

28 DAY

Naturopathic

CLEANSE



A guide to help you cleanse with curated naturopathic medicine detoxification techniques and nutrition guidance.

HEY THERE!

This is the 28 Day Naturopathic Cleanse curated by Dr. Shylah Schauer and Dr. Pauline Hoang to help transition you from winter into spring.

We provide a monthly nutrition meal plan, weekly live webinars, supplementation recommendations, and detoxification techniques to help guide you through 1 month of cleansing.

Sustainable Medicine



contents

01. Preparation for Renewal

Set the stage for a success as you align your intentions and prepare for the journey ahead.

02. Deep Cleanse

Immerse yourself in the cleanse phase with guided meals and detoxification education.

03. Revitalization

Engage in gentle exercises, detoxifying techniques, and supplement support

04. Integration

Transition gracefully out of the cleanse phase with gradual reintroduction.

05. Renewed Vitality

Reflect on your journey, and celebrate your accomplishments!



JOIN US TO CLEANSE

Reclaim your vitality and embrace the renewal of spring. Let Dr. Schauer and Dr. Hoang guide you on a journey to wellness, where nourishment, support, and transformation await. Are you ready to blossom into a healthier, happier you? Sign up now and begin your journey to springtime renewal.



INCLUDES:

- 4 weekly live webinars with Dr. Schauer & Dr. Hoang
- 1 month meal plan with recipes and grocery list
- Recommended supplement protocol
- Weekly content & guides for detoxification
- Community and accountability

Remember, every step, no matter its size, is a beautiful progression toward your desires.



START DATE & PRICE

Starting **Sunday April 14th, 2024** with a live webinar. You will receive a portal login with all of your cleanse information. Every week along with the live webinar you will also get an email and weekly handouts. Not able to attend all the webinars? No problem, they will be recorded and sent to you.



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\$99



WHO CAN BENEFIT?

- Individuals seeking a holistic approach to detoxification
- Those looking to boost energy and vitality
- Individuals experiencing digestive issues
- People struggling with skin problems
- Anyone interested in enhancing overall well-being
- Those who thrive with support and accountability through live webinars

LET'S WORK TOGETHER

Ready to blossom into a healthier, happier you this spring? Join 28 Day Naturopathic Cleanse now and experience the transformative power of our 28-day holistic detox program. Say goodbye to winter sluggishness and hello to renewed energy, clearer skin, and enhanced well-being. Guided by expert naturopathic doctors, you'll receive support every step of the way, including weekly live webinars for accountability and motivation. Don't miss out on this opportunity to reclaim your vitality. Sign up today and let your journey to wellness begin!

[SCHAUERND.COM](https://www.schauernnd.com)