

Get An Amazing Value For 10 Weeks Of Personalized Health Support!

	Three 30-minute personalized consultations	\$300 Value
	Ayurvedic Herbs & teas to support you during 10wks	\$110 Value
	Program manual, recipe book & journal	\$100+ Value
	Live Weekly Group Sessions, Q & A with Kym	\$1000 Value
	Welcome Kit	\$50+ Value
	10 Weeks of life-changing practicable health steps	\$1000 Value
	Weekly yoga & meditation classes	\$400 Value
	Better Health	PRICELESS!!!
	Your Full Enrollment Includes A \$3000+ Value	



For questions contact:
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This program works and you WILL get results if you follow the program. We will be evolving, learning and growing together along the way, and whatever feedback you have to make the program better is very much welcomed.

What I ask from each participant in return:

- Be committed to the program & to yourself, 10 weeks flies by & you will get results fast!
- Be open to the possibility of challenges, mentally, physically & emotionally & know that it will take some discipline.
- Have fun along the way! Get creative with your foods!
- Reach out to me if you have questions. I am here to help & coach you!
- Be patient & gentle towards yourself~Honor the practice of compassion.
- Share your before & after results from your journal, as well as a before & after body picture (for privacy you can fade out your face).
- Your success story for me to share!
- Let's help make this world a better place starting with our own HEALTH!



Special Instructions For Vegetarians & Vegans

Shanti Balance Lifestyle & Metabolic Reset can work for vegetarians/vegans, however, due to the high protein part of the plan vegetarians tend to have a slower weight release. There are special instructions included for vegetarians/vegans in the approved food list section.

Special Instructions for Menstruating Females

It's best to start your program after your period.

Do Not Participate In This Program If...

- You are younger than 18 years of age
- You have active cancer
- You are pregnant or lactating
- You have gout
- Women (and men!) with the following conditions can be on this diet, but should work with a primary care provider (PCP) - especially those with diabetes, due to risk of hypoglycemia:
 - Diabetic people, type 2, on medication
 - Persons with severe liver or kidney disease
 - Persons who have a history of cardiovascular events, heart attack, stroke, aneurysm, by-pass, stent surgery, pacemakers, or arrhythmias

