

# 28 days TO a healthy BODY, calm MIND, & awakened SPIRIT

## elemental cleanse

Breathe. Nourish. Balance.

Breathe. Nourish. Balance.

We invite you to explore and learn more about the Elemental Cleanse and how it can help you achieve a joyful state of balance, health, weight loss, and spiritual connection. As you dive in, here is what you will find:

- 1 A Note from Pamela Quinn, Creator of the Elemental Cleanse
- 3 The Current State of Imbalance and the Possibilities for Imaging If
- 4 Do I Need to Cleanse?
- 8 The Elemental Cleanse: A Week At a Glance & Food At a Glance
- 9 The Potential In and For You
- 10 What the Elemental Cleanse is Not
- 10 What Makes the Elemental Cleanse Different?
- 11 Joining the Elemental Cleanse (Fees and What You will Receive)
- 12 Getting Organized and Prepared for Success
- 12 Don't Want To go It Alone?
- 13 Frequently Asked Questions
- 16 Pamela's Journey
- 17 Holistic Health Disclaimer



PAMELA QUINN  
Founder, Elemental OM and  
Creator, Elemental Cleanse™



**What are you getting into?**  
*Preview Guide for your 28-day experience*

### A NOTE FROM PAMELA QUINN...

Dear Friend,

Does this sound familiar?

You have been dieting your entire life. Some years you are at your ideal weight and then you balloon up again. Worse, you have spent hundreds or even thousands of dollars on books, programs, retreat centers, spas and health clubs only to consistently fail at weight loss.

- Like me, you have hit that magical age of 38+ where your metabolism takes a **hormonal nosedive**. You are eating healthy, you are exercising, but you cannot release the 5 – 10 pounds that have settled on your midsection. You understand what to eat and yet you continue to make poor food choices. It's as if there is another choice maker inside of you that you simply cannot control. It lives on salty snacks, sweets and heavy dense food. It talks mean to you.
- **You don't have time to take care of yourself.** In fact, you don't even prioritize your own health anymore. Even when you are feeling down and out you continue to take care of everyone else first.

- You are stressed, disorganized and overwhelmed and can't find the time to shop, cook or even begin to plan a meal let alone exercise or pamper yourself. **Life is chaos.** You run and run and run from one thing to the next. You don't even know what would happen if you were to sit still and just be. The thought of it actually frightens you.
- Your **life lacks sparkle.** You feel dull, lethargic, depressed. Your relationships are suffering and you do not receive the love that you crave. You have lost your confidence and don't feel attractive. You look at other people with longing and wonder how they do it.
- **You know you are meant for greater things.** Way too much of your time is spent thinking, worrying and stressing over your physical and emotional health. You wish your health were simply a basic foundation that you didn't have to think about anymore. You know there is something bigger out there.

My name is Pamela Quinn and I am the founder of Elemental OM and the creator of the Elemental Cleanse™. I have taught this program for over four years now to hundreds of people who are experiencing tangible and permanent results.

- Most participants needing to lose weight will **lose 6 – 15 pounds in 28 days.** I've had many extend the Cleanse to 6 weeks and lose over 20 pounds.
- Participants have transformed their lives deepening and **finding renewed meaning in their relationships.** This Cleanse is meant to transform you on all levels.
- Cleansers have **manifested new jobs.** In fact, one of my former Cleansers started her own business and now has a thriving enterprise selling aromatherapy for the home.
- Cleansers have **healed from and learned to manage pain.** Many Cleansers have taken that first breath of fresh air during week three when they finally start to shift depression.
- Cleansers have **lowered their LDL Cholesterol,** reduced their insulin requirements and slowly eliminated many of the prescription drugs that they were dependent on.
- Cleansers have come to terms with their habits. Many Cleansers have cultivated awareness and begun the task of **tackling habitual consumption of sugar and alcohol.**

I share all of this so that you know that this Cleanse is not just about weight loss. The funny thing is that I never intended the Elemental Cleanse to be about weight loss. I intended it to be about finding balance by connecting your body, mind and Spirit. I started teaching these methodologies because they cured me of chronic pain, depression and alcohol abuse. The weight loss was a surprise and a side effect of stoking the digestive fire, calming the mind and creating a pattern of right choice making.

I hope that you decide to embark on the journey and see what new possibilities await you.

*Om Pamela*

### Clean Pure Feeling

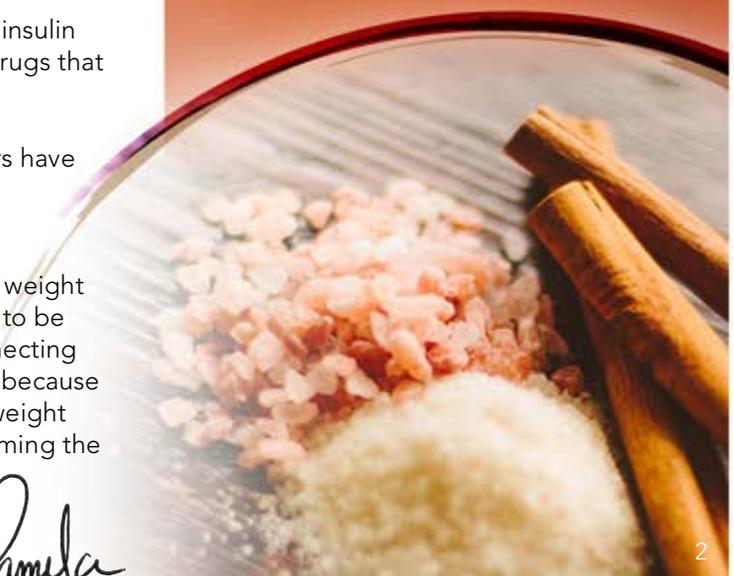
*"I love The Cleanse. I consider myself a little bit of a Cleanse junkie. Why? because I enjoy the discipline and structure, I love the clean, pure feeling of putting good food inside of me, I cherish my morning hours of yoga and meditation, and I love to quiet my life...turning off my radio and electronics, being mindful throughout my day."*

~LT, 2012

### I Had Hit Rock Bottom

*"I didn't feel loved. I was depressed. I am now able to feel again. I'm able to show compassion. I moved out some negative things and replaced them with positive things. As a result, I no longer have that heavy feeling about me. I allowed myself to open up and allow things to happen to me. I started to manifest. I stopped trying so hard. I just allowed myself to be. I now know and understand when I'm trying and when I'm being. It makes a HUGE difference."*

~ Joy, January 2011



### The Lifestyle Reset that I Needed

*"The Cleanse was wonderful! It was the lifestyle reset that I needed. I feel so energetic. I feel that I'm glowing again. I have lost 6 pounds and that was not even a goal of mine. I feel fit and healthy again. I feel very connected to the path that I had lost sight of and am motivated."*

~Kim, May 2011

### Create Positive Change

*"The Cleanse is an amazing experience. It can change your life in ways you weren't anticipating. I highly recommend this to anyone who is looking to feel better."*

~ JL, October 2011

### The Best Thing I Have Ever Done for Myself

*"I am 55 years old and have always taken self improvement seriously. The Elemental Cleanse™ is the best thing I have ever done for myself. It truly embodies the concept of holistic care. Pam is a natural leader and very down to earth. She will help you look at and question your lifestyle. Ayurveda is all about balance and this program is a great way to begin to see the possibilities of your potential."*

~ Mary Beth O

### THE CURRENT STATE OF INBALANCE

We get up early and work late. We are bombarded with texts, emails and phone calls. We have mounting bills and depleting bank accounts. We eat on the run and mindlessly snack on food with little nutritional value only to see it turn into extra pounds on the scale. We carry scars with us from childhood that pop up from time to time in unsuspecting ways. We make choices we don't even realize we are making. We are tired, stressed and overwhelmed. We are not sure what we want to do, only know that we aren't fulfilled by what we are doing. This is what it means to be out of balance. As a society, we are plagued by disease, weight gain and stress. While they're many short-term solutions addressing the symptoms of our dysfunction, few go to the heart of suffering and facilitate real and permanent healing.

### THE POSSIBILITIES OF IMAGINING IF...

On the other hand, imagine what it would feel like to have your sparkle back and wake up in gratitude each morning for a fresh new day. Imagine looking in the mirror with 10+ pounds melted off (for good) as an effect of your body being in its natural state. You notice that you are eyes are bright, your skin is radiant and your hair is healthy and strong. You live your life with greater intention and joy. You are no longer held bondage by bad habits, addiction and self-defeating behaviors. You feel connected to your deeper purpose and what is sacred to you. You have found your own unique path of transformation and you feel truly happy to be alive in this great mystery of life. You are YOU as you were truly meant to be. This is balance and this is possible.

Yet, if the benefits of balance are so good, why is it that so few of us are in it? The answer is because in this fast paced 'do-do-do' world we have been accustomed to being out of balance and that's all we know. What many don't understand is how to get off this crazed, unbalanced life cycle and where to start. The Elemental Cleanse is the place to begin. It is a pathway to balance...using modern technology to bring you ancient Ayurvedic wisdom to create a physical, emotional and spiritual path for balanced living.

*"The Elemental Cleanse has helped "ME" make some very necessary changes that I thought I was not strong enough to do. I no longer feel I have to have a few drinks every night to relax. I have a drink on Friday or Saturday night and am actually OK with that."*



## DO I NEED TO CLEANSE?

Cleansing is very trendy. Many will try to convince you that you have matter stuck inside of you that needs to come out in the form of a colon cleanse or some other cleansing modality usually involving limited or no food, pills, and shakes. This simply isn't true. Your body is an elegant and efficient machine designed to remove matter that doesn't belong. If something were stuck in you, you would be at the doctor. The fact is, most people can indulge in a less than healthy lifestyle for many years before feeling the detrimental and sometimes devastating affects of it. Think of a teenager in your life and how they get away with eating fast foods on the run and don't seem to have any negative fallout. Fast forward to age 35 and now you are in trouble as your metabolism takes a nosedive and the years of overindulging and poor choice making extinguish your digestive fire and your ability to appropriately digest and absorb your food. You put on pounds, feel lethargic, and even get depressed.

There are various levels and degrees of toxicity that do contribute to overall poor emotional, physical, and spiritual health. Some arguably are absorbed by the cells of the body and stored. Some are subtler and relate to the mental state.

### FOOD

Let's begin with the obvious...food or what I call "non-food." This accounts for 95% of the shelf space in your local grocery store. When you ingest non-food items including inorganic, processed, or inhumanly treated products, you are *creating dullness, deadness, and toxicity in your body*. This stresses the digestive system especially the liver and food can no longer be broken down to its smallest level, absorbed into the blood stream, and ultimately excess eliminated as waste. Instead, these molecules are stored largely in the fat cells. Additionally, they clog the capillaries, veins, and arteries. Eating well for a short period of time will improve the quality of your blood and thin the blood thereby facilitating the release of some stored materials. Sadly, **eating well on a regular basis is rare in our culture**. We constantly run into treats, special occasions, and lack of willpower. If you do eat well only on occasion, your taxed system is not able to effectively metabolize all of the good stuff you have taken the time to prepare and eat. It's like putting nice wood on a wet fire.

The Elemental Cleanse teaches you **what food is and what food is not**. It

gives you the emotional tools that you need to *overcome deep-seated habits and addictions that are culturally acceptable*. These include sugar, alcohol, and processed foods. You will learn to recognize the looping patterns in your mind and the "stress" events that trigger them. You are supported through the community forum and have the opportunity to work with a Certified Cleanse Coach if you desire additional support to bust these habits.

The Elemental Cleanse is an education in the qualities of food. Our mindset is to look at calories in and calories out, do the math, and then become frustrated that we are not losing weight and not shifting disease. The problem with this methodology is that **calories were never intended to measure how your unique body and digestive system processes food**. If calories in/out works, then please explain all the people you know who can eat huge quantities of food and never gain a pound. Explain the friend who has been on a restrictive period for a very long period of time and is still not losing weight. It simply doesn't work. You will learn to use your five senses when picking out food and be able to determine if a food item is grounding you or uplifting you.

### ENVIRONMENT

This is the one I worry about because there is little that I can do about air quality and environmental toxins. The news is bleak. Daily there are new warnings including cautions against eating farmed fish, warnings that PCBs and DDT levels across the country are rising due to the influx of fruit and vegetables from other countries, and smog alerts due to the pollution from burning coal and exhaust. These toxins are known carcinogens and have been associated with hormone disruption, immune system suppression, reproductive disorders, several types of cancer and other disorders.

*Most environmental toxins (including the ones mentioned above) are fat-soluble, which means that when they enter the body they attach themselves to the lipid layers that surround each cell. Western science knows of no way to safely remove them from the body. Many of these toxins cause cancer, disrupt hormones, suppress the immune system and disrupt the reproductive process. If you lose the fat, you lose the toxin.*

*"This was my second time taking the Cleanse and it was worth it! Pam's down to earth style and authenticity make the class fun yet challenging. I would definitely recommend the Cleanse for those looking to lose (weight, stress) and those looking to gain (perspective, balance)".*

### Very Powerful

*"I was surprised about how good I felt. I have done different cleanses before, but this one focuses on the whole body inside and out. It is very powerful."*

~KC, 2012

### Clean Pure Feeling

*"I love The Cleanse. I consider myself a little bit of a Cleanse junkie. Why? Because I enjoy the discipline and structure, I love the clean, pure feeling of putting good food inside of me, I cherish my morning hours of yoga and meditation, and I love to quiet my life... turning off my radio and electronics, being mindful throughout my day."*

~ LT, 2012

### Life Was Getting in the Way

*"What surprised me about the Cleanse is the discovery of how much my life is getting in the way of how I want to live my life. It was like a giant spotlight shining on the imbalances."*

~ JT, 2012

### More Than I Ever Dreamed

*"This class was so much more than I ever dreamed."*

~Terry, March 2011

### EMOTION

Moving on to the not so obvious...okay, it's obvious in that we know stress is bad for us. Stress, however, is not just bad for you; **it is the root cause of your illness including weight gain.** Happy people don't emotionally eat. Happy people don't suffer from the same degree of illness as non-happy people. If you don't take care of your mind, it doesn't matter what you put in your body. That's why you see 95% of diets fail. In Ayurveda, when you knowingly choose what is bad for you it is considered a crime against the intellect. You choose to harm yourself using the mind. An example would be to choose a donut over a whole-wheat bagel. We know the donut is full of sugar and fat. This is common knowledge, yet we continue to choose the donut even if we have been diagnosed with high cholesterol and cautioned not to by our doctor! Some people, in fact, have to have a wake up call in the form of a heart attack to stop harming themselves with food.

The Elemental Cleanse will teach you to manage and release your stress. In fact, you are taken on a journey from childhood through old age releasing the past and intending for the future. You will begin to notice those voices in your head; the critic, the complainer, and the pessimist and be empowered to turn the switch to off. You will learn to meditate and establish a practice that will embrace for life. You are going to get really quiet and go deep within.

The **Elemental Cleanse will connect you with your life's purpose.** You are here for a reason and have a job to do. If you can literally marry the things you are good at, passionate about, and get lost in with your job, you are set for life!

### SPIRIT

Moving on to the not obvious on any level. You are a spiritual creature having a human experience. We spend our whole lives from birth until death trying to realize this. Maybe we aren't aware that we are trying to realize this. In that event, we spend a whole life looking outside of ourselves for happiness. We enter relationships, jobs, school systems, neighborhoods, and shopping malls all in an attempt to find meaning and value in our life. We eat, drink, and consume substances trying to ground and nourish this energy completely unaware that what we are really doing is "outsourcing." Outsourcing is the term I use for looking outside of your self for meaning. It works for a short period of time and then you are right back to suffering. Stop looking outside of yourself.

The Elemental Cleanse will show you how to tap into your spiritual nature in a disciplined and matter of fact way. There doesn't have to be any magic or spookiness to having a relationship and tangible conversation with Spirit. It is your birthright.

*"I felt very supported by Pam. Pam is a great speaker who gives thoughtful and entertaining advice through her own personal experiences."*

## SIGNS AND SYMPTOMS OF TOXICITY

- Aches & pains
- Acid reflux
- Acne
- Anger
- Arthritis
- Bleeding gums
- Cellulite
- Constipation
- Depression
- Diabetes
- Diarrhea
- Dizziness
- Drowsiness
- Dry skin, hair, and nails
- Emotional problems
- Excess sleep
- Fatigue
- Fear and worry
- Feeling grief or loss
- Feeling hopeless
- Feeling lonely
- Feeling overwhelmed
- Feeling spacey
- Feeling stressed
- Feeling stuck in a situation
- Feeling unhappy in marriage
- Feeling unhappy in relationship
- Feeling unsatisfied at work
- Gas and bloating
- Headaches
- Hemorrhoids
- High cholesterol
- Hormonal imbalance
- I am financially suffering
- I am getting divorced
- I drink more than 2 cups of coffee a day
- I drink more than 3 servings of alcohol each week
- I drink soda
- I eat conventional produce
- I eat fast food
- I eat fried food
- I eat more than three servings of meat each week
- I eat out a lot
- I feel burdened by life
- I smoke
- Impotence
- Inability to conceive
- Inability to concentrate
- Inability to lose weight
- Inability to make up your mind
- Indigestion
- Insomnia
- Interrupted sleep
- Irritability
- Lethargy
- Loss of memory
- Loss of sexual desire
- Low energy
- Menstrual irregularities
- Mental disturbance
- Mood swings
- Mucus in stool
- Muscle aches
- PMS
- Premature aging
- Problems with teeth
- Psoriasis
- Rashes
- Recurrent infections
- Restlessness
- Rosacea
- Sinus congestion
- Sluggish elimination
- Swelling
- Visual distortions or spots in front of eyes
- Visual problems
- Weakness
- Weakness
- Weight gain

### After One Week

*"I've slept for **8 hours or more 3 out of 4 night this week!** I'm keeping track of when I feel tired during the day but ultimately, I've already noticed a difference in how I feel. I'm not so exhausted all the time."*

~ AH, October 2011

### Week 2 of The Cleanse

*"This Cleanse is amazing, even though I am not behaving perfectly, I have lost 6 to 8 pounds and am **forming new, permanent lifestyle habits.** I now realize more what I should and shouldn't eat. Priceless!"*

~ Privacy Respected

### In Control of Sugar!

*"My weight loss goals were met, 15 pounds in 30 days is significant. I am now in control of my sugar habit."*

~ BB, October 2011



# DO YOU HAVE BALANCE?

*Answer how you have been feeling the past 21 days*



Rank each question below on a scale of 1 to 5:

1 = Not at all    2 = A little bit    3 = Somewhat    4 = Moderately    5 = Very much

## The Wind in Your Mind

	Rank
I have been having trouble concentrating. I am forgetful.	
I have been talking a lot and having trouble listening.	
I have been having trouble sleeping. I can't go to sleep or I wake up and can't fall back to sleep.	
I have been very worried lately.	
I can't seem to stick to a routine. I am impulsive.	
<b>The Wind in Your Mind Total</b>	

## The Wind in Your Body

	Rank
I have no routine. I eat, sleep and perform activities at inconsistent times each day.	
I am suffering from gas and bloating.	
I have constipation. My elimination is hard and dry.	
I have been suffering from a lot of situations; back pain, headaches; nervousness.	
My skin, nail and hair feel dry.	
<b>The Wind in Your Body Total</b>	

## The Fire in Your Mind

	Rank
I have been very impatient lately.	
I am critical and judgmental.	
I have been very opinionated and forceful in sharing my opinion.	
I feel like others simply aren't doing a good job and I need to be in charge.	
I have been losing my temper.	
<b>The Fire in Your Mind Total</b>	

## The Fire in Your Body

	Rank
My skin is suffering from outbreaks; rashes and inflammation.	
I have heartburn or indigestion.	
I have hot flashes.	
I have loose elimination.	
My breath seems bad. My body odor is sour.	
<b>The Fire in Your Body Total</b>	

## The Earth in Your Mind

	Rank
I have been quiet and withdrawn.	
My thoughts are dull. I don't want to try new things.	
I feel jealous, possessive and needy.	
I want to make changes, but just can't.	
I feel depressed.	
<b>The Earth in Your Mind Total</b>	

## The Earth in Your Body

	Rank
I've been gaining weight and holding it.	
I feel sluggish in the morning and want to sleep in.	
I have sinus congestion, nasal allergies or asthma.	
I am retaining fluids.	
I have cysts or other growths.	
<b>The Earth in Your Body Total</b>	

Scores are calculated for you when typed in Adobe Acrobat. If you prefer, you can print this form, write in your answers and tally yourself. If your scores are in the 5 – 9 range, you are in balance. If your scores are 10 – 15, you have a moderate imbalance. If your scores are above 15, you are out of balance. If you have anything above 10, you should take action to prevent deeper long-term imbalance.



## THE ELEMENTAL CLEANSE...A WEEK AT A GLANCE

The Elemental Cleanse is a dynamic 28-day journey rooted in Ayurvedic practices designed to facilitate health, creativity, abundance and joy. It is exciting time in which you will have the opportunity to work on all levels to improve your physical health, calm your mind and awaken your spirit.



### Week 1

**BREATHE** is about settling down your mind and your life. You will embrace a simple meditation practice, connect with nature through daily walks, establish or deepen a yoga practice and begin to release negativity from the past. The food is pretty easy. You eat three meals each day (at least one vegetarian) with a focus on organic and fresh. You begin to loosen your attachment to self-defeating habits and explore new foods items that stoke your digestive fire.



### Week 2

**NOURISH** Connects you to Soul, establishes intentions and desires, deepens the meditation practice and focuses on our "habits". You go deep into food during the second week. You explore the grocery store and start to address the qualities of food. You learn to ask yourself if the choices you are making are stoking your digestive fire or diminishing it? During Week 2, you will notice that your clothes fit better and you are losing weight.



### Week 3

**CLEANSE** eliminates your final "less favorable" habits, focuses on recipes and cooking and prepares you to receive the fourth and final intensive week. This is a vegetarian week with the focus on uplifting and invigorating food choices. You can feel the impact of good choice making and are losing weight. Emotionally, you explore the hidden choice makers in your mind and address the karmic consequences of poor choice making. You are uplifted spiritually by tapping into your dharma or purpose for being here.



### Week 4

**RELEASE** is the week of YOU! You will be meditating, practicing yoga, taking time to yourself and eating nothing but nourishing foods. You are empowered to take what you have learned into your future. You will learn to eat for your body type, receive a mini-cleanse and review your new powerful toolbox for healing.

*"After participating in the Cleanse, there are a few things I know for sure. That I can live without caffeine, but I cannot live without quiet. That I can choose how to structure my time and my life. That laundry can wait, but meditation cannot."*



## THE ELEMENTAL CLEANSE...FOOD AT A GLANCE

	WHAT TO EAT AND DO	WHAT TO AVOID AND ELIMINATE
<b>WEEK 1</b>	Food this week is easy. Eat three meals each day. One meal is vegetarian. Embrace your new lifestyle by incorporating whole, organic, and local produce. Embrace some of our "trade secrets" for Cleansing. Cultivate awareness around snacking.	Begin to eliminate habits that are interfering with your digestion including caffeine, alcohol, meat, dairy, and processed foods. We do this slowly, so don't throw out the pantry. This week is about organization and preparing.
<b>WEEK 2</b>	Eat three meals each day. Two meals are vegetarian. You are challenged to "make-over" your favorite meat meal. Embrace foods with qualities that uplift and purify you. Snacking is limited to healthy choices with a focus on satisfying cravings.	Continue to eliminate habits that are interfering with your digestion. Surprisingly, most people will have easily given up caffeine by the end of Week 2.
<b>WEEK 3</b>	Eat three vegetarian meals each day. Practice incorporating whole grains, beans, and more vegetables into your diet. Try new recipes and foods that you may have never considered. Explore spices that heal and facilitate digestion.	Snacking is eliminated for many participants by the end of this week.
<b>WEEK 4</b>	Eat whenever you are hungry. Your diet is limited to easily digestible foods including whole grains, beans, and vegetables. You will find that your appetite is diminished and you will not be very hungry.	Avoid all food that is not easy to digest and part of the Cleansing program.

## THE POTENTIAL IN YOU AND FOR YOU...LIVING IN BALANCE

Through the Elemental Cleanse, you have the opportunity to reclaim your natural health and vitality and live in a joyful state of balance. You will be empowered to eliminate and release deeply rooted issues and hidden blockages and replace them with more nourishing habits to support a healthy lifestyle and happy and purposeful life.

- **If you need to lose weight, you will.** If you need to gain weight, you will. You will do this effortlessly as this is simply a side effect of coming back to balance.
- **You will de-stress, de-clutter and get centered** with a greater sense of peace and clarity than ever before.
- Your eyes and skin will brighten. You will sparkle from the inside out.
- **You will view life through a fresh lens.** You feel and see things differently, reacting from the heart and not the ego.
- You will learn to honor your body and nourish it with food choices tailored to your personalized needs making you **feel more energized and revitalized.**
- You will connect deeply with your soul and life purpose and through this begin to **manifest what you desire.**

*"I learned who I am and who I want to be. I think I've been lost for some time. I can't thank you enough!! I'm no longer scared to feel that I deserve to have everything. Please know that you change people's lives. I hope to continue my practice of yoga and I will treasure the knowledge that you have given me to live a peaceful, drama free, fulfilling life."*



## WHAT THE ELEMENTAL CLEANSE IS NOT!

**This is not a typical Cleansing or “detox” program.** In fact, there is nothing that I personally have more disdain for than the superficial products and programs that are currently being marketed and sold for extremely high prices.

This is a holistic modality utilizing your body’s natural rhythms to reset digestion and increase your metabolism. We do use some herbal supplements with your doctor’s approval if necessary, but they are merely an “assist” for your digestion. I believe in food. I do not believe in vitamins, herbs or shakes as a sustainable practice for health.

**This is not a diet.** I don’t believe in diets. I think they set false hope and attachment to a lifestyle that is not sustainable. They set you up to fail.

This Cleanse is an education in what is food and what is not food. You will be empowered with new will to replace your poor choices with excellent choices for life! I believe that once you know something, you can’t “unknow” it. You will embrace the new habits you learn and take them into your future.

**This is not superficial. We go deep, in which you will:**

- Establish a meditation and mindfulness practice
- Release your past that is hurting, haunting or hindering you
- Learn to cultivate and respond from the pure qualities of your Soul
- Learn to move away from ego driven reactions causing drama in your life
- Embrace yoga, walking and movement appropriate for all bodies
- Intend for your future

## WHAT MAKES THE ELEMENTAL CLEANSE DIFFERENT

The Elemental Cleanse is about YOU! It is about giving you the tools and guiding you through the process to reclaim your health and natural state of well being. It is a practical “how to guide” leading you through the process of releasing accumulated “junk that has piled up” over the years in the form of physical, emotional and spiritual toxins. The program works because it addresses the root causes of imbalance and disease that inhibit energy, vitality and proper health. Through this cleansing process, you will dramatically shift your body, mind and soul in powerful and transformative ways.

It is a shift of a lifetime for a lifetime. It is not some magic potion or short-term fix, but rather about eliminating self-defeating habits and empowering you to make more nourishing choices every day throughout your life. As this happens, you naturally shift and remain in place of optimal balance.

Here is why the program has been so successful in helping others and how it can help you.

1. The Elemental Cleanse addresses a balanced lifestyle. It’s not just a diet fad, or a yoga practice, or some pills; it’s a holistic approach that incorporates proper nutrition, yoga, herbs and balanced living.
2. The Elemental Cleanse is done in a community of practice. Other cleansers will journey with you and serve as a valued source of support and inspiration. Pamela is an active member of the online community. You are supported with daily emails, blogs and direct interaction. You have the option to connect with a Certified Holistic Coach to support you during your experience.
3. The Elemental Cleanse can be done from the comfort of your own home. In our busy lives, it’s often difficult to make time to go to yet another place and take care of ourselves. The Elemental Cleanse is delivered digitally, so you can do it anywhere, anytime.

The holistic approach, community of practice and ability to do it on your own terms, addresses the missing pieces of other programs. It’s no accident that cleansers consistently get the results they do.

*“Pam and her Coaching staff are passionate and deeply believe in what they do. This is more than a program, it is a life change. Thank you so much! I have my sparkle back!”*

## I Feel Giddy

*"Physically, I feel better than I have in at least 17 years. Mentally, I was depressed and now I am not. I actually feel giddy at times. I have really missed that side of me."*

~ DF, November 2011

## I've Really Changed My Life

*"Due to the awesome knowledge and experience of Pam, I've really changed my life. Thank you, Pam, for your support and participation in this life changing event. For me, the weight will continue to fall off."*

~ Nancy, July 2011

## I Made Some Very Necessary Changes that I Thought I was Not Strong Enough To Do

*"Before I did the Cleanse I had some bad habits that I let happen every day without even thinking about them. I was very unhappy with myself for my weight, drinking, and eating bad. The Elemental Cleanse has helped me make some very necessary changes that I thought I was not strong enough to do."*

~ Jennifer, May 2011

## JOINING THE ELEMENTAL CLEANSE

Fee: \$99

Upon joining the Elemental Cleanse, you will receive:

- 4 months of access to the Elemental Cleanse E-Course. This means that you have 4 months to complete the 28-day program.
- Unlimited access to the community forum for life where you can make friends and share stories, experiences, and recipes.
- Daily emails from Pamela Quinn to motivate and support you during your Cleanse.

All of the elements of the program fit together. The program supports and guides you and the community celebrates with and helps keep you on track. You won't have to guess what to do next. You won't have to do it alone. You won't return back to where you started if you continue to practice. The education, continual practice and community provide a host of lifelong resources to support you.



*Pamela Quinn is an ambassador for Banyan Botanicals. You may order the recommended Cleansing Kit and other great product directly from Banyan. It may take 2-10 days for the kit to arrive. Your Cleanse is not dependent upon the kit and you may begin the program without it.*



*"I lost 11 pounds, several inches, my skin is clear and my hair a little stronger. I found that I felt very calm and content throughout the majority of the cleanse."*



## GETTING ORGANIZED AND PREPARING FOR YOUR SUCCESS

As soon as you purchase the online Elemental Cleanse experience, you are given access to the proprietary E-Course.

To get started, you simply create an account and begin. The course opens with the "getting started" module.

In this module, you receive foundational knowledge about Ayurveda and take several quizzes to determine your mind type, body type, and current state of balance.

Many people spend 3 – 5 days getting organized to lay the foundation for success and make it easier to follow through and integrate it into your life.

Wonderful things to do during this planning phase are to:

- Explore the community forum and create a profile
- Clear your calendar from unnecessary events and activities
- Organize your pantry and eliminate unfavorable treats
- Find a local yoga studio and check out their class schedule. Look for classes labeled New to Yoga, Gentle Yoga, Hatha Yoga, and Yin Yoga
- Enlist a friend to do the Elemental Cleanse with you! It's double the fun!

## DON'T WANT TO GO IT ALONE?

Changing or creating new personal behaviors and dispensing of deep-seated habits can be one of the most challenging tasks we take on in our lifetime. Few can accomplish such change on their own. Lets face it, if such change were easy we would have likely already addressed it.

Elemental OM cares about you and your success and for this reason we offer certified Holistic Health Coaching services. Our coaches work with you in strict confidence and as trusted advisors. They help you clarify and set realistic but challenging goals, recognize and remove barriers that may stand in your way, and are present to guide you through each step of change process coaxing, encouraging and holding you accountable to the and mile-stone actions on your journey. Our coaches are highly trained, have personally experienced the Elemental Cleanse and view their success only to follow your success.

Pamela is a master coach offering her coaching services on an as-available basis. Beyond Pamela, a cadre of holistic coaches is ready and honored to work with you. Coach and coachee fit is key in such a close relationship. Pamela can make a recommendation for the right coach for you, or you can directly find a coach on the Elemental OM website or the community forum once you are logged into the course. Simply "friend" them to start the relationship.

Coaching is an additional investment. For many it is the best investment they make providing the confidence to achieve success. Overall those with a coach have a 70% greater chance of sustaining their goals long term than those without a coach.

At Elemental OM we care deeply about you and your holistic wellness. You don't have to go it alone.

*"I just wanted to say thank you again for the Elemental Cleanse. Your energy and passion for reaching out to others as a Ayurvedic Specialist and a great yogi is what drew me to this program."*



## FREQUENTLY ASKED QUESTIONS

### ***How do the In-person experience and the E-course compare?***

The In person experience is led in a workshop setting with me. Of course it's super fun and we really get to know each other. The E-course was designed to make you feel like you are in a workshop setting with me. The course is professionally filmed and fully supported with additional information including pdf downloads, 28 days of supplemental emails, and a community forum where you can find support, share recipes, and connect with me. The beauty of the E-course is that you can take your time watching the videos and rewatch anything that you like. There are guided meditations, yoga practices, a journaling function, a calendar function, and of course the community forum. If you wish to pause in a week and extend your Cleanse beyond 28 days to facilitate weight loss or deeper healing, it's easy to do. I've had many, in fact, pause in Week 3 for up to one month because they felt so good.

### ***What supplements do I take to facilitate cleansing?***

Two supplements and sesame oil are included in the recommended Cleansing Kit available at Banyan Botanicals; Neem and Triphala Guggulu. Neem is a scrubby little evergreen that grows wild in India. It is very bitter and uplifting to the energies of the body. It is an antioxidant, an anti-inflammatory, an antibacterial, an antifungal, and an adaptogen. Triphala Guggulu is really a blend of two herbs; Triphala and Guggulu. Triphala is a blend of three Indian fruits that are very high in antioxidants and a very mild laxative. Guggulu is the resin of a shrub and is a blood thinner. It is used in any Ayurvedic cleansing or weight loss program. All information about the herbs is included in the E-course. Success is not dependent upon taking the herbs. If you have certain situations, like pregnancy or nursing, you will simply set the herbs aside.



### ***Do I drink shakes or have other food restrictions?***

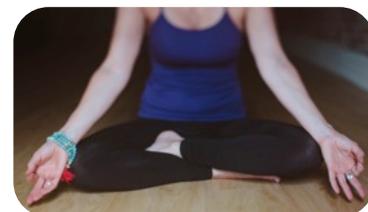
I do not believe in unsustainable practices like drinking shakes. There are no food restrictions. That having been said, you are going to learn what food is and what food is not. The best news is that you will not be hungry. You will try some new spices and foods that you have probably never considered, but other than that, you will love the food. This Cleanse is about eating.

### ***I suffer from a situation like pregnancy, nursing, diabetes, anxiety, depression, or grief***

You are the perfect candidate for this Cleanse. This Cleanse is going to teach you how to heal yourself from the inside out. In the E-course and the materials you will find modifications to the Elemental Cleanse by situation. Quick examples are if you are pregnant or nursing, you would not take the herbs in the Cleansing Kit. If you are diabetic, you will need to eat more than 3 meals each day. If you are suffering from grief, you may meditate while staring at the flame of a candle instead of closing the eyes. Of course, the modifications are a lot more expansive than this. If you find that you have a situation that is not covered in the course material, reach out to me on the Community Forum. I'm here to make sure you have a wonderful experience.

### ***I've never practiced yoga or meditated. Do I need experience?***

You do not. The professionally filmed E-course includes yoga and meditation instruction and practices to guide you. I recommend that you connect with your local yoga studio and sign up for an unlimited pass for the month of your Cleanse. Find a studio that offers gentle, restorative, yin, and hatha yoga classes. Avoid power or hot practices.



*"The Cleanse was everything Pam said it would be and so much more. I have known what to do to be healthy, but I am DOING it. I am taking the time to take care of myself."*



## FREQUENTLY ASKED QUESTIONS CONTINUED...

### ***I've never heard of Ayurveda. What is it?***

You would be surprised by how many people sign up for the Elemental Cleanse having absolutely no understanding of Ayurveda. It always makes me smile. Ayurveda is a philosophy and science from India that is well over 5,000 years old. The legend of Ayurveda as this sacred knowledge of how to live as a human was delivered from Spirit to man so that man would cease suffering. The philosophy includes nutrition, routine, herbal therapy, color therapy, gem therapy, internal medicine, surgery, mantra, and even how to decorate your house! Don't worry that Ayurveda is a strange word from a strange place. I make it simple to understand and implement.

### ***I have small children; will I be able to do this?***

As you probably expect, everyone would love to undertake a 28-day immersion into health and wellness at the absolute perfect time. The problem is, there is no perfect time. I intentionally designed the Elemental Cleanse to be experienced while you are living life as you currently know it. It's easy to take care of yourself, to eat right, and to spend time in reflection if you run off to a retreat or an Ashram. Sadly, you return to life just as you left it and are overwhelmed with the complexity of maintaining a peaceful state and living in the real world. The real answer to living your life to its healthy fullest is to figure out how you can incorporate a holistic lifestyle into the life you currently live.

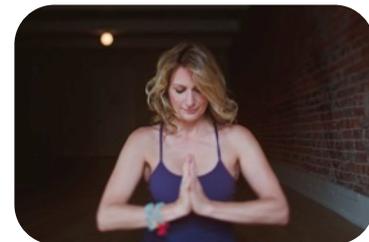
With small children, your sleep may be interrupted and you may have to follow more of their schedule than your own. Just think what a wonderful parent you are going to be though when you can greet those smiles with a big smile of your own. Not to mention, the empowerment to cultivate nourishing habits in your family.

### ***I travel for work; will I be able to do this?***

Traveling brings with it many challenges including a disruption in routine and limited access to healthy food. Planning will be a critical success factor to completely your Cleanse. You may find that you scout your destinations finding the local yoga studio and healthy restaurant choices prior to your trip.

### ***I don't believe in God, will I be able to do this?***

Your belief system is irrelevant to the Cleansing process. The Elemental Cleanse is founded in the traditions of Ayurveda and Yoga. This philosophical approach includes the belief that there is "one deity." The approach does not label or define this deity. Many people do not believe in God, but they have a very strong sense of self. Connecting to your higher self is a healthy alternative to connecting to God. This is a spiritual program. You will hear language about Spirit, God, Consciousness, and more. I ask that you enter with an open mind and take what you need from the course. Your belief system is to be honored.



### ***I've tried other detox programs and failed. Why will I succeed at this?***

The Elemental Cleanse is not like other programs. This is a loving and nourishing way to conquer habits, learn what food is and what food is not, embrace movement, and begin to get your mind under control. No other cleansing program has this multidisciplinary approach to cleansing and healing.

You are supported. The forum is full of like-minded individuals having the same experience as you. I am active member of the forum as well as my team of Certified Elemental OM Holistic Coaches. You are going to connect with a Yoga Studio near your home or work and become part of that community as well. You will find that you are in a loving space and supported.

*"My life was out of balance when I decided to participate in the Cleanse program. Although I was going to a gym and running and weight training with a personal trainer, I felt miserable. Pam's energy was so pure and that I knew I had just made the best investment in self-improvement ever! Only a few of weeks into the program I began manifesting enormous life changes and I'm moving forward in the next phase of my life with confidence and a renewed sense of self!"*



## FREQUENTLY ASKED QUESTIONS CONTINUED...

### *I may be addicted to sugar, alcohol, or food. Can I do this?*

Make sure that you understand the difference between addiction, a deep-seated habit, and abuse prior to labeling your attachment to a substance. The Cleanse is not for everyone. If you are aware that you are suffering from an addiction to any of these substances, I ask that you seek professional help and be free of that substance for at least 30 days prior to undertaking the Elemental Cleanse. You will probably need support as you Cleanse. Therapeutic support can be provided by your Mental Health Therapist. Cleansing support can be provided by a Certified Elemental OM Holistic Coach.

Do not enroll family members or friends in the Elemental Cleanse who are suffering from this situation. Your motives are good, however, they will not succeed unless they make the choice on their own.

### *I do not need to lose weight. Is this right for me?*

The program is designed to bring your body naturally back to balance. This means that those needing to lose weight do so in an easy and natural manner. If you do not need to lose weight, a few of the recommendations are "tweaked". You may find that you eat a bit more, snack and favor certain foods over other participants.

## WHAT DO I NEED TO DO TO PREPARE FOR THE CLEANSE

Once you have purchased the Cleanse, you will be redirected to a login page. Create an account and get going. The first module is the Getting Started Module. Participants are encouraged to spend 3 – 7 days here. This gives you time to order the Cleansing kit from Banyan Botanicals, go to the store with your shopping list, and take a look at your schedule for the next 28 days. You will also need to find a yoga studio near your home or work and become familiar with the classes that you wish to attend.

### 15 Years Old

*"My ability to focus and remember things on tests has improved, and I didn't think that was even a possibility."*

~ KG, November 2011

## IN CLOSING

I hope this answered some of your questions. Please reach out to me if you have additional questions. I want to make sure that you make the best decision for you. This Cleanse is life changing and I want you to have the results you desire.

*Om Shanti, Pamela*





## PAMELA'S JOURNEY

My gift is that I have been blessed with a Spiritual education that resulted from a debilitating back injury. In May of 2002 I woke to the worst pain of my life. My entire back was in spasm. I could barely move. I received physical therapy for one year. My first exercise was to simply lie on my back and hold my belly in. I couldn't even lift my legs. For that year I lived on muscle relaxers, Valium, sleeping pills and loads of alcohol. I got really depressed. I had never experienced chronic pain or the deep dark depression that comes with it. It consumes you and it destroys everything. It hurt to put my shoes on. It hurt to unload the dishwasher. I could only drive when I wasn't loaded on muscle relaxers. My daughter was 3 at the time and I would go to the swimming pool with her just to hold her. Needless to say, my marriage quickly started to decay as my (now-ex) husband grew impatient with my depression. I was miserable.

After a year of therapy I was still in pain, but I could function. I went to yet another doctor who simply told me that there was nothing wrong with me and I would have to learn to live with the pain. At the time, I thought he was the worst doctor ever, but as it turns out he was an Angel in disguise. You see 90% of back pain is psychosomatic (in your head).

Everyone always asks me what I did to hurt my back. I usually joke that in my sleep I rearranged all the furniture, because the truth is I didn't do anything. I simply woke up unable to move. If you were to look at the circumstances of my life at that time you would be shocked to think I wasn't happy. I was a stay-at-home mom to two awesome kids. I lived in an 8,000 square foot home on a golf course with crystal chandeliers and all the fixins. My AmEx had no budget. I had a white mini-van, a convertible sports car and even the golden retriever. If you looked at my life, you would think I had it all. I was living the American Dream.

*I think it was George Carlin who said they call it the American Dream because you have to be asleep to believe it.*

My American Dream came with a husband who I perceived as critical and controlling, not only of my actions, but also of my appearance. My American Dream didn't include the fact that I love to work and needed to work to feel fulfilled. My American Dream didn't include my connection to Spirit that has been with me my whole life and was tucked away because it didn't fit in with what I knew from society.

That final doctor freed me from my dream by telling me there was no hope for me. I knew at my core that was wrong. I went home, threw out all of my drugs including the anti-depressant and went to work healing myself. I had heard that meditation could ease back pain so I bought a book about meditation. If I'm going to do something, I like to do it right so I signed up for meditation classes and a 7-day retreat. I met people at my retreat including many spiritual healers. I had no idea that these people even existed. My mind began to open as I realized there are so many ways to heal and receive Spirit.

At my retreat, we practiced very gentle yoga twice a day. We ate Ayurvedic food. We meditated. I started to feel so good. When I returned home I found a yoga studio near my home and went 5 days a week. After 5 months, I was pain free. My meditation practice was tough. The first 3 months of it I simply sat down twice a day and cried. I called it "scheduled crying." I had a lot to process. My father was a very dark man...an alcoholic whose alcohol consumption fueled destruction all around him. He left when I was 13. My mom never recovered. I felt abandoned and alone at a very young age.

Additionally, I was in the process of having to make some very tough decisions about my marriage. I felt alone in my marriage and this feeling was intensified by the chronic pain and depression I was living with. All of this I simply processed for the first three months of my meditation practice and then I finally did meditate. I started to change my life and heal on every level. I made those tough decisions to end my marriage, expand my education and even start a business of my own helping and serving others...doing what I love.

*"I lost 10 lbs. and I've been active 5 days a week. Thanks for everything Pam. You were very inspiring!"*



My life has changed so much since I began living a yogic lifestyle. I wake up with gratitude pretty much every day. I still have problems come up in life, but I've learned to stay centered through them. I'm still changing and expanding. Each year brings some aspect of my being to explore. I feel young, vibrant and capable of accomplishing anything. I have no fear. I've learned to love myself and be kind to myself. I no longer have the husband or the lifestyle, but I still have the kids and the golden retriever who I love in a much healthier way.

This practice works. I have to share it with as many people as possible because I know that it can help and heal them. I love to see people shift and grow. There is always a moment when I am teaching this program, usually week 3, when I will see a light turn on in someone's eyes. I will see them light up with hope. Everything about them in that moment changes as they suddenly realize that they are coming up for air. It's beautiful. I want to see people shift every single day. I can't even describe it adequately. When I see them heal, it heals me too. That's the real reason I do this.

Thank you for letting me part of your transformation.

*Enjoy the Journey!*

### HOLISTIC HEALTH DISCLAIMER

Ayurveda is accepted well known preventative holistic medicine in the West. Ayurveda embraces Western medicine and technology. If you are suffering from illness, Ayurveda is a beautiful complement to the advice and care of your physician. Elemental OM LLC always recommends that you **consult with your physician** when feeling physically or emotionally ill and before undertaking a physical practice such as yoga.

The information obtained from participation in the Elemental Cleanse® course, review of the Elemental Cleanse Website and review of the Elemental OM Website in the form of: courses, articles, health tips, etc., is not to be substituted for the advice and treatment of a physician or other licensed health care professional. Elemental OM LLC does not provide diagnosis, care, treatment or rehabilitation of individuals, nor does Elemental OM LLC apply medical, mental health or human development principles. Elemental OM LLC's focus is on sharing information about holistic and natural healing methods through previous studies, examples, guidelines, books etc. and to help others **lead a more positive, healthy lifestyle** through learning about natural and holistic methods. Elemental OM LLC does not assume any responsibility for those who choose to work on themselves using any of the information provided by Elemental OM LLC.

### Post Cleanse

*"I'm 3 months post-cleanse and on the eating plan. My cholesterol has dropped 40 points. I've lost a total of 25 pounds since starting the class."*

~ AP, May 2011

*"Pam's energy and passion for reaching out to others as a Ayurvedic specialist is what drew me to this program. This process helped me take time to 'slow down' and incorporate different approaches to my health. I have practiced yoga for 7 years, done meditation, and for the most part, eaten well/healthy. The Cleanse brought everything more front and center by going "deeper" and developing strategies to detoxing then a typical program. The Ayurvedic approach gave me a deeper 'connection' to my body, my spirit, my meditation...expanding my awareness. I am extremely grateful to Pam for all her hard work during this program and especially making herself so available to us."*

~ Molly