

SIGNS OF *Toxic* OVERLOAD

DO YOU STRUGGLE WITH ANY OF THESE SYMPTOMS?

THESE ARE SOME OF THE PHYSICAL SIGNS OF TOXICITY AND IMBALANCE IN THE BODY

- ABDOMINAL BLOATING
- ACID RELUX
- ACNE
- ALLERGIES
- ANGER ISSUES
- ANXIETY
- ARTERIES BLOCKED WITH FAT
- AUTOIMMUNE DISEASES
- BLOOD SUGAR ISSUES
- BRAIN FOG
- BROWN SPOTS & BLEMISHES
- CELLULITE
- CHRONIC FATIGUE SYNDROME
- CONSTIPATION
- DARK CIRCLES UNDER EYES
- DEPRESSED METABOLISM
- DEPRESSION
- DISTURBED SLEEP
- ELEVATED LDL, REDUCED HDL
- EXCESSIVE FACIAL BLOOD VESSELS
- EXCESSIVE SWEATING
- FATTY LIVER
- FIBROMYALGIA
- FOOD & CHEMICAL SENSITIVITIES
- GALLBLADDER DISEASE
- GALLSTONES
- HEMORRHOIDS
- HOT FLASHES
- HYPOGLYCEMIA
- INABILITY TO LOSE WEIGHT
- INDIGESTION
- INFLAMMATION
- INTOLERANCE TO ALCOHOL
- IRRITABLE BOWEL SYNDROME
- ITCHY SKIN
- JOINT PAIN
- LOW LIBIDO
- MENOPAUSAL SYMPTOMS
- MOOD SWINGS
- MUSCLE ACHES
- NAUSEA AND VOMITING
- OVERHEATING
- PAIN OVER THE LIVER
- PMS
- POOR CONCENTRATION
- POT BELLY
- RECURRENT HEADACHES
- RED PALMS AND SOLES
- RED SWOLLEN ITCHY EYES
- ROSACEA
- YELLOW DISCOLORATION OF EYES
- SLOW DIGESTION
- SUGAR CRAVINGS
- SKIN RASHES
- TYPE 2 DIABETES
- WEIGHT GAIN

are you ready?

GROUPS START THE FIRST AND THIRD MONDAY MONTHLY

Fit Fact:
We do not lose weight and get healthy, we get healthy and lose weight.