



MAKE
YOUR
HEALTH
YOUR
WEALTH.



FOR BUSINESS INQUIRIES

(248) 398 1650
www.chiropracticworksforyou.com
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Learn how you can get
involved in our weight loss
program today!



OFFICE HOURS

Open
Mon-Wed, and Fri
9am-1pm and 3pm-7pm
Sat 9am-12pm

20 DAY REJUVEN ATION

CHIROPRACTIC WORKS WEIGHT
LOSS PROGRAM



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HEALTHY MEANS WE CAN DO MORE IN OUR LIVES

On this 20-Day Program, you'll focus on maximizing your intake of dark leafy greens, brightly colored vegetables, antioxidant-rich fruits, nuts, seeds, and healthy fats/oils while cutting out meat, grains, and legumes. Limiting your intake of heavy foods – and replacing them with super-nutritious alternatives – will kickstart your efforts at weight loss, increase your mental well-being and clarity, and leave you feeling better than you've felt in years

HELPS TO

Boost energy/metabolism
Eliminate toxins that hinder weight loss
Appease the appetite naturally
Break up fat within cells
Improve lean muscle
Increase fat burning hormones
Convert food to energy
Eliminate belly fat

STEPS TO GREAT HEALTH

- Drink half your body weight in ounces of water each day.
- If possible, replace 1-2 meals per day with the Solutions4 Nutritional Shake.
- Get 8 hours of sleep every night.
- Find ways to reduce your stress levels.
- Exercise regularly

OUR PRODUCT

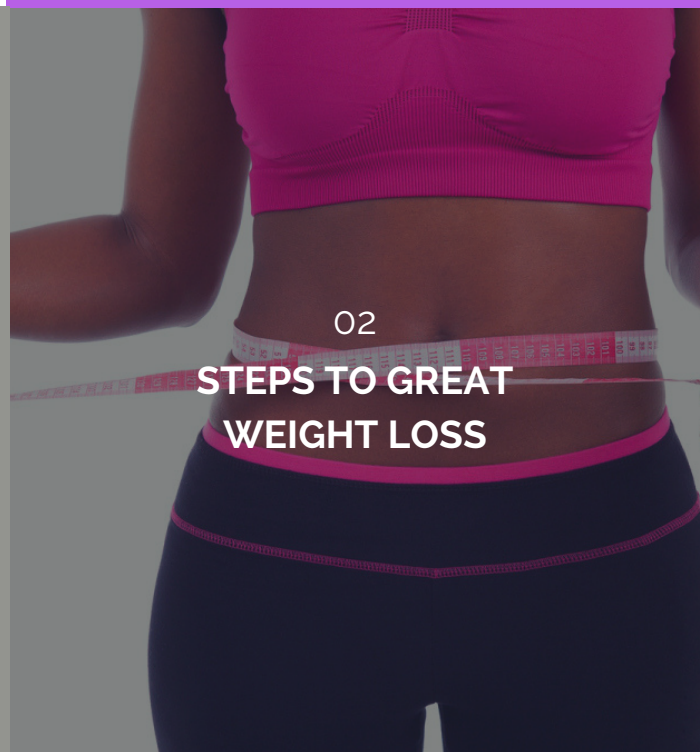
Each 20-Day Program contains a guide on foods you can eat and foods you should stay away from.

With the help of Dr. Duncan you are able to have weekly meeting discussing what went well and things that still need improvement. through these 20 days you will understand exactly what has made you gain weight all these years as well as how to get rid of the weight forever!



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What is the Quick Cleanse?



02

STEPS TO GREAT
WEIGHT LOSS



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OUR PRODUCT