

The background of the cover is a collage of fresh, vibrant images. At the top, there are several pink and white tulips with green leaves. Below them, on the left, is a white bowl filled with a variety of fresh fruits including red cherries, sliced grapefruit, kiwi, and strawberries. On the right, there is a wooden cutting board with a white bowl of granola or yogurt topped with fresh blueberries, raspberries, and sliced kiwi. The central text is overlaid on a semi-transparent white rectangular area.

Wellness Boost Guidebook

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Welcome to your Wellness Boost!

This guidebook is designed to give you the basic knowledge upon which to build a strong foundation for your health and achieve greater energy, improved digestion, and reduce brain fog. You will be able to use this guidebook again and again as you deepen your understanding of your own needs for greater wellness

We are all so busy and typically do not take the time to be intentional about the foods we eat and practices we do that move the needle for our health. We get into a rut with our weekly meals and our schedules and that often results in symptoms that we chalk up to being normal as we age.

However, when you take time to be intentional by removing certain inflammatory foods while also including certain foods that reduce inflammation and doing daily practices that influence health, you experience improved symptoms and feel better in your body. Every time I feel like I need a boost to revitalize myself, this is the program I follow and it works.

Even those who have a super clean diet and lifestyle benefit greatly from a seasonal “tune-up” because of modern day stressors and toxins we cannot always control. So no matter what your current lifestyle, health level, diet, or energy level, taking time to focus on anti-inflammatory foods and daily health promoting practices can be a great way to nurture your own health.

Many of us set aside time to seasonally clean our homes, our yards, and our automobiles, yet the body is often forgotten. This is a wonderful opportunity to support your body so it may function at its full potential.

I see many clients who suffer from allergies, stress, fatigue, headaches, hormonal imbalances, digestive issues and weak immune systems. These are your body's cries for help! It is asking for a time to rest, rejuvenate, and be intentionally nurtured.

Taking time out to focus on your food and daily lifestyle practices can result in you feeling much better in your body and showing up as your best self.

Welcome to your
Wellness Boost!

Disclaimer: The contents of this booklet are based on the knowledge, opinions, and experience of Kim Blair, unless otherwise noted. The information in this handout does not replace a one-on-one relationship with a qualified health care professional and should not be considered medical advice. Kim Blair encourages you to make your own health care decisions based on your research and in partnership with a qualified health care professional. And most importantly, make sure to listen to your body.

Why Should You Give Your Body a Boost?

People are typically very busy and get into a rut with habits and food and don't take time to evaluate how those foods and habits are affecting their health. Taking a specific amount of time, 5 days for this program, to be intentional with the food you consume and the daily practices you incorporate can be just the thing you need to feel better.

The foods in this program will nourish your cells and will improve your ability to absorb nutrients and eliminate waste. This will also stabilize and improve your energy. During this program you will remove inflammatory foods and enjoy foods that improve the body's response to inflammation, boost immunity, clear brain fog and belly bloat.

Three reasons your body can get overwhelmed and start to decline:

1. You take in more than you can eliminate either with food or lifestyle. This inhibits your body from being able to fully recover.
2. Toxins in our food, our environment, and our thoughts create waste our body cannot use.
3. An overly acidic diet allows microorganisms (yeasts, molds, funguses, etc.), to flourish and produce Mycotoxins in the body which make more toxins.

The quality of your life comes down to the quality of your cells.

Because cells are vital to all life, they have basic needs for their survival. Essentially, there are four things cells need to not only survive, but thrive:

1. Oxygen.
2. Water – the most abundant substance in the body.
3. Nutrition.
4. The ability to eliminate waste.

This program is designed to help you improve the quality of your cells by improving how your cells receive oxygen, water, and nutrients, and how your cells eliminate waste.

Inflammation

To achieve your health goals, it is helpful to understand the underlying cause of diseases, inflammation. The good news is that we can actively reduce inflammation by choosing to be intentional about what we allow into our bodies through our environment, foods and practices we do daily.

Environment affects inflammation

The simple truth is we are surrounded by toxins. We are exposed to thousands of chemicals each day. Environmental chemicals are found in solvents, plastics, adhesives, pesticides and herbicides. Chemicals are abundant in skincare products and makeup, moisturizers, nail polish, hair dyes, and shampoos. Food can contain contaminants like parasites, binders, genetically modified organisms and chemicals and preservatives. Cellular toxins are released by our bodies when under consistent stress, and even the toxic thoughts and words we may subject ourselves to on a daily basis all contribute to an ever-increasing attack on our health.

Foods and daily practices affect inflammation

Sugar, smoking, toxic load, lack of exercise, leaky gut, food sensitivities and certain foods all cause inflammation. Inflammation causes a host of disease and often prevents weight loss.

Problems that can result from toxic overload and inflammation:

| | |
|---|---|
| Bad breath | Bloating, gas, constipation, and diarrhea |
| Canker sores | Difficulty concentrating |
| Excess weight or difficulty losing weight | |
| Fatigue | Fluid retention |
| Food cravings | Headaches |
| Heartburn | Joint pain |
| Muscle aches | Puffy eyes and dark circles |
| Postnasal drip | Sinus congestion |
| Skin rashes and acne | Sleep problems |

Toxins can also block thyroid function, impair female hormones, and may account for depression, anxiety, and fatigue.

The results you should experience in this program:

Possible weight loss

More energy

Better digestion and elimination

Fewer symptoms of chronic illness

Improved concentration and mental clarity

Less congestion and fewer allergy-related systems

Less joint pain

Less fluid retention

Increased sense of peace and relaxation

Enhanced sleep

Better looking skin

Brighter eyes

Let's Get Started

Preparation

1. Complete the “Begin Here” section BEFORE the start of the program.
2. Get organized – read the program materials provided, set date to get started, and input new habits, self-care, and routines into your calendar – try to automate everything as much as possible.
3. Go shopping for the food supplies described in the program.
4. Create a system to make things easy. Set up your needed utensils, props, etc. Put away all items you will not need to create a health-friendly environment.

Benefits of the Program

There are many reasons a person may choose this program. As you go through this process, you will find that even if you started off with just one reason, the benefits you experience are often broader and further reaching.

This is a gentle and short program designed to boost your journey to health. The diet may seem somewhat restrictive compared to the modern-day American diet, but you should not go hungry, as this is not a fast. It will be easier if you follow the recipes and take time to prep beforehand, than trying to rely on day of prep. Eat abundantly from the foods that are listed in the program and use the recipes to make the most of your experience.

This program is designed to be gentle yet effective. It is also intended to be doable while you work, play, or go about your normal routine.

One incredible benefit about being intentional during this time will be the awareness gained about how different foods make you feel physically, emotionally, and energetically. Your taste buds will begin to change, and you will begin to understand how your body is responding to the foods you are consuming. This will give you more control of reactions you were not aware were caused by foods.

There are thousands of different dietary recommendations and philosophies, and new ones come up every day. The very best way to figure out your personalized diet is to pay attention to how you feel as you explore different ways of eating. During this process, you will begin to recognize which foods may not be serving you, despite what you have read or been told.

This Program and Your Body

Every food, drink, product or chemical you eat, smell, drink or put on your skin must be filtered through the liver. The liver is the second largest organ in our body, and it is also the most overworked. It is easy to see how our livers are in overdrive. When the liver becomes overburdened, it loses its ability to function efficiently. This leads to a cascade of potentially serious health consequences and uncomfortable reactions.

When the liver is not functioning properly, toxins begin to find their way into other organs, skin, fatty tissues, and the blood. This is when we begin to see and feel symptoms and the manifestation of some of the common ailments described above.

This basic program is focused on supporting the liver and improving digestion. However, it will also provide support to other systems in your body, such as the colon, skin, lymph, lungs, kidneys and bladder, mind, and emotions. As the liver starts the process of releasing toxins, these other organ systems will also provide pathways to efficient elimination.

This program can be done for longer period of time if you choose, but even just 5 days will make a difference. It is recommended to do this once every season.

Common Signs That the Liver May Need Some Attention

Do you wake up at night?

If you wake up consistently between 1:00am and 3:00am, your liver may be asking for some support. While we sleep, the liver becomes more active and works on detoxing and detoxification. Waking up around this “liver time” can signal that the liver is exhibiting signs of toxicity and needs some special attention. Many times this happens from eating either too much sugar or animal protein in the evening.

Eye problems?

Conjunctivitis, lots of mucus, itching, macular degeneration, dry eyes, and cataracts may be an indicator of liver weakness.

Skin problems?

Eczema, psoriasis, rosacea, skin rashes, acne and dry skin are clues.

Angry emotions?

If the liver is congested and being forced to work too hard, it becomes “hot,” often times causing anger and irritation.

Hormonal imbalances?

PMS, hot flashes, and pre-menopausal symptoms are increased with a congested liver.

Constipation?

If you're not having daily, regular bowel movements or if you strain and stools are hard, that is a sign you have constipation. This condition can often be caused by a congested liver or even stressed adrenals. Colon support should still be addressed.

11 Steps that Support a Healthy Liver

1. Reduce the chemicals and toxins you are exposed to the best you can. Reduce pesticides by buying organic, drink purified water, use glass for storage instead of plastic, and choose clean personal care products.
2. Skip the late night snacks, if your body is trying to digest when you go to bed, it disrupts the liver's regenerative cycle. It also disrupts your sleep.
3. Drink lemon water first thing every morning and add lemon zest to smoothies and dressings.
4. Eat dark greens, preferably raw, every day (e.g. "green juice," a big or a green salad). Eat lots of celery (a good source of plant sodium that helps support the adrenals), arugula, broccoli, kale, cucumber, spinach, and romaine, fresh herbs like basil and cilantro, and sour green apples. Greens are super supportive to the liver function.
6. Remember, you need protein to support the liver. Excess can put extra strain on the liver and kidneys, so aim for a little bit at each meal. Good plant-based protein sources can be found in quinoa, beans, peas, nuts and seeds such as hemp seeds and chia seeds. Or a little wild-caught fish is ok.
7. Eat dinner at least 2-3 hours before bedtime.
8. Eat foods rich in soluble fiber, this helps the liver by binding toxins and moving them out. Include chia and flax seeds, beans, oats, fruits and veggies.
10. Turmeric and its active bioflavonoid curcumin, protect the liver, promote bile flow and act as a powerful anti-inflammatory. Add to soups, roasted vegetables and in smoothies.
11. Assist your lymphatic system - Body brushing stimulates your lymphatic system and help move lymphatic fluids. Jumping on a mini-trampoline, or rebounding, also stimulates lymph flow. This allows the body to remove waste more effectively.

The Benefits of Rebounding

1.Rebounding stimulates the free-flowing lymphatic drainage system, which helps rid your body of toxins, cancer cells, wastes, trapped protein, bacteria viruses, and other waste the cells cast off.

2.When you are rebounding, you are flooding the cells with oxygen. This enables them to convert glucose into ATP and also into glycogen. Thus, rebounding can actually increase your ability to convert glucose into glycogen and have it stored for when you need it for a sudden burst of energy.

3.Rebounding is a true cellular exercise. It builds physical cellular strength by challenging the structure of each cell. This strengthening of the cells helps to protect against degenerative disease.

4.It leads to improved posture, increased vascularity, better muscle tone, enhanced timing, sharper vision, greater coordination, better balance, more rhythm, and elevated energy levels.

5.By working against the constant gravitational pressure while bouncing, you resist the earth's pull. Gravity becomes a force for the good of your entire body.

The Boost Program

I have outlined the basic program below. If you have any specific issues, please let me know and we can schedule a one-on-one session to discuss.

How to optimize your program

- It is ideal to space meals 3-4 hours apart. This allows the body to tap into and begin to burn fatty tissue that is storing toxins. If you feel hungry between meals, first have a drink of water or herbal tea. If you still need a snack have some berries, crispy veggies, a smoothie or a snack in the recipe pack.
- Eat your evening meal at least 2-3 hours before going to bed, to ensure that you are not still digesting when your body needs its rest and renewal. The body, particularly the liver, does some serious work at night.
- Follow the recipes and include a few daily practices each day, this will help you decide on the best lifestyle habits for you to carry on past this program.

Foods on the program

Foods you will enjoy during the program:

- Fresh or frozen fruit, ideally berries (only organic)
- Fresh vegetables – no limit, try to eat more than four cups per day
- Legumes -- lentils, navy beans, adzuki beans, mung beans, and others
- Quinoa
- Unsalted raw nuts and seeds (no peanuts)
- Flaxseeds and chia (ground)
- Lemons -- organic, do not purchase pre-squeezed lemon juice, use zest also
- Vegetable broth, homemade or organic and sugar-free
- Sea vegetables, nori snacks
- Avocados
- Olive oil
- Coconut oil
- Raw apple cider vinegar
- Herbal teas, choose from Tulsi, chamomile, ginger, cinnamon, dandelion

Foods and substances not included during the week:

- Sugar (white sugar, cane sugar, dehydrated cane juice, brown sugar, high fructose corn syrup, sucrose, glucose, maltose, dextrose, lactose, corn syrup, and white grape juice concentrate)
- Sugar alcohols such as sorbitol, mannitol, xylitol
- Artificial sweeteners like aspartame
- Natural sweeteners, coconut sugar, honey, maple syrup (whole leaf stevia is ok to include)
- Alcohol
- Caffeine (except green tea is ok)
- Yeast (baker's and brewer's), fermented foods (except raw apple cider vinegar is ok)
- Dairy products
- Soy products (fermented soy such as miso, tempeh, and Gluten-free tamari are ok)
- Gluten (anything made with wheat, rye, barley) and all flour products
- Corn
- Nightshade plants (tomatoes, potatoes, eggplants, bell peppers)
- Peanuts
- Refined oils and hydrogenated fats such as margarine
- Stimulants
- Processed foods or food additives
- Fast food
- Junk food
- Any food that comes in a box, package, or is commercially prepared

A note about probiotics:

Probiotics are included on your daily protocol because they are so supportive for optimal digestion of food and absorption of nutrients. They help your body heal gut lining, produce vitamins, absorb minerals and aid in the elimination of toxins. Find a good multi blend with at least 8 different strains of probiotics.

Preparing for the Program

Before you begin the program, start reducing the amount of caffeine you take so you don't get headaches from withdrawal when you start. You can do this by cutting your coffee with decaf or start drinking tea which has lower caffeine. During the program week, replace your morning coffee with green tea, hot golden milk or herbal tea.

You will also want to prepare your environment and collect the foods, tools, supplies, and supplements you will need.

Withdrawal can happen

When you start to eliminate substances that your body has become dependent upon (addictive substances), your body will naturally respond and ask for them back. It doesn't do this in a comfortable or easy way. You may experience headaches, cramping, cravings and tiredness.

It is important for you to realize that only unhealthy substances are addictive. If you experience uncomfortable sensations, these are signs that repair is under way and the removal of toxins from your body is occurring. The more you search for fast, temporary relief with a candy bar, soda, or chips, the more you will inhibit the healing process.

To lessen any withdrawal symptoms, drink more water adding in lemon and eat more fresh fruit.

Don't give up!

During the Program

In this program, you will remove animal protein, restrict oil intake to no more than 2 tablespoons per day of coconut oil, flax oil, or olive oil. I suggest you eat squash, yams, carrots, beets, or other root vegetables as your main starches whenever possible. If you feel hungry between meals, drink water and wait fifteen minutes. If you're still hungry, eat a piece of fruit, berries or crunchy vegetables, or a snack found in the recipe packet. You will be enjoying an abundance of alkalizing fresh (organic) plant foods, including high quality plant-based protein.

This is a great time to juice vegetables, make green smoothies, and drink vegetable broths. These all help keep the body fortified with nutrients, while helping inflammation.

Easing out of the program

At this point you will be adding back the foods you eliminated during the program if you choose. You may see some negative results as you add certain foods back, so take it slow. Try one food at a time and evaluate for three days how you feel before adding another food type. Keep track in your journal of any reactions to food you experience.

Journal about any symptoms you notice, such as:

Headaches

Sore throat

Sinus pressure or changes with your sinuses

Dry skin

Moodiness

Stomach issues

Irregular bowel movements

Gas

Dry eyes

Disrupted sleep

Bloating

Weight gain

You are keeping track of symptoms so you can identify food sensitivities and understand how certain foods affect you. This will help you understand how and why you are feeling a certain way.

Stress Relief Practices

This is one of the most important parts of your program, so please make time for it! These activities will increase endorphins in your bloodstream, which will enhance your success.

1. Try the Elimination Bath. Place 2 cups of Epsom salts and one cup of baking soda into a tub and run the hottest water you can stand, add 8 drops of lavender oil. Soak for 20 minutes and allow yourself to sweat. When you are finished bathing, wrap yourself up in towels and go under the covers and sweat some more. You should feel very relaxed and sleep soundly.
2. I highly recommend you get up and move at least once a day (2 times a day is IDEAL - 1 morning, 1 sunset). This will reboot your system. Try meditation, yoga, dance, or taking a walk or jump on a mini tramp.
3. Go for a sauna and sweat
4. Massage is highly recommended during your program. It helps to loosen and move toxins through.
5. Listening to music that calms you.
6. Find ways to laugh- watch comedy, tell jokes, fake laughing produces the same stress relieving chemicals as when you truly laugh.
7. Do a castor oil pack at least once during the program. (Directions below)

Inflammation reducing tips and practices

Choose several of these to incorporate each day.

Water – Be sure the number of ounces of water you drink per day is equal to at least half of your body weight. (i.e. 150 lbs. body weight = 75 oz. water per day). In the autumn and winter, it can be especially helpful to drink warm water.

Lemon Water – This is a gentle yet effective way to support and cleanse the liver, kidneys, and colon, and help alkalize the body. It assists in breaking up mucus and provides energy via enzymes, vitamin C, potassium, and trace minerals. Please use fresh, ripe lemons, not prepared lemon juice. Make lemon water simply by squeezing the juice of ½ a lemon into a glass of water. Grating in some of the zest provides even extra benefit from the limonene which supports liver detoxification.

Body Brushing – This is one of the best ways to stimulate the lymphatic system. This is beneficial because it stimulates the lymph system in moving waste through and out of the body. It energizes, assists in breaking up cellulite, removes dead skin, stimulates circulation, and strengthens the immune system. To do this, you will need a natural bristle brush, which can be purchased at most health food stores or pharmacies. Start at your feet and work up the body in short circular strokes moving up towards your heart. Be sure to cover the whole body, but skip the face and the breasts. Do not feel like you need to spend a tremendous amount of time on this, 2–3 minutes prior to your shower is fine.

Elimination Bath – In the evening, place 2 cups of Epsom salts and one cup of baking soda in the tub, run the hottest water you can stand, and add 8 drops of lavender oil. Soak for 20 minutes and allow yourself to sweat. When you are finished bathing, wrap yourself up in towels, go under the covers, and sweat some more. You should feel very relaxed and sleep soundly.

Movement– Moving is a key component to this program. Getting at least 30 minutes of movement each day is the goal. Gentle movement is effective, so there is no need to overdo it. Walking, yoga, swimming, tai chi, hiking, biking, and dancing are all great ways to get moving. A powerful exercise for cellular health is using a mini-trampoline or rebounder to help enhance your lymphatic system. See the end of this document for more details.

Fiber – Getting additional fiber is vital to supporting the colon in its role of elimination. In addition to lots of fresh vegetables, ground flax seeds and chia seeds are recommended. Adding them to your smoothie or water is one way to get it in. You should be eliminating at least 2 times per day.

Castor oil packs* – This can be self-administered and an inexpensive way to nurture and support the liver. It is incredibly healing and relaxing. Castor oil is said to be able to penetrate deeply – as much as 4 inches – into the body. These packs can be used to stimulate and help detox the liver and gallbladder.

*Note: castor oil packs aren't recommended if you are pregnant, or trying to conceive

Directions for Castor Oil Pack

If this is your first time using a castor oil pack, I suggest doing it for 15-30 minutes to see how your body responds. You can then gradually increase it over a period of time if you'd like.

You will need 100% pure, cold-pressed castor oil, an old T-shirt or wash cloth, and a hot water bottle (or heating pad).

1. Put on an old T-shirt, so you don't get the oil on nice clothing. Castor oil is very sticky.
2. Rub castor oil over the area where your liver is. If you put your right hand on your hip, fingers toward your navel and move your hand up over the lower edge of your rib cage, this is where your liver is across your abdomen to the navel.
3. Lie down on your back, and place the hot water bottle or heating pad over the area, on top of your shirt or wash cloth, for 15 minutes up to one hour.

Alternatively, you can rub the castor oil on your back, being sure to cover the area where your liver is. Then with your T-shirt on, lay on top of the heating pad or hot water bottle.

This is a safe regimen to continue, especially if you suffer from liver-based symptoms like eye problems, PMS, pre-menopausal symptoms and menopausal irritability, mood swings, bloating, tender breasts, hot flashes, anxiety, migraines, skin rashes and breakouts, angry outbursts, or tension between the shoulders.

Many people report a remarkable sense of well-being and tranquility while applying the castor oil pack. Because the emotion of anger is closely tied to the liver, you may experience angry feelings resurfacing. Stay with your feelings and try journaling them. You may try to transform this anger into forgiveness - first for yourself and then for others.

Daily Health Practices

These should be incorporated throughout each day.

Chewing Well

As you enjoy a meal, take the time to chew each bite fully, 20ish chews per bite. The objective is to liquefy your food. Enzymes in saliva start to break down carbohydrates in the mouth and initiate digestive juices in the stomach. Go slowly and really savor the flavor of your food. The added benefit of this practice is improved digestion. Don't forget to chew your soups and smoothies!

Savoring Simplicity

This is a bit more general but focuses on tuning into a single food or a simple dish. Enjoy the sweet crunch of a carrot, the juicy delight of a strawberry. Be mindful of the complexity of these seemingly simple foods.

Deep Box Breathing

This is a wonderful way to calm and center you in any situation. It can also be used when you feel overwhelmed by a craving. Very often the craving will pass by the end of 10 rounds of box breaths.

To practice: Breathe in deeply through your nose for a count of 4, hold your breath for a count of 4 and then breathe out through your mouth to a count of 4, exhaling completely. This way of breathing engages the diaphragm and should feel like you're filling your belly.

Gratitude

So simple yet immensely powerful, taking time to acknowledge gratitude is highly recommended. It is especially important if you often find yourself spiraling down the hole of negative thinking. Gratitude releases chemicals in the brain that decreases depression, stress and anxiety. It has also been studied and shown to improve sleep and immunity

This can be done anytime, but it can be particularly good first thing in the morning or before going to bed. Your objects of gratitude can be as big or as small as you want. You may choose to write down these items or just say them out loud. Space in your journal is provided for tracking gratitude.

Mindful Walking

When walking, be mindful of the smells, the sights, the sounds and the sensations of your walking experience. Try to put your attention on only one thing or one sensory organ at a time. This is a great activity to get outside in nature.

Vagus Nerve Activation

The Vagus nerve runs between the brain and gut and influences heart rate, speech, mood, and helps the body switch between the fight-or-flight response and your parasympathetic or relax mode. It's important to keep it engaged. A few easy actions can activate it: gargling, singing, cold shower rinse, body twisting and bending, and neck rolling and massage.

Food Intolerance – Why Are We Eliminating Certain Foods?

Do you have a favorite food that you HAVE to have or can't stop eating? Do you feel tired, bloated, and drained ALL the time? These may be signs of a food addiction or food intolerance. And if you're thinking, "Okay, what's the big deal," then you should know it takes only ONE food to wreak havoc on your health and your ability to maintain a healthy weight, immunity, and more.

Many times, the foods we think we LOVE the most are actually the foods our bodies have a sensitivity to or intolerance to, keeping us from losing weight and making us feel tired and depressed.

When we eat a food that we have an intolerance or sensitivity to, it causes an inflammatory reaction and floods our body with chemicals. This happens when our immune system doesn't recognize the food or molecule and attacks it much like it would attack a germ. This is often the result of having leaky gut. Food that has not been fully broken down gets through the gaps in our gut lining and cause an immune reaction. Eliminating certain foods helps, as well as supporting the gut with specific nutrients.

Millions of adults and children suffer from food intolerances and sensitivities and do not know it because the symptoms can be hard to diagnose. The reason these are so difficult to identify is that there are so many different symptoms, and the symptoms can be different for everyone. Some of the symptoms are bloating, poor digestion, headaches, lethargy, depression, and weight gain.

Most people don't think they're caused by the food they've been eating their entire lives. They just think, "There must be something wrong with me." There is often a delayed reaction from eating the food, so you may eat wheat one day and feel fine, but then the day you feel bloated and tired.

The most common foods people have a sensitivity or intolerance to are, dairy, wheat/gluten, soy, eggs, peanuts, shellfish and corn. These are the foods that often end up being trigger foods for people.

When people don't know that a food sensitivity may be influencing their health issue, they usually blame it on their slow metabolism, or their bad genetics and they just live with it. Once you have eliminated these reactive foods from your life, you will be amazed at how quickly your energy and health will improve. Your body will thank you for returning it to its natural state of radiant health.

In Closing

Remember, the first 1-2 days are usually the most challenging. It actually gets easier the longer you are on the program. Once you overcome any food withdrawal, you will feel like a new person.

As you stick with this program you will become more aware of your body and how food is affecting you. You will become your own detective. Having this knowledge gives you the freedom to know what, when, and how much you can eat without feeling like you need to be deprived.

Once you make the connection of how certain foods are affecting you, you will not miss the foods that were making you feel miserable

I wish you great success with this program and suggest you come back to it a few times a year.

Kim