



**The 10 Day Detox &
Alkalizing Cleanse**
Restoring your Health & Vitality

877-860-4537
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Women's Vitality Journey
With Lenore Anderson, MA, LMT, Clinical Herbalist
6 Week Course
Includes: A 10 Day Cleanse & LIVE Food Class

Make a commitment to transforming your body & your lifestyle. As your Natural Health Coach I will inspire and support you with knowledge and skills to meet your goals for health and vitality.

Intentions for the Course:

- Manifest your intentions with affirmations and meditation.
- Clear the blocks to addictions and emotional patterns.
- Practice Self Help Acupressure & Yoga.
- Create internal acid-alkaline balance.
- Clear pain, inflammation, and digestive disorders.
- Cleanse and detox at your appropriate levels.
- Achieve your proper body weight.
- Learn effective food combining.
- Learn how to prepare LIVE Foods.
- Create vitality in your own new lifestyle.

Course Outline: Refreshments will be served!

Week 1 The power of intention, the power of your word, your empowerment journey.

Week 2 Your body ecology, your role as keeper of your own garden.

Preparation for the 10 Day Cleanse.

Week 3 Detox Dance & Internal alignment: Spine, chakras, and body/mind consciousness.

Week 4 The process of Detoxification. Listening to your body and making clear choices for your health & vitality.

Week 5 Live Food Class. Sprouting, tonics, super-foods, EZ meals, and delicious treats.

Week 6 Walking the Talk. Transformative Shamanic Journey.

Course tuition is \$500 and includes 6 classes, Coaching Support, educational resource materials, a 10 Day Cleanse, a LIVE Food Class, and a 1 Hour Private Follow up Consultation after the course.

Tuition can be paid weekly following the course deposit of \$100.
20% discount for single mothers.

Please request an application and registration packet.
The \$100 deposit is required to hold your space in the group.

Please call Lenore Anderson for more information.

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