



JANUARY DETOX SPECIAL


Book a 30-Minute Naturopathic Consultation with Dr. Heidi, N.D. to create your personalized detox plan for January 2026!

In-Person or Online: \$140.00

If your health plan covers **Naturopathic Medicine** you can claim it on your benefits!

Discover:

- What detox supplements are best for you.
- Top detoxifying foods & ones to eliminate.
- To fast or not to fast.
- An optimal plan tailored to your lifestyle so you can sustain it for a week or more.
- Take home your daily food & supplement schedule.
- That feeling of confidence that's it's right for you & leave with a complimentary sample of detox or sleepy time herbal tea prepared with love by our team.



DETOX
with
Dr. Heidi,
ND!

Book Here:

**30-Minute
Consultation**

& simply add the words "Detox Special" to your booking note!

2026 is the year to feel the difference!

FOR MORE: LIKE US ON [FACEBOOK](#) OR FOLLOW US ON [INSTAGRAM](#)!