

For 5 days, you will rid your body of those cravings, reset your body back to better health and I have done the majority of the work for you. With my detox, you will be eliminating 5 foods that are linked to unwanted cravings and food intolerances. These foods will be out of your body during the 5 day work week, where you have structure. Once the 5 days have been completed, I will guide you back to reintroducing these foods one at a time. Any intolerances or symptoms that are new, will be your signal that your body prefers you do without or adjust the quantity and frequency of consumption. WHO needs to this 5 day detox?

Those that need to kick cravings

Those that need structure

Those that need I:I and group support

# DETOX

*With Health Coach Tracy*

Do you need to crush those cravings that you have developed over these summer months? I can help you like I have helped others with my

**5 Day Done For You Detox.**

This detox is exactly what it says!