## Introduction and Cleanse Challenge Overview

## Samantha's Background and Fitness Journey

## Discovering the Missing Piece in Health

## Creating the 30-Day Cleanse Challenge

## Challenge Benefits, Format, and Support

## Pricing, Bonuses, and Early Bird Offer

## How the Challenge Works and Prizes

## Sign-Up Deadline and Contact Information

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 and tell you a little bit about me and then about the cleanse challenge that i then about the cleanse challenge that i am offering january 10th am offering january 10th um and give you a little bit more um and give you a little bit more information so hopefully you will sign information so hopefully you will sign up and be a part of this amazing up and be a part of this amazing challenge challenge challenge i am from st louis missouri i went to i am from st louis missouri i went to university of michigan university of michigan i i i graduated and moved out to la and was a graduated and moved out to la and was a dj for seven years and then i moved home dj for seven years and then i moved home and that's when i became a personal and that's when i became a personal trainer i was an athlete my whole life i trainer i was an athlete my whole life i always worked out so it was something always worked out so it was something that came very naturally to me so i was that came very naturally to me so i was really excited to just kind of have that really excited to just kind of have that be a part of my life be a part of my life so with that um i so with that um i you know trained really really hard i you know trained really really hard i ate really really clean i taught my ate really really clean i taught my clients how to eat clean and you know clients how to eat clean and you know they trained hard and i thought that was they trained hard and i thought that was just kind of the answer like calories in just kind of the answer like calories in calories out count your calories here's calories out count your calories here's what you can't eat here's what you can't what you can't eat here's what you can't eat um you know i kind of put my clients eat um you know i kind of put my clients on some of the fad diets but not really on some of the fad diets but not really um no um no that would be like a tough case scenario that would be like a tough case scenario where just nobody was reaching their where just nobody was reaching their goals um and i had some clients that goals um and i had some clients that were definitely reaching their goals and were definitely reaching their goals and you know you gave them a great nutrition you know you gave them a great nutrition plan and we just worked on cleaning up plan and we just worked on cleaning up their diet and carbs and ratios like their diet and carbs and ratios like that and things work great but then that and things work great but then there were clients like me there were clients like me where where where it was a lot more than that like i it was a lot more than that like i worked out i never had a cheat meal i worked out i never had a cheat meal i busted my ass at the gym and my results busted my ass at the gym and my results were like it's almost like i was gaining were like it's almost like i was gaining weight and i felt worse weight and i felt worse and i was puffy and my hormones were and i was puffy and my hormones were awful awful awful um i had a lot of gi issues i've um i had a lot of gi issues i've suffered from a gamut of health suffered from a gamut of health autoimmune i know candidia um sibo autoimmune i know candidia um sibo i've had multiple parasites i've had i've had multiple parasites i've had estrogen dominance so for me just estrogen dominance so for me just working out and eating right was not the working out and eating right was not the answer and i realized there was a lot answer and i realized there was a lot more to that so i started to kind of more to that so i started to kind of navigate the detox pathways and look at navigate the detox pathways and look at the detoxification system and see if the detoxification system and see if that could be something that could be that could be something that could be holding me back and holding some of my holding me back and holding some of my clients back clients back and come to find out that was a huge and come to find out that was a huge missing piece to the puzzle and at this

missing piece to the puzzle and at this point i actually i was certified as a point i actually i was certified as a functional diagnostic nutritionist um functional diagnostic nutritionist um kind of midway through my like through kind of midway through my like through training and the first two years um so i training and the first two years um so i started training in started training in 2009 and then i was a fdner in with a 2009 and then i was a fdner in with a functional diagnostic nutritionist in functional diagnostic nutritionist in um um um so so so for me for me i just knew that i had to take it a step i just knew that i had to take it a step further with my clients and myself so further with my clients and myself so that's when i created this cleanse that's when i created this cleanse challenge challenge challenge i think it is a great opportunity for i think it is a great opportunity for people to learn how to eat cleaner people to learn how to eat cleaner be healthy and detox their body with a be healthy and detox their body with a great community to support you great community to support you so so so with the challenge it's not some sort of with the challenge it's not some sort of fasting cleanse you will be eating fasting cleanse you will be eating there's no starving there's no no there's no starving there's no no gimmicks no nothing like that you will gimmicks no nothing like that you will definitely shed some weight whether it definitely shed some weight whether it be actual fat or water weight from be actual fat or water weight from inflammation you will have better energy inflammation you will have better energy you will sleep better these are almost you will sleep better these are almost guarantees and a lot of people have guarantees and a lot of people have their bowel movements become amazing their bowel movements become amazing and they start going to the bathroom on and they start going to the bathroom on a more regular basis so it's sort of a more regular basis so it's sort of like what better time to start this like what better time to start this than in january so we have the holidays than in january so we have the holidays we have the holiday parties the cookies we have the holiday parties the cookies you know everybody starts their january you know everybody starts their january thing so i decided like january 10th it thing so i decided like january 10th it gives everybody a little bit of time to gives everybody a little bit of time to um um um get back in the swing of things get get back in the swing of things get their kids back in school get back to their kids back in school get back to work all the things they need to do and work all the things they need to do and prepare to do this cleanse and it's all prepare to do this cleanse and it's all online and if you can't make the the online and if you can't make the the live webinars you will get replaced for live webinars you will get replaced for everything there's a interactive everything there's a interactive facebook group so i will be posting in facebook group so i will be posting in there i hopefully all of you guys will there i hopefully all of you guys will be posting in there as a support team be posting in there as a support team you will be getting a kickstarter gift you will be getting a kickstarter gift bag that's going to have a ton of bag that's going to have a ton of discount codes you're going to get discount codes you're going to get dyi dyi dyi tools that you can do at home to help tools that you can do at home to help cleanse your body during those those 30 cleanse your body during those those 30 days days days weekly webinars you're going to get weekly webinars you're going to get weekly workout videos sent to you each weekly workout videos sent to you each week i believe on a wednesday week i believe on a wednesday so you will have an opportunity to you so you will have an opportunity to you know work out at home you won't need a know work out at home you won't need a bunch of equipment just a stability ball bunch of equipment just a stability ball and you can you can use weights or you and you can you can use weights or you can use canned goods and things like can use canned goods and things like that as weights that as weights and each workout will progress and then and each workout will progress and then if you have questions and need if you have questions and need corrections you can put in the facebook corrections you can put in the facebook group i'm happy to help with any of that group i'm happy to help with any of that there will be um a two month you get two there will be um a two month you get two months discounted on all supplements months discounted on all supplements from my supplement store so that is a from my supplement store so that is a great incentive there and you will also great incentive there and you will also get a one-on-one totally get a one-on-one totally have my attention completely session have my attention completely session with me with me which is a you know a really really good which is a you know a really really good value and that's where we can talk about value and that's where we can talk about what the next step is what you need help what the next step is what you need help with what you want to work on you know with what you want to work on you know maybe if you want to start running some maybe if you want to start running some functional labs so these are really good functional labs so these are really good opportunities there for you and i to opportunities there for you and i to talk about what's really going on with talk about what's really going on with your health and what drove you to do the your health and what drove you to do the cleanse and now where you want to go the cleanse and now where you want to go the next level after partaking in the next level after partaking in the cleanse because my goal is that everyone cleanse because my goal is that everyone takes so much away from this and then takes so much away from this and then they can use that and change their they can use that and change their lifestyle their family's lifestyle and lifestyle their family's lifestyle and everything else will trickle down everything else will trickle down to

optimize their health so you know to optimize their health so you know everybody's it's not a cookie code or everybody's it's not a cookie code or approach everybody's an individual so it approach everybody's an individual so it just depends and that's why that just depends and that's why that one-on-one um session is great you'll one-on-one um session is great you'll get discount codes for like really cool get discount codes for like really cool um things like the emf blockers castor um things like the emf blockers castor oil pack kits um oil pack kits um different supplement stores different supplement stores food products so it is definitely an food products so it is definitely an awesome value and right now there is a awesome value and right now there is a early bird special that's going until early bird special that's going until december december december 2nd and you will get december 8th i'm 2nd and you will get december 8th i'm sorry and you will get 20 off sorry and you will get 20 off the um the 30 day cleanse and so it'll the um the 30 day cleanse and so it'll just be 109 bucks just be 109 bucks you can just put cleanse now in the you can just put cleanse now in the checkout promo code and get that checkout promo code and get that discount invite your friends um discount invite your friends um and and and yeah each week you'll get a point system yeah each week you'll get a point system where you get to rack up your points on where you get to rack up your points on this this this cool little like cool little like grid that i have so every time let's say grid that i have so every time let's say you make you know a a juice that's you you make you know a a juice that's you know one of the recipes then you'll get know one of the recipes then you'll get some points so each week there'll be some points so each week there'll be weekly prizes and then a big prize at weekly prizes and then a big prize at the end who's the overall winner so i the end who's the overall winner so i hope you guys are really excited it hope you guys are really excited it starts january 10th sign up is now open starts january 10th sign up is now open and and and let's see what else um cleanse me let's see what else um cleanse me cleanse now is the cleanse now is the 20 off code which will be good until 20 off code which will be good until december 8th december 8th the last day to sign up is january 2nd the last day to sign up is january 2nd so if you have any more questions you so if you have any more questions you can contact me on instagram at cfit can contact me on instagram at cfit living or you can look at my website living or you can look at my website www.cfitpt.com or samanthalander on facebook or see fit or samanthalander on facebook or see fit or or or see fit pt gmail.com so there are plenty see fit pt gmail.com so there are plenty of ways to get ahold of me if you have of ways to get ahold of me if you have any questions feel free to ask i'm here any questions feel free to ask i'm here to help to help i really want you to be a part of this i really want you to be a part of this