



# SUMMER DETOX PROGRAM

In only 9 days: the a NEW YOU | Cell rejuvenation & more energy |

## Start now and get the special offer:

You can start at any time; the program is compatible with your job, family/daily life. Coaching is online.

Price: 290€ including all material which you can keep. First conversation is free of charge, so you can check, if the program is suitable for you.

## Summarized:

- The food is 100% alkaline and you will not be hungry!
- You will learn HOW to eat and especially how to enjoy
- Soft colon cleaning methods
- Important: breathing exercises and mind detox
- Personal activity / training plan according to your needs
- Detox through the skin
- Result: Highly motivated and happy NEW YOU

Let me give the positive impulse for your health!

**Natasa Untersmayr, MBA**  
Health coach



## What to expect:

- Four personal coaching meetings (60 min. each)
- Personal nutrition plan incl. cooking recipes (easy to do)
- Body & mind detox plan, easy to integrate in the daily life
- Soft colon cleaning methods
- Personal activity plan / training plan / breathing exercises
- Special daily tasks / surprise
- Motivation and daily support

First coaching: preparation; we'll talk about your medical history, personal health goals and what motivates you to do the program; you'll get your personal nutrition plan & cooking recipes; depending on your fitness level, I'll establish your own training /activity plan incl. breathing exercises; following recommendations will be included: liver detox and compress, colon cleaning methods, alkaline baths, detox foot baths, relax exercises, visualization exercises; Second & third coaching: follow up / check, how the detox is progressing. At the end, we will evaluate the results and you will learn how to continue. You'll get the „first aid bag“ or your future. You are just one step away from the NEW YOU!

## How you will feel after:

Very good sleep quality, you are full of energy, the digestion is good, you are in balance and your immune system works more efficiently, the metabolism works at full speeds! Nice side effect: some kilos are also away!