

# Apple Feast Cleansing Retreat

January 23 - 25 in Lyons, Colorado

Give yourself or a loved one the gift of health.



Would you like to start the new year feeling re-vitalized and rejuvenated?

Do you know the importance of cleansing but don't feel you can fit it in?

If you answered yes to these questions, this retreat may be perfect for you or someone you know.

## Presented by:



**Cheri McDonald** has been a natural health care educator for over 25 years and has found the key to her health through her own self-healing journey. With every health challenge that she has faced, she's discovered that her recovery was greatly

facilitated by simple lifestyle changes she could make herself every single day. She's also a certified colonic therapist and neurolinguistic practitioner.



**David Pasikov** is an executive coach, corporate trainer, psychotherapist and mediator. For over 30 years he has been equipping individuals & businesses with tools to transform stress into strength. In addition to his private practice, David teaches workshops nationally and internationally. He is a past president of the Colorado

Association of Psychotherapists.



**Annie Pasikov** is a professional stone sculptor who taught art for 14 years. Annie can often be heard encouraging people to follow their dreams and do whatever feeds their souls. She shares the pleasure of sculpting through teaching all ages from the beginner to the apprentice. Her unique blend of art sense and sixth sense is what has inspired

many about her work.

## What is an Apple Feast Cleanse and how will this retreat benefit me?



As a participant, you will be on what is called a mono diet for two and a half days consisting of as many apples as you like, as well as apple sauce and apple juice or cider. Each day you'll receive a combination of the following modalities:

- Far-infrared Massage, Colonics, Meditative Lymph Massage and Ionic footbaths with Cheri.
- Life Alignment energy work and counseling to help overcome limiting beliefs and self sabotaging programs with David.
- Stone Sculpting lessons with Annie.
- Stay at David and Annie's serene home just outside of Lyons (30 minutes from downtown Boulder) in a lovely valley on 4.5 acres.



Please see reverse side for further details and registration information.

**If you want to do a relatively easy detoxification program,  
this Apple Feast is the cleanse for you!**

Edgar Cayce recommended 3 day Apple Fasts to hundreds of people to “cleanse all toxic forces from any body” and said that fasting is one of the most effective ways of preventing disease. He himself fasted on apples for 3 days three times a year.

This Apple Feast provides not only the cleansing and energizing benefits of the malic acid in apples, but also gives you large amounts of natural pectin fiber to cleanse the intestinal tract. The pectin pulls out toxins from the blood stream and intestines.

Again, we are calling this a feast but in fact it is a fast because, by eating only apples, the body is fooled into a fasting mode, where it starts dumping toxins from the liver, kidneys, and other internal organs, into the bloodstream, where they can be drawn out by the pectin.

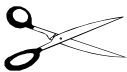
We are doing this as a retreat to help provide a place set apart for you to renew and rejuvenate as well as receive support to follow the protocol for maximum benefit. There are 4 rooms at the Pasikov’s home in Lyons to house participants; 2 rooms with double beds and 2 rooms with air mattresses to accommodate 2 people per room. Because each person will receive a daily colonic with Cherie and a daily session with David to address any emotional issues that may arise, we are limiting the group to 6 participants. Group art/creativity sessions with Annie will also take place on Saturday and Sunday. If you’d like to bring your own art supplies, please feel welcome.

**PROGRAM DATES:** The program will run from Friday (early afternoon), January 23 through Sunday, January 25 (dinner time).

**PROGRAM COST:** The cost of the program is \$495.00 per person and includes the following services and features:

- Overnight accommodations Friday, January 23 and Saturday, January 24.
- 3 colonics including meditative lymph massage with Cheri.
- 3 sessions of energy work/counseling with David.
- 2 sessions of creativity/stone sculpting lessons with Annie.
- 2 Ionic Footbaths as well as 3 far-infrared treatments on a Migun massage bed.
- Organic apples, apple sauce, apple juice and cider etc.
- Friendly, caring and supportive healing retreat space.

**FOR FURTHER INFORMATION CONTACT:** Cheri McDonald at 303 443-2155  
David Pasikov at 303 442-6366  
Annie Pasikov at 303 823-6757



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**To register, please clip and send to: David Pasikov, 30 Stagecoach Trail, Lyons CO 80540**

**Name(s):** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Phone:** (\_\_\_\_) \_\_\_\_\_ **Email:** \_\_\_\_\_

To ensure your place in the cleanse, please enclose a non-refundable **deposit of \$100** made out to *Life Transformation Process*. Please note, the balance is due on January 23rd.