

## Healthy Living Newsletter January 2026

### Feel Better in Just Weeks — A Gentle Reset

Hello,

To begin 2026, I find myself thinking about fresh starts — and how sometimes we need a better word than “*cleanse*” to describe what a true physical and mental reset feels like.

For 28 days, we set aside time to simplify our food choices, clean up daily habits, and introduce nourishing routines that support how your body naturally heals and restores itself. This isn’t about deprivation or strict rules — it’s about giving your body a break and letting it feel good again.

If you’ve been experiencing fatigue, bloating, body aches, poor sleep, or low motivation, this gentle 28-Day Purification program can help shift many of those patterns in a short amount of time.

This is **not a diet**. You’ll eat satisfying, nutritious foods whenever and in whatever amounts feel right for you. We simply remove the foods that commonly cause inflammation and replace them with nourishing options you’ll actually enjoy. We also include a high-quality protein powder and supportive nutrients to help your body gently release stored toxins — at a pace that feels safe and sustainable.

I’ll be leading a **28-day group cleanse starting Monday, January 27, 2026, and ending February 24, 2026**. We’ll meet on Zoom in the evenings to check in, share recipes, track progress, and learn simple healing practices that support the cleanse.

#### You’ll receive:

- All supplements and protein powder
- A complete program guide
- Easy, delicious recipes
- Group support and guidance throughout the 28 days

Cost: \$450

Dates: January 27, February 3, 10, 17, 24

I'm truly excited to guide this group and support you through a meaningful reset as we begin 2026. This is a powerful opportunity to refocus your health with structure, support, and clarity.

**If you're interested in participating and to reserve your spot or have questions, please reach out by phone or email by January 20.** This will help me finalize the headcount and order supplies in time for the cleanse group to begin.

Warmly,  
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