

The Columbia Center  
for Integrative Medicine  
(CCIM)



CCIM *Holistic Special SecretFast* Retreat  
Dec 12-14 at Pine Woods Resort in Idyllwild, CA

**Secret Fast** is a 3 day, 2 night all-inclusive retreat featuring CCIM integrative holistic therapies, juicing, hiking, cleansing, beauty, anti-aging, and toning treatments, and the presence of conscious-lifestyle minded individuals including A-list celebrities. Attendees have the opportunity to experience the treatments, as well as the opportunity to network in an informal and cozy atmosphere. Each day features the following: fresh juices customized to you and your needs, 3 treatments of your choosing, hiking opportunities, an afternoon lecture by our holistic doctor, fresh soups, and a movie of the night group event in the evening.

**CCIM special treatments (aka C-FAST-D) include:**

Integrative Therapies to Balance Physiology	Adrenal Restoration Treatments
Prolotherapy	Reiki
Yogatherapy	Physical Training
Chakra Balancing Treatments	Skin Health and Beautifying Treatments
Physical Toning Package	Joint Healing Package
Meditation and Mudra Treatments	Bija LifeForce Vibration Therapy
Jet Lag Treatment Package	Water Retention Treatments
Aromatherapy	Gut Detox Treatments including colonic hydrotherapy
Longevity & Anti-Aging Packages	Integrative Alchemy

CCIM Medical Director Dr DV, Dushyant Viswanathan, MD, ABIM, ABIHM, will be offering private consultations at the resort. At SecretFast, our priority is your healing and well-being; your program will be customized by Dr. DV personally according to your needs and desires. *Sign up today for the unique restorative healing experience you deserve!*

December 12-14, 2014

Pine Woods Resort (pinewoodsresort.ca)

25840 Hwy 243, Idyllwild, CA 92549

Contact us at 323 375-7533 or [secretfast243@gmail.com](mailto:secretfast243@gmail.com)

Sign up at <http://secretfast.com/packages/holistic-special/>

C-FAST-D treatments can be accessed under "DV" at [www.secretfast.com/treatments](http://www.secretfast.com/treatments)