

## THE VITA-FLEX WORKSHOP

The workshop will be 40 hours in length and split into three main categories, Vita-Flex, Color Therapy and The Master Cleanser. There will be other topics included such as essential oil use with Vita-Flex, parasite cleansing, mental and emotional aspects of dis-ease to name a few.

**VITA-FLEX:** Approx. 30 hours will be spent learning Vita-Flex, its proper technique and application throughout the body. This will ensure how to then perform a full Vita-Flex treatment from head to toe. The Atlas Adjustment will also be taught followed with the Prolapsed Organ Lift, an abdominal manipulation.

**COLOR THERAPY:** Approx. 4 hours will be spent learning Color Therapy, the very basis to all healing systems available today. It will be explained simply and readily understandable language using today's physics and chemistry to give credibility to this widely unknown practice.

**MASTER CLEANSER:** Diet and nutrition will be explored in detail and how it relates to dis-ease and health. The Master Cleanser, a simple yet effective detoxification program will be explored in great detail.

## TOM WOLOSHYN

### *Holistic Health Practitioner & Consultant*

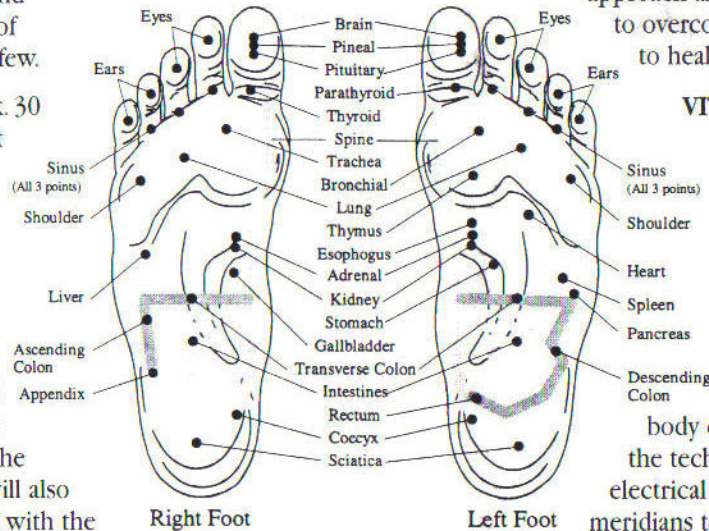
Tom Woloshyn began his journey into the Alternative Health Care field in 1979 when he went on the 'Master Cleanser'. The results from this program led Tom to explore and learn all of Stanley Burroughs' work and to start practicing Vita-Flex in early 1980. Tom has gone on to incorporate Reiki, Kinesionics and the work of Louise L. Hay into his practice and has effectively helped thousands of clients over the years. Tom

believes that when people are given the proper tools and information, they will choose the right therapies for themselves. Tom has done local, regional and national TV, written for various health publications and speaks at Health Conferences regularly about his work. His tireless approach and enthusiasm has inspired many to overcome their fears and challenges and to heal themselves and become whole.

## VITA-FLEX

Vita-Flex is a reflexive or pressure point massage that activates reflex points on the feet, hands, face, scalp and various areas throughout the entire body. It is a tool that assists the body in healing itself by either stimulating depressed areas or depressing over active area as the body deems suitable at the time. When the technique is applied a minute electrical impulse is sent along channels or meridians to a specific area where the body will either stimulate or depress the region to create balance. The body has a self-regulating system that Vita-Flex simply taps into. This makes for quicker and more efficient use of the body's healing mechanisms.

There are literally thousands of reflex points all over the body that can be activated. A Vita-Flex treatment generally takes 45 minutes and follows a specific pattern of points to be done. Some people liken it to a tune up where one feels relaxed yet energized. It can stop or alleviate pain in



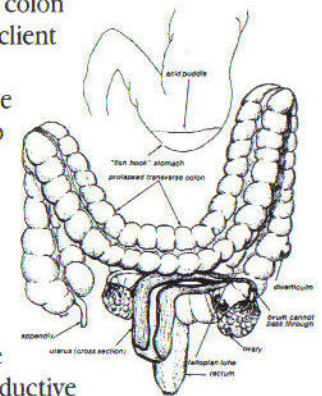
seconds and relieve most neck and back problems with the application of the Atlas Adjustment. *The Atlas Adjustment* straightens the top vertebrae of the spine, this in turn starts the spine to receive the proper impulse from the atlas as to the proper position for the rest of the vertebrae.

*Toxemia* can be defined as the accumulation in the body of wastes, toxins, or poisons (free radicals). These toxins accumulate primarily as result of dietary habits.

*Prolapsed colon:* Fecal deposits in the bowel may lead to a condition known as 'prolapsed colon'. When the muscle tone of the colon is inadequate (unable to deal with the extra pounds weighing it down) it can start to impose on the uterus, ovaries, bladder and other organs in the abdominal area.

*Detoxification* programs and cleansing diets are some of the methods which can assist the body to rid itself of waste and unhealthy tissue. Some recommended therapies include: fruit or vegetable juice dieting, colonics and prolapsed colon lifts (PCL) along with supplemental therapies using herbs, minerals, vitamins and high nutrient foods.

*The Prolapsed Colon Lift* is a gentle pushing or sliding of the colon by the fingers while the client is lying inclined on a slantboard. This technique is especially important to almost all dis-eases that we see today. When the colon is lifted and cleansing is done, the body dumps waste much more effectively and therefore heals more quickly. For female reproductive problems this is absolutely crucial to health and well being.



## MASTER CLEANSER

*The Master Cleanser* is a liquid mono-diet that cleanses and detoxifies the body as it stimulates healthy tissue growth. It consists of fresh lime or

