

CLEANSE & RESET

Starts February 6th

4 WEEKS TO A HEALTHIER YOU

If you are craving a way back into wellness, or you have noticed your energy levels are low and are ready to reset your mood, this could be for you! I have always found it easier to reach big goals when I am supported by an expert and a community. So let's embark on a path to vitality and balance together.

As a Naturopathic Doctor, I understand the significance of cleansing and detoxification in promoting overall health. Detoxification and cleansing goes beyond a mere reset; it's a holistic approach to wellness

If you are looking for..

- Better sleep
- More energy
- Mental clarity
- Tools to lead a more resilient life
- Less stress
- To lose a lb or two

Join us in a journey of rejuvenation and wellness!

Whats Included:

- Cleansing Kit
- Meal Plan
- Weekly Group Meetings
- Recipes
- Community
- Mindfulness Practices

Are you ready to reset and cleanse?

Get more information and register by emailing:



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Berry Bliss Smoothie

- 1 cup mixed berries (blueberries, strawberries, raspberries)
- 1 banana
- 1 cup kale, stems removed
- 1 tablespoon chia seeds
- 1 cup coconut water
- Ice cubes

Blend all ingredients until smooth, and enjoy this antioxidant-packed delight!

Green Goddess Detox Salad

- 2 cups mixed greens (spinach, kale, arugula)
- 1 cucumber, sliced
- 1 avocado, diced
- 1 cup broccoli florets, steamed
- 2 tablespoons lemon-tahini dressing

Toss the ingredients together and savor the goodness of green detoxification!



Turmeric Ginger Detox Tea

- 1-inch piece of fresh ginger, grated
- 1 teaspoon turmeric powder
- Juice of half a lemon
- 1 tablespoon raw honey
- 2 cups hot water

Mix the ingredients in hot water, steep for a few minutes, and experience the warmth of this immune-boosting elixir.