



**“Detox is not about taking away, it’s about adding to your diet to create a new you”**

### **Detox with Dorcas – 30 Day Detox Programme**

Dorcas Barry is Ireland’s only nutrition and healthy eating consultant specializing in detox. What makes Dorcas’ approach to detox and healthy eating different is her knowledge and love of food. Trained by Jane Scrivner, the world renowned detox expert, Dorcas’ detox programme is designed for those of us who love to eat!

*“It is so wonderful to watch people change as they realize how much their diet affects their bodies and their minds. They have more energy, lose weight, have more positivity, skin that glows with health and make lasting changes to their lifestyle and diet. I choose to teach this detox programme because of its focus of healthy eating in the long term and on changing habits permanently” Dorcas*

Dorcas’ detox programme has helped countless clients to achieve and maintain health in body, mind and spirit, lose weight, increase their energy levels, improve their mood and boost their sense of positivity about life. The programme works because it gives participants the knowledge and practical tools to make lasting (and delicious!) changes to their eating habits and lifestyle for the rest of their lives