

Ready for a Cleanse?

Contact Pam Vagnieres, MS, MNT, CSCS for an appt.
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Complete Cleanse Program

Increases energy and mood, improves muscle tone and restorative sleep, reduces inflammation and pain, helps you achieve your ideal body weight.

We'll address nutrition, cooking, exercise, meditation, & conscious living.



**3 session package is now
20% off for the new year!**
Regularly \$374 **NOW \$299**

Complex Cleanse Program Includes:

Three 1 hour sessions

- 1 hour on detox, nutrition, menu planning, meditation.
- 1 hour on exercise, conscious living.
- 1 hour on cooking and how to make delicious food quickly.

Package also includes:

- 50 page **Detox Cookbook** with delicious recipes, menu plans and information for the cleanse.
- Xymogen's **OptiCleanse** pharmaceutical grade great tasting detox protein shake to last 3-4 weeks.

PLEASE NOTE: You WILL be eating food, this is not a fasting program. Sessions meet at Pam's office in Louisville.

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