

**NEW YEAR NEW YOU! START OFF 2018
FEELING BETTER THAN YOU EVER HAVE!**



JANUARY 2018 GROUP DETOX

Fully supported detox to start 2018 right!

This is not your typical cleanse. We'll focus on healthy changes to help you eliminate toxins and get rid of any post-holiday sugar cravings. The changes will be simple things you can use throughout the year to improve health. You will prime your body to burn more fat with an added bonus – an introduction to my Fat Adapted Fueling program. You will eat real food that supports detoxification. This is not a juice cleanse!

Cost for 10 days is \$200, which includes supplements to support your body's detoxification pathways. Space is limited so book your spot today. Your body with thank you!

Early bird discount – 15% off if you book by December 15th.



**Online Kick on
January 3rd**

**This is for you if
you fight to lose
those last few
pounds, have low
energy, struggle
with sugar
cravings, battle
with brain fog or
want to
rejuvenate your
skin**

**Includes two
online meetings,
10 day meal plan,
supplements and
group support**

**Make 2018 your
year!**

BOOK TODAY!

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