

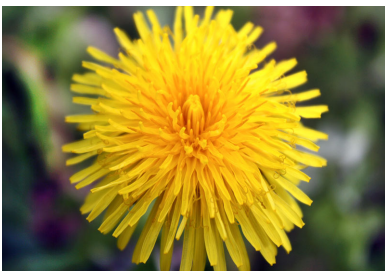
CLEANSING & DETOX PROGRAM

Awakening Your Health Potential

- ✿ Are you feeling tired, sluggish and heavy?
- ✿ Do you want to feel healthier & happier?
- ✿ Do you want more energy & stamina?
- ✿ Do you want to lose weight, but have been struggling to get started?
- ✿ Do you want to quit your sugar, caffeine or alcohol habit?
- ✿ Do you want to feel younger and more vital?



If you answered yes to any of these questions, then this cleansing detox program is just for you! Just like the need for our homes to get a spring clean, our bodies also need a cleanse and tune up a few times a year!



This detox program offers you a safe and simple way of detoxing that is both gentle and effective. Designed by Naturopath, Karen McElroy, this program provides you with an expert detox experience that is written by a health professional. Karen's online program makes it easy for you to participate from anywhere and at your own pace but with the security that the program is professionally supported.

The detox program has different options – depending on your level of health, what your health goals are and whether you have previous experience of detoxing. There are gentle options you can do if you feel unsure or a bit reluctant to do a deeper or longer detox. Karen is very supportive of each person's individual needs and health status and recommends you select the program that suits you best. If you have never done a detox before, and you wish to do the gentle program, you will still experience great health benefits and increased motivation to sustain healthy choices after the program has completed.

Comprehensive and detailed materials will be provided to take you step by step through the program. The program has two main components, a cleansing diet and a detox schedule. Supplements are also included that are designed to support your body's organs work more efficiently to eliminate waste material from your body. Specific herbs to improve kidney, liver and digestive function will provide excellent support for your body and make your detox experience more effective and fruitful.

WHY DETOX?

Understanding the body's need

Cleansing and detox programmes are designed to lighten the intake of food to allow the body to get rid of accumulated toxins. We are now exposed to so many chemicals in our modern lives. The foods we eat, the water we drink and the air we breathe – all contain an array of chemicals that our bodies could do without. These chemicals can act as carcinogens (cancer causing agents), oestrogen like substances, skin irritants, brain toxins and much more.



Many of the waste products and chemicals the body cannot excrete are stored in fatty tissue throughout the body. Detox programs give us an opportunity to reduce our load and assist the body with removing accumulated toxins. The main aim of a detox programme is to cleanse the bowel and mobilise waste products and toxins from fat cells and then enable excretion through the liver and kidneys.

Undertaking a cleansing diet and detox program can:

- **improve the bowel function**
- **stimulate the immune system**
- **clear out congestion**
- **improve energy and wellbeing**
- **eliminate excess weight**

Unlike many harsh detox programs, this program has an important step in putting in place a cleansing diet first. The cleansing diet is important to encourage energy, vitality and optimum nutrition that will enable and support the body to effectively carry out the detox process.



Important Medical Information

- ✿ **The program is not intended or recommended for individuals who are generally unwell or suffering from any form of acute illness.**
- ✿ **It is not advisable to follow this program unsupervised if you are suffering from chronic health issues that require medication and ongoing monitoring by a health professional.**
- ✿ **This program is NOT suitable for pregnant women, breastfeeding women or children.**

PROGRAM COST – It's an investment in your health!

Participating in a detox program can bring many health benefits and will help you to establish good choices and habits in the future.

There are two affordable options for your cleansing & detox program:

✿ \$ 55 for the basic program

- Includes all program notes, instructions, recipes and guidelines in PDF format.
- Includes cleansing tea and liver tonic (valued at \$35).

✿ \$125 for the deluxe program*

- Includes all program notes, instructions, recipes and guidelines in PDF format.
- Includes cleansing tea and liver tonic (valued at \$35).
- Includes 30 minute naturopathic consultation (valued at \$75).



The Deluxe Program is recommended for individuals who would like more professional support and coaching as well as for those with medical issues that may require monitoring.

Products are to be collected from Karen's clinic in Noosaville or Buderim – an additional postage charge of \$10 will be incurred if you require the supplements to be sent to you.

Please register & pay for your detox program via PayPal at website karenmcelroy.com.au/detox

Or alternatively you can purchase and pay at the clinic please contact Karen for more information.

**TAKE ACTION TODAY TO
MAKE A DIFFERENCE TO YOUR HEALTH!**

