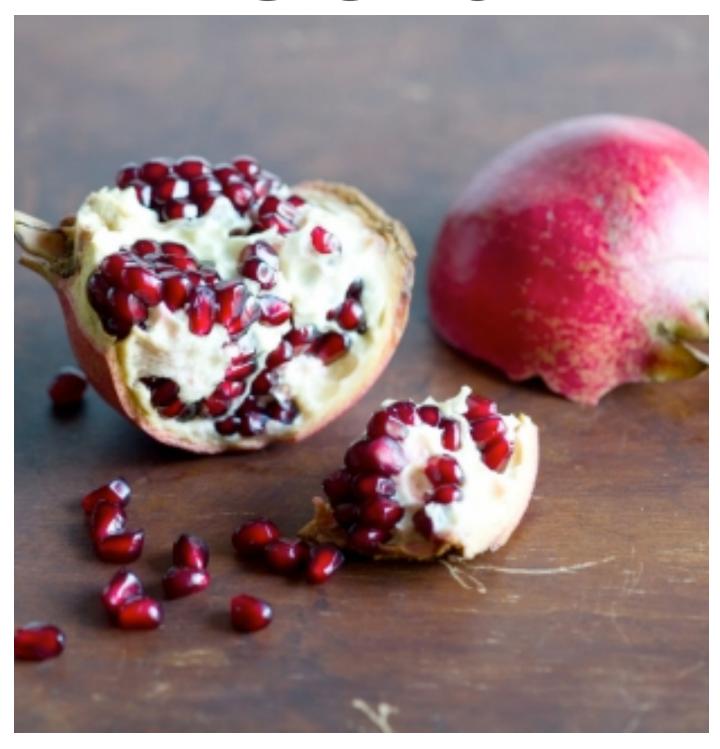
Nourish



NOURISH. BALANCE. THRIVE

WINTER DETOX 2013



Are you ready to feel Maximize your Business?

Are you ready to have your clients feel more

Nourished and More Balanced?

Now, don't worry this 7 day detox program is not like any other detox being sold; instead, this program is unique. This program can be used for weight loss, detox, an anti-inflammatory diet, soul transformation and more. This program is based on eating with the seasons and whole foods. Supplements Optional.

Winter Detox 2013

This program is for you if.

You desire a program that is ready to sell

You desire a program that is not your typical 3 or 6 month program

You desire a program that is gluten free, allergy friendly, and perfect for anyone seeking to lose weight

You desire a program where you can add your own logo, brand and make money

You desire a program created by a health coach

Sound good? If so, then this program is for you.

Here's what I've put together for you.

A Step by Step Guide to Detoxing with Ease

The Nourish, Balance & Thrive Detox Program

Your Recipe Guide

A Blank 7 Day Meal Planner

Plus 5 Simple Handouts:

- a. Shopping List
- b. Eating on the Go Handout
- c. Intro to Low Glycemic Foods
- d. A Detox Food Diary/Journal
- e. Intro to Supplements made Simple

WINTER DETOX 2013

And if you're a health professional, coach or fitness peep and just love this program.... and wanna sell it yourself, you get some additional goodies in your program.

3 Logos to choose from to fit the look and feel of your business

A Sales & Marketing Page to make rockin' this detax super simple

Plus Ready-to-Sell and easy to download documents formatted by a graphic designer

Plus the opportunity to have a One-of-a-KIND Detox Program where you can add your own logo, brand and look for only \$79.95!

Plus the opportunity to offer a program with or without supplements. Contact me for more details about usana.com and the other programs I have to offer if you would like to offer usana in your practice and be a team member with me. :) This program **DOES** not have supplements but you can offer a liver detax supplement, digestive enzyme and minerals.

Please contact me for more details

Email Rachel@rachelswellness.com

Cell 561-451-5300

Visit the official Winter Detox Website at

http://rachelfelfdman1.wix.com/7daywinterdetox

www.rachelswellness.com

Winter Detox 2013



Winter Superfood Nourish Brain Smoothie

1 cup unsweetened almond/coconut/hemp or rice milk

3 stalks of kale (discard the tough center stalk & use only the leaves)

3 leaves of lettuce

1 small, frozen banana

a small handful of goji berries or blueberries

1 Teaspoon hemp seeds

1 Teaspoon flax meal or chia seeds

1 Teaspoon bee pollen, (optional)

Ice (Optional)

The Recipe Guide Includes the Following:

3 Elixirs

- 11 Smoothie Recipes
- 9 Juice Recipes
- 9 Nourishing Entrees
- **8 Medicinal Soup Recipes**
- 9 Entree Winter Salads
- 2 Dressings
- 4 Dips
- 10 Nourishing Snacks
- 8 Desserts