



Well Taken Care Of®
Health, Personal Training & Nutrition Coaching

Hippocrates - "All Disease Begins In The Gut"

7-Day Sugar Detox Program!

Eliminating sugar out of your diet sounds like a great idea but is it even a thing? Well sure. It totally is. Some studies have shown you can significantly reduce your sugar dependence and cut your cravings dramatically in just 7 days. Of course, that means that you'll be dealing with cravings. But with a few strategic meal and snack options you can cut sugar and you won't turn into a zombie, an angry beast, anything else fearsome. Follow this plan for just 7 days and you'll go from "sugar-addicted" to "sugar-free!"



REVIEW

"I lost 5 pounds in 7 days on this eating plan!"

Kate P. Brookline, Ma

PROGRAM INCLUDES

Holistic Nutrition & Healthy Habit Formation Coaching Session

Unlimited Email/Phone Support

Meal Planning Guidance: Each day pick one food and snack option from each column from our custom food list.

- ▶ Daily Detox Drink Recipes
- ▶ Reintroduction Phase Guidance
- ▶ Simply yet Effective Lifestyle Tips & Tricks for Maximum Results!

Now is the time to eliminate dietary "clutter" that is taxing your digestive and immune systems & slowing your metabolism. Reset your body in just 7 days with our effective elimination diet, so your body can begin to perform optimally again!

"Nothing Tastes as Good as a Healthy Body Feels." - unknown

Please consult your doctor before starting any nutrition program especially if pregnant, nursing or taking any prescription medications.

Book a FREE Discovery Call Today!

Linda E. Abel, BS CPT CHN CHWC
Functional Nutrition Practitioner

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