

# Day 8: Dry Brushing

12 Day  
*Natural*  
Detox



# Daily Reflections

How do you feel physically after today? What sensations are you experiencing when you tune into your body?

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What challenges did you overcome today?

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How is your motivation and commitment to accomplishing your health goals in this program? Focus on your accomplishments for the day.

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What do you need to focus on for tomorrow to be a success for you within this program?

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