

### Pre cleanse:

It is very important to do a pre cleanse before your arrival here at Nonpareil.

The following guidelines will prepare your body to receive this cleansing program in a very healthy, natural and successful way.

One week prior to your arrival please cut out the following from your diet.

Coffee, tea, sugar, cheese, alcohol, deep fried foods, processed foods, heavy cheese pastas, red meat, white flour, ice cream, all desserts, potato chips, and all junk foods.

### You may eat the following:

Fresh fruit, cereal, rice and steamed vegetables, stir-fry, chicken, fish, almonds, pumpkin seeds, sunflower seeds, fresh salads, soup, miso soup and tofu. Drink lots of purified water.

It is more beneficial to eat 5 small meals than 3 large meals a day. Do not eat late in the evenings.

Enjoy!

- ❑ **We provide girlfriend getaways.**
- ❑ **Bridal parties. Look fabulous for your wedding day after a weekend of fasting, detoxification and pampering.**
- ❑ **Couples renewal. Deepening your love.**
- ❑ **Boot camp. Get in shape, lose weight.**



### Ms. Mano McNabb

If you are having difficulty and are unable to maintain a healthy eating regime. I will reveal the secret to you when you are here at Nonpareil. Raw organic juicing is cleansing, detoxifying, invigorating and most important absolutely delicious!!! The results of drinking juices and power drinks will amaze you!! They are the best meal replacements and you will never feel more nourished.

My expertise is in the planning of which ingredients will best nourish your particular system. I take a brief history from you before you arrive and then the day you arrive here, David and I sit with you and listen to your particular needs, then evaluate the types of juices and treatments that would be best suited to bringing your system back into balance and optimal health. I also listen carefully and watch how your body is functioning in order to make a plan for you to continue a healthy eating regime at home. I make a written fail proof very simple plan, so it is easy to follow with your particular lifestyle. This is so important that you can continue to be healthy and know what to do when you get home. I make sure that the preparations are easy to do and not time consuming, and that the foods I choose are packed with high power nutrients that are easily absorbed into your system.

You will leave Nonpareil feeling the best you've felt in years.



## *Nonpareil Natural Health & Healing Retreat*



“Getaway to this 173 acre country estate and century home built in 1875”

“ **The healthy alternative from the ground up**”

- ❑ **Raw Organic Juice Fasting**
  - ❑ **Cleansing & Detoxification**
  - ❑ **Yoga**
  - ❑ **Stress Management**
  - ❑ **Weight Loss**
  - ❑ **Nutritional Counselling**
  - ❑ **Massage**
  - ❑ **Reiki, Chakra Balancing**
  - ❑ **Spiritual Energy Healing**
  - ❑ **Reflexology**
  - ❑ **Emotional Clearing**
  - ❑ **Silent Meditation Retreats**
  - ❑ **Sweat Lodge & Vision Quest**
  - ❑ **SaunaRay Far Infrared Sauna**
  - ❑ **Weddings/Bridal parties**
  - ❑ **Golfers Meditation and Yoga**
- Golf courses within 10 minutes from retreat.**

At Nonpareil the quiet and stillness lingers throughout the day. The sun casts its long shadows across the fields and filters light through the trees. In this time of quiet and stillness one can nurture the body, still the mind and get in touch with the soul.

Clients who experience fatigue, low energy, lack of sleep, migraine headaches, back pain, shortness of breath, high cholesterol, high blood pressure, digestive problems, constipation and other colon disorders greatly benefit from these nutritional and cleansing programs. Detoxification and cleansing is essential before pregnancy.

### David Gouveia

I bring 38 years of experience to my healing practice. I studied at the Kripalu Institute in Massachusetts. I teach Yoga, Reiki and Bodywork. I also bring into my healing practice Emotional and Spiritual energy clearing, Chakra balancing, and nutritional consultations, which help to pinpoint your personal nutritional needs.

I believe that detoxification and cleansing, combined with nutritional support and specific energy work brings the body back into balance at a fast rate. I provide Life Directions counseling for those who want to introduce a new way of being in their relationships, work and fulfilling their life's purpose. I teach you ways to de-stress, relax, meditate and restore clarity of mind and a vibrant spirit.



**Price per day with Yoga, raw juices, power drinks & accommodation is \$175.00 private or \$150.00 + GST for a shared room.**

#### **The flow of your day is as follows:**

- Raw juices and Power Drinks all day.
- Informal talks on a healthy lifestyle.
- Yoga, Walks in nature.
- Afternoon at the Crowe River.
- Swimming and relaxing under the waterfalls.
- Relaxing in hammocks.
- Quiet evenings under the stars.
- Golf. Reduce your score with stretch, strength and focus.

There are 4 Golf courses within 20 minutes from our retreat.

<b>Treatments:</b>	<b>Price + GST</b>
- Reg. Nutritional Consultation	\$85.00
- Kripalu massage	\$75.00
- Reiki	\$75.00
- Mind Body & Soul Integration	\$75.00
- CranioSacral Therapy	\$75.00
- Reflexology	\$75.00
- Coffee Enema to release build-up of toxins	\$30.00
- Moor Mud Bath (20 minutes)	\$20.00
- Far Infrared Sauna Detoxification	\$40.00

*We provide Raw juice cleansing and detoxification programs while you recharge, replenish, rest and relax.*

*This is a permanent makeover from the inside out, for Physical, Mental and Spiritual Renewal.*

**613-395-6332**

**Please phone to reserve and arrange your cleansing and detoxification program.**



**David Gouveia & Ms. Mano McNabb**  
**658 Wellmans Road**  
**RR #3, Stirling, Ontario. K0K 3E0**  
**(613) 395-6332**

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#### **From Toronto**

Take the 401 East to **Campbellford/Brighton** exit (hwy. 30) turn left, go north about **25 minutes** to **Campbellford**, turn right at the first lights, this is **Bridge St.** go over the bridge, go straight to a large white stone church, sign says to **Stirling** turn right, go about 200 yards past the Beer store to **Burnbrae Rd or Dart Cup.** Turn left & go about 9 km. to **Wingfield Rd**, turn left at stop sign, go 200 yards to **Maple Rd**, turn right & go about 4 km. to a stop sign, this is **Wellmans Corners**, turn left & follow the road around a gradual bend up the hill about 500 yards. The House is on the left. # **658 Wellmans Rd.**

#### **From Ottawa or Montreal.**

From Ottawa or Montreal: 401 west to 62, go north on 62 to hwy 14, north to Wellmans rd.

#### **OR**

Take the VIA Rail train from Ottawa, Montreal or Toronto to Belleville. Book your train 2 weeks ahead to get the low price. Call us with your time of arrival (**best time to arrive is 1:20 pm**) and we will pick you up in Belleville. The train trip is 1hr 45 min from Toronto. Pick up & drop off charge is \$10.00 each way.