



Program

**The benefits of a live in retreat but with more long term results.
Gain motivation, inspiration, knowledge, energy and vitality.**

Take a three month Naturopathically guided journey to detoxify your body and home.
Learn how to select the best foods for your body and how to combine them for maximum energy and vitality.

Be guided as you clear out your pantry and fridge as well as your cleaning and beauty cupboards to remove hidden toxins.

Be educated as you remove common unhealthy foods, products and practices and replace them with revitalising ones

Enhance your digestion and absorption of nutrition

Be prepared and supported through a raw food cleanse and juice/smoothie fast

Encourage your body's many pathways of detoxification

Learn how to reintroduce foods to clearly identify foods that do not agree with your body

Design and maintain a clean, healthy enhancing long term eating regime

Encourage long term digestive/gut health with certain foods and practices

Learn about vitality and longevity enhancing foods and practices

Perfect to follow a live in retreat; as a pre-conception care detox; or as a stand alone program.



\$1200 includes:

Personal health assessment

6 x fortnightly group sessions: 6-9pm Fridays (3) and 3-6pm Saturdays (3)

Comprehensive manual and support material

Discounts on natural medicines and organic foods

Support and group chat resources

Email: info@naturisme.com.au for more details and registration

Or call Samantha Warner on 0403 194 226