

# *January Cleanse 2019*

*Your digestive detox - with a difference!*



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**BEST  
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WINNER**  
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## Expert guidance

Nutrition expertise from  
Catherine Burns BA Hons,  
Dip ION: Nutritionist, Columnist  
& Founder of Natural Ltd.

## Clean Sweep

This time we're focusing on  
digestion: goodbye bloating,  
irregularities, heartburn,  
dysbiosis and fatigue!

## Detox with a Difference

Most of us know what we should  
be doing... so why aren't we doing  
it? Detox your bad habits with help  
from Success Coach, Julia Pitt.

**Intro night: Thurs 17th January, 6.30pm. Cleanse dates; 21st Jan - 3rd Feb**

**For complete details and registration, please go to [www.natural.bm](http://www.natural.bm) or call 505-4725**

**Pricing: Natural Nutrition members FREE / Non-members \$85**