

# Detox Class

**Presented by:**  
**Lynn Morales, ND and**  
**Mary Anne Morris of HealthY Cooking of Texas**

Are you feeling bloated with no energy and have gained a few pounds? You are likely growing a toxic waste dump in your gut with exposures to over 82,000 chemicals a week from foods, water bottles, make-up, deodorant, toothpaste and the list goes on.

Here's how you address it: A systematic 3 week cleanse

Week 1: Liver & Gallbladder Flush

Week 2: Kidney & Bladder Flush

Week 3: Toxin & Pathogen Flush (Colon and Lungs)



**JOIN US FOR THE  
DETOX CLASS**

**When:**  
**Tuesday, Feb. 6th @ 7 PM**

**Where:**  
**3440 W. Eldorado Pkwy**  
**Suite 4, McKinney, TX 75070**

**REGISTER HERE**



[www.AccessCompleteWellness.com](http://www.AccessCompleteWellness.com)

**972-712-0892**

