



THE 14 DAY  
**RENEW**  
**DETOX**

*Program*

Starts on  
Wednesday, January 15 at 6pm



Pacific Coast Naturopathic Health  
**Dr. Helene Pulnik ND**



## The 14 Day RENEW Detox Program

Starts on Wednesday, January 15 at 6pm PST

Do you want to:

- Start 2025 off with new, healthy habits
- Finally get rid of bloating, gas & gross gut issues
- Get out of the brain fog you've been in
- Clear toxins from your body so you can get your energy back
- Be able to start losing weight
- Have clear, radiant skin
- Make your hormones happy and balanced again
- Have less inflammation and joint pain
- And Feel Fantastic?

If you answered YES to any of the above, then it's a great time for you to start the 14 Day RENEW DETOX!

**For those who signed up for the Free Detox Workshop, you get \$50 OFF the 14 Day RENEW Detox Program!**

[Click on this link to sign up for the 14 Day RENEW Detox Program & SAVE \\$50!](#)

## What's Included in the 14 Day RENEW DETOX Program

\*3 Live Online Group Meetings with Dr. Helene Pulnik for Guidance, Support & Coaching

- Online Live Detox Meeting #1 Wednesday, January 15, 2025, 6pm PST
- Online Live Detox Meeting #2 Wednesday, January 22, 2025, 6pm PST
- Online Live Detox Meeting #3 Wednesday, January 29, 2025, 6pm PST

Don't worry, if you can't make one of the meetings, you will receive the recording the next day in your email.

- The 14 Day RENEW Detox Guide & Daily Journal
- Daily emails with tips, support, recipes and more...
- **RENEW DETOX Kit (value \$250) Includes:**
  - **1 RENEW Detox Powder for daily detox shakes.**  
The RENEW Detox powder is advanced nutritional support formulated to deliver specialized nutritional support for Phase I, II, and III detoxification, with enhanced support for the body's natural alkalization and heavy metal metabolism processes. Formulated in a base, vegan pea/rice protein and 2.5 g of added amino acids—plus broccoli sprout and floret and prune and pomegranate extracts to promote healthy cellular activities. RENEW Detox also features glycine and magnesium sulfate to support Phase II detoxification activities, along with N-acetyl-L-cysteine, green tea catechins, and beta-carotene and vitamins C and E to provide antioxidant support.
  - **1 Balance Probiotic**, formulated with probiotics clinically shown to support GI and immune health, helps maintain a healthy balance of “good” gut bacteria for daily health. Provides 24-hour gut support.
  - **1 Sustainably crafted Dry Skin Brush** for dry skin brushing
- 20% OFF the RENEW DETOX Additional Support Supplement List (OPTIONAL)  
( Save over \$100 on Clinical-Grade Therapeutic Detox Support Supplements)

## **Plus You Get These Bonuses:**

- NEW! RENEW Wildfire Detox Protocol
- RENEW Detox Smoothie recipes
- Breakfast, lunch & dinner recipes
- DIY Recipes to make your own healthy, non-toxic home cleaning products
- Database to search for non-toxic personal care, makeup, body & home products
- Deep Breathing to Soothe the Soul
- Hoe to Practice Mindful Eating
- Aromatherapy Recipes for Stress and Good Night sleep
- Herbal Tea Recipes for Stress. & Relaxation
- Fruit-Infused Water Recipes for Hydration
- Recorded workshop & Tapping Journal for “EFT Tapping to Break Free of Food Cravings & Stress Eating”
- and More!

**ALL For ONLY \$497 (reg. \$999)**

**For those who signed up for the Free Detox Workshop,**

**you get \$50 OFF**

**the 14 Day RENEW Detox Program!**

**You pay ONLY \$447!**

**[Click on this link to sign up for the 14 Day RENEW Detox Program & SAVE \\$50!](#)**

# The 14 Day RENEW DETOX Program Details:

## The Three Phases of the RENEW Detox Program

Phase 1-Getting your kitchen and body ready for detox. This phase starts a few days before you begin the detox. You will have shopping lists, menu ideas, and healthy alternatives to stock your kitchen, products and refrigerator with for your detox. When you sign up for the 14 Day RENEW DETOX Program, you will receive the “How to GET READY FOR YOUR DETOX” bonus.

Phase 2-The Detox Phase. This phase starts on Day 1 and continues thru Day 14. During the Detox Phase, we will meet for the 3 live online classes, and you will follow the food and lifestyle program, including the daily RENEW DETOX Shakes and approved food list.

Phase 3-Post-Detox. This phase starts on Day 15 and is ongoing, after you have completed the 14 Day RENEW Detox. During the Post-Detox phase, you will be reintroducing foods, tracking any symptoms, and continuing with the healthy habits you learned during the Detox.

## The 3 Live Online RENEW Detox Meetings

Don't worry! If you can't make one of the meetings, you will receive the recording of each live Zoom meeting the next day in your email.

In each meeting, Dr. Pulnik will guide you thru your Detox, helping you stay on track with tons of information, tips and support.

**Meeting #1:** Day 1: Jumpstart your Detox.

We start by detoxing your kitchen and home. Getting rid of toxins that are lurking in plain sight is the first step to a healthy detox. Review of the 3 Phases of Detoxification, the Organs of Elimination and how to support your body during each step for a great detox experience.

We also review protocols for the Detox Shakes, Dry Skin Brushing, self-care, detox foods, menus, recipes, detox smoothies and more!

Bonus: NEW! Detox Protocol for Wildfires.

Also, discuss the Optional Detox Support Supplement Protocol where you can add on clinical-grade therapeutic supplements to enhance your Detox and provide additional support.

**Meeting #2:** Day 7: The Detox Phase.

More in-depth discussion about our food chain, how to tell the difference between the different produce labels, cosmetics and body products, using the Skin Deep database to search for non-toxic personal care, makeup, body & home products, managing any detox symptoms and cravings, more information about obesogens and endocrine disruptors and healthy alternatives.

**Meeting #3:** Day 14: Completing your Detox Phase and Transitioning to the Post-Detox Phase.

Wrapping up your Detox, discussion of how to reintroduce foods, track any symptoms and continue with the healthy habits learned in the RENEW DETOX Program.

**Daily Emails:** Each day of the 14 Day RENEW DETOX you will receive an email with tips, support, recipes and bonus materials.

Are you ready to Detox and feel Fantastic?

**[Click this link to sign up for the 14 Day RENEW DETOX Program & SAVE \\$50!](#)**

In Health,  
Dr. Helene Pulnik ND