



Yes, it is possible to feel good again!

Transform how you feel in just days...while giving yourself the *Gift of Health!*

**The 21-Day Nutritional Cleanse Program is “Detox Done Right”
with Professional Guidance & Support included!**

**This superior-quality, comprehensive & nourishing nutrition program is
specially designed for safe, gentle & effective results.**

**Give your body what it really craves:
Real, whole, healing foods & food-based supplements.**

Contact Lisa Bryant (916/271-3363) to enroll.



The 21-Day Nutritional Cleanse

Program Details:

The safe, gentle "21-Day Nutritional Cleanse" jump-starts weight loss and detoxifies the whole body while providing **essential nourishment for every phase of detoxification** - a critical component of effective cleansing. This customized program is offered with professional support throughout the 21-day process and includes all required food-based (non-synthetic) nutritional supplements (individual variations may apply).

This premium-quality cleansing program is unlike anything else available and is offered by a qualified Holistic Nutrition professional. It is a comprehensive, whole-body, food-based program designed by *Standard Process* - the outstanding industry leader in whole food nutritional supplements since 1929. This clinical program is specifically designed to **reduce accumulated toxic load** and simultaneously provide **vital cellular nutrition** for optimal health, while addressing hormones required for **healthy metabolism**. This lifestyle change program **does not involve fasting** and participants do not go hungry because blood sugar levels are properly balanced. It is a satisfying, nourishing, **anti-inflammatory** program that, incidentally, promotes healthy physiology!

This balanced cleansing program can help support...

- ✓ weight loss
- ✓ dietary habits
- ✓ energy levels
- ✓ cravings
- ✓ inflammatory issues
- ✓ body chemistry (i.e., hormones, blood sugar, cholesterol, triglycerides)
- ✓ brain function - mental clarity, concentration, mood
- ✓ digestion
- ✓ optimal health

This program includes: a pre-scheduled, in-person, 60-minute Initial Consultation with your holistic nutrition practitioner, your personalized nutritional supplement kit, and access to professional guidance/support throughout your 21-day program. This program is available to individuals, couples, buddy systems, groups and long-distance clients (long-distance consultations are conducted by telephone).

Program Investment: The base program rate is \$512.00 (as of 6/2018). **NOTE:** This price may vary due to an individual's customized nutritional supplement kit (as well as periodic increases in the cost of nutritional supplements). Your fee includes your personalized nutritional supplement kit, your 60-minute Initial Consultation and 21-days of professional guidance/support. Receive a \$20 discount for each new referral. Significantly reduced pricing is available for repeat cleanse programs (only pay for your nutritional supplements).

Program Content:

Premium-Quality, Well-Balanced Cleansing Products:

Certified organic, whole food-based supplements of the **highest industry standard** are taken alongside a specified **whole food nutritional plan**. These dietary changes are made at home for 21 days while participants continue with their regular daily routines with some suggested modifications initially. Any health issues or concerns are addressed accordingly as each program is **modified to support individual needs**.

Professional Nutritional Guidance & Support:

This program works when followed correctly! A pre-scheduled **Initial Consultation** instructs participants how to undergo their cleanse program properly for best results. **Ongoing support** via email, telephone and text messaging guides participants through protocol changes, addresses any questions that may arise during their program and **encourages compliance**. When support is offered in this way, participants report marked **increases in motivation and personal accountability** levels.

At the end of the cleanse program, **dietary transition information is included** to address the popular query of "how to resume eating?". For more complex cases, such as food intolerances, gut flora imbalances or other digestive issues, ongoing weight loss goals and chronic health issues, additional consultations are recommended for **continued nutritional support**. Clients interested in more in-depth detoxification eventually may be candidates for the Detox Balance Program, which is a more advanced program for people who have successfully undergone the 21-Day Nutritional Cleanse Program initially.

Successful completion of this unique detoxification programs often sets in motion previously **unexpected lifestyle changes**. Frequently, a more **conscious approach to eating** develops which includes **healthier dietary habits** over the long-term, higher quality (non-depleting) food choices, more empowered weight management and renewed **commitment to optimal health**.