



Infin8 Souls Holistic Health 4 Day Detox Instruction Guide

Price: \$66 without meal plan \$77 with 1 week meal plan included

Included: 8- 24oz Detox Drinks (Formulas A,B,C)

A copy of Infin8 Souls Holistic Food Guide

A copy of Holistic Health Detox Instructive Guide

Only \$55 for a monthly subscription

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Objective:

This 4 day detox can aid in weight loss, weight management, cleanse the internal body of built up toxins that are harmful to your health, boost immune system and last but not least boost your energy.

Preparation:

1. **Love on your body.** 2-3 days before the 4 day detox, eliminating sugar, dairy, meat (sparingly if needed), any processed foods (packaged foods with unnatural preservatives) as well as sodas, coffee and alcohol from your meals.
2. **Prepare your mind....**Be optimistic and think positively for the best outcome
3. **Prepare your food** with the Infin8 Souls Holistic Food Guide if you don't have a meal plan.

Instructions:

Additional Advice :

Post Detox: