

## 2020 7-DAY FALL CLEANSE

*We will ....*

### *Embrace the power of plants:*

Mother nature knows best - the old adage contains great wisdom. Let her bounty this season nourish you inside and out. Everything that we need grows in her wild kingdom

### *Dive deep:*

Be curious. Explore. Ask questions and go deep. Wellness is a relationship, not a one night stand. Commit to the power of commitment. Commit to your intentions. Own them. Evolve with them.

### *Bring consistency for break-throughs:*

What we do every day counts more than what we do every once in awhile. When simple acts of self-care become habits, we catalyze change. Focus less on the end goal and more on the acts that serve you daily.

### *Crowd out:*

Bring your focus on adding in good habits and less on what you are giving up! When you commit to positive and healthy choices, there is less time and desire for patterns that don't serve you. Choose healthy abundance, not deprivation. Welcome the shift!

### *Make space:*

Clear the way. Making space creates clarity of mind and calm in the body. Get rid of what's weighing you down. Elevate to a higher state of being - this is where true transformation lies.

### *Love is letting go:*

We will be saying good-bye (for 7 days) to: dairy products, animal protein, gluten, flour products, alcohol, sugar and coffee.