



Nutrition 4 LIVING

SPRING 2016 ON-LINE DETOX PROGRAMME STARTING MONDAY THE 15TH OF FEBRUARY

Nutrition4Living's Autumn 2015 Detox Programme is designed to guide you in a step by step process, to detox your body in a safe and natural way. It will lead you in a process to cleanse, rejuvenate and rebuild on a cellular level, where you will be feeling re-energised by the end of the week. This is not a starvation diet! This 1 week plan is about eating nourishing foods and eliminating toxins. Book your place NOW!

BENEFITS INCLUDE

- Clear, radiant skin • Reduced cellulite • Weight loss. • Increased energy
- Improved digestion • Overall enhanced feeling of wellbeing.
- Increased mental clarity • Fewer food cravings.

[Detox Programme] [Food Lists] [Menu Plans]
[Daily Tips] [Recipes] [Closed Online Live Support]

ALL FOR JUST €25

Avail of 20% Early Bird Discount by registering on or before 7th February



Jennifer O'Callaghan
BSc, DipNT, mIANT
Nutritional THERapist



087 760 5242
jen@nutrition4living.ie
www.nutrition4living.ie

A Holistic Approach to Nutrition

FOR INFORMATION
OR TO REGISTER

TEXT "DETOX" TO
(087) 7605242 OR EMAIL
JEN@NUTRITION4LIVING.IE
WITH "DETOX" AS THE
SUBJECT.

PLACES ARE LIMITED!!