

NUTRITIONAL CLEANSE with Professional Guidance & Support (21-Days)

(Part 1 in an optional 2-part nutrition package):

Are you ready to change the way you feel?

This gentle, effective, whole-body cleanse can help you...

- ✓ Jump-start weight loss
- ✓ Boost energy
- ✓ Eliminate cravings
- ✓ Reduce inflammation
- ✓ Balance blood sugar / hormones / cholesterol levels
- ✓ Improve digestion
- ✓ Promote optimal health

This program, which is offered several times per year, includes two 90-minute classes, specific nutritional supplements, and professional support from a holistic nutritionist.

Practitioner: Lisa Bryant, MA, SLP, ABP, NE

Start Date: PLEASE CALL for ACTUAL START DATE for the next program.

Registration Deadline: To be determined. (Preregistration is required.)

Class Dates: PLEASE CALL for ACTUAL CLASS DATES for the next program.
(Both classes fall on Mondays from 6:30-8 p.m.)

Program Cost: \$350.00 (Includes required nutritional supplements.)

Individual programs are offered if possible; price adjustments may apply.

Location: Elk Grove private residence. (Directions provided upon enrollment.)

Contact: Lisa Bryant / (916) 271-3363 (For inquiries and enrollment info.)

PROGRAM CONTENT

Quality Cleansing Products:

Whole food-based supplements of the highest industry standard are taken in conjunction with a structured dietary plan. Specific dietary changes are made at home for 21 days while participants continue their regular daily routines with some suggested modifications. Individual health concerns are considered.

Nutrition Guidance and Support:

This program works when followed correctly! Participants attend an Introductory Class for instruction on cleansing properly for best results. Ongoing coaching via email and telephone guides participants through changes in the protocol and encourages compliance. Toward the end of the program, a Dietary Transition Class emphasizes resuming eating in "real life". Participants may continue in a comprehensive whole-foods nutrition course to follow this cleanse program: HEALTHY LIVING for Weight Loss & Stress Reduction. This lifestyle-change program provides training on how to eat well and balance stress for long-term weight management and optimal health (See Part 2 description for more info.).