

Food-Based Group Cleanse!

Are you experiencing a **feeling of heaviness, fog, or lack of energy?**

Do you live a busy life marked by **stress, lack of sleep, and hurried or skipped meals?**

Do you want to **improve the health of your bodily systems, feel healthier, and encourage weight loss?**

If so, **you could benefit from a complete detox, guided by a master level nutritionist.**

Give yourself the gift of vibrant
health and wellness!



Our 5-week group cleanse is a supervised program designed to work with the body's innate detoxification process, allowing individuals to effectively neutralize and eliminate toxins, bringing the body back to a state of balance.



This is a whole-food based cleanse including real food and snacks, which means you **won't feel hungry.**

Tuesdays from 7:00 – 8:30pm
January 22nd, 2019 – February 19th, 2019

Cost of Cleanse: \$595

- Your insurance may cover -

Call Starkel Nutrition today to pay your down payment and secure your spot.
Space is very limited!

206.853.0534

To learn more visit: starkelnutrition.com/seattle-cleanse-detox/