

The Ultimate Rejuvenation Cleanse!

Fall Edition



If you've enjoyed summer a little too much (if you know what I mean!) and are feeling a little sluggish, bloated, heavy, or clogged up, your body is *begging* you for a good fall cleanse. We have put together the best of the best in cleansing to create the Ultimate Rejuvenation Cleanse. In this powerful cleansing program, you will reset your metabolism, taste buds, mindset, and free your body of toxins that detract from your well-being. **Cleanse change their entire way of eating in three short weeks, eliminate chronic conditions, feel energetic, improve clarity of mind, lose weight, and sleep better.** Participants usually maintain many aspects of the program indefinitely, because it is based on whole, real foods and is sustainable. The benefits will ripple throughout the fall/winter season, out to your family and friends, and even into the rest of your life!

Program Details

- 3-week program, beginning **October 5, 2014**
- 7-day pre-cleanse, 7-day cleanse, 7-day post cleanse
- Enjoy whole, delicious, satisfying, nourishing foods
- No starvation
- Total support: comprehensive ebook, daily email support, videos, recordings, conference calls, Facebook cleanse page, yoga sequences to enhance detoxification, meditations, recordings, optional live events, and additional tools for whole life transformation.
- All together you will be receiving a priceless education in nutrition and the science of well-being!
- Created and led by **Lisa Mair**, *Holistic Health Coach, Kripalu Yoga Teacher, Nutritionist* and **Charlotte Ott**, *Holistic Health Coach, Kripalu Yoga Teacher, Natural Foods Chef*
- Cost: \$100 (Compare this to other cleansing programs that cost hundreds of dollars!)
- Learn more at www.ultimaterejuvenationcleanse.com.

Get excited for a major transformation!