

Shrink Your Middle

In Just 7 Days!

Tired of your MUFFIN TOP? Have MOOD SWINGS?
Constantly CRAVING SWEETS?

Want CONTROL over your WEIGHT,
without DEPRIVATION?

Then the **7 Day Sugar Cleanse** is for you!

You **won't go hungry** on this cleanse.

Shopping list, recipes and meal plan are already done for you.

This virtual program is convenient for you to listen live or recorded calls.



*inspiring*health

www.inspiringhealthsolutions.com
612.804.6675

www.easysugarcleanse.com

PROGRAM INCLUDES:

3 group calls, Online support and 1 one-on-one 30 minute nutrition consult. You will complete this program, knowing how to choose foods for improved healing, overcoming behaviors that trigger cravings and an understanding how to eat for the rest of your life.

WHAT PEOPLE ARE SAYING:

*My wife Karla & I found the "Sugar Cleanse" program to be excellent & have embraced it by continuing on with the program. **I lost about 7 pounds** during the week and Karla has **lost about 10** since we started. Really feel much better, more energy & enjoyed your recipes & preparing the meals in advance.*

FOR INFO & TO REGISTER:

www.easysugarcleanse.com

The Shrink Your Middle - 7 Day Sugar Cleanse Begins:

Jan. 23rd Orientation Call, Actual Cleanse begins on **Jan. 28th, 2013**

Remember, if you don't make time for wellness, you'll be forced to make time for illness.