



TURNER MEDICAL ARTS

A Women's Health Practice

Paleo Diet
HCG Diet
Extreme Weight Loss
Detox
Infrared Sauna
Metagenics Supplements
Hormone Health
Wellness

Duncan Turner
805-962-1957



Simple Detox TMA Fall Wellness Program

Start the new season well by coming in and taking advantage of one of our many successful weight management programs. Whether you have a little, a lot or perhaps no weight at all to lose, this is the time to get educated on the long term effects of poor diet habits on women's health and hormone production.

Turner Medical Arts recommendation for Fall

Paleolithic Diet and Infrared Sauna Detox- A Two week program designed specifically for the individual who wants to remove the bubble wrap from their body and lose 8-15 pounds. Eating well and plentiful and hydrating appropriately is the biggest commitment to this program. A mobile Infrared Sauna will be delivered to your home for twice daily 20-30 minute sessions to aid in the detox regimen of this diet. Supplements by *Metagenics* will further assist you in the process. Its easy, you will feel great and you will love the results just a few days into the program.