



# My Wellness Detox

Choose to Live a Wellness Lifestyle

Announcing a **NEW** detox program to brilliantly transform yourself!

Ready to kick-start a **new you** in the **new year**?

Join **My Wellness Detox**

This moderated program is open to all. Participants receive 30 days of guidance, support, and recipes for this phase of the program. This program is new and replaces the KCC, Cleanse and Restore programs.

What you can expect:

- ▶ 28 Days of inspirational emails which include “what to do today” guidance for activities and supplements
- ▶ Guide Books (PDF) via email to support each phase (Detox Prep, Detox, Detox Post)
- ▶ Recipe Guide
- ▶ Fully supported Facebook page—Secret Group

Click here to get started:

[discoverbrilliantolutions.com/event/cleanse/](http://discoverbrilliantolutions.com/event/cleanse/)

**TO REGISTER FOR MY WELLNESS DETOX, PLEASE COMPLETE 3 SIMPLE STEPS:**

1. Complete the registration on Eventbrite which includes the \$20 registration fee.
2. Take a screenshot of your 100 LRP or higher order and send to [detoxstaff@gmail.com](mailto:detoxstaff@gmail.com)  
(For example, if you are signing up for the cleanse in February, your 100 LRP order is for January). Brand new Wellness Advocates may participate in their first month with a 100 PV order.
3. Email [detoxstaff@gmail.com](mailto:detoxstaff@gmail.com) and confirm the email you want us to use to invite you to the Facebook page. It would be best to include this information when you send the screenshot of your order.

Once you have completed these three steps, you will receive a confirming email.

The first Welcome Email, which includes the current Phase Guide and Recipe Guide, will be sent on the 28th of the month so you are ready to get started on the 1st. The Facebook page will also go “LIVE” on the 1st.



## MY WELLNESS DETOX

### CORE DETOX PROGRAM PRODUCTS:

- ✓ GX Assist
- ✓ PB+ Assist
- ✓ Lemon Essential Oil
- ✓ Zendocrine Complex
- ✓ Lavender (detox bath)
- ✓ TerraZyme

### SUGGESTED NUTRITIONAL SUPPORT PRODUCTS:

- ✓ LifeLong Vitality Trio

### SUGGESTED ADDITIONAL PRODUCTS TO TARGET EFFORTS AND MAXIMIZE RESULTS:

- ✓ Slim & Sassy (15mL or softgels)
- ✓ Zendocrine EO Blend (15mL or softgels)
- ✓ DDR Prime (30mL or softgels)

Enroll new Wellness Advocates  
with the  
Cleanse and Restore Enrollment Kit!

**Questions? Please contact [detoxstaff@gmail.com](mailto:detoxstaff@gmail.com)**



# My Wellness Detox

## Testimonials

- I participated in previous cleanses and while they were fruitful and the goals achieved, they were very different from this Wellness Detox program. This new program is one that, through education and lifestyle changes, is sustainable beyond just the 30 days.
- I have learned about the importance that my pH balance has in optimizing my metabolic processes. I have learned about my own body and the impact certain foods, or food combinations, have on my own pH balance. The program empowers me (and all participants) to explore these concepts and make my own choices and adaptations.
- This program is not a diet...I eat when I am hungry...I am satiated and feel energetic despite the food restrictions.
- The daily emails, the Facebook group, the personal attention given to me and my questions through Laura and Cathi provide the foundation for achieving my goals. Also although there is this structured format, there is flexibility to personalize my own goals and behavior within that structure.
- Finally, since there were many of us in my locality, we created a meal team to support each other and have accountability partners in this program. Like a meal exchange, we each took one night to cook and prepare the meal for the others in the group. We ate dinner together and shared not only the meal, but our frustrations, our successes and our heartfelt love for each other. I ate food choices that if I were on my own, I would not have gone through the effort to prepare or cook. We found that it is so much easier to stick to the program by having the love and support of the group...our shared vision and belief that we will succeed together.
- I am grateful for the time and energy invested by both Laura and Cathi to develop this program, all the materials, the how-to guides, recipe and meal suggestions...and especially, to be present to us daily as mentors. My success in living a healthier lifestyle is built on this foundation!

- Terri Pace

The transformation that I have experienced has been worth every bit of the work! My sleep is great, energy level enhanced to the point that I haven't been feeling the need for Mito2Max at all, increased sense of focus and connection with others, and the waistband in my clothes is "gappy". The cost to doing this cleanse far out ways the expense of avoiding it! Thank you!!!!

- Alison van Zandbergen



Thank you Laura and Cathi for all the work you have put into this great detox program! Even if you haven't followed it to the letter you will see and feel the amazing health benefits. It is especially true for those who have never done a detox before. Learning to eat clean takes time and support, but once you at least give it try it's really hard to go back to your old less healthy ways! If this wasn't your first rodeo, like me and you were able to follow the program very closely you have gone deeper into detoxify your body! Each time I do a cleanse I have a renewed respect, deeper love and appreciation my body, mind and spirit and what they do for me. I want to fuel them with what they need and are asking for! Much Love ♥

- Linda Cardona Powers



I am a type 2 diabetic who has never been very med compliant. Controlling my diet with the pre-detox diet (a place I can stay) has helped me gain more control than ever of my sugar, given me more energy and life, and I've lost 8.5 lbs And counting.

- Carrie Whitaker