

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, white sugar, cheese, alcohol, deep fried foods, processed foods, heavy cheese pastas, red meat, white flour, chocolate, 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!



Ms. Mano McNabb

After struggling with my health for years with stomach and colon problems, and hormonal imbalances, I began the healthy alternative. I finally made the connection to what was really at the core of my ill health. Now, eleven years later, my whole being is ready for the menopausal years. Feeling healthy and happy is a right for every woman. My focus is in sharing with women the importance of eating healthy, making healthier choices in their lives, melting away stress, and making space to realize their passion and potential in life, and bringing joy into all of their being.

These changes rekindle one's spiritual life and nourish the soul. Women's emotional, mental and physical health is deteriorating at a rapid rate. Their relationships are suffering and they have lost themselves to overwork and high levels of stress. The result of this is depression and disease. Cancer in women is reaching epidemic proportions. This year and each year following, I urge you to take control of your well being, come to Nonpareil where in Nature and stillness you will inwardly listen to your body's needs and your heart and soul's desire. Take the time to be cared for.



Nonpareil Natural Health Retreat



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

“ The healthy alternative from the ground up”

David Gouveia & Ms. Mano McNabb

658 Wellmans Road
RR #3 Stirling, Ontario
K0K 3E0
(613) 395-6332

www3.sympatico.ca/nonpareil

E:mail: nonpareil@sympatico.ca

At Nonpareil the sun slowly rises over the meadows casting it's long shadows across the fields and filters light through the trees. Calm and silence lingers throughout the day.

In this time of quiet and stillness one can nurture the body, still the mind and get in touch with the soul.

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

This is a permanent makeover from the inside out.

Clients who have experienced low energy, migraine headaches, back pain, shortness of breath, high cholesterol, constipation and other colon disorders greatly benefit from these nutritional and cleansing programs. Detoxification and cleansing is essential before pregnancy.

David Gouveia

I bring 30 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 nutritional consultations, which help to pinpoint your personal nutritional needs.

I believe that 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 person, per day with Yoga, raw organic juices, power drinks & accommodation is \$150.00 + GST private room. (\$125.00 per person 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.

Treatments:	Price + GST
- Reg. Nutritional Consultation	\$75.00
- Kripalu massage	\$65.00
- Reiki	\$65.00
- Mind Body & Soul Integration	\$65.00
- CranioSacral Therapy	\$65.00
- Reflexology	\$65.00
- Moor Mud Bath (20 minutes)	\$10.00

613-395-6332

**Please phone to reserve and arrange your cleansing and detoxification program.
"prices subject to change without notice"**



Directions 613-395-6332

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.**

Or take the VIA Rail train from Toronto Union Station to Belleville. Book your train 2 weeks ahead to get the low price. Call us with your time of arrival 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.

From Ottawa & Montreal.

401 west to hwy 62 Belleville exit, go north to hwy 14, follow sign to Stirling, continue through Stirling on hwy 14 to Wellmans Rd, turn left, we are at 658 Wellmans Rd