

LET'S BEGIN

DEAR FRIEND,

I am so excited and honored to help you on your journey to health and happiness. I cannot wait to support you through each phase of this program.

LET'S GET STARTED:

1. Download your materials. (You will receive an email with a link to download)
2. I suggest looking at the At a Glance, as this provides you with a step-by-step and day-by-day protocol. It also includes your recipes from the suggested meals handout.
3. Look at the suggested meals and note what you need to buy for your Phase 2 and 3 of this program from the shopping list.
4. Look at the At a Glance for your drinks and recipes to make planning for your week easy as 1-2-3.
5. You will find the detox support tools in your Guide to reduce unwanted detox symptoms and make this program pleasurable.
6. You can add protein to any meal, choose from a variety of snacks in your Recipe Guide and detox without deprivation.
7. You have a recipe guide with 50 plus recipes so feel free to exchange meals or cook meals in batches to make your life easier.

Join the Online Forum Here: <https://www.facebook.com/groups/1416627875311000/>

If you feel you need more support during your program, please contact me for one on one coaching here: <http://www.healthcoachmt.com/contact/>

I have struggled with migraine headaches, endometriosis, poor digestion, brain fog, and stress. I truly understand the frustration with not knowing which foods are the best for my family and me or guilt free self care.

You are going to experience more energy, easy weight loss, and better sleep. Are you ready?

There are some amazing things I do in my life that I want to share with you because they have changed my life. I use these natural solutions every day in my life.

I would suggest adding Neo-Life Acidophilus complex as a probiotic and Neo-Life Protein powder to support you on this fabulous journey.

Lots of love,

Coach Peggy