

FRESH **A** X **F** METHOD



Detox

A 30-day detox challenge to kick-start your journey to a changed relationship with alcohol.

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I was a bit apprehensive about joining the program because I thought it was something for people who couldn't put a drink down, but I soon realised that the Drink Less Feel Fresh program addresses more than just alcohol. It is a program that looks at aspects of your life that aren't functioning as well as they could be and helps



Jayden Krieg
Sydney

YOU NOW

- Sick & tired of your drinking habits
- You make the decision to drink less, yet time and time again continue drinking as you are
- You want to regain control over your intake & don't know where to start
- You're ready to step up and do what's required to kick alcohol to the curb & know a detox will get the ball rolling
- You know deep down that overcoming alcohol will increase your performance in your work &/or personal life

YOU AFTER THE DETOX PROGRAM

- You've regained control over your alcohol intake
- You've reduced your intake by 80-100%
- You're switching off at the end of the day without alcohol
- You've been waking up Feeling Fresh AF (hangover free) for 30 days
- You feel energised, focused and in control
- You feel confident around alcohol
- Your professional and private lives are feeling the benefits

THE PROMISE

You will break your current drinking habits and experience 30 Days Feeling Fresh AF!

PROGRAM INCLUSIONS

- Access to the 30-Day Detox private FB Group for accountability, tips & tricks to crushing the 30 days Feeling Fresh AF
- 4 x Live Zoom Masterclass's with DLFF Founder Tom Cartwright
- Weekly Live Q&A
- 30-Day Detox Mini Course
- 30-Day Detox Success Workbook
- 30-Day Detox Success Checklist



READY FOR CHANGE?

Start your journey at
drinklessfeelfresh.com/membership/