

## JoyRich Paleo Clean & Lean Body 10 week program

Beginning with PaleoCleanse Plus is the perfect way for anyone wanting to 'start-over' and for those feeling sluggish, bloated or overweight. Many of our cleanse participants experience weight loss, better skin, digestion, sleep, mood and energy! These supplements give you ALL of the nutrients your body needs to detox through *all 3 necessary detox* phases in a healthy manner.

Plus, it will give you extra nutritional support so that you don't experience many of the common uncomfortable detox or weight loss symptoms.

The PaleoMeal® Plus Lean Body 10 week program is designed to make it easy for you to achieve the healthy weight loss results you want. The program is simple to follow and adaptable to your lifestyle; combining Paleo-style real foods with PaleoMeal® DF shakes, and Weight Loss Support Packets,. JoyRich Healthcare Centers will help you understand how to use these products and incorporate the right nourishing foods into the program for optimal success.

### Our Weight Loss and Management Philosophy

One of the keys to losing weight and keeping it off is maintaining muscle during weight loss. Why? Because muscle burns calories and is a major factor in your overall metabolism. If you lose muscle during weight loss, you lose a lot of your capacity to burn calories. That's exactly what happens to many people who lose weight, but later gain it all back. Keeping your muscle metabolism high makes it easier to lose fat and keep it off long term.

This comprehensive approach addresses common problem areas and makes it easier for most people to achieve and maintain successful, healthy weight loss. This program combines Paleo-style foods with nutrient balanced protein shakes and other nutrients to support metabolism, maintain muscle, burn fat, balance blood sugar, and control appetite and cravings. It is centered on commonly available clean foods, considered the contemporary "Paleolithic diet"

**You'll be receiving only high-quality pharmaceutical grade supplements that are comprehensive and science-based sold only through qualified health practitioners**

All supplements are provided to you in convenient, single-serve packets

### IN YOUR PROGRAM KIT YOU WILL RECEIVE THE FOLLOWING

- **Includes** 14 day PaleoCleanse detox powder with cleanse support packets, PaleoMeal protein shake & weight loss support packets and a state of the-art shaker bottle
- **Five 1-on-1 phone and/or in person health coaching sessions ...30 minutes each**
- **Meal Plans** for every day of your detox and lean body program, including recipes!
- **Extra tips to make your detox more comfortable with personalized adjustments, tailored to YOU!**
- **Custom pharmaceutical compounded Lipotropic kit including:**
  - MIC/LIPO + B12 methycobalamin + L-Carnitine vitamin injections
  - Firming cream available only by prescription
  - Natural non- stimulating appetite suppressant

For more information call:  
JoyRich Healthcare Centers  
2387 Professional Heights Drive #180  
Lexington KY 40515  
859-967-9486

