

3 MONTH PROGRAM  
**DETOXIFY YOUR LIFE**

Is Your Plate Too Full?  
Is It Filled With Things That Don't Nurture,  
Bring Joy or Inspire You?

Are you ready to change your relationships with:

- THE FOODS YOU EAT
- YOUR KITCHEN AND MEAL PLANNING
- YOUR BODY AND SELF-CARE
- THE PEOPLE YOU SPEND TIME WITH

If YES, then schedule a Free Discovery Session  
with Brandy 417-861-6682 or [brandy@2bwellspringfield.com](mailto:brandy@2bwellspringfield.com)

Learn to:

- HAVE FUN & CONFIDENCE IN THE THE KITCHEN
- CREATE SIMPLE MEAL STRATEGIES
- SAY NO, SO YOU CAN SAY YES TO YOURSELF
- BUILD HEALTHY RELATIONSHIPS
- EMBRACE A POSITIVE SUPPORT SYSTEM
- HAVE MORE JOY IN YOUR LIFE

Learn more:

[www.detoxifyyourlifewithbrandylane.com/3monthdetox](http://www.detoxifyyourlifewithbrandylane.com/3monthdetox)

The 3 Month Coaching Program will  
enable you with tools to detoxify every  
aspect of your life.

It is possible to DO less and HAVE more.

 **LIVING LIGHT**  
WITH **BRANDY LANE**

INSPIRED NUTRITION AND LIFE COACHING



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