

10 DAY RESET DETOX

When:

Monday 15th of January 2018
(dates can be adjusted if needed)

Where:

Vive Health Clinic
36 Riding Rd
Hawthorne

Contact:

Leia Mulroy 07 3399 1002
Leia_Mulroy@hotmail.com

Cost: \$80.00

**Book before
January 3rd
and receive
15% Off**



Its Detox Time!

By Leia Mulroy | Clinical Nutritionist

Treat your self this holiday break by signing up to my 10 day Reset Detox program.

Maybe you have over indulged, feeling a little bit fatigued, bloated and just ugh? Or maybe this is just what you need to kick start 2018 and feel amazing!

I have designed a 10 day plan to support gentle detoxification to remove the build up of toxins from our body, while still providing you with a hit of natural, food based nutrients to support and nourish the body.

The plan can be adjusted to your needs, so if you would like to go slow, or would like to make it more advanced, we can tailor make it to suit you. There is an option to add supplements to your program such as detox greens, probiotics, or we can solely use food as medicine to achieve the same results.

There is no need to schedule days off or cancel plans, the program is designed so you can still go about your normal day, exercise as normal and you wont be left feeling headachy, run down or low energy. And don't worry, you wont go hungry either.

WHATS INCLUDED:

2 x 30 minute private consultations at Vive health clinic. (Day 1 and Day 10)
You will be sent an extensive health questionnaire prior to your first appointment to assess your current health and lifestyle.

Personalised 10 day dietary detox program, including recipes with an optional supplement program if you desire (supplement costs not included in price)
Recipes are all Gluten, Dairy, Grain and Refined Sugar Free.

Ongoing support via email to monitor your progress.
