

August Cleanse with whole, natural foods!

- *Learn what foods feed your body best*
- *Affect your health and weight for the better*
- *Overcome cravings for caffeine, alcohol, sugar*
- *Feed your family delicious, nutritious food*
- *Receive LOTS of recipes that fit your lifestyle and tastes*
- *No more dieting!*

Want to **jump start weight loss** or transition to **more healthy eating**? A cleanse based on whole, natural foods is the **perfect way to get on track**, and summer is a great time!

Join us for a 21-day Whole Food Cleanse that is designed to be **simple, effective, gentle**, and "doable" even when life is busy. We will **eat whole, natural foods** throughout, and by the end of 21 days, we will have worked up to a normal, healthy diet that you can continue to follow if you choose.

Join us for an **empowering experience!**

JOIN US!

Kick-Off: Tuesday, August 10, 2010, 6:30 p.m. Lenexa, KS

Cleanse: August 14 to September 3

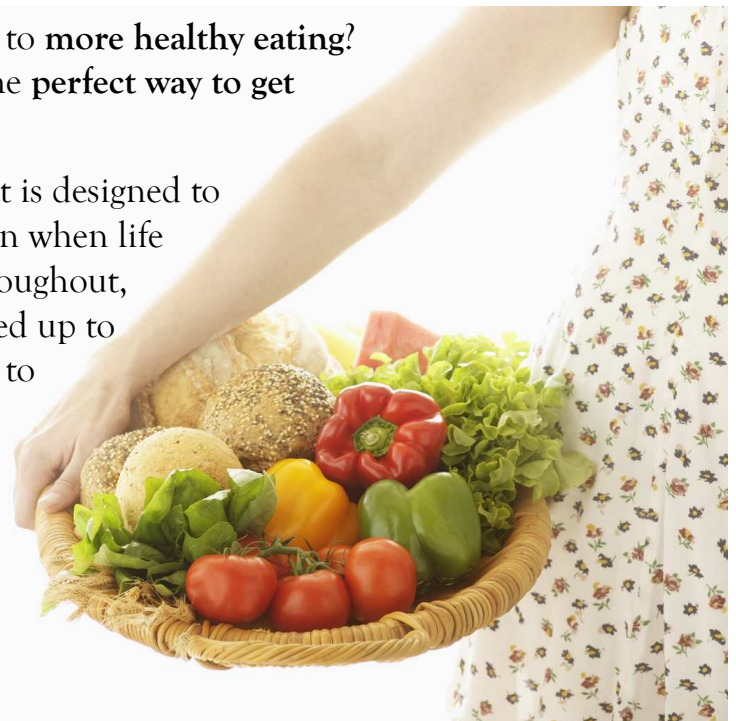
Other support meeting dates: 8/17, 8/24, and 8/31

Daily support: through group blog and email.

Cost: \$140, includes handouts, meetings and daily support

Want to save \$20? Register by 7/29!

Additional support services (and discounts) available, including hypnotherapy, spirit session, Hawaiian Lomilomi massage, and holistic nutrition coaching—ask for details.



REGISTRATION/MORE INFO:

Register online at www.meetup.com/cleansewithfriends or call (913) 232-6419. Space limited to first 30 people.

Cleanse With Friends™

**Experience rejuvenation and empowerment
through supported cleansing**