

Body Cleansing for Health and Vitality

Are you experiencing:

Lack of energy, dull and lifeless hair and skin, headaches, digestive upsets, weight gain, allergies or lack of focus?

Are you exposed to:

Poor quality foods, contaminated air, medications, additives and preservatives in every day food and body care products?

Our bodies have a sophisticated system of removing toxins, but often our lifestyles create a toxic overload that may cause a healthy body to struggle with **“taking out the garbage.”**

Detoxing the body does not need to be difficult or time consuming. With the right knowledge and support you can easily do cleansing twice a year to keep your system in great shape.

You will learn how to:

- Pick the correct cleansing supplements for your unique body
- Change your diet to include health supporting, toxic free super foods
- Increase your energy through decongesting the liver
- Lose weight by shrinking your fat cells
- Tidy up your blood to create glowing skin and hair
- Encourage fresh blood flow to the brain for sharper focus and memory
- Balance your blood sugar to ensure to ensure a long and healthy life

Laurie Stewart, CNC, CI

Laurie currently practices at Nature's Emporium in Newmarket Ontario as a Certified Nutrition Consultant, Certified Iridologist and a Vibrational Essence Practitioner. With over 18 years in the health industry, Laurie is passionate about helping her clients to understand that creating health is creating wealth and that with lots of information and a little support, optimal health can be achieved.

This workshop is a stand alone presentation or is nicely combined with

“Reflexology2Go “ self-healing recipes for daily wellness through self-reflexology with Linda Googh RCRT / RAC

For Bookings Contact : Linda Googh 905-727-8605 lgoogh@gmail.com

www.reflexology2go.com