

# DETOX: STRATEGIES FOR CLEANSING YOUR BODY

## INTRODUCTION:

The presentation/workshop is designed to provide participants with practical strategies for cleansing and supporting the health of their bodies. By the end of this session, participants will have a better understanding of the benefits of detoxing and will have learned a variety of strategies for doing so safely and effectively.

## Topics to be covered:

- The benefits of detoxing and supporting the health of your body
- Tips for incorporating detoxifying foods and practices into your daily routine
- Strategies for supporting the health of your liver, kidney, and other organs
- The importance of maintaining a healthy diet and lifestyle during and after a detox

## Practical Exercises:

- Reflective exercise: Take a few minutes to reflect on your current diet and lifestyle. Identify any areas that could be improved or incorporated to support the health of your body.
- Meal planning exercise: Using the information and strategies learned in the session, create a meal plan for the week that includes a variety of detoxifying foods and practices.
- Lifestyle assessment: Using the tips learned in the session, assess your current lifestyle habits and identify any areas that could be improved to support the health of your body.

## Conclusion:

By the end of this session, participants will have learned effective strategies for cleansing their bodies and improving their overall health and well-being. They will be equipped with the knowledge and skills necessary to develop a personalized detox plan, including dietary changes and lifestyle modifications. Through practical exercises and engaging discussions, attendees will have the opportunity to apply what they've learned and leave feeling empowered to take control of their health. With the guidance and support of experienced instructors, participants can expect to leave the workshop feeling refreshed and rejuvenated, with a renewed sense of commitment to their health and well-being.

**Length:** 90mins, Half Day

**Delivery Option:** Face-to-Face, Virtual

