

BE HEALTHY. DO GOOD.

JOIN THE CLEANSE FOR CHANGE CAMPAIGN!

Visit The World in a Garden and nourish youth through The World in a Garden Project while our cleansing system nourishes and replenishes YOU!

HOW IT WORKS

For every Health & Wellness System purchased as part of the **Cleanse For Change** campaign, \$25 will be donated to **The World in a Garden**, a multicultural urban agriculture project that educates youth and community about the nutritional, cultural and environmental benefits of growing local, organic food.

The World in a Garden is helping communities in Vancouver, and in developing regions around the globe, to feed themselves. We believe everyone deserves equal access to high quality, fresh food. It's better health and good food for all!



THE HEALTH & WELLNESS SYSTEM

Nourish your body with high-quality essential nutrients and remove impurities. When you start on the path to restoring your body's health, you will:

- Release toxins to reach an optimal state of health
- Reach your ideal weight
- Increase your energy and mental clarity
- Reduce stress and tension
- Improve your muscle tone and sports performance
- Balance digestion and maintain hormone balance

Join the movement today and find out **Why Good Things Happen to Good People!** Contact Tricia: email tricia@seedsofplenty.com or call **778.329.3509**.

If you have referrals, or a project you're passionate about and are looking for an innovative and sustainable way to raise funds, ask us!



To learn more about our nutritional cleansing programs, please visit [cleanse for change](http://cleanseforchange.com).