

TRUE FOOD 7 DAY DETOX FOR BEGINNERS



BEGINNERS

READY
TO LIVE LIFE IN A BODY YOU LOVE!!!?
IT STARTS HERE!

WELCOME TO THE TRUE FOOD 7 DAY DETOX FOR
BEGINNERS!

Imagine What **Your Life** Would be Like if You:

- FELT MORE COMFORTABLE IN YOUR SKIN
- DID NOT HAVE TO ADJUST YOUR WAISTLINE EVERY TIME YOU SAT DOWN
- Had **Clear Thinking**
- FELT **enjoyment** GETTING DRESSED EVERY MORNING
- DID NOT HAVE BELLY BLOAT EVERYDAY

You would feel lighter and happier, more CONFIDENT, and more like the TRUE YOU that exists within YOU waiting to be let out!

feel more energy, lose unwanted weight and thrive

When was the last time you thought about the **toxins** in your body?

Feeling more alive starts by eating TRUE FOODS- foods that naturally support and detox your body. Winter is the **PERFECT** time to honor, reset and detox your body.

NOW is time for you to...

Nourish. Balance. Thrive.

DO YOU!

When the body is out of balance, you may experience:

- Headaches
- Low energy
- Indigestion
- Constipation
- Skin conditions such as acne
- Insomnia
- Ulcers
- Women's health issues
- Chronic Yeast Infections
- Bronchitis
- Eczema
- Cancer
- Excess weight
- Diseases of the stomach
- ...and many more.

Your body may be carrying around 5 to 10 pounds of toxic waste, which slows down your ability to lose weight.

MEET: THE TRUE FOOD 7-Day Detox for BEGINNERS

THIS DETOX INCLUDES:

- A Step-by-Step Guide to Detoxing with Ease
- The TRUE FOODS Detox Program e-book
- Your TRUE FOODS Recipe Guide
- A Blank 7-Day Meal Planner
- A private Facebook page open ONLY to those enrolled
- Inspirational emails to keep your energy & motivation high!
- Journal exercises to address underlying thoughts & behavior patterns for lasting change
- Plus 5 Simple Handouts:
 1. Shopping List
 2. Eating on the Go Handout
 3. Intro to Low Glycemic Foods (pre & post detox assistance)
 4. A Detox Food Diary/Journal
 5. Intro to Supplements made Simple
- Option: 1 PRIVATE coaching session, or 1 group coaching session (price differs)

The Nourish Recipe Guide Includes

3 Elixirs
12 Smoothie Recipes
9 Juice Recipes
9 Nourishing Entrees
8 Medicinal Soup Recipes
9 Entree Winter Salads
2 Dressings
4 Dips
10 Nourishing Snacks
8 Desserts



ADDITIONAL FREE GIFTS:

- [BRITTANY WATKINS, master EFT coach with SKINNY GENES, 3 AUDIO soundbite downloadable MP3s: Learn how EFT \(Emotional Freedom Technique\) can help you shed the lbs & conquer your cravings](#)



Kick your cravings to the curb...
and unleash your **Skinny Genes!**
with Brittany Watkins



- [TROY CASEY, CERTIFIED HEALTH NUT, with Amazon Herb Company, video guide on the hows & whys of supplementing during your detox](#)



When you have finished your 7-Day program you will have:

- Reduced belly bloat
- Shiny Hair + Glowing Skin
- Reduced cravings
- More Energy
- Balanced moods
- Let go of old patterns
- Cleansed unwanted toxins
- Reset your metabolism
- Lost unwanted weight



*YOU **WILL** be glowing!*

What are you waiting for?

To lose the excess weight for good, you need:

- the tools
- support
- accountability
- guidance

Each of these factors ALONE is not enough. This program includes ALL OF THEM AT THE SAME TIME!

priceless



Why would YOU put your life on hold?

Start LIVING TODAY!

YOU Choose.

MAKE THE COMMITMENT.

[Contact me to get started today.](#)

IF YOU'RE STILL NOT QUITE SURE THIS DETOX IS FOR YOU, I DO OFFER ADDITIONAL COACHING & WEIGHT LOSS OPPORTUNITIES.

Contact me NOW to schedule your FREE Belly Fat Breakthrough Session

This is a 1-1 private coaching session I offer to new clients & anyone interested in total inner & outer transformation.

Value of 1-1 private coaching session: \$125

"WHY WOULD I NEED A 1-1 PRIVATE COACHING SESSION?"

YOU CAN'T CHANGE YOUR LIFE WITHOUT CHANGING YOUR THOUGHTS

THE COACHING PROCESS ALLOWS YOU TO IDENTIFY SOLUTIONS AND STEPS YOU CAN TAKE TO REACH YOUR GOALS ON YOUR OWN. IT IS TRULY A BEAUTIFUL & MAGNIFICENT PROCESS! COACHING ADDRESSES THE UNDERLYING FRAMEWORK, OR BLUEPRINT, THAT WE OPERATE ON THAT HAS KEPT US WHERE WE'RE AT, STUCK, & UNABLE TO REACH OR STAY AT, OUR GOALS.

WE ALL KNOW WHAT WE NEED TO DO- WHAT TO EAT, EXERCISE, ETC....SO WHY AREN'T WE DOING IT?

YES, YOU ARE CORRECT! THERE IS A MISSING PIECE!
THERE IS SOMETHING YOU HAVEN'T UNCOVERED YET.
AND MOST IMPORTANTLY **THERE IS HOPE & THERE IS
A WAY TO GET YOU WHAT YOU WANT!!**

**LIFESTYLE COACHING ADDRESSES THE BEHAVIOR
PIECE & PINPOINTS HOW WE CAN ALTER IT TO
REACH OUR GOALS, FEEL COMFORTABLE IN OUR
SKIN, AND EASILY WEAVE IT INTO OUR NORM SO IT
IS NO LONGER A STRUGGLE.**

CHANGE IS POSSIBLE & IT DOESN'T HAVE TO BE
HARD!

PRIVATE COACHING PROVIDES THE RESULTS THAT
JUST PERSONAL TRAINING, EXERCISE ALONE, OR JUST
A NUTRITION CONSULT, OR EATING HABITS, CAN
PROVIDE ON THEIR OWN!

**The 1st 7days of living a healthy beautiful LIFE are
yours- NOW.**

*TRUE FOOD Detox investment:
\$125, +Private 1-1 Coaching session w/ Laura
\$99, Group coaching session
Contact me for pricing & info on the 21 day Eat. Play.*

Move. quickstart to weightloss program, includes 7 day detox program & materials for FREE!, & extended coaching experiences.