



## Detox Packages

Doing a detox not only helps you cleanse your body but increase beneficial bacteria in your gut as well which promotes weight loss and improves your overall well-being.

This is a GREAT way to start your month, kick start your journey to a healthier lifestyle, and is ideal to do if you feel bloated often!

As soon as potentially harmful substances enter the body, the body's detoxification systems, which consist of a series of metabolic reactions, start to do their job. Detoxification is a continuous process that the body performs naturally and doing a detox aids your body in this process of ridding these toxins, further strengthening your immune system. Detoxing cleanses both internally and externally as well as resets your natural gut, promoting optimal cell function.

You will need to be dedicated and kept motivated for a FULL body detox! At the end of your detox, you will feel you have more energy, a stronger immune system and feel healthy.









Detox's can be done every quarter, or when you start feeling body tension.

Make sure to consume enough water each day. Health experts recommend drinking between 2 and 3 litres of water every day.

We advise consulting with your health advisor before making any significant dietary changes.

# 3 Day Juice Detox Meal Plan

6 am - 7 am  
9 am - 10 am  
12 pm - 1 pm  
3 pm - 4 pm  
6 pm

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Flu Kicker Shot &amp; Carrot Commando Juice</b> 	<b>ABC Juice &amp; Flu Kicker Shot</b> 	<b>Flu Kicker Shot &amp; Sweet Apple Beetz Juice</b> 				
<b>LG Health Shot &amp; Popeye's Favorite Juice</b> 	<b>LG Health Shot &amp; Sweet Apple Beetz Juice</b> 	<b>LG Health Shot &amp; Popeye's Favorite Juice</b> 				
<b>LG Health Shot &amp; Sweet Apple Beetz Juice</b> 	<b>LG Health Shot &amp; Carrot Commando Juice</b> 	<b>ABC Juice &amp; LG Health Shot</b> 				
<b>ABC Juice &amp; LG Health Shot</b> 	<b>LG Health Shot &amp; Green Machine Juice</b> 	<b>LG Health Shot &amp; Carrot Commando Juice</b> 				
<b>Green Machine Juice</b> 	<b>Popeye's Favorite Juice</b> 	<b>Green Machine Juice</b> 				

**Total Kcal 805**

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