



BEAUTIFUL FACE

BEAUTIFUL BODY

BEAUTIFUL SOUL

WWW.MLISCOMPANY.COM

WELLNESS

M'Lis Program Highlights

- Body cleansing to strengthen vital organs, eliminate accumulated toxins and wastes, and maximize immune system function. This process is recommended 4 times per year for overall health.
- 100% nutrition through M'Lis herbal supplementation and balanced, natural food choices. Supplementation may include CALCIUM for bone strength, DAILY and/or COMPLETE for a healthy combination of vitamins and minerals, ENZYME for digestive health, TRANQUILITY for herbal stress relief, EVENING PRIMROSE OIL and /or FLAXSEED OIL for Omega 6 and Omega 3 essential fatty acids, and VITAL antioxidant to protect the cells from free radical damage and oxidation.
- A sensible exercise regimen for cardiovascular health and flexibility.

Many people seek lifestyle change only if they are currently experiencing health problems. For some, however, the goal is one of preventive health. This is done with the understanding that a healthy lifestyle improves one's quality of life, appearance, and longevity. A consultation and screening will help to rule out a specific health issue. If a client is determined to be in good basic health and is seeking a lifestyle of preventive health, the wellness program is the course to follow.