

BECHAMP HEALTH

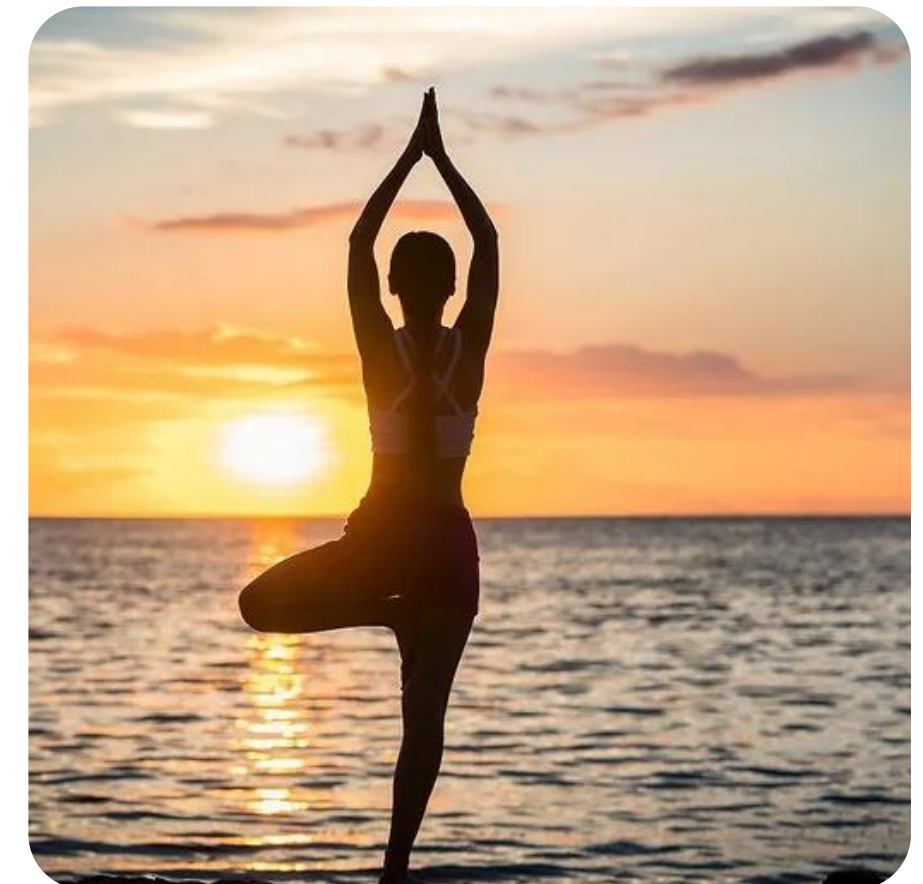


8 WEEK PROGRAM

SPRING CLEANSE & *ENERGIZE!*

Starting 3rd week of April 2022!

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SPRING CLEANSE 8 WEEK PROGRAM

Who should do a cleanse?

If you experience signs of toxic overload:

- Inflammation in the face (puffiness)
- Sores or swelling in the mouth
- Halitosis (bad breath), Body Odor
- White or yellow coat on the tongue
- Joint pains and discomfort in the body
- Fatigue / Lack of energy
- Insomnia, restless sleep
- Weight Gain and trouble losing weight
- Headaches and Brain Fog
- Skin issues: rashes, acne, eczema
- Bloating and indigestion

Benefit of a Cleanse:

- Weight Loss
- More energy!
- Better Sleep Quality
- Less inflammation and pains
- Flatter tummy, less bloating
- Better mood
- Become more aware and connected to your body
- Develop more mindfulness
- Develop life long healthy habits



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SPRING CLEANSE 8 WEEK PROGRAM

Week 1: How to do a cleanse and support elimination organs?

Week 2: Intuitive Eating vs Emotional Eating (Tapping techniques for cravings)

Week 3: Energize with whole foods, teas & herbs

Week 4: Letting go of toxins - emotional, mental, environmental & physical

Week 5: Reducing stress and inflammation

Week 6: 21-day Smoothie protocol with meal plan (w1)

Week 7: Gut health, sleep & mental health (w2)

Week 8: *Celebration!* Self Massage, Yoga & Meditation (w3)

BONUS!

- 21-day Smoothie Diet Guide and Recipes (60\$ Value)
- Spring Meal Plan, Recipes, Grocery List (50\$ Value)
- 2 LIVE exercise sessions
- Food Journal
- Weekly handouts, assignments & videos
- Private FB Group for Support

***TOPICS SUBJECT TO CHANGE**

SPRING CLEANSE 8 WEEK PROGRAM

Week 1: Cleansing and supporting elimination organs

- Choosing food based on energy
- What are quality carbs and healthy fats?
- Food replacements for carbs and sweets
- Blooming Yoga & Setting Intentions

Week 2: Intuitive Eating vs Emotional Eating

- Portion sizes and ratios
- Mindful eating
- Tapping, Food Cravings and their origin
- Yoga and Meditation

Week 3: Energize with whole foods, teas & herbs

- Review of nutrition and meal plan
- Meal planning & preparations
- Teas and Hydration
- Using herbs and spices

Week 4: Letting go of toxins - emotional, mental, environmental and physical

- Types of toxins
- Types of stressors to release (physical, emotional, chemical)
- Meditation and Deep Breathing

*TOPICS SUBJECT TO CHANGE

SPRING CLEANSE 8 WEEK PROGRAM

Week 5: Reducing stress and inflammation

- Lowering inflammation through food, breathing, meditation and quality sleep
- Affirmations and self reflection

Week 6: Smoothie Protocol

- Review the protocol and ingredients
- Healthy Fats, Vitamins and Minerals
- Yoga and Visualization

Week 7: Gut Health, Sleep & Mental Health

- Digestive system (gut brain connection)
- Probiotics and the microbiome
- Fermented foods

Week 8: Self Massage, Yoga & Meditation

- Supporting lymphatic system
- Exercise, circulation, body temperature
- Blooming Yoga & Meditation

*TOPICS SUBJECT TO CHANGE

SPRING CLEANSE 8 WEEK PROGRAM



Package A - Group Sessions

- 8 Group sessions + 2 exercise sessions (over 300\$ value)
- Access to private Facebook group
- Food Journal (15\$ value)
- 21-day Smoothie Cleanse & Recipes (60\$ value)
- Spring Meal Plan, Recipes, Grocery List (50\$ Value)
- Recordings, handouts and assignments
- Value: over 425+\$ Special offer: 247\$
- [**Click Here**](#) to Register!

Package B - Group Sessions + 3 Private Consultations

- **Everything in "Package A"**
PLUS
- Food Journal **WITH** weekly review (100\$ value)
- ***3 private** online sessions with Cindy valid for 1 year (335\$ value)
- Customized holistic protocol of nutrition, supplements & lifestyle recommendation
- ***Insurance Receipts Provided**
- Value: over 860+\$ Special offer: 447\$
- [**Click Here**](#) to Register!



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