



21 Day Detox Program

Frequently Asked Questions

What food and food groups are restricted in this detox?

An eating plan is provided with the detox which is free from processed food, refined sugar (the only source of sugar included is fruit), gluten, dairy (only for phase I), red meat (only for phase I), alcohol and caffeine. All other food groups are included and the recipes are designed to make you realise you can actually love the food you're eating when detoxing!

What does the group forum involve?

The group forum will be a closed Facebook group where we will check in with you regularly and you can support, ask questions and chat with other members of the group.

Will I be able to speak to Steph or Jess directly throughout the program?

Yes, both Steph and Jess will be available throughout the entire program should you have a question you do not feel comfortable asking in the group forum.

What exactly does the \$165 (\$150 early bird) cover?

- A 21 day eating plan outlining what to eat for breakfast, lunch, dinner and snacks plus all recipes.
- A 21 day exercise guide including specific exercises that are better for your body during a detox. This is appropriate for both advanced and beginner exercisers.
- Detox Gift Pack: Our own blend of herbal tea with a tea infuser plus a pack of RAW Amazonia natural protein powder.
- Unlimited support from Steph and Jess as well as the group forum.

What if I have allergies or intolerances?

In the confirmation email you receive you will be asked to inform us of any allergies or intolerances and we will do our best to guide you with alternative options to ensure the program is still effective.

I have other health issues or concerns but would still like to do the program?

We recommend getting in contact with us prior to registering so that we can be sure this program is appropriate for you. Completing a one-on-one consultation with Steph or Jess might be necessary in conjunction with the program so we can tailor it specifically for you. [This program is not appropriate for those that are breastfeeding, pregnant or trying to conceive.](#)

Can I be sure this program is safe and will actually work for me?

Both Steph and Jess have completed University level degrees in nutrition and naturopathy and have been recommending and doing this detox themselves for a number of years. Everyone responds differently to the program with the most common results being weight loss, reduced gut symptoms (bloating, cramps etc), clear skin, better quality sleep and greatly improved energy levels. Regardless of what results you want to get out of it however, there is no doubt your body will be loving you for the changes you will be making. Read more about results achieved from previous program below:

"My energy levels improved, in particular upon waking. My digestion problems (bloating, cramping and general discomfort) were almost non-existent and my mood generally felt more positive."

"I have a lot more energy, lost 4kg and feel much better about myself. I also no longer crave sugar and my skin cleared and was so smooth, which was amazing as I suffer from acne and I haven't had clear skin for years."

"After just one week my skin was glowing, I was sleeping better, my mood had improved and after 21 days I had never felt more amazing and had finally shifted some of those stubborn kilos!"

Is the program refundable?

Due to the mailing of products to you the program is not fully refundable but if requests are made within the first 4 days from receiving the information we can refund you half of the cost of the program.