Why should you do this Purification Program?

This program is a clean eating detoxification program to remove toxins from your body and reset your gut. Your gut is not only the hub of your wellness but also the most overworked part of your body. By detoxifying your organs that become sluggish, stagnant and irritated your body can clear the waste and inflammation caused by the overload of toxins from food and environment.

During the first seven days you will eliminate high inflammatory foods and processed foods that are filled with toxins and allow your body to rest and reset. You will enjoy whole, real foods that will FUEL you with nutrients. And incorporate self-care and movement into your daily routine to further your detoxification. The following seven days you will continue to FUEL yourself with whole foods while adding back in meat and other foods you eliminated and understanding how those foods effect your body. You will be amazed how you feel, and what you discover about your body.

Benefits you may experience!

- Sleep will improve
- Mood regulation
- Clear skin
- Improve digestion/ bloating
- More energy
- Reduced joint/muscle pains
- Weight loss
- Regulated bowel movements
- Reduced cravings

*Note- please consult your physician if you have pre-existing medical conditions; pregnant; or any reason to avoid a change in diet due to medication.