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Spring Liver Detox Using Natural Foods

***The Pilates Plus Wellness Center will offer a Spring Liver Detox at Active Body on:
4/29 and 5/6 4-7PM***

What Is It? The Liver Detox is designed to **CLEAN** the liver, tissues, gut, and help you feel better! Many detox programs “push” unrealistic expectations (i.e. starvation, fasting, synthetic supplements) and thereby make it unappealing and unsustainable. The liver is our **FILTER**; this detox is like spring cleaning for your mind, body and spirit.

This detox is a fast from many substances that block the liver from functioning optimally, i.e. sugar, salt, caffeine, alcohol, and animal products. However, you will eat and learn about delicious and healthy ways to feel full and experiment with fruits and vegetables in new ways.

What Are The Benefits? The benefits of this cleanse are **HUGE**, but are also individual. Most people report: increase in sleep, decrease in weight, improvement in mood/energy, increase in mental clarity and decision making, and a decrease in cravings. In our last detox group, 15 women gathered and lost a total of 80 pounds!

What Is Involved? The group meets for six hours, on two different dates, one week apart. The group will set goals, share concerns, sample healthy foods, and practice cooking. There are “give-aways” at each gathering and a few special treats and surprises!

What Is The Cost? The cost for the detox is \$145.00. Early bird specials will run and be offered at \$130.00 for the first 5 participants who sign up. If you refer a friend, you will receive an additional \$10 off your registration.

What Does The Cost Include? Your materials, 5 days of supplements (broccoli sprouts and a green whole food plant-based powder), a goodie bag, recipes, shopping lists, and two small meals.

How Do I Register? Call the studio (301) 952-1111, or email the office at: office@pilatespluscenter.com Leave the best number and time for a return call. You can also register online by leaving your email address with us, we will send you the registration link to self-register.

