

21-Day Purification and Weight Loss Program

~ Begins in January ~

Weekly Conference Calls Included

What if I told you that in 21 days you could permanently and dramatically improve your health and well-being, would you be interested?

- *Would you like to increase your energy and vitality?*
- *Would you like to learn how eating well with whole foods (and eating often) can help you lose weight?*
- *Would you like your body to heal naturally?*
- *Would you like to have less aches and pains?*
- *Would you like to reduce your cholesterol and/or blood pressure naturally?*
- *Would you like an overall feeling of wellness and clarity?*

**If You Answered "YES" to Any of the Above,
This is the Purification Program For You!**

Here's What People Are Saying about this Program:

"The results of the "cleanse" were life transforming...I had safely lost 7 pounds within one week and had dropped one whole pant size. ALL of my aches and pains were more infrequent. Within a matter of 21 days I had lost 25 pounds."

— Charlotte Ambrose, Biologist, Age 43

"I lost 15 pounds in 21 days! Before the purification program I felt lethargic. My energy was low and I felt like I wanted to take a nap around 3:00pm every day. My energy has increased tremendously and even when I have a long day I still have energy!"

— Mike Shea, Personal Chef, Age 53



Shelly Fitzsimmons is a Certified Personal Fitness Trainer specializing in Lifestyle, Wellness and Nutrition Coaching. She is a results-oriented, fitness professional who demonstrates the ability and insight to analyze a condition, arrive at a decision and implement a plan tailor made for the mind, body and spirit. Shelly has a deep passion for helping and guiding others towards achieving excellence and feeling good about themselves.

Shelly offers her clients functional training techniques and leading edge exercise programs.

Shelly has been an integral part of changing many lives. Her dedication and ability to provide support, motivation and ultimate service to her clients reflects her commitment, professionalism and heartfelt sincerity and passion. Her consistent set of principles and practices sets the stage for extraordinary results, satisfaction and fulfillment.

**Challenging? Of Course.
Rewarding? Absolutely!**



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Symptoms of Toxicity -

Most of us have conditions and circumstances in our physical well-being that need assistance. Some of us have high cholesterol, some of us don't have enough energy to get through the day, some have had a couple of kids and are carrying an extra 20 lbs, some of us have chronic aches and pains in our joints, some of us have difficulty sleeping and some have chronic digestion issues. These are common toxicity symptoms. If these toxins aren't eliminated, our well-being may be compromised. As a Lifestyle, Wellness and Nutrition coach it is my deepest intent to help people be free of these conditions and live a life full of VITALITY!

Almost Everyone Can Benefit from a Purification Program!

You probably have a junk drawer at home. It holds a mishmash of nuts and bolts, a pair of pliers, a night-light bulb, and a roll of duct tape. Our bodies also collect junk. This "junk" comes from the food we eat, the water we drink, and the air we breathe. It includes, but is not limited to pesticides, heavy metals, chemicals, caffeine, pollution, preservatives, artificial sweeteners, MSG, over-the-counter medications, alcohol, and damaged fats. Also, simply living creates waste. It's the job of the liver, lymphatic system, kidneys, lungs, intestines, blood and skin to filter these toxins from your body. When overloaded, our bodies becomes inefficient.

What is Detoxification?

Detoxification is an essential process for the health of the body. A detoxification program enhances the elimination of toxins that we are exposed to everyday. While the world we live in has improved in many ways, we all face a persistent and serious challenge to maintain good health in a toxic environment. The word "Detoxification" is poorly understood and often thought of as just another trendy diet. This is not a fad diet. This is a purification and weight loss program that will truly help you live a healthier life.

Over the course of 21 days you will eat real food. This is not a fast or a juicing diet. It consists of animal proteins, vegetables, limited grains, fruits, delicious shakes, clean water and high quality, organic whole food supplements which are key to the program. There is also a highly effective vegetarian/vegan option as well.

Improved Well-Being

Feedback from past participants has been astounding! Reported results include improved skin tone, fewer headaches, dramatic reduction of heartburn and stomach aches, diminished food cravings, less joint pain, regular bowel movements, weight loss and improved self-confidence, as well as enhanced clarity and psychological well-being.

Online Group Forum

The online group forum was created for individuals like yourself – people who want to feel healthy again. The online detox community consists of individuals in the program working together; exchanging information, providing moral support, sharing information, recipes and tips.

Remember, you're not alone in your quest for a healthy lifestyle; on weekly conference calls chat about your journey with people going through the same experience as you. Together you can find hope, information, support, and friendship with people just like you.

“My cholesterol was reduced from 250 to 212 (38 points) in 21 days.”

— Roberta Simi, Attorney



Detoxification Dinner

Group Support

What's a purification and weight loss program without a party? At the conclusion of the last Group Purification Program participants were invited to gather for an educational celebration hosted by Shelly Fitzsimmons. At the gathering, with the guidance of personal chef, Mike Shea, participants prepared, cooked and enjoyed a special "cleansing friendly" gourmet meal following the dietary guidelines outlined in the program (hint: the flavors were unbelievably good!) This celebration dinner was one of the highlights of the 21-day program.

Did you know that you can follow this 21 day program and still enjoy GREAT tasting food?!

~ ENROLLMENT INFORMATION ~

Shelly Fitzsimmons, Certified Fitness Trainer

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