



What If...

- You could feel alive, comfortable, and confident in the skin you are in?
- You could move easily and gracefully without pain or discomfort?
- You could support your well-being while nourishing your body, mind, and spirit?

It is possible. If you are ready to reclaim your health, your power, and your joy, I am here to support you on your journey.

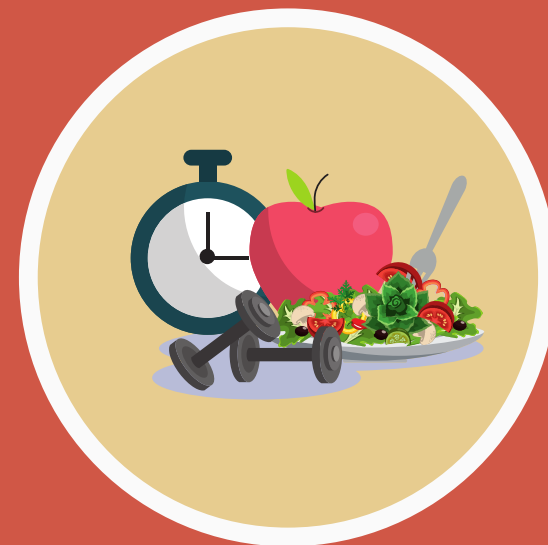
Coming Clean Cleanse & Coaching

with Penny Plautz

Your Coach

Penny Plautz is a certified eating psychology coach, ACE certified fitness instructor, SHAPE ReClaimed Practitioner, and author of *Body Confidence From the Inside Out* and *Coming Clean: Six Steps to Making AMENDS with Your Body*. Her holistic approach to health and wellness helps you clarify your vision for your health as well as your life. She has worked with shamans in Mexico, healers in Bali, and coaches throughout the country.

She uses your specific life journey and unique set of skills, beliefs, preferences, and superpowers as building blocks to a personalized plan for reclaiming your health.



563-484-0090

penny@wellpower.com

www.comingcleancoaching.com

Wellpower, LLC
508 Shoreline Drive
Maquoketa, IA 52060

www.comingcleancoaching.com

How Does It Work?

For the cleanse, we follow the SHAPE ReClaimed program. This consists of taking nanomolecular supplement drops (SHAPE Drops) while following the SHAPE Nutrition Protocol of nutrient-dense, anti-inflammatory foods. This powerful combination puts your brain and your body in communication with each other. This allows your body to decrease inflammation, strengthen your immune system, detox, and release excess weight. Throughout the cleanse you'll receive coaching tips and videos.

Once you decide on the package that is right for you, I'll send your supplies, a health history questionnaire, a consent form, and a comprehensive guide book. We'll schedule a time to go over the paperwork and establish your goals for cleansing. All consults are done virtually via Zoom, Facetime, or phone. All health history forms and consent forms must be completed prior to beginning the cleanse.

We'll start with a baseline urinalysis, measurements, and weight. Then we'll use the results from your weekly urinalysis, measurements, and other feedback to adjust the protocol specifically for you, so you feel satisfied and able to achieve optimum results.

From shopping lists to meal plans to success tracking charts, recipe books, and group websites, plenty of support is available to you each step of the way.



Coaching Packages

You know more about your body than anyone else. What you may not know is how to translate that wisdom into action to achieve the kind of healthy lifestyle you desire. Whether this is your first cleanse or one of many, you can choose to participate in a way that serves you best.

21-DAY QUICK CLEANSE

If you have already done the FasTrac or Basic Cleanse, the 21-Day Quick Cleanse is a great way to re-establish clean eating habits, release excess weight, and restore optimal health.

This package includes:

- 1 bottle of SHAPE Drops
- 4 urinalysis strips
- 2 video consults (prior to start and upon completion)
- Weekly check-ins via text or Voxel*
- Coaching tips and videos

INVESTMENT: \$399

* Voxel is a free app you can download on your phone that works like a walkie-talkie. It is similar to texting and allows us to send voice messages to each other.

30-DAY FASTRAC OR BASIC CLEANSE & COACHING

If you are familiar with cleansing and ready to reclaim your health, detox your body, and release excess weight, the 30-Day FasTrac or Basic Cleanse is a perfect place to start. This supports you through the first 30 days of the cleanse.

This package includes:

- 1 bottle of SHAPE Drops
- 6 urinalysis strips
- 1 tape measure
- 1 *Coming Clean* Journal
- 1 *Simple Recipes for Phase I* book
- 3 video consults
- Weekly check-ins via text or Voxel
- Coaching tips and videos

INVESTMENT: \$599

60-DAY CLEANSE & COACHING

If you are new to cleansing, and want all the benefits of the FasTrac or Basic Cleanse plus added support through the integration phases of the cleanse, this is the most comprehensive place to start.

This package includes:

- 1 bottle of SHAPE Drops
- 8 urinalysis strips
- 1 tape measure
- 1 *Coming Clean* Journal
- 1 *Simple Recipes for Phase I* book
- 1 bottle of SKIN Healing Lotion
- 5 video consults
- Weekly check-ins via text or Voxel
- Coaching tips and videos
- Enrollment in *Coming Clean: Six Steps to Making Amends with Your Body* online course (Valued at \$297)

INVESTMENT: \$799