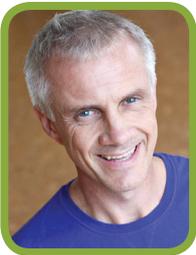




7 Day Juice Cleanse Bios



Clayton Smith

Co-founder of Chrysalis Yoga & The Naked Sprout

Clayton's yoga practice sensitized him to the impact he was having in all areas of his life and within a year of starting yoga he had naturally evolved to vegetarianism, without force or a feeling of deprivation. This upward spiral of lightness continued and 4 years later being vegan seemed like the next natural step. Somewhere along that journey, Shanine and Clayton decided to open a yoga studio and with the help of Pete, they opened The Naked Sprout. Yoga and healthy eating brought him sanity and helps him maintain it. He is very passionate about the juice cleanse and the benefits it has and hopes to share that with as many people as possible.



Andrea Giles

Workshop Coordinator

Andrea Giles has a passion for healthy living. As an avid rock climber, runner and yoga teacher, she relies on clean eating to fuel her body, mind and soul. Her interests lie in overall health and wellness and she has the desire and drive to help educate others on how to get well and stay feeling great. She has been helping The Naked Sprout in setting up workshops and delivering the best service and product to participants.



Dr. Andrea Maxim

Naturopathic Doctor

Dr. Andrea Maxim is a naturopathic doctor in Caledonia and Burlington. Dr. Maxim has a keen interest in functional medicine, individualized weight loss programs, digestive upset and hormone balancing (menopause, fertility and prenatal care) treatments. She focuses on building a strong foundation of health using whole foods and high dosed nutrients to get her patients feeling better as soon as possible. As an adjunct, treatment plans include acupuncture, homeopathy and mental/emotional counseling to further bring balance to the body. Dr. Maxim has just been awarded the 2013 Hamilton Reader's Choice Award for Best Naturopath and Best Naturopathic Clinic.

