

3 Day Detox

Need a little boost to get yourself back on track? Here is access to our 3 day detox. Everything is laid out for you and it's only three days. This detox will give you a reset and have your body feeling right. Do something that your body will love.

Enjoy!

Go [here](#) to print our 3 Day Detox It is a 2 sided pdf, that includes everything you need to get on track!

xoxo,
Kristin