

Guide to 7-Day Cleanse

Description



Your success is my goal. If you want to detox your gut and liver now to

prepare for the holidays—Fast now to Feast later—, hit the [Shop button on my menu bar](#) and download the 28 page Guide to a successful 7-Day Cleanse. You must open the www.GrandmaBetsyBell.com website to download your Guide.

Buy the 7-Day Cleanse packet from my Shaklee website. www.HiHoHealth.com

While you are waiting for the delivery of the product, you can follow the guidelines for preparing your body, shopping for the ingredients (there is a LIST!), and read the recipes that will fill you up and nourish you for the 7 days of the cleanse.

You will not go hungry if you follow the guide.

Eat every two hours. There are plenty of suggested recipes and foods you can take to work whatever your daily schedule. Whether you are a teacher in a classroom, a secretary behind a busy phone console, a doctor seeing patients every few minutes or a person with a full volunteer and friendship life, this will work for you. I have done the groundwork for you. Use your PayPal account (or sign in as a guest) to buy the downloadable Guide for \$12.50. I am here to answer your questions by text or phone. 206 409 5940.

To read more about the products in the 7-Day Cleanse packet, go to previous posts: [Can the Liver be healed?](#)

I am so excited to bring this Guide to you. I believe in your success and am here to support you. I can't wait to hear your results!

Be well, Do well and Keep Moving, *Betsy*

206-409-5940

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Short videos on each Cleanse product found at www.fb.com/betsybellshealth4u

Live FaceBook health tips 8:30 Pacific time every Thursday morning at
www.fb.com/betsybellshealth4u

Watch, like, and share.



Category

1. Be Well health tips

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