

# ☀️ Liver Lover Cellular Detoxification ☀️

## Program Overview/ Description

Liver Lover Cellular Detoxification is a **two month liver detox program** led by a functional nutrition practitioner. It's geared towards serving all bio-individuals on a deep journey of safely detoxing the liver. There are many factors to consider when detoxifying the liver that will depend from individual to individual. The assistance of a functional nutrition practitioner will give you the confidence and support you need to achieve clinical results.

A **functional** approach to health is recognizing that the ENTIRE body works in a synergistic manner, meaning that every system in the body needs to be working for health to exist. The Liver Lover program has been created to address the digestive-system's aspects aside from the liver that need to be thriving for the liver to be able to detoxify and be restrengthened.

The program is designed to gradually prepare the body and liver for a deep cleanse by introducing weekly objectives and protocols. The intensity of the cleanse will increase towards the last 3 weeks. The preparation weeks will allow for a safe detoxification. You will be monitored by a functional nutrition practitioner in case you need to slow down the process or need separate recommendations for safe continuation.

Program Price- \$1,000.00

### Program Comes with

**Liver Lover Product Bundle**- You will receive supplements and teas for your weekly protocols

1. **Hard Copy 73 page Manual**
2. **N-Acetyl-Cysteine 100 capsules** *Protocol For Life Balance*
3. **Methyl B12 100 capsules** *BIO Tech Pharmacal, INC.*
4. **Probiotic 60 capsules** *VinCO 20 billion cfu*
5. **Turmeric Powder Organic** *160 grams*
6. **Milk Thistle Powder Organic** *95 grams*
7. **Burdock & Dandelion Root Tea Organic** *304 grams*
8. **Bitter Tea (Fennel & Gentian Root) Organic** *144 grams Gentian Root & 144 grams 144 grams*
9. **Tonic Tea** *Grown by Sun Soul Fitness Micro Farm Tucson, AZ 80 grams*
10. **Antioxidant Cooking Spice** *Grown by Sun Soul Fitness Micro Farm Tucson, AZ 18 grams*
11. **Apple Cider Vinegar** *Paul Braggs 16 ozs*

### **Service-**

★ **4 in person sessions:** Sessions objectives will be presented in the weekly schedule packet. over!

- ★ **Open assistance helpline and scheduled calls:** To answer and assist your questions during the program on nutrition, personal health, protocols or anything related to the detox.
- ★ **Individualized Recommendations**
- ★ **Check Ins, Accountability & reminders:** *keeping you on track for the cleanse weeks.*
- ★ **Health Tracking Assessments:** *Functional tracking tools will be used and evaluated by a functional nutrition practitioner to help asses root causes to symptoms and health conditions*

## Structure-

- 2 Month program gradually increasing in detoxification intensity by preparing the system for a safe effective detoxification.
- Weekly Focal points during the prep weeks consisting of different supplemental and nutritional protocols.
- Your weekly schedule packet will summarize the week's focal points and give you direction on what to read from your manual and or other handouts you will receive.
- Your manual will introduce each chapter/ week's focal point with a lesson or informational breakdown explaining the physiology behind the purpose of our focal point.
- The manual in each chapter/ section will include a set of action steps, dietary suggestions and guidelines, supplemental protocols integrating the products included in the Liver Lover Product Bundle and a grocery shopping list. Some sections will include recipes and a structured meal plan for a period of the cleanse.
- In person sessions with a functional nutrition practitioner will be integrated throughout the 2 month span with different objectives based on the cleanse period.
- Your personal health status will be evaluated based on symptoms and other functional nutrition assessment tools being used . This information provided will allow us to dive deep into your unique physiology and specific dietary, lifestyle and supplemental needs (if needed) to safely and effectively allow for detoxification.

## Session Overview-

- ❖ The 1st session will take place in week one of the detoxification program. It will be geared towards reviewing your intake forms and building a starting point to get you prepared for the weeks to come. Depending on your current health status, you may receive your own personal recommendations for healing your digestive system.
- ❖ The 2nd session will take place during week 2 where we will meet at a local health foods store and introduce anti inflammation. You will learn what inflammation is and how to thwart it as well as make conscious decisions on the foods you are choosing.
- ❖ The 3rd session will take place in week 5 after week 4 going over your updated health tracking tools to see improvement and to further correct any health imbalances.
- ❖ The 4th session will take place in the final week, week 8. You will have a few options on how you would like to utilize this session. You may choose between a detox workout, trail run or meal prep assistance/ guidance .