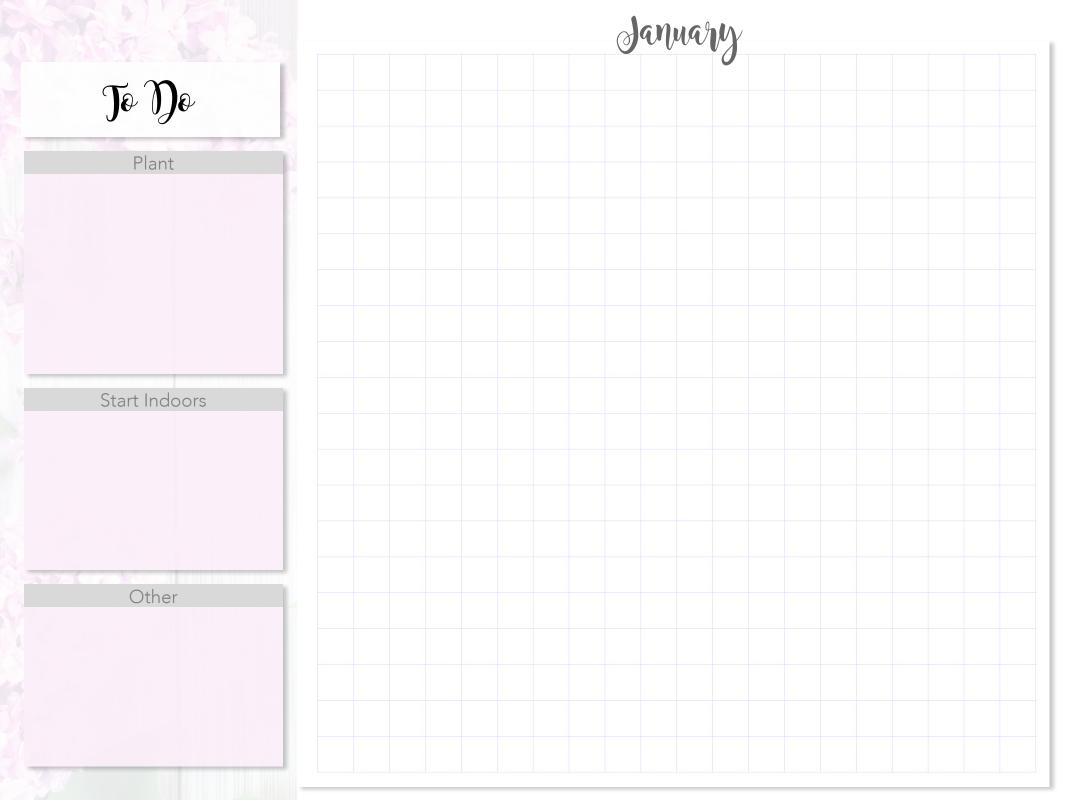
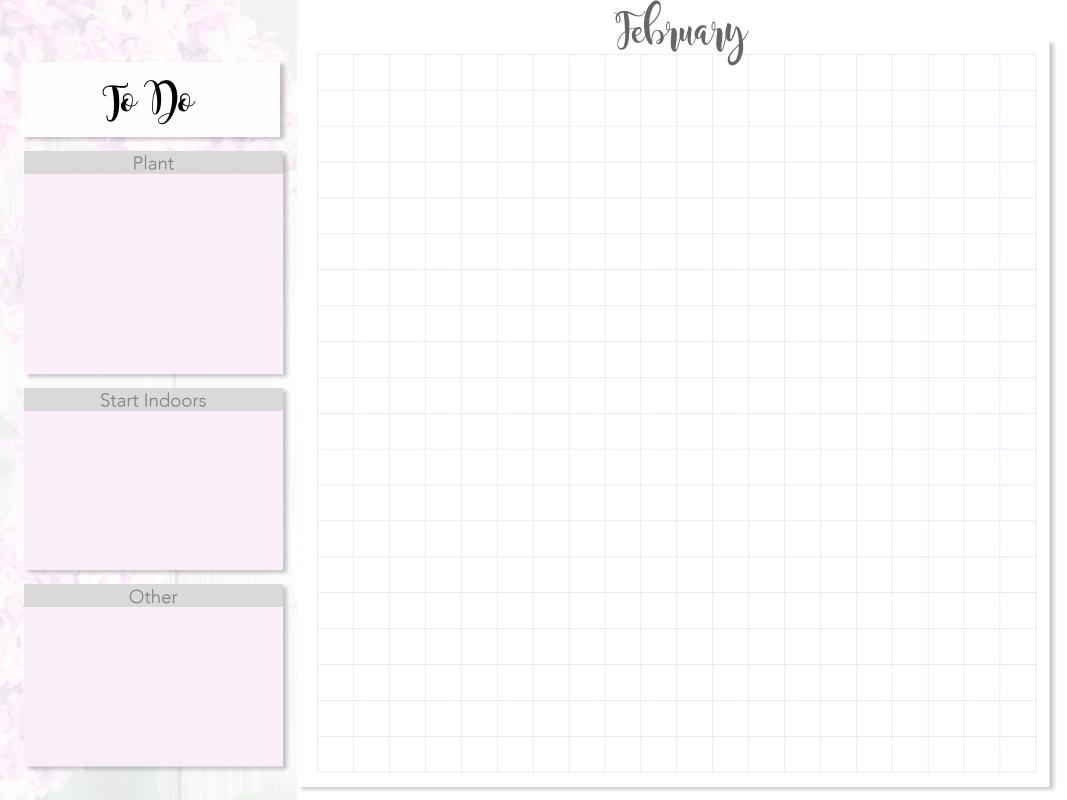
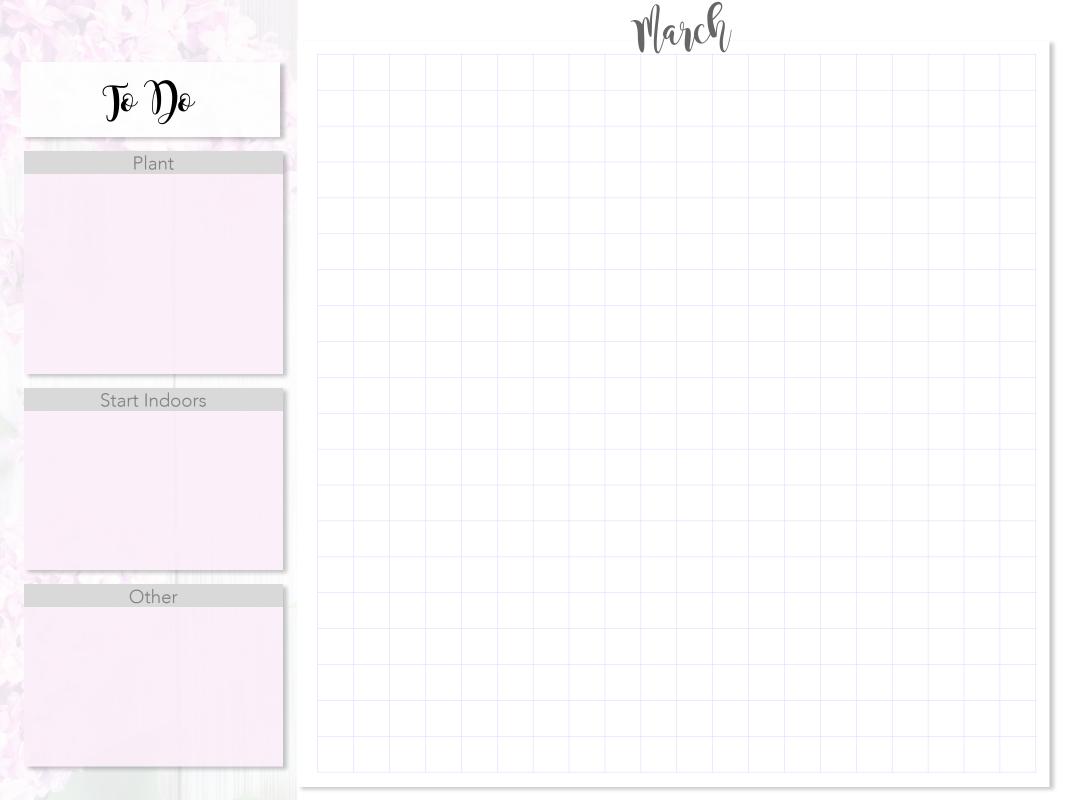


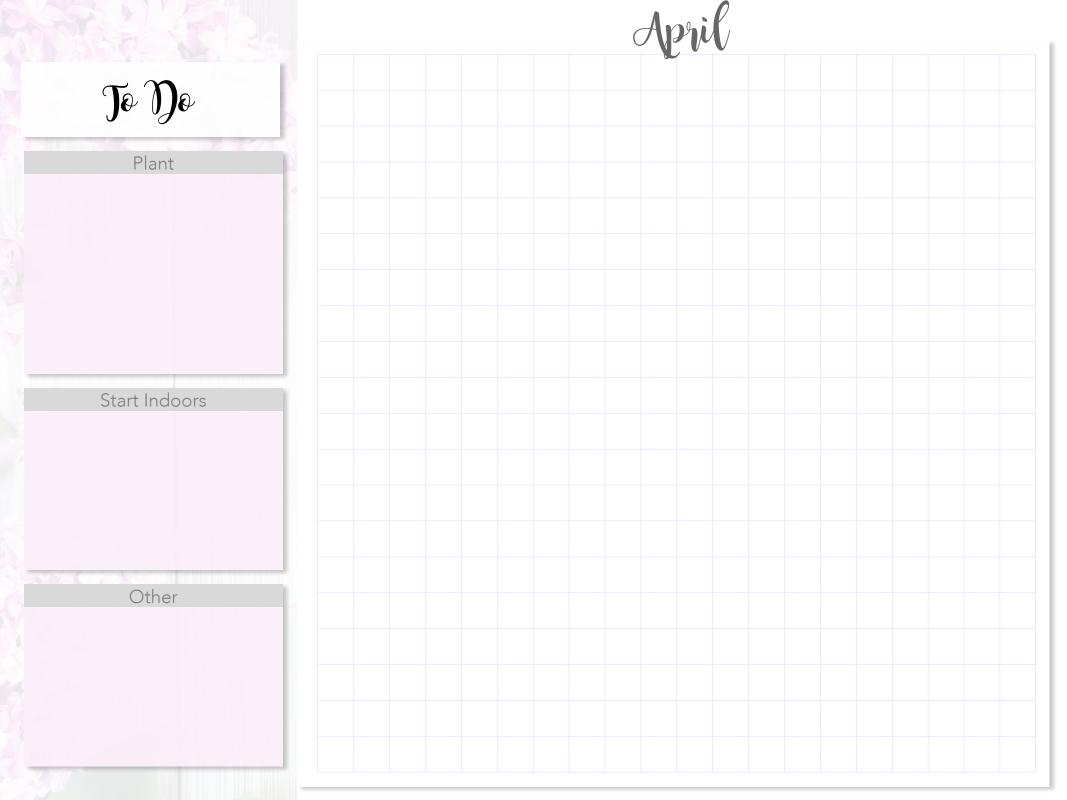
## Garden Prep

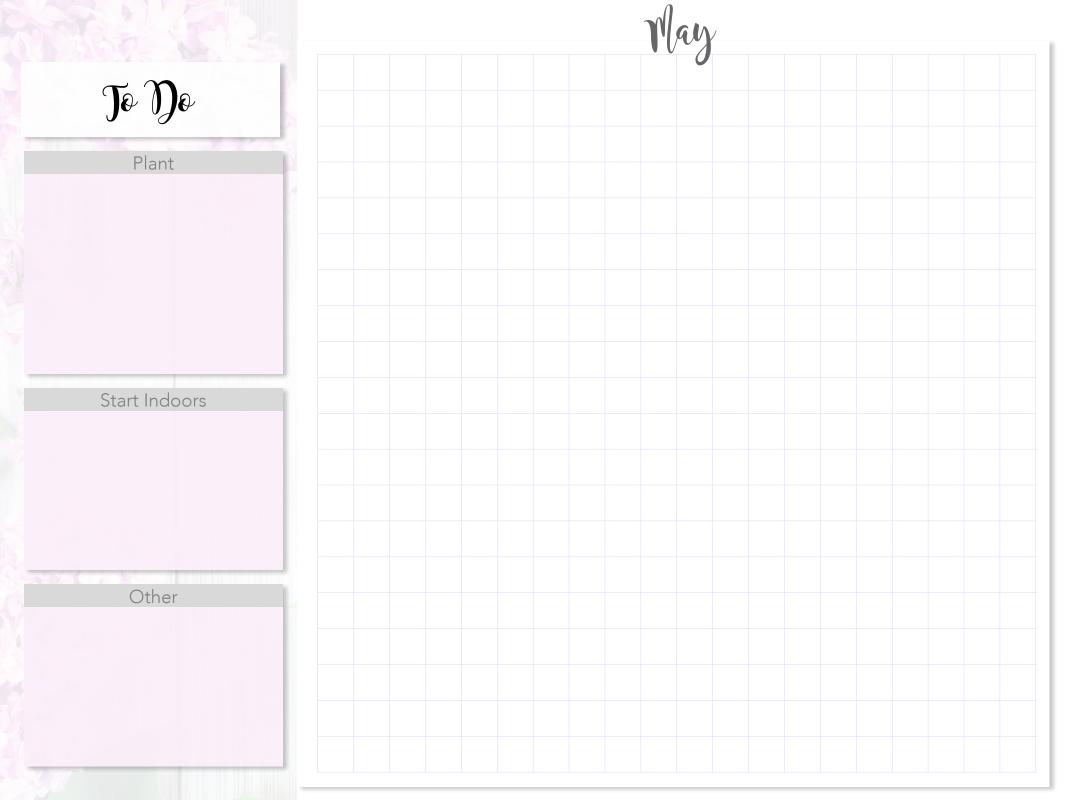
□	□
	□
□	□

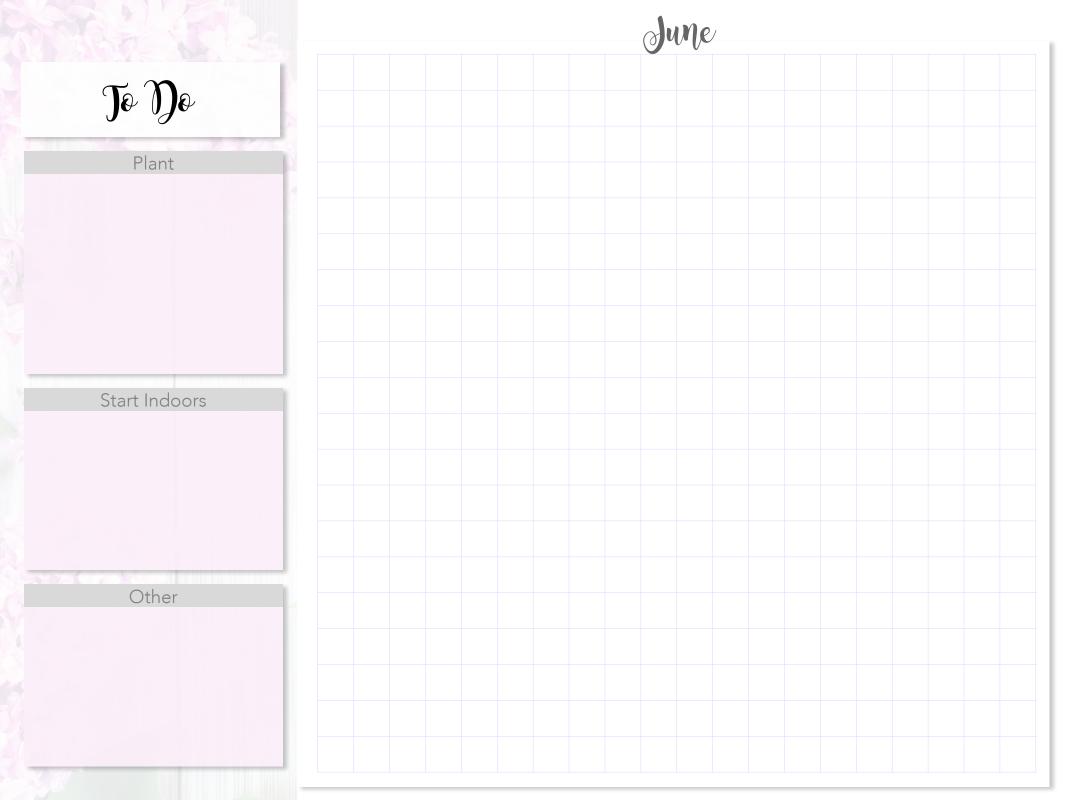


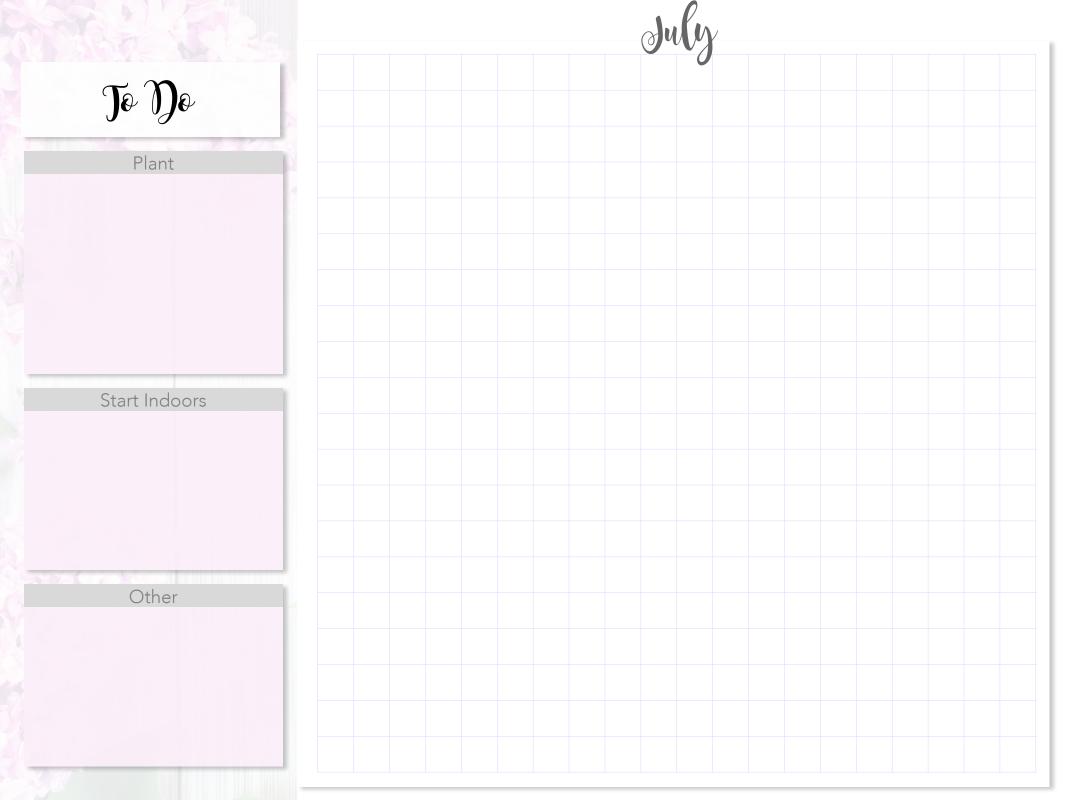


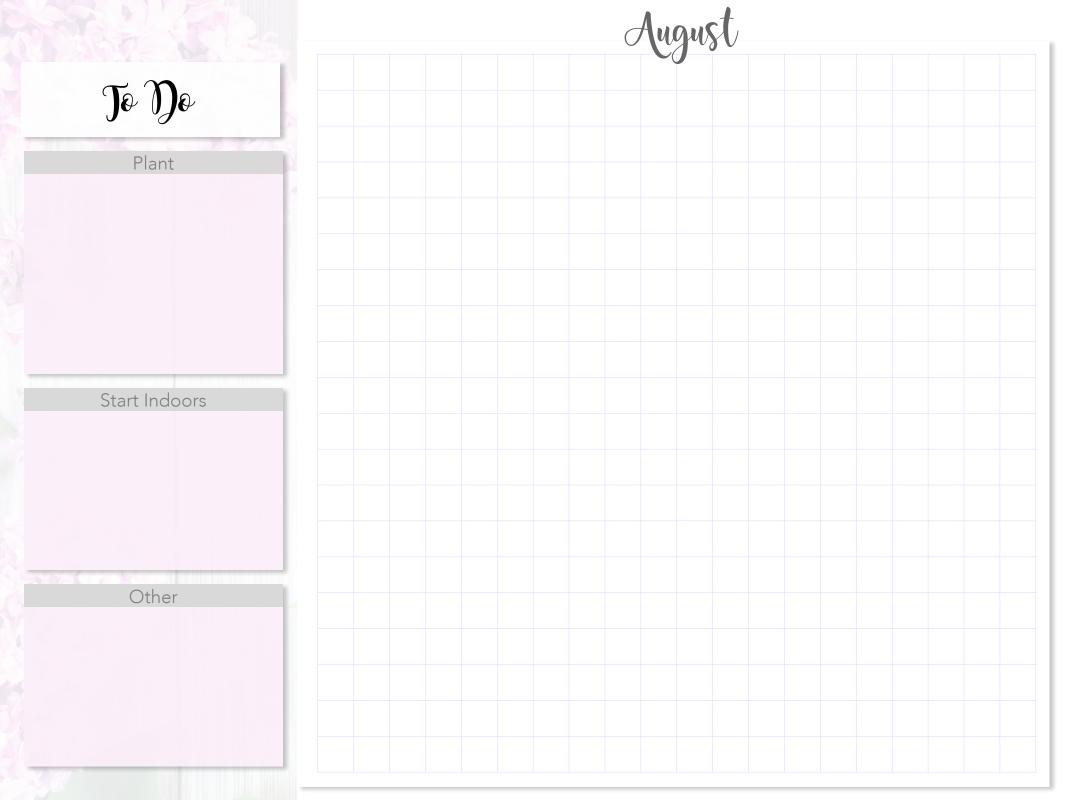


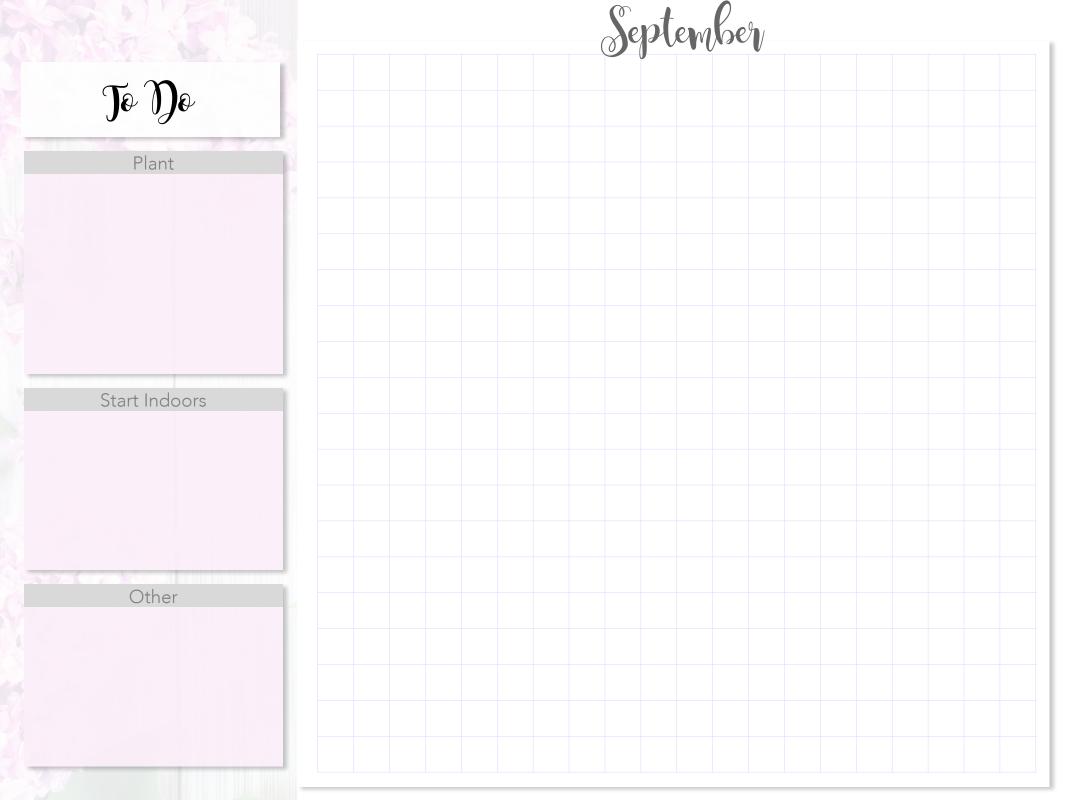


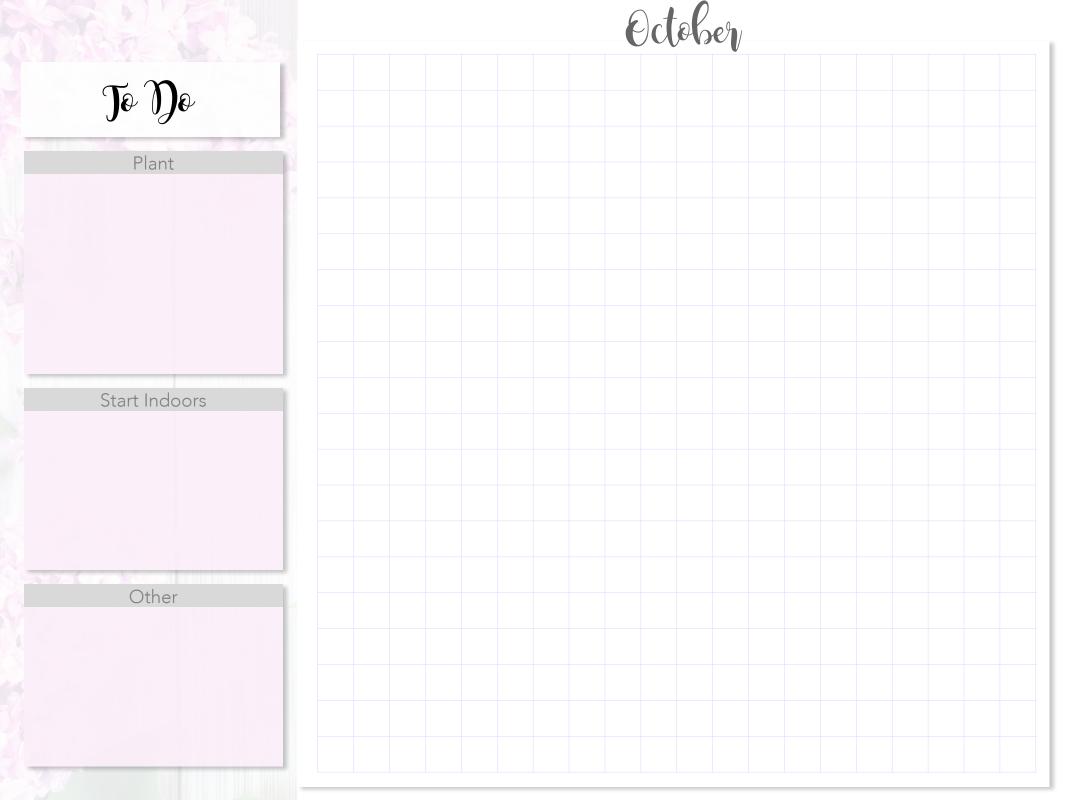


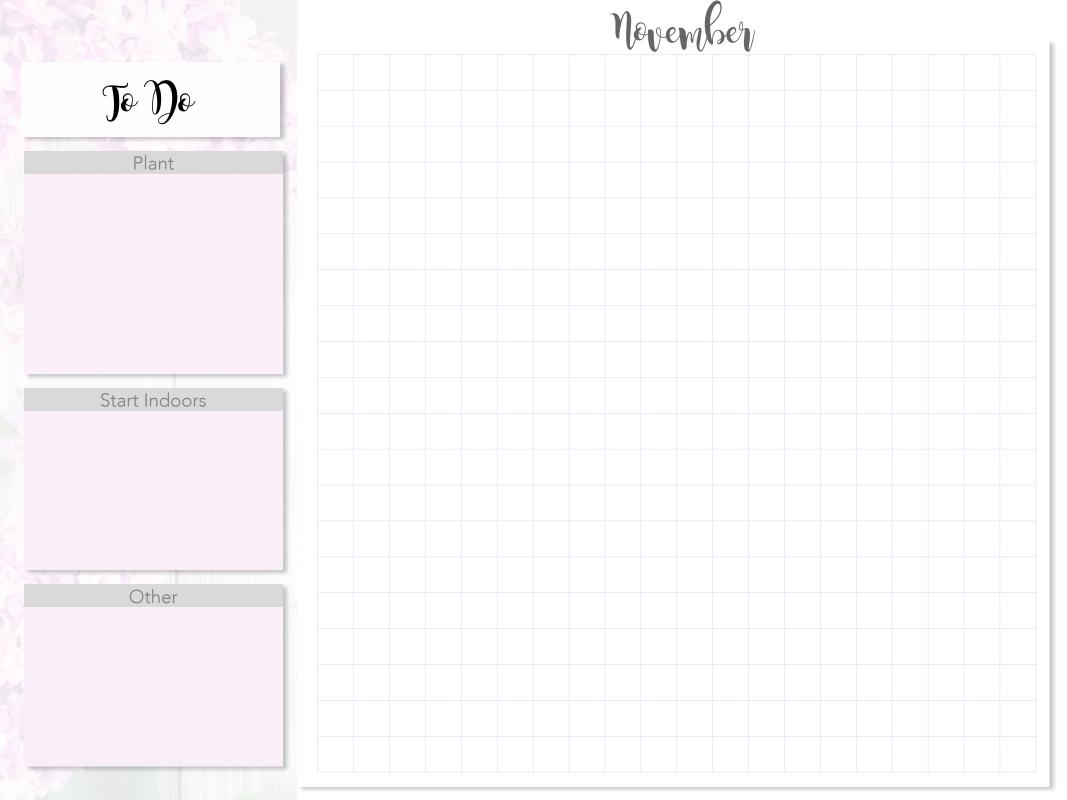


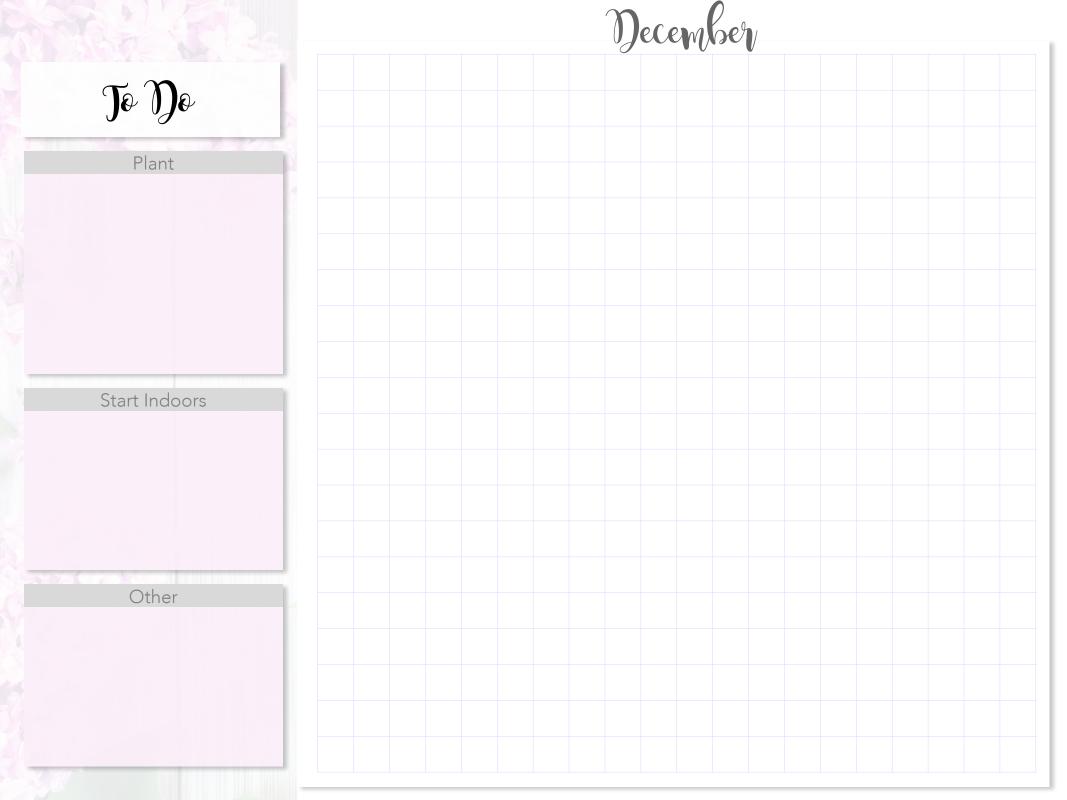








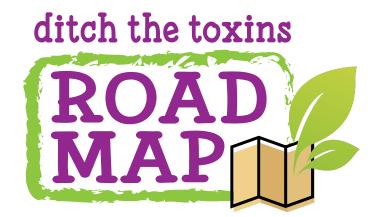




# Garden Prep - Miscellaneous



### Join me for the Ditch the Toxins Road Map!



10 years ago I was diagnosed with an autoimmune disease and the doctors were stumped as to what could help me. This is when I took my own health in my hands and started Ditching the Toxins from my lifestyle.

Changing my lifestyle changed my health and I want to teach you how easy it can be to find a new normal and gain your health back.



Ditch the toxins Road Map is a 4-week course where we go through each area of your home and help you identify what to switch out.

Then we work on switching items out one by one. Week 1 - Detoxify Your Diet Learn how to eat clean and discover how to

eat healthy on a budget.

#### Week 2 - Clean up your cleaners

During this week we will take a deep look at what is in your cabinets and figure out what you need to change out.

#### Week 3 - Personal & Beauty Products

The average US woman uses 12+ personal care products and/or cosmetics a day, containing 168 different chemicals. Lets clean those up!

#### Week 4 - Ditch Thought Toxins

Stress is a huge toxin on your body, lets learn how to take better care of yourself and learn methods on how to deal with the world stressors.

### **BONUSES**:

- ☑ 4 week meal plan
- ☑ Easy recipes to make your own cleaners
- ☑ Easy recipes to make your beauty products
- Dook Essential Oils for Stress and Anxiety
- ☑ Book 50 Health & Wellness Uses for Aromatherapy

