

INVIGORATE YOUR BODY AND SOUL



Detoxification Program

~ \$99 ~

**Two nutritional consultations
with**

**Marianna Duba M.Sc.
Registered Nutritionist**

Initial Consultation

Detoxification - a staple of a healthy lifestyle

The first appointment focuses on discussing the basic plan of detoxification. Marianna will list diet and lifestyle factors that counteract the body's natural cleansing processes and result in toxin accumulation, accompanied by a spectrum of physical and psychological symptoms. Clients will receive a handout with the following information:

- pre-phase - details on getting ready for detox
- list of foods to eliminate during detox
- list of vibrant nutrient-rich foods that boost liver function and overall detoxification
- a sample 3-day detox menu plan
- detox recipes for designing individual daily meal plans
- lifestyle suggestions that support the body's detoxification processes (detox bath, dry-skin brushing, sauna, exercise, rest) and will help you to regain your lost energy!

At the end of the first meeting, participants will be offered Bioelectrical Impedance Analysis (BIA). This technique reveals the body's fat, muscle and fluid composition and serves as a tool to assess the person's current state of health. A follow-up test will be conducted at the end of the program with an aim to monitor the client's progress.



Follow up consultation

Nutrition for life - rediscover your most vibrant self!

The second meeting's goal is to educate clients about healthy nutrient-rich food selection and meal preparation for everyday active lifestyle support. Marianna will explain the means of supporting healthy liver function and detoxification on a daily basis. This session's handout will include:

- instructions how to come off the detox diet
- meal planning for lasting weight control
- eating healthy without reaching deep into your pocket!

The meeting will conclude with the second BIA analysis and its evaluation.

