

10 DayDetox

ChiroFit Health and Wellness presents two options for a 10 day detox, support, and cleansing with sustainable outcomes.

Toxins are built up in our bodies from what we eat, drink, and the environment. Did you know that it takes 26 seconds from contact for toxins to make it into your bloodstream? Various times throughout the year it's important to detoxify your body of these with the outcome of more energy, weight loss, less anxiety/depression symptoms, and more.

While many "detox" protocols are hard to follow, this program features an outline for every day including a meal plan, recommended food list, outline of daily supplements and of course support from us!



Two Options

RESET DYNAMIC GREENS BLEND

When you're in need of a reset on your "typically" healthy eating habits, this is for you! This 10 day blend of super nutrients will help to get back on track! This option comes with one fruits and greens blend, fiber, guided nutrition and support as needed. This is a more sustainable option for continuing to use dynamic greens in your diet ongoing. However, it is sometimes difficult with a typical modern diet that includes processed foods and high amounts of sugar and synthetic ingredients to eat enough foods filled with nutrients and foods high in fiber. That is the reason adding these supplements are going to be a healthy addition to your diet.

FULL DETOX BLEND (Chocolate or Vanilla)

Designed to support your body's natural metabolic detoxification processes while providing ample fuel for both cleansing and other daily activities, thereby promoting overall well-being. This cleanse is the perfect way to reset and start feeling great! While many "detox" protocols are convoluted and hard to follow, this program features a step-by-step game plan for every day, including an exclusive menu of exactly what to eat, what to drink, and how to properly use Dynamic Detox and Detox Support capsules for optimal efficacy and results