

The 21 Day Purification Program

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The 21 Day Purification Program is a gentle whole foods program that includes fruits, vegetables, healthy fats and protein that encourage the body's natural detoxification. Protein is provided by a hypoallergenic protein powder made from brown rice or whey powder as well as protein from lentils, chicken and fish. Foods that cause allergies and inflammation are eliminated releasing energy into the system. There are also whole food supplements to take with your meals. A cleanse guide is provided with the program giving helpful tips and recipes to make the program more successful.

Program Overview:

- The 21 Purification Program is a gentle way to give your metabolism and digestive system a rest.
- Foods that cause inflammation and allergies are eliminated which allows the body more opportunity to cleanse. Our bodies are naturally designed to cleanse out toxins but in our modern environment our body can get overloaded and this causes many symptoms including low energy, digestive and sleep problems, joint pain, less anxiety and weight loss.
- We meet as a group 4 times over the course of the program in order to discuss results and challenges and receive tips on making the program easy, successful and fun.
- At the completion of the 21 Day Purification Program I will help you to transition back into your normal diet. You will be able to pinpoint foods that you do not digest well and are causing some of your health problems.

My clients report more energy, less bloating, improved skin, better sleep, less anxiety, increased weight loss and less joint pain. Participants lost an average of 9 pounds . The most frequent comment has been, "I can't believe how easy it was." You can view a short video on the benefits of the 21 day program here: [21DayPurificationProgram](#)

I am limiting the group size, so call me to sign up now.

Date: Monday, May 19, 2014

Cost: \$275.00. This includes the nutrients needed for the 21 day program.

In Health

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