August 2019

BREATHE EAT MEDITATE

CLEANSE & RESTORE DETOX PROGRAMME

IT'S TIME!

It is time for a cleanse,
My body is telling me it's ready.
My skin isn't glowing, my belly is a bit bigger and my energy is lagging. It's time to hit the
reset button! Watch the video to learn more...

CLEANSE AND RESTORE KIT

Find out about all the amazing supplements that you will get in the
cleanse and restore kit here;
https://spark.adobe.com/page/Q8LmDGhjepoeE/

August 2019

HOWTO JOIN;
PURCHASE YOUR CLEANSE & RESTORE KIT FROM MY WEBSITE HERE;
HTTPS://WWW.BREATHEEATMEDITATE.COM/STORE/ESSENTIAL-OIL-KITS/ITEM/CLEANSE-AND-RESTORE-PROGRAMME/

JOIN IF YOU WOULD LIKE

glowing skin
higher energy
better digestion
less bloating
learn to apply new detox rituals to your everyday
release extra weight + toxins
a comprehensive ebook + webinar to guide you
a community + culture that is upgrading their health with you

SUPPORT

You wil receive daily guidance from me on dietary changes, lifestyle swaps, yoga exercises, meditations, and so much more all on my private cleanse group.

TESTIMONIALS -

Jenny S: WOW WOW WOW. I started this regime on Tuesday and I cannot even explain to you all. My energy levels are through the roof. Being someone who has worked with Naturopathic grade supplements for decades, I was totally apprehensive when switching to doTERRA supplements. Now I feel a bit silly. I have never experienced such a quick shift. LOVE LOVE LOVE this program!

Corinna K: Love this system and have noticed such a beautiful difference in my skin, since beginning the cleanse. And in my hair and nails and energy!

Diana R: I have to keep it up - I have always had gut issues and since I started taking terrazyme, I feel so much better and I'm not bloated all the time. I love it!

Julie B: I don't ever want to be without these products. Phase 2 starts for me tomorrow and the hormonal acne that I've been dealing with for a year is clearing up!

Jamie B: I stepped on the scale this morning and I lost 5 lbs. I have more energy and feeling great. It's only day 5 I can't wait to see what I will feel like after the next 25 days.