



KSN – A NEW DAWN

Do you suffer from

- Fatigue
- Bloating
- Acne / excema
- Insomnia
- Head-aches
- Constipation
- Bad-breath

Tired of fighting that x-tra bulge?
Tired of being between sizes?
Tired of compromising your health and weight?



- Would you like to increase your energy levels?
- Would you like to feel more confident in your clothes?
- Would you like to change unhealthy eating habits to a healthier you?
- Would you like to loose weight with a natural life-style?

Want to feel more confident in your clothes, invigorated with energy?

Need some-one to take the plunge with you, mentor you on a daily basis...

...Then detox to live is the answer.

A new dawn - a program based on sound health principles

Wholefood detox coach

Contact Karen on 0824944924 or
karenbnel@gmail.com