



# THE BNH 30 DAY DETOX GROUP

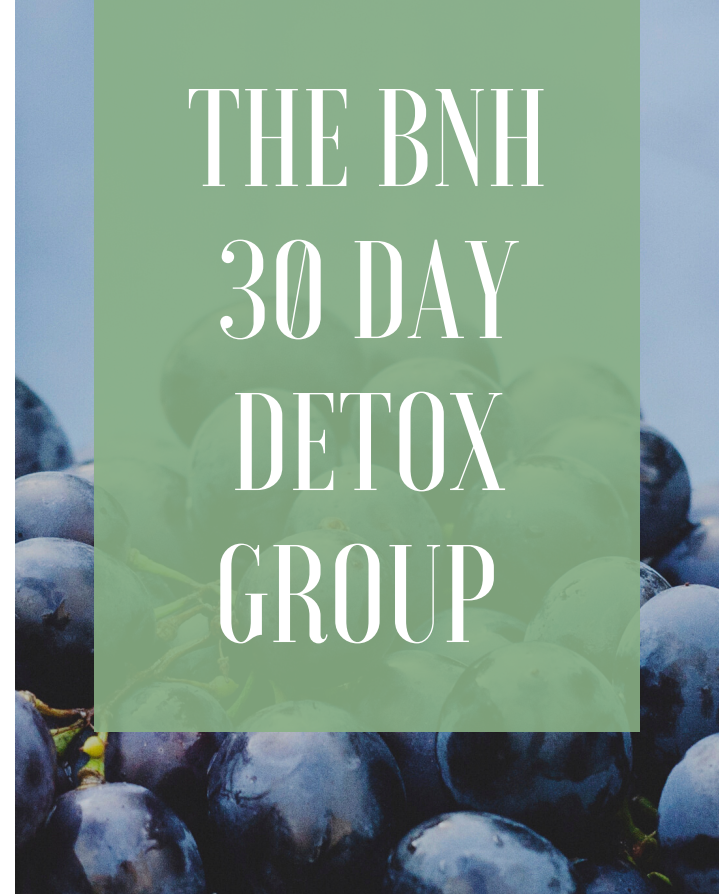
## VISIT US!

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Loose Weight,  
Increase Energy,  
Reduce Aches,  
Pains, Gas and  
Bloating....

Groups are Forming  
Now for  
September, October  
& November 2020



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# ABOUT US

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The BNH Detox was created by and is led By Njeri Kai Jarvis, Registered Dietitian and Master of Science Herbalist . You will learn how to detox in the proper order and the key foods, nutrients and herbs that support each stage of detoxification. This is a great way to jump start your health and wellness program or lose the 10 - 20 lbs you've gained since the start of the COVID quarantine.

Visit us at  
[www.BearNutritionandHerbs.com](http://www.BearNutritionandHerbs.com)  
to learn more or email us at  
[NKJarvis@BNHwellness.com](mailto:NKJarvis@BNHwellness.com)



Engage your health  
and be the change  
you want to see by  
joining The BNH  
Detox Group



# THE PROGRAM

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## 30 DAY RESET

This is the Ultimate Cleanse and Total Body Reset. We will start with a Colon cleanse, then a Parasite cleanse, Liver, Gallbladder cleanse, Kidney, Blood and Lymphatic cleanse

## SUPPLEMENTS INCLUDED

You will receive your supplements along with the BNH DETOX Meal Plan along with recipes and videos to support you in your detox

## WEEKLY CHECK INS

We will check in Weekly via a live Virtual Video call that will be recorded and posted for independent review or follow up. Check in anytime with your Detox Community during this program. You will have email and text message access to your Nutritionist for Questions and Support.