

A Purification Program that Works!

Eat Real Foods While Eliminating Toxins and Building Better Health

There are so many detox and cleansing programs out there that involve difficult fasting or serious caloric deprivation. Some programs can be very complicated to follow and especially harsh on your system.

Our program is the opposite. It's easy to follow and maintain better health afterwards.

Our 21 day purification program will help you:

- 1. Begin to eat the right foods that will help change your eating habits*
- 2. Begin to lose weight*
- 3. You can eat as often as you like, without feeling hungry*
- 4. Maintain the overall feeling of health and well being*

Now is the time to get started. This program allows you to eat real food and never feel deprived.

Summer is a great time of year to start due to the abundance of local, seasonal produce.

People joining the group program, we offer:

- *Support meetings with other participants*
- *Unlimited email support with the facilitator*
- *Great tips and tricks to make meals feel more comforting and hearty*

Please email us: office@rejuvandwellbeing.com,

or call our office for more details 707.795.1063

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