

# YOUR BODY SASS™ CLEANSE JOURNEY



with *Laurie Warren*



LOSE WEIGHT, GAIN ENERGY, GET EDUCATED & FEEL AMAZING!

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## **Program Basics**

My Body Sass™ Cleanse Program is an important part of your mindful health choices. Toxins, unfortunately, are all around in our modern culture...environment, drinking water, food (pesticides, additives, dyes, chemicals), household cleaners, medications, personal-care products...and the list goes on. This results in a toxic burden in the body that can significantly impede both our ability to lose weight, and our ability to stay healthy. This high-quality, comprehensive cleanse program can reduce that toxic burden and allow your body to move closer to its natural state of homeostasis, health, and vitality.

The Body Sass™ Cleanse Program has been developed over time, using best practices, to deeply nourish the body while encouraging the reduction of toxic burden. Two main components of this experiential program are:

1. Specific, nutrient-dense food choices, which will be rich in vegetables & fruits
2. The whole food and herb based supplementation kit, which will ensure that your body is not only receiving full protein & nutrient support, but also that Phase I and Phase II detoxification is supported in the liver, the master detoxification organ.

## **Your Physical Benefits**

Cleanse participants often experience **dramatic improvements in weight and blood lipid profiles**, as well as the improvement or disappearance of many subclinical symptoms such as headaches, sinus issues, rashes, PMS, digestive upset, poor sleep quality, low libido, inadequate energy levels, reduced mental clarity, and sugar cravings. This Program is an effective way to begin a weight loss initiative, due to its inherent “jumpstart,” detoxification, re-balancing, and experiential education.

## **Your Crash Course in Real Food**

The food you eat builds your body, every day. **Eating whole, nutrient-dense foods is a game-changer** and in 21 days, you will learn a great deal about these foods. And your Body Sass™ Cleanse eBook and companion Recipe eBook provide a wealth of information to help you Create Vibrant Health™ with your food and choices. Upon Program completion, all participants make some measure of lasting changes in their food choices, leaning more toward foods that build healthy bodies and optimize health.

## **Your Education and Empowerment**

The Body Sass™ Cleanse offers you a time for education...with yourself for yourself...noticing what feels good in your body, what feels not-so-good, where weaknesses and addictions lie, and exploring your emotional attachment to certain foods. **This experiential learning is a powerful catalyst to building a lifetime of health optimization.** Launching from this Program into a “New Normal” for your food lifestyle is a goal that many embrace. Embarking on the Body Sass™ Cleanse is a commitment requiring time, effort, and mental strength...but the results, and the payoff for your health experience, make the effort entirely worthwhile.

# Your Body Sass™ Cleanse Journey - Lose weight, gain energy, get educated & feel amazing!

**A Comprehensive Program** - This fully-supported Program includes:

1. Pre-cleanse measures and support
2. High-quality Standard Process and Medi-Herb supplements and shake powders
3. All-inclusive eBook with complete instructions for an effective, enjoyable Journey
4. Recipes galore in your companion eBook
5. Your Body Sass™ Cleanse “Launch Appointment” via phone
6. Daily support emails with instructions, reminders, and recipes
7. Clinical support via email, phone, and text

## **High-Quality Supplements**

A pillar of my Programs is the high-quality nutritional and herbal support that you will receive from Standard Process and Medi-Herb products. These products are whole food-based, which means that nutrients are delivered complete with all of the factors in whole foods that make them so health-optimizing.

### **SP Complete Dairy-Free Powder** for nutritious protein shakes

Offers essential whole food nutrition in a versatile shake. Delivers powerful antioxidant protection to support liver detoxification and immune function, as well as combat free radical damage. Provides amino acids, essential fatty acids, and other nutrients to support intestinal, muscular, and immune health.

### **Whole Food Fiber Powder** for added fiber in your shakes

Provides additional soluble and insoluble fiber, creating a wide array of health benefits, including the promotion of bowel movement regularity. Fiber intake also supports a healthy balance of GI flora as it promotes an environment for growth of beneficial bacteria in the gut, which is important for immune function and weight loss.

### **SP Cleanse Capsules** for detoxification

Serves up 20 unique nutrient-rich whole foods and botanicals that help the body's main detox organs – kidneys, liver, and intestines – eliminate toxins. Provides a huge influx of vitamins and phytochemicals that promote health in a myriad of ways.

### **SP Green Food Capsules** for phytonutrients

Supports your liver detox functions via five organically grown whole food concentrates: Brussels sprouts, kale, alfalfa, buckwheat, and barley grass. These superfoods also help to combat free radical damage, as well as provide a good source of essential amino acids, vitamins, and minerals.

### **Colax Tablets** for colonic cleansing prior to the Program

Stimulates and supports improved elimination via high-quality herbal ingredients. Provides a key bowel cleansing prior to Day 1 of the Program to ensure prompt and proper elimination of toxins that are released during the Body Sass™ Cleanse.

## **Registration**

To sign up for my game-changing Body Sass™ Cleanse Program, please contact me. **Get ready for an amazing health journey!**

- ▶ Via my website [www.LaurieWarren.com](http://www.LaurieWarren.com)
- ▶ Remember that you can also find me **on Facebook!** Click the “Like” button, and you'll be updated on news, programs, and health tips.

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