Introduction and Personal Background

From Fitness Training to Functional Medicine

hi my name is samantha lander and i hi my name is samantha lander and i wanted to personally introduce myself wanted to personally introduce myself and tell you a little bit about me and tell you a little bit about me and the cleanse challenge and see if and the cleanse challenge and see if this is the right thing for you to this is the right thing for you to partake in partake in um so a little bit about me i went to um so a little bit about me i went to university of michigan um i'm originally university of michigan um i'm originally from st louis i have a degree in sports from st louis i have a degree in sports management management management and and and um um um after i graduated michigan i moved to la after i graduated michigan i moved to la where i decided to become a dj and where i decided to become a dj and produce music for six years after that i produce music for six years after that i moved back home to st louis missouri and moved back home to st louis missouri and became a personal trainer in 2008. when became a personal trainer in 2008.

Health Struggles and the Missing Piece

How the Seasonal Cleanse Works

Program Benefits and Support

Challenges, Dates, and Enrollment Details

Final Q&A and Contact Information

when i started as a personal trainer it was i started as a personal trainer it was all about calories in calories out all about calories in calories out it was the it was how you were supposed it was the it was how you were supposed to get healthy is just by counting to get healthy is just by counting calories and and working out and eating calories and and working out and eating right um you monitored everything you right um you monitored everything you did the calories in versus how much did the calories in versus how much exercise you did and after a few years i exercise you did and after a few years i realized that it's way more complex than realized that it's way more complex than just a simple equation just a simple equation and notice that the results i was and notice that the results i was getting with my clients even with myself getting with my clients even with myself were not what i wanted were not what i wanted a lot of my clients ate clean they a lot of my clients ate clean they worked out and they just could not reach worked out and they just could not reach their goals they had a lot of hormone their goals they had a lot of hormone problems they um problems they um irregular periods a lot of bloating pms irregular periods a lot of bloating pms was pretty bad was pretty bad um so i started to explore more about um so i started to explore more about functional medicine and nutrition and functional medicine and nutrition and see see see um kind of looking into what the um kind of looking into what the adrenals were all about hormones the gut adrenals were all about hormones the gut and to see if that was a roadblock that and to see if that was a roadblock that could be hindering me and my clients could be hindering me and my clients from reaching the goals that we were from reaching the goals that we were trying to achieve trying to achieve at the time i was i was suffering from at the time i was i was suffering from chronic diarrhea chronic diarrhea i was really really bloated i kept i was really really bloated i kept gaining weight the cleaner a and the gaining weight the cleaner a and the more i worked out so more i worked out so i knew that that something was just not i knew that that something was just not right with my body right with my body um and that there was just a massive um and that there was just a massive missing piece to this whole you know missing piece to this whole you know health and weight loss concept that health and weight loss concept that people are people are fighting to try to reach fighting to try to reach so so so what that piece was was um getting the what that piece was was um getting the body's detoxification system working body's detoxification system working well this is why i created the seasonal well this is why i created the seasonal challenge um even my own health journey challenge um even my own health journey with estrogen dominance multiple with estrogen dominance multiple parasites yeast heavy metals parasites yeast heavy metals horrible allergies as a child growing up horrible allergies as a child growing up portable gi issues as a child growing up portable gi issues as a child

growing up i couldn't maintain my weight i had a i couldn't maintain my weight i had a ton of inflammation i almost felt like i ton of inflammation i almost felt like i had arthritis had arthritis i feel like if if it's something out i feel like if if it's something out there i probably had it there i probably had it um pcos so with this cleanse there's no um pcos so with this cleanse there's no gimmicks there's no requirements to gimmicks there's no requirements to juice but it does take a very holistic juice but it does take a very holistic and natural approach to optimizing your and natural approach to optimizing your health you will use foods that you health you will use foods that you already eat and eliminate foods that are already eat and eliminate foods that are toxic for the body will incorporate toxic for the body will incorporate natural detoxifying foods in addition natural detoxifying foods in addition you will learn a lot of dyi techniques you will learn a lot of dyi techniques you can do at home for the body they're you can do at home for the body they're easy tricks you'll also learn a lot of easy tricks you'll also learn a lot of educational components so you can take educational components so you can take everything you learned and incorporate everything you learned and incorporate it into your lifestyle going forward it into your lifestyle going forward so this is going to be you know i like so this is going to be you know i like to look at this as a lifestyle plan i to look at this as a lifestyle plan i never work with people and never work with people and try to convince them that it's going to try to convince them that it's going to be a one-shot deal you know i want to be a one-shot deal you know i want to work on how to change their life forever work on how to change their life forever so the great part is you can do this so the great part is you can do this cleanse whenever you want going forward cleanse whenever you want going forward you'll be in a private facebook group you'll be in a private facebook group and get all sorts of support from your and get all sorts of support from your peers and me peers and me you will get weekly workouts um you they you will get weekly workouts um you they do not require a gym i give you do not require a gym i give you alternatives i give you options if you alternatives i give you options if you need alternatives and for need alternatives and for injury prevention you can put that in injury prevention you can put that in the facebook group and i'll give you the facebook group and i'll give you other exercises other exercises you will need maybe some cans if you you will need maybe some cans if you have a stability ball great you can use have a stability ball great you can use a table a table even a coffee table would work even a coffee table would work um and we can and you can definitely um and we can and you can definitely make the workouts work make the workouts work you get a virtual goodie bag with a you get a virtual goodie bag with a bunch of downloads discount codes um and bunch of downloads discount codes um and you also get a 45 minute ask the expert you also get a 45 minute ask the expert session so you have my personal session so you have my personal undivided attention for 45 minutes to undivided attention for 45 minutes to talk about what the next step is for you talk about what the next step is for you to optimize your health help to optimize your health help the best part about this cleanse is you the best part about this cleanse is you can personalize it and there's no can personalize it and there's no expectations if you fall off you get expectations if you fall off you get back on the next day and i'll meet you back on the next day and i'll meet you with where you at and what you need you with where you at and what you need you also the bonus you get to earn points so also the bonus you get to earn points so there's a system that i've set up where there's a system that i've set up where depending on what things you do um depending on what things you do um during the cleanse you get a point during the cleanse you get a point um or two points or three points and we um or two points or three points and we add them up and each week there will be add them up and each week there will be prizes for whoever wins for the most prizes for whoever wins for the most points and then there'll be a points and then there'll be a prize at the end wherever has the most prize at the end wherever has the most points total and that can be a massive points total and that can be a massive discount on a program with me personal discount on a program with me personal training sessions through zoom or in training sessions through zoom or in person if you're in st louis person if you're in st louis um um um so it's pretty exciting there's really so it's pretty exciting there's really cool prizes and you know there's no cool prizes and you know there's no reason not to do it it's a new year um reason not to do it it's a new year um we're kind of getting out of the whole we're kind of getting out of the whole covid rut and i think people are ready covid rut and i think people are ready to really to really get get back to their old normal which get get back to their old normal which is is is hard because a lot of us have been hard because a lot of us have been chronically stressed out so sometimes chronically stressed out so sometimes just clearing out that detoxification just clearing out that detoxification system getting good 30 day jump start is system getting good 30 day jump start is all you need and then you get the all you need and then you get the session with me and we can talk about session with me and we can talk about what you may want to do further to what you may want to do further to optimize your health or what you can optimize your health or what you can currently just keep doing as um currently just keep doing as um for what's working for you from the for what's working for you from the cleanse the results people are getting cleanse the results people are getting from this cleanse are amazing um every from this cleanse are amazing um every time i run it i feel like i'm changing time i run it i feel like i'm changing lives so it's it's just really

rewarding lives so it's it's just really rewarding um you might think it's too overwhelming um you might think it's too overwhelming but the best part is again you can but the best part is again you can personalize it personalize it and meet it with where you are at so and meet it with where you are at so make sure you click the sign up button make sure you click the sign up button below below below the enrollment starts november 24th so the enrollment starts november 24th so right after we eat a bunch of pie and right after we eat a bunch of pie and cake and turkey and stuffing cake and turkey and stuffing and then it will end january 2nd right and then it will end january 2nd right after we've been drinking and going to after we've been drinking and going to holiday parties all winter so holiday parties all winter so um there is the early bird discount code um there is the early bird discount code for 20 off the purchase price and that for 20 off the purchase price and that will be good until december 8th will be good until december 8th so the start date of the cleanse will be so the start date of the cleanse will be january 10th the first webinar will be january 10th the first webinar will be tuesday january 11th tuesday january 11th at as of now at 1 pm at as of now at 1 pm um but don't worry if you cannot make um but don't worry if you cannot make that time it does not fit your fit your that time it does not fit your fit your schedule you will get replays of all the schedule you will get replays of all the webinars and videos that i webinars and videos that i that we host um for the cleanse so i that we host um for the cleanse so i hope i answer all of your questions if hope i answer all of your questions if you have any more please feel free to you have any more please feel free to reach out to me on facebook reach out to me on facebook instagram see fit living or email me at instagram see fit living or email me at cfitpt gmail.com or you can go to my cfitpt gmail.com or you can go to my website www.cfitpt.com and i can't wait to see www.cfitpt.com and i can't wait to see you in the cleanse you in the cleanse