

THE 28 DAY CLEANSE FOR WOMEN

“Recalibrate” your relationship to food and health!

Shed excess weight and habits!

Be Empowered and Be Supported By an Amazing Group of Women!

The First Day Retreat: on a Sat or Sun (please inquire) 10am-4pm at the AOH in Kimberton

- ♥ We will prepare a vibrant meal (and chew like you’ve never chewed!)
- ♥ You will receive a cleansing kit and learn how to use it
- ♥ Hands On Demonstrations: Green Smoothies, Cleansing Foods, Dry Skin Brushing and more...
- ♥ Together we will take time to quiet and check in with our relationship to body image, food, health, etc...
- ♥ Get empowered with creating menus with simple recipes for each phase of the program!

***The Completion Day Retreat: on a Sat or Sun (please inquire) 9am -3pm at the Korean Spa
in Cheltenham, Pa***

- ♥ Sauna, Steam, Soak and Really Relax
- ♥ Amazing Body Scrub
- ♥ Cucumber Facial
- ♥ Healthy Korean Lunch
- ♥ Completion Check In

INCLUDES:

**First Day and Last Day Retreats
Weekly Group Call
Cleansing Guide Book
Cleansing Products
Phone and Email Support
and More!**

To learn more about this Program and Cleansing Coach, Certified Nutritional Counselor and Certified Colon Hydro-Therapist, **Jeannette Ponder**, Visit our website or call!

We meet as a group in the beginning and the end of the program. Group Calls are at 8pm Sunday evenings where you receive support to move into the next phase of the program.

The first week we focus on: Preparing body, environment and mind for cleansing - Transitioning with EASE!

The second week we:
Enjoy highly alkalizing foods and beverages...

The Third week is the cleansing week where we: Simplify with GREEN SMOOTHIES! (Optional Fast)

Lastly, the Fourth Week is about gently bringing in foods, celebrating all of your efforts and going forward powerfully!

www.theartofhealth.us

610-935-0701

Cost: \$495.00

**15% Discount on Colon Hydrotherapy
during the program**

