



*Comprehensive Center
For Women's Medicine*
A Multispecialty Holistic Practice

New Beginnings

Comprehensive Center for Women's Medicine - A Multispecialty Holistic Practice

Recipe Corner

Vegetarian Chili

(4 servings)



- 1 Tbsp. olive oil
- 1 medium onion, chopped
- 2 whole carrots, diced
- 4 cloves garlic, minced
- 1 sweet red bell pepper, chopped
- 1 green bell pepper, chopped
- 1 jalapeno pepper, fresh or canned, finely chopped
- 2 Tbsp. chili powder
- 1 tsp. cumin
- 1 cup cooked kidney beans
- 1 cup cooked pinto beans
- 28 oz. can tomatoes, chopped (reserve juice)
- 1/2 tsp. freshly ground pepper
- 2 Tbsp. parsley, finely chopped

In a large (non-aluminum) soup kettle, heat oil over low heat; add onion, carrot, garlic, and peppers. Cover and cook until vegetables are very soft, about 10 minutes. Remove lid, add chili powder and cumin and cook an additional 2-3 minutes, stirring occasionally. Add beans, tomatoes, and their juice. Simmer 20 minutes. Add pepper. Top bowls of chili with parsley.

A New Year... A New YOU!

Cleanse your Body, Mind and Soul

Did you know our liver is designed to detox automatically? It is the body's detoxifier, a filter and a fat burning organ. It has this amazing built-in process that breaks down everything from chemicals, preservatives and heavy metals to the food and beverages you ingest. However, for the detox process to work smoothly, your body needs nutritional elements to help it work properly to break down toxins. With our very busy lifestyles and toxic environment, our detoxification mechanisms become overloaded and the process becomes less efficient and symptoms may occur.

It has been suggested that toxic overload contributes to more serious conditions such as autoimmune diseases, inflammatory rheumatoid arthritis and neurological disorders such as Parkinson's and Alzheimer's.

Cleansing is like an oil change for your body. It is the process of removing the buildup of waste and toxins from your organs, blood and cells. A cleanse is done by eliminating foods that leave behind toxins, taking supplements that help flush toxins out and adding clean foods that help reboot your system.

Benefits of a Detox:

- Fat loss (especially legs and abdomen)
- Improved digestion (constipation reduction)
- Reduction in headaches
- Increased energy
- Improved Concentration
- Less joint pain and morning stiffness
- Anti-aging effects
- Increased productivity
- Clearer skin and eyes
- Greater motivation and creativity
- Reduction of allergic symptoms
- Improved sleep

Chemicals are everywhere, in the air, food, water, soil, dust and everyday products. Over time, a buildup of toxins in your body can make you feel bad. While you may have limited control over your environment, you have a great deal of control over your own body. A Metabolic Detoxification Program can help remove toxins from your body.

By taking action now, you can start to feel re-energized and renewed. Contact one of our health practitioners at CCWM about our detoxification programs.

To your health!

Your Wellness Team at CCWM

Vesna V. Skul, MD, FACP
Danuta K. Hoyer, MD
Helen Shidler, APN/CNP
Helen Stein, RN

Top Doctors for Women

Dr. Skul, Dr. Hoyer and Dr. Walker were all voted “Top Doctors for Women” by *Chicago Magazine*



U.S. News Top Doctors

The Nation's Best Doctors

Vesna Skul, MD

Nationally ranked in 11 specialties. High-performing in 2 specialties.

Danuta Hoyer, MD

Nationally ranked in 11 specialties. High-performing in 2 specialties.

Jean Walker, MD

Nationally ranked in 11 specialties. High-performing in 2 specialties.



Doctors listed in U.S. News Top Doctors with an icon (all 3 CCWM doctors) are among the top 1% in the nation in their specialty.

Detoxification Programs

Cleanse your Body, Mind and Soul

Comprehensive Center for Women's Medicine has scientifically designed detoxification programs available for our patients.

Simple 10-Day Detox Program

This scientifically designed program includes targeted nutrition, a modified elimination diet, simple exercise, and basic recommendations for stress management. If this sounds simple, that's because it is. After just 10 days, many people notice improved energy with fewer bothersome symptoms.



Targeted Nutrition

The program includes a powdered beverage mix to support metabolic detoxification, including a “clean” protein, vitamins, minerals, and phytonutrients.



Eating Plan

A modified elimination diet rich in vitamins, minerals, and phytonutrients reduces the allergen and toxin load, helping the body to detoxify efficiently.



Simple Exercise

Strenuous or prolonged exercise should be reduced during the program to allow your body to cleanse and rejuvenate more effectively.



Stress Management

Adequate stress reduction and sleep are important to the success of your program. Your body is recharging and regenerating—help it by getting adequate rest!

Simple 21-Day Detox Program

For 14 of the 21 days you will consume a diet based on organic fruits and vegetables, whole grains and lean organic protein. You will eat delicious soups, salads, warm grain bowls and much more.

The last week of the detox, we encourage you to eat only fruits and vegetables with limited meat and grains. Drink purified water each day. Exercise or sauna to sweat out toxins. Meal plans and recipes for the duration of the program.

Immune - Gives your body a boost in its natural defenses and for detoxification from the inside out. It is a powerful product that addresses immunity at a cellular level, and the effects of this are profound. It contains Calcium D-Glucarate, which occurs naturally in fruits and vegetables serving as a natural detoxifier.

O-Tropin - Research shows that the amino acids found in O-Tropin can help nourish the pituitary gland and support its healthy activity. The pituitary gland produces a variety of hormones that regulate metabolism, body temperature, sexual function, thyroid and adrenal function, and reproductive health. It is also responsible for producing human growth hormone.

Eaze - A comprehensive blend of 31 digestive enzymes, prebiotics, and probiotics, combined into an effective and convenient form. Encourage the natural growth of healthy bacteria in your digestive system. This can promote good digestion, strong absorption of nutrients, and help support immune system.