

A Cleanse That Will Transform from the Inside Out!

Get Ready to Feel Better in 2025!

As the year ends, I want to express my gratitude for your ongoing support. I'm so thankful to do this work, and I couldn't continue without you. The past few years have shown me how much we need each other to build a thriving community. Thank you for being part of mine.

Healthy Goals for 2025

If you're looking to get healthier in the new year, I have the perfect program! The 28-Day Cleanse Program is a gentle, whole foods-based cleanse—not a juice fast or colon cleanse. It includes fresh vegetables, fruits, healthy fats, and proteins that support your body's natural detox process.

Nourish and Cleanse Your Body

This program focuses on nourishing your body while gently cleansing it. By eating whole foods and supplementing with nutrients, you help your body release toxins and improve organ function, especially in the liver. This cleanse is like hitting “reset” on your eating habits and is ideal for boosting energy, improving digestion, and enhancing overall health.

Experience More Energy, Less Pain, and Even Weight Loss

In 28 days, you'll enjoy whole foods, added protein, and the elimination of processed foods. Many participants report increased energy, better sleep, less joint pain, and reduced allergies. The most common feedback? “I can't believe how easy it was!”

Program Details

- **Cost:** \$450

This includes a cleanse guide booklet, protein powders, supplements, whole food fiber, and charcoal powder.

- **Group Meetings:**

The meetings will take place via Zoom, where we can share experiences, tips, and recipes. Each session will last about an hour, depending on group size.

Schedule: We'll begin our Zoom meeting on **Monday, October 28, 2024, at 5:00 PM**, with follow-up meetings on **November 4, 11, and 18**.

If you're interested in joining, please email me to reserve your spot or if you have questions about the cleanse program.

Payment can be made by sending a check to:

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In Health,

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