

DIY Workshop: Detoxify



21st century life can overwhelm our miraculous bodies with toxins associated with stress and chemical exposure, making us more prone to weight gain, allergies, mood swings, illnesses, headaches, joint pain, fibromyalgia, sinus problems, insomnia, anxiety, digestive problems and more! Restore your body's natural fighting ability with this simple, energizing 5-Day Nutritive Cleanse. Enjoy improved health and vitality, quickly!

Web-Coaching Session: Why Detox Rocks

Germs don't cause disease, lowered immunity does. Our bodies have a complex and highly effective system that combats disease very well. However, rapid modernization in the 20th Century resulted in toxic exposures the human body had never before known: chemicals, pesticides, food additives, pharmaceuticals, petrochemicals, pollution, adulterated food, impure water, and stress. It's more than our miraculous bodies can handle!

Periodic detoxification revitalizes the body's natural function and healing ability. A 5-Day Nutritive Cleanse is a very mild, short, effective program, involving five light meals daily, that revitalizes you physically, mentally and spiritually with little to no discomfort. Results may include strengthened immune system, greater mental clarity, increased vitality, reduced blood pressure, improved nutrient processing, resistance to infection, reduced allergy, improved skin and weight loss.

Young Living Therapeutic Grade™ Essential Oils are the purist essential oils available, delivering the optimal blend of plant chemicals for maximum potency and desired therapeutic results. Because essential oils work on all levels—physical, emotional, mental, and spiritual—they are a powerful tool for holistic wellness.



Young Living's 5-Day Nutritive Cleanse™ facilitates gentle and effective cleansing to improve overall health and well-being. This nutritive cleanse includes the following: **Ningxia Red**, an energizing, replenishing, whole wolfberry nutrient infusion (1 liter); **Balance Complete**, a super-food-based, daily, superfood energizer and nutritive cleanse (26.4 oz.); **Digest + Cleanse**, which soothes gastrointestinal discomfort and supports healthy digestion (30 softgels). The 5 - Day Nutritive Cleanse is a starting place. More intense and targeted nutrients may be required for your particular situation.

Caution

Fasting is not recommended for those with diabetes, eating disorders, epilepsy, hypoglycemia, kidney disease, malnutrition, pregnancy, lactation, severe bronchial asthma, terminal illness, tuberculosis, or ulcerative colitis.

Inform/Inspire/Plan Emails

- 5 daily emails about preparing for the cleanse
- 5 daily emails to support you during cleanse
- 5 post-cleanse emails to point you toward lasting benefits

And More...

- 3 additional coaching sessions can be purchased upon completion at deep discount (\$300 value for only \$99)
- Additional Young Living products can be purchased at wholesale pricing with enrollment

Real Change • In Your Space • At Your Own Pace

Register on-line now



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