



Refresh, Renew, And Revitalize YOU!

Are you sick and tired of feeling sick and tired? Do you want more energy; less pain; better sleep; clearer thinking; more sex drive, and greater control over your health? Then it's time to

**Refresh, Renew and Revitalize YOU, with
Touchstone Naturopathic Centre's 30 day Transformation Challenge!**

Beginning **March 1st 2012**, the **30 day transformation challenge begins!** The goal is to create **healthy lifestyle changes that will last**. Consider this a 30 day transformation to get you on the right track of feeling, living and being your very best! Join us on a journey of detoxification and healthy living!

You have a choice. No more excuses. Take control of your life and what you want for it.

Refresh! Your lifestyle~ Body, mind and spirit, starting with the foods we eat.

Renew! Your health~ Out with the old, in with the new! Let go of the things in your life that aren't doing you any good and embrace the things that make you feel your very best!

Revitalize! Your life~ Breathe new life into your life! Live your life to the fullest! Feel and look your very best! There's nothing you can't do!

What do you need to do?

Commit- Nobody is saying it's going to be easy-that's why it's a challenge. Committing to the 30 days means just that-it's not a 10 day or 15 day challenge. Challenge yourself and Commit to the full 30 days, you won't be disappointed!

Take action- The only thing left is to start taking action right now, to change things to the way you want them to be! Part of that involves taking back control over your health and what you do in your lifestyle. If you don't, no one else will do it for you!

Don't quit-It may not be easy, but don't give up. Just keep putting one foot in front of the other. It's not a matter of being perfect, it's about making positive changes! Keep moving forward! You can do it!

Refresh, Renew and Revitalize YOU, 30 day transformation **begins on Thursday March 1st 2012**.

Please sign up in advance.

The program includes:

- 4 weekly visits with a Registered Holistic Nutritionist for support and guidance
- 30 day supply *Whole Body Cleanse* detoxification support
- Journal for recording your goals, thoughts, feelings, food diary etc. while on your journey
- 2 BIA (Bioimpedance Analysis) – used to un-cover your metabolic rate, lean muscle mass, and body fat percentage & track your progress

That's a \$400 value but when you sign up before Thursday February 23rd 2012 you can get this AMAZING offer for only \$199! Act now; take back control of your life and health!