

## 21 Day Detox Challenge

### What is the Program About

It is a 21 day detox challenge where a fixed plan will be given along with few exercise regimen.

This simple detox along with exercise and HealthyLifestyle melts pounds of trapped fat and shrinks your waist in just 21 days.

### What topics are Covered

- Planning meals with fruits, vegetables, nuts and seeds, legumes (sprouts) excluding cereals, millets, milk and milk products, oil.
- Exercise regimen

### Additional Support

It is a group guided program and with daily updation of the regime in the group with group Interaction

### What is the Benefit

Rest your organs.

Stimulate your liver to get rid of toxins.

Promote toxin elimination through feces, urine, and sweat.

Improve circulation.

Provide your body with healthy nutrients

Detox help with various health problems, including obesity, digestive issues, autoimmune diseases, inflammation, allergies, bloating, and chronic fatigue.

With 3- 6 kg weight loss guaranteed

### How to Enrol

Pay the fees and book your slot. WhatsApp the screenshot on +91 9842113341.

### Duration and Payment Details

**Duration:** 21 days

**Start Date:** Every month 1st and 10th

**Amount :** Rs 1500

### **Payment Details:**

(QR code attached)

(UPI attached)  
Gpay or any UPI APP  
Avoid using Phone number to pay

Or

**\*Bank details\***

Account Name :  
THILAKAVATHI MATHANAGOPAL

Bank Name: ICICI BANK

Branch Name :  
AVINASHI ROAD BRANCH

Account Number: 058705007465

IFSC: ICIC0000587

**UPI**  
UNIFIED PAYMENTS INTERFACE

Accepted Here

**ICICI Bank**  
iMobile

**BHIM**  
BHARAT INTERFACE FOR MONEY

**pockets**  
by ICICI Bank

QR Code

Merchant Name : THILAKAVATHI MATHANAGOPAL  
UPI ID : thilakavathim@icici

Steps to Pay UPI QR Code  
Open UPI app > Select 'Tap to Pay' > Scan QR Code > Enter Amount

**eazypay** Powered by **ICICI Bank**

If using Gpay or other UPI apps use QR code or UPI ID to pay

Send a screenshot once you pay to book your slot in Whatsapp +91 9842113341  
You will be added to WhatsApp group and shopping list will be sent other details will be given in group

Can call +91 9842113341 for further clarifications between 11 am and 7 pm by fixing prior appointment in WhatsApp through message

**\*Note: Amount once paid will not be refunded\***

**Disclaimer \*\***

Sanjeevi Nutrition and Wellness, Pregnancy Care Center sessions do not in any form or manner replace medical interventions. Sanjeevi Nutrition and Wellness, Pregnancy Care Center will not be responsible for what may happen if their programs & sessions are used by any participant in place of official advice from a medical professional.

**Note:**

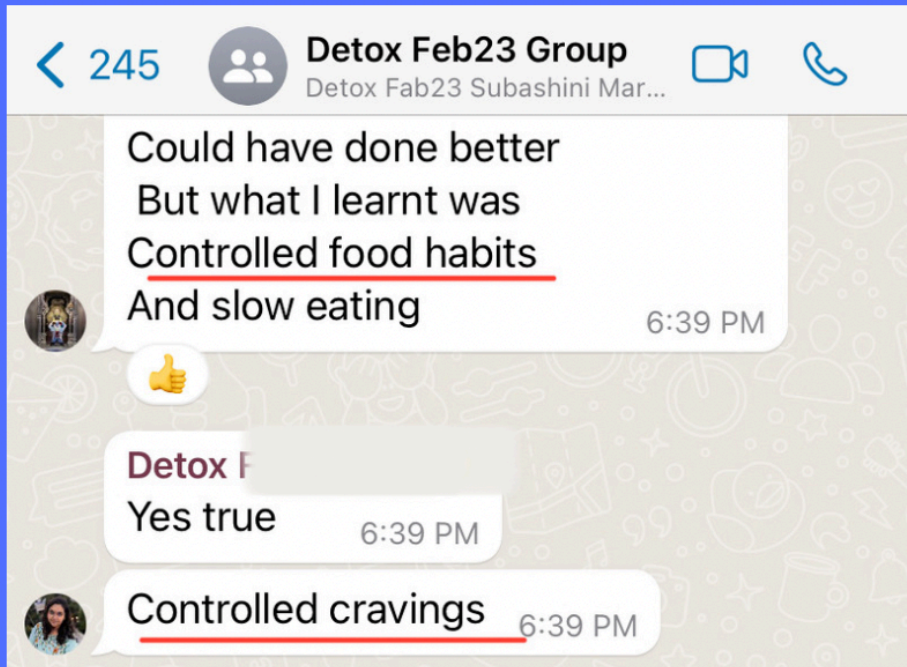
Not suitable for breastfeeding moms.

Few testimonials of Feb 2023 batch

# Detox Testimonials



# Detox Testimonials



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