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**"The Best of the Best"
 Resources for Wellness Lifestyles**

100th Monkey Resource Center offers intensive cleansing programs, life changing classes, tele-classes, consultations and hands-on sessions. Our affordable wellness services have been addressing chronic un-wellness, pain and weight loss through detoxification for over **27** years.

Convenient locations in the Denver/Boulder Area 303-443-2155

Happy Solstice...Happy Summer!!!

This is a beautiful analogy for our mission: Your body is a garden and YOU are the gardener. As a gardener, you will do what you need to do to help your garden, your body to THRIVE. First and foremost you must provide the necessities - Food, Water, Sun...

And then we all know about the need to weed out all that will eventually choke out our beautiful garden. It takes time and effort and often others to help you in this cultivation. That's where our detoxification program comes in. Time to Garden?? Time for your body to thrive??

Utilize unique and effective tools for self care that are designed personally according to your own needs. We are here for you every step of the way and invite you to begin your own healing experience with our intensive detoxification, weight loss & wellness programs.

Detoxify your "Weigh into Wellness" with a *Homeopathic HcG protocol* along with:

- Ionic Foot Baths Far-infrared and Lymphatic massage with/without Meditative Journeying
- Colonics (Dr. Woods Method based on Ancient Yogic Technique)
- Purification Ceremonies - Liver, GallBladder, Kidney Cleansing - Herbal Body Wraps
- High Frequency Wellness Tools
- Quantum Biofeedback/Scio
- Energy Work Subconscious Reprogramming & Repatterning
- Comprehensive Pain Relief Modalities
- Adrenal & Endocrine Protocols (special delivery of optimum nutrition)
- Live Food & SuperFood Preparation Classes

A Fantastic Testimony

for the HcG Weight Loss & Detox Program

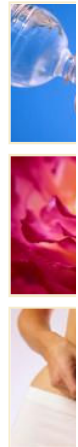
Thanks so much for sharing this with us Congratulations for losing 60 pounds!!

I started trying to get healthier in February 2009. Since I was a teen I have always had digestive issues. After the birth of my second child I became overweight. Each year it gradually became worse and after 14 years I hit my all time high weight and my all time low in self esteem. I had tried several diets only to fail. I think it was more the reasons behind the dieting that caused me to fail. I have realized over the years that there is no quick fix to change our health. I decided to lose weight to become healthy and more energetic again. I began doing my own research on things to get me on the right path. I started when I decided to do a juice fast/total body cleanse. My approach was self directed but required that I follow a specific regime.

I enlisted the help of Cheri through her membership plan for colon hydrotherapy (my main purpose for seeing her) but I also was able to utilize the ion foot baths and migan bed as well. She also provided advice on shopping for healthier foods so that I may truly transition into a healthier lifestyle for me and my family. Over the last year I have regularly seen Cheri for colon hydrotherapy and I have done a major detoxification of my body. I was able to do my own program while receiving advice and guidance from Cheri. I decided to step up my program in July and moved into the Dr. Simeons diet protocol. Again, with the help from Cheri I was able to lose 60 pounds. I still have a few pounds to go but I know that I can do this and be a healthier person while I am getting rid of this excess weight.

I would wholeheartedly recommend Cheri's services for whatever your health concerns are. She has really helped me to move towards my goal of being healthier and lose the weight that has held me back from so many things. I feel so much better today than I did a year ago and I intend to keep going until I feel I have reached my goals. S. P. May 21, 2010

A Summation of what she did:



Begin an affordable gentle cleanse:

Detox & Dance at All of Movement Dance in Boulder

includes ionic foot baths and other detox modalities

Schedule your dance or yoga along with an Ionic Foot Bath for total rejuvenation!!!

Begin your process of purification by calling to 303-443-2155 or cell 734-678-2661

Detoxify your Way into Wellness with new Homeopathic protocol.

Address the Causes for struggles with weight management! Read on:

Discover A New Weight combining intensive cleansing the Simeons & Trudeau protocol and most important

Subconscious Reprogramming. This program has been extremely successful

*****Colonics utilizing Dr. Woods Method based on an Ancient Yogic Technique designed for not only acute but also chronic conditions needing long-term colon cleansing.**

*****Heavy Metal Cleansing**

*****Liver & Colon Cleansing**

*****Hcg Weight Loss Protocol** *The Hcg Protocol has been utilized for over 50 years world-wide and has become popularized in recent years by Kevin Trudeau due to its success in addressing the obesity epidemic in our country by working deeply with the underlying causes. This takes a life-long commitment and understanding. The consistent results with that commitment have been:*

****an average weight loss of 25 to 35 lbs. often more in 6 weeks***

****a release of stored abnormal body fat, while protecting your needed normal fat and muscle***

****Safe & effective detoxification for both men & women while losing weight***

****Exercise is optional but not necessary for success***

****Even Re-sculpting works for that last 5-10 lbs!***

Begin your process of purification with a gentle session

combining soothing modalities such as:

***** Tonic Foot Baths**

***** Thermal Far-infrared session**

***** A Rhythmical Lymphatic massage**

Learn how to address chronic issues, how to lose weight and inches especially difficult fat deposits for good and how to revitalize & regenerate on every level – body, mind & spirit

Begin your process of purification by calling to register today: 303-443-2155 or cell 734-678-2661

This group's success has inspired me and continued to remind me that... Everybody is different!! This is why the focus of my program is TUNING into Your own body! I learned this in the beginning of my 28 year journey but with every new protocol that I embrace, it is emphasized again.

So if you are trying any of the amazing detoxification or weight loss protocols without success, call me.

My commitment is education and helping you to create the best cleansing program for YOU. You may simply need a deeper or different understanding of how your body works with different cleansing protocols.

for quickest service call cheri's cell 734-678-2661

Boulder and Denver area

****Why Purify?**

****With all this talk about swine flu and the quickly manufactured vaccinations which have limited short-term and possibly short-sighted testing, I am hoping you are all thinking about alternative ways to protect your health.**

addressing the causes of for over 50 years and I recently become much e with the Homeopathic I protocol.

Call for your free evalu orientation today - 303 2155 or for quicker ser direct734-678-2661

And just announced - Ke Trudeau has not only en *Exfuze*** but has join team!**

Exfuze 7 Superfoods is i addition to the HcG Wei Protocol - specifically: Phases 1 3 and 4.

Trudeau also recommen not all of the following p and service available. C your free consultation 7 2661

Ease into Health easy Daily Deto

*****Exfuze 7 SuperFoods' (click on Total Wellness for**

Far-infrared Mini-Mat (see bottom left)

Neutralizing chips for ce and computers

Portable Water Ionizer & Shower Filters (see let

Organic Dark Chocolate

Customized Nutritional I

Gift Certificates for 10 Monkey Services - Ge Moderate & Intensive Cl programs focusing on cl critical issues but PREV the key!!!

Over 25 years of experie

****Highly recommended** Living Home & Foods De Program by phone, in of home visits Denver/Bou**

Home visits also availab

Call today to learn how you can truly renew yourself with discounted packages, affordable memberships and even retreats: Personalized Cleansing Retreats

available according to your schedule!

Click here to see a sample

An Apple Feast Cleansing Retreat



Together, we can design the perfect cleansing retreat, could be only a day or afternoon or even weeks. Call for more information - 734-678-2661

Call for more information on our intensive detoxification and wellness programs:

- Ionic Foot Baths, Heavy Metal Cleansing
- Detoxifying Herbal Body Wraps
- Colonics (Dr. Woods Method based on Ancient Yogic Technique)
- Purification Ceremonies - Liver, GallBladder, Kidney Cleansing
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A Message From Our Owner

Dear Visitors,

I am a testimony to natural healing protocols many times over. I have been a natural health care educator for over 25 years. I have truly found the key to my health through my own self-healing journey.

I have recovered from the challenges of chronic unwellness, life-threatening illness and severe injury. Each time I discovered that my recovery was greatly facilitated by simple lifestyle changes I could make myself every single day.

These simple changes truly allowed me to live more in keeping with nature's simple, yet-effective laws. Living within the magic of nature's laws actually enabled my body & mind to heal on its own.

I am especially loving the Iontophoresis delivery system for absorbing nutrients and it is increasing my energy levels for dancing!

When I find something good, I have always needed to share it! So I have personally experienced everything I offer on my online store as well as in the resource center. I encourage you to call with any questions, or to schedule a planning session so you can

make educated choices according to your own unique needs. Hope to hear from you soon,

Cheri McDonald Owner



cell 734-678-2661

Our Program of Teaching the Laws of Health is the culmination of 25 years of research. We offer detoxification for Disease Prevention through Anti-Aging Techniques. We help with chronic unwellness & pain, weight management, and preventive self-care.

[visit www.exfuze.net/cherimcdonald](http://www.exfuze.net/cherimcdonald)

The sooner you start, the better you will feel

The Best Home Care Family Detox Package

After leading people through intensive and ongoing detoxification and wellness programs for many years, it has become very clear to me that what you do every day is truly the way to wade through the overwhelming toxic soup we live in now!

If I had not been using the program for all these years I'm truly certain I would even still be on this planet! But that's another story!

For these reasons I am happy to offer the very best way to detoxify toxins, parasites and debris that bring our bodies down when we are not aware of it. I'm also happy for quite a while to have had an unseemly wart on my face no less and it is a completely gone after using the frequency generator protocols. The foot baths. The recommended way to make any kind of sense of the Ionic Foot Baths every day if possible, not closer because you don't want to create clean reactions. The frequency generator can be used everyday, even in short sessions each day e



Owner, Cheri McDonald

WHY WAIT? YOUR FIRST CONSULTATION IS AT NO CHARGE!

Now located in both Boulder & Denver

Toll Free: (866) 383-6959

TESTIMONIALS from happy members:

Thanks to all for taking the time to write your changes down!

This first one addresses in great detail her success in losing 50 pounds with an Intensive Cleansing Membership including the use of the HcG Weight Loss Protocol!

I started trying to get healthier in February 2009. Since I was a teen I have always had digestive issues. After the birth of my second child I became overweight. Each year it gradually became worse and after 14 years I hit my all time high weight and my all time low in self esteem. I had tried several diets only to fail. I think it was more the reasons behind the dieting that caused me to fail. I have realized over the years that there is no quick fix to change our health. I decided to lose weight to become healthy and more energetic again. I began doing my own research on things to get me on the right path. I started when I decided to do a juice fast/total body cleanse. My approach was self directed but required that I follow a specific regime.

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S. P.

This next one really speaks to the Iontophoresis Protocol and how energizing it is with those extra nutrients being so uniquely absorbed - Great for Athletes!!

I am a avid runner and love to race. I have been using the Migun bed for some time and love it. I recently added the detox and Iontophoresis protocol to my regimin and can honestly say it has really helped my recovery from hard workouts and races. At first, I did feel some fatigue from the detox foot bath phase. Now several weeks later after doing just the nutritional aspect, I feel amazing. My recoveries from hard workouts are very quick.

Vicki Hunter

I'm thankful for the foot baths beyond words! Some reasons I'm so grateful:

1. Removes the L.A. smog I am too often exposed to in my travels
2. We could actually smell the elimination of Ultra-Tide detergent. It cleans the hotel sheets but it affected my whole body. Came in feeling trashed, left feeling good again!
3. Dental Novacain, etc - an unwelcomed guest affecting my body to such an extent I didn't even feel like I could drive or even move. I made it over for the Detox Foot Bath pretty sure it would help, and I started to feel better after about 15 minutes. Then almost back to my cheery self after the Iontophoresis, the protocol that helped me absorb nutrients. Also used the frequency wands. All together, these tools brought me back to life!
4. I feel that I am releasing heavy metals, especially the effects from the fumes from the "holy" car at the gas pump!
5. Detox, Repair and Live Again! (my new goal in life)
6. Life without environmental toxins or those hazards man has created will bring heaven back to earth!

I LOVE THE SPEED AND EASE OF ELIMINATING TOXINS WITH THE EVERS0 EFFECTIVE FOOT BATHS, and urge anyone who will listen to do them for themselves as soon as they can especially in combination with the exceptional detox tools offered at The 100th Monkey Resource Center.

Shelley Levine

Read on for these amazing life-changes just simply by relaxing with a Far-infrared treatment on the Migun Bed!

After my 1st session, my vision was much better, I wasn't gasping for breath for a change. And the most awesomely big change, my sleep improved! Pam S.

Session 1 - relaxing, neck aligning

Session 2 - digestion is better, stiffness changing to fluidity, spine feels fluid, body is humming, less tired, more energy, feel more love!

Session 5 - improved sense of well-being & energy in my days! Anne C.

Session 1 - subtle release, more feeling in my spine, relaxation in my nervous system

Session 8 - I feel nurtured, even nourished by the warmth of the far-infrared light, like a new nutrient for my body!

Session 12 - Felt so good on my jaw today after dental work! B.P.

Session 1 - Right away my eyes were not as blurry,, more flexible in my spine.

when dealing with major d issues

For pennies a day, I am of most incredible Ionic Foot designed for home care however, it is truly compar industrial strength ones I f using in my center with gr success.

And it is actually 2 energiz devices in one with the Fr Generator. This spans 17 frequencies including one: parasites really dislike imr

The \$1300 purchase price both the IONIC FOOT BA` FREQUENCY GENERAT hours of training and coac that you and your family c: maximim benefits for all, e pets!!! If you are located i Boulder/Denver area, I wil your home. If not we will s the trainings via phone an have not included this in n store because it definitely have special training altho extremely easy to use. I j make sure you and yours maximum benefits!

Hopefully, this is as intere you as it was for me. It ha many to do an amazing ar detox on an everyday bas as well as using the wellne pictured to the left:

For pain management Migun portable Far-infr heating pads or more affordable ionic pads a for anyone who is mob challenged or chained i desk!

We're hearing all about superfoods and yes the great however the deli system is what helps y absorb the super nutrit

The two I recommend ongoing detox and nuti optimization - Frequen

Session 6 - Continued feeling of more well-being, more "in" my body, I feel soothed!

Session 8 - hips are beginning to really loosen up! It's Good...I can touch my toes easily!

Session 10 - This product is like a MIRACLE! Thanks so much! Jan S.



These days, people are realizing that the best "currency" is our HEALTH!

So my commitment to you is to help you design a plan that truly pays off!
anytime - direct 734-678-2661

Call Cheri

and Exfuze.

Call me direct for more information on any of the wellness tools!

734-678-2661

We're offering everything detoxification products alkalizing products to products that include aging skin care with clean pure ingredients. We walk you through individual wellness plan for you. It can be designed especially for detoxification for easy effective purification as pain management.

Call to check out: Hon Detox

Heavy Metal Cleansing Zeolite with Minerals

ExFuze, a delicious supplement combining the power of 7 Superfoods

[visit www.exfuze.net/cherimcdonald](http://www.exfuze.net/cherimcdonald)

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