

# Ambilo Lifestyles

## Client Testimonials

“I completed the juice detox and lost 10.2 pounds. I felt incredible throughout the process and can’t wait to do it again.”

— Eddie

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“The first few days were challenging with my schedule, but by day three my energy was through the roof. After adding the root and parasite tea, my cravings went away. I lost 8 pounds in 6 days and felt so much better internally.”

— Kim

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“My detox went so well. I felt lighter and more energized. I naturally started choosing more fruits and vegetables and didn’t crave meat the way I used to.”

— Sara

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“I tried the cleanse for weight loss and mental clarity, and both worked incredibly well. I couldn’t offer a stronger recommendation to try it for yourself.”

— Lisa

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“She truly embodies what Ambilo Lifestyles represents. Her passion for herbal healing, detoxification, yoga, and meditation isn’t just something she promotes — it’s how she lives. After completing the juice detox, I felt lighter, less bloated, refreshed, and energized. I was especially intrigued by the herbal teas and the intention behind each blend. I highly recommend it and will absolutely be doing it again.”

— Brianna

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“As someone managing Hashimoto’s, I was initially cautious about starting a detox. What stood out to me was the detailed consultation beforehand. She took the time to review my health history and helped me understand how detoxification supports the body, especially when navigating chronic illness. I loved the various combinations of fruits and vegetables and felt genuinely healthy throughout the process. I also appreciated the education and insight provided every step of the way. It was truly a great experience, and this is something I will definitely do again.”

— Heather

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