

DETOX PROGRAM

3 sessions

(theory + handouts + recipes + ingredients)

The principals of detoxification put into action with the support of a Health Coach for:

boosting your energy
stronger immune system
helping with weight loss
promoting healthy changes
clearer thinking

Session one

Why detoxification is crucial for optimal health.

How to understand when the body is asking for it. What are toxins and how they act in our system.

Put into action: food recommendations.

Session two

How the elimination process works through the liver.

What happens to the body when we are detoxifying.

Put into action: food recommendations.

Session three

The elimination process; intestine, kidneys, skin and lungs.

The detoxified body's potential.

Put into action: how to gradually come out from detox regime.

