planning Stage)                      |
| September 16 | Michael Menn - Leslie Stern   | Marcellos North—Northbrook            |
| October 28   | Sharing Technology (member to member)   | Marcello's North—Northbrook (pending) |
| November 18  | Wayne Beutin, Metro Protection  | Reggio's—Niles                        |
| December 16  | Holiday Party   | (planning stage)                      |

Submitted by: Dr. Ira Chislof, Chislof Chiropractic & Wellness Center

## WHY CLEANSE YOUR BODY

Sometimes we cannot avoid all the harmful chemicals our body is exposed to daily. We absorb into our body from water, food, air and cosmetics many of the over 82,000 chemicals identified as being in them. We truly live in a very toxic world – sometimes referred to as a toxic waste dump. The liver, the main organ that filters toxins from the body, cannot cleanse all these products and impurities out of the body. Highly reactive chemicals called free radicals thus enter the blood stream and destroy cellular activity. The body surrounds free radicals with fat and water to help handle the problems related to the pollution of our bodies.

That is why periodic cleansing makes perfect sense. We have filters to clean our air. We have filters to clean our spas and pools. We have filters to clean our furnace. The question is: what are you doing about

your internal filters? This is what cleansing will address – releasing stored waste from the liver, the lymphatic system, the intestinal tract, and the body's cells. If one removes these impurities, one becomes healthier while losing fat, and excess weight. I recommend a 9-day liver cleanse which includes herbs, vitamins, minerals and lots of water. Nutritional cleansing is a way to remove the harmful impurities from the body while promoting sustained weight loss if necessary.

***Here are some of the benefits of cleansing:***

Strengthen the immune system, Slow down the effects of aging, Improve absorption of essential nutrients, Aid digestion, Have more energy, and more!

If you want to know more about cleansing, I will be able to help you with this program.

**Dr. Ira S Chislof, DC 847-588-0800**