

# GREEN DETOX - £90.00

CLEANSE | GREENS | JUICING | RAW

## 6 WEEKS HOLISTIC PROGRAMME TAILORED AS PER YOUR NEED?

### WEEK-1, 2 & 3

1. Initial consultation for 45 minutes- Live chats through Skype or Face time.
2. Ravi's Welcome pack will be provided- Wealth of healthy tips and guidance
3. Complete nutritional Analysis- Assessment of nutritional need, by evaluating minerals and vitamin need and what food to eat or not?
4. Weekly email support- Correspondence through email
5. Customized Meal plan- Which will give you support to organize your meal as per the programme
6. Advice Sheet- On Detox, Spirulina, Chlorella, wheatgrass and Barley grass.
7. Emphasis on – Smoothie, Juice and Soup detox
8. Session Record sheet- record of all the action points discussed and works on how to achieve the targets.
9. Supplement Programme- Initial advice on Herbal and holistic supplements.

### WEEK 4, 5 & 6

1. Follow up of the Initial consultation and evaluate through Skype/Face Time- 30 minutes.
2. Assess the Record sheet from past 3 weeks and evaluate the progress.
3. Week 4, 5 & 6 customized meal plans will be provided.
4. Discuss Raw Food and Fermented food- in detail
5. Emphasis on Exercise.
6. Weekly Email support.

7. Revised- New Supplement programme
8. Set new Targets and goals for Coming weeks.

Looking forward to start the step-by-step guide of Ultimate Holistic journey with you- and sure with both of ours commitment and discipline we will get there!!!!- **START NOW....**



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