

WINTER DETOX 2013

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.

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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

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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 detox 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 detox 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://rachelfeldman1.wix.com/7daywinterdetox>

www.rachelswellness.com

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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**