

SEPTEMBER 4 – 29  
2014

# THE DETOX CHALLENGE

**Restore your health, wellness, and vitality through this transformational detoxification experience led by expert Functional Medicine practitioners**

Hosted by Functional Medicine nutritionist and researcher, Dr. Deanna Minich, in collaboration with



## IS TOXICITY A PROBLEM?

With more than 4 billion pounds of toxic chemicals released into the environment every year, it may not be surprising that the average adult contains about 700 different chemicals. Short-term or long-term exposure to these toxins can accumulate in the body and cause poor health. A healthy functioning body can get rid of toxins. However, most people are subject to many environmental stresses and do not have a healthy, nutrient-rich diet. It becomes difficult under these circumstances to excrete toxins, especially when lifetime exposure to toxins is increased.

## WHAT'S IN IT FOR YOU

- Improve your energy and restore your vitality
- Get better sleep
- Allow your skin to glow
- Identify your toxic food and emotional triggers
- Improve your ability to focus and concentrate
- Support digestion and elimination

## RESOURCES AND TOOLS

- Daily instructional support
- Workbook and toolkit
- Audio recordings from expert practitioners to lead you through the detox
- Online support and Q&A led by Functional Medicine practitioners

## RESULTS

At the end of the Detox Challenge, you will gain an understanding of how to prevent re-tox, along with finding a Functional Medicine practitioner you can work with long term on your health goals.

**COST: \$37**

**SIGN UP:**

We look forward to having you be part of The Detox Challenge Community!