

### Nutritional Cleanse Program\*

What is a Nutritional Cleanse and what does it do?

- ✓ A structured program that involves metabolic cleansing, nutritional support, and dietary changes to improve your overall health picture
- ✓ Minimizes toxic exposures encountered on a daily basis
- ✓ Optimizes detoxification function of the digestive and elimination organs
- ✓ Provides nutritional support to help cells repair and regenerate

What may occur while I am on the Nutritional Cleanse?

- ✓ Weight loss of 2-10 #'s (some even more)
- ✓ Better sleep quality and restfulness
- ✓ Reduction of stress
- ✓ Improved skin integrity
- ✓ Increase in energy
- ✓ Identification of foods that are best for you
- ✓ Learn new ways to prepare foods

What is included in the \$350 fee?

- ✓ Proven program used successfully with amateurs and professionals alike!
  - All details and how-to's for the 14-day Nutritional Cleanse period
  - Menus and recipes developed in conjunction with a chef and registered dietitian
- ✓ Professional grade dietary supplements, including homeopathic detox drops, a physician-grade powdered product to be used as a partial meal replacement and detoxification support, and a state-of-the-art green drink. Products typically last an additional 4-weeks after the 14 day dietary phase has ended.
- ✓ 90-minutes of Cleanse Coaching includes:
  - Individual measurements before and after the cleanse
  - A group cleanse-specific shopping tour at Whole Foods
  - E-mail access for individual questions during the 14-day cleanse program
- ✓ Customized meal plan recommendation based on your measurements and body weight goals
- ✓ "Life After the Cleanse" guidelines to help you succeed on the next phase of your wellness journey. Note: Additional follow-up services are available and recommended for both Coaching and Nutrition Education.
- ✓ Program retails for \$575; available via Boundless Energy for \$350

\*These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure, or prevent any disease.

Julie H. Burns, MS, RD, CCN is founder of SportFuel, Inc. and Eat Like The Pros™ -- a sports nutrition consulting firm with online nutritional services and products including personal chef services, both located in Western Springs, IL ([www.SportFuel.com](http://www.SportFuel.com)). Past and current clients include the Chicago Blackhawks hockey team, Chicago White Sox baseball team, Chicago Bears football team Chicago Bulls basketball team, Northwestern University's varsity teams and individual pro and elite athletes. Julie was rated "one of the top ten experts to help revamp your diet" by Harper's BAZAAR magazine.



**BE Strong. BE Energized. BE Fit.**

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