

Testimonial for The Purify Programme
Detox to support General Health and Wellbeing
Janet

The Purify Programme

I was excited to start this programme but I didn't have especially high expectations. I wasn't looking for help with a particular problem but I was curious to discover if I could feel any better.

I had a few aches and pains, I wasn't sleeping very well and I didn't wake in the morning with a broad smile and excitement to get on with my day. I considered these problems to be in keeping with my time of life (early 60's).

I found the programme easy to follow and the food list didn't present any problems for me.

I was really surprised to discover that as I went through the programme old injury sites around my body seemed to pop up. I had back ache from days 2 through to 16, an old injury to my left knee flared up too but all these things had disappeared entirely by the time I had finished the 21 days.

I find myself now feeling more methodical somehow - far less scatterbrained - more focused and I have more patience since completing Purify.

I have no sweet cravings and I am sleeping through the night. I wake feeling alert and I am much calmer in myself. My skin feels like velvet.

I would definitely recommend this programme to anyone wanting to improve their general health.