Intro

hey thank you so much for taking the hey thank you so much for taking the time to watch the webinar truth about um time to watch the webinar truth about um the truth about toxins hopefully you'll the truth about toxins hopefully you'll learn a lot of great information learn a lot of great information and if you have any questions you can and if you have any questions you can feel free to contact me on instagram see feel free to contact me on instagram see fit living facebook see fit or samantha fit living facebook see fit or samantha lander or you can email me at cfitpt lander or you can email me at cfitpt gmail.com gmail.com gmail.

Welcome

Who am I

Toxic History

com so go ahead you're gonna go through this so go ahead you're gonna go through this it's about 30 minutes long and then stay it's about 30 minutes long and then stay tuned at the end of a special tuned at the end of a special announcement about a 30-day challenge announcement about a 30-day challenge all the details will be there and i hope all the details will be there and i hope hi my name is samantha and welcome to hi my name is samantha and welcome to the truth about toxins and how to detox the truth about toxins and how to detox them them them i am gonna go over everything um i am gonna go over everything um and so hopefully if you have any and so hopefully if you have any questions you can um put them in a questions you can um put them in a facebook message or you can contact me facebook message or you can contact me so you're in the right place if you're so you're in the right place if you're suffering from suffering from thyroid condition adrenal fatigue or gut thyroid condition adrenal fatigue or gut issues that possibly issues that possibly other unexplained other unexplained health problems you need caffeine to health problems you need caffeine to make it through the day and you make it through the day and you constantly crave carbs and sweets you're constantly crave carbs and sweets you're ready to get rid of that stubborn and ready to get rid of that stubborn and embarrassing belly bloat for good you embarrassing belly bloat for good you put on a few pounds or more you don't put on a few pounds or more you don't really know why and no matter what you really know why and no matter what you are doing at the gym with your diet are doing at the gym with your diet nothing will budge nothing will budge you want to cleanse your body but have a you want to cleanse your body but have a fear of giving up all of your favorite fear of giving up all of your favorite foods buying expensive juicers being foods buying expensive juicers being starving all the time spending a ton of starving all the time spending a ton of money in supplements that you don't money in supplements that you don't really know if they're right for your really know if they're right for your so what we're going to cover over this so what we're going to cover over this is how toxins are draining your energy is how toxins are draining your energy and contributing to thyroid adrenal gut and contributing to thyroid adrenal gut and overall health dysfunction and overall health dysfunction where toxins are hiding in the your home where toxins are hiding in the your home and what you can do about it why juicing and what you can do about it why juicing doesn't work for detoxing toxins and doesn't work for detoxing toxins and what you should be doing instead how to what you should be doing instead how to support your body's daily tox um support your body's daily tox um toxin abilities without expensive toxin abilities without expensive supplements and juices supplements and juices i'm going to tell you a little bit about i'm going to tell you a little bit about myself myself myself i am my name is samantha lander i went i am my name is samantha lander i went to university of michigan i'm originally to university of michigan i'm originally from st louis i am a functional from st louis i am a functional diagnostic nutritionist a personal diagnostic nutritionist a personal trainer a czech um exercise coach level trainer a czech um exercise coach level three and a check holistic lifestyle three and a check holistic lifestyle coach lever three i also have coach lever three i also have um other certifications that qualify me um other certifications that qualify me for for for training as far as gi gut parasite um training as far as gi gut parasite um parasitology training i have done life parasitology training i have done life um life coach uh training and um life coach uh training and certifications also certifications also so my story so my story so so so i was a personal trainer i was a personal trainer and i was training and i was training you know tons of clients and eating you know tons of clients and eating really clean and working out really clean and working out and i was struggling like i would crash and i was struggling like i would crash and i just couldn't reach any of my and i just couldn't reach any of my health

and fitness goals personally health and fitness goals personally and i had a real struggle with that and i had a real struggle with that i also had um was really frustrated that i also had um was really frustrated that my clients were also not some of them my clients were also not some of them were not losing weight no matter what were not losing weight no matter what they did they were eating right they they did they were eating right they were exercising and it just seemed like were exercising and it just seemed like no matter what they did no matter what they did nothing was working nothing was working um um um so so so i decided to look into a more functional i decided to look into a more functional approach on health approach on health since i was getting into the holistic since i was getting into the holistic lifestyle coaching lifestyle coaching and realized there's so much more to the and realized there's so much more to the big picture than just training training big picture than just training training training cardio cardio cardio calorie training cardio cardio cardio calorie counting counting counting and um and um you know eating perfect all the time you know eating perfect all the time and just feeling like you were depriving and just feeling like you were depriving yourself of anything fun um yourself of anything fun um because they would just throw you off or because they would just throw you off or you'd gain weight doing you know you'd gain weight doing you know one little bad thing one little bad thing i suffered from severe allergies i suffered from severe allergies headaches um ear infections parasites headaches um ear infections parasites adrenal fatigue leaky gut sibo i've had adrenal fatigue leaky gut sibo i've had and went through and went through infertility infertility infertility issues i was a you know a hardcore issues i was a you know a hardcore division one athlete division one athlete um i suffered from pcos um i suffered from pcos and and and adrenal fatigue my hormones have have adrenal fatigue my hormones have have been been been the catalyst to a lot of what my health the catalyst to a lot of what my health problems were so estrogen dominance was problems were so estrogen dominance was a big one for me it's kind of my go-to a big one for me it's kind of my go-to when i get stressed out when i get stressed out so i just kind of knew something was so i just kind of knew something was wrong and that's after i kind of dabbled wrong and that's after i kind of dabbled around with a bunch of practitioners and around with a bunch of practitioners and started to get my health um started to get my health um together i realized that that that's together i realized that that that's what i need to be able to do for my what i need to be able to do for my clients clients clients and i need to be able to have those and i need to be able to have those tools in my toolbox to work with my tools in my toolbox to work with my personal training clients and any other personal training clients and any other clients that want to clients that want to kind of take their health to the next kind of take their health to the next level because they are really not level because they are really not reaching their goals no matter what they reaching their goals no matter what they do do do so this is when i decided to become a so this is when i decided to become a functional diagnostic nutritionist functional diagnostic nutritionist and this is when i pretty much healed and this is when i pretty much healed myself and started doing a really myself and started doing a really holistic um coaching with my clients and holistic um coaching with my clients and practicing that on them practicing that on them so a little bit about toxic history so a little bit about toxic history since the 1940s over a hundred thousand since the 1940s over a hundred thousand toxic chemicals have been released toxic chemicals have been released june 14 2016 ewg which is a great june 14 2016 ewg which is a great website you guys as a resource if you website you guys as a resource if you want to look up products it's ewg.org want to look up products it's ewg.org and see what's in like your household and see what's in like your household products or your makeup products or your makeup but in 2016 ewg first completed but in 2016 ewg first completed inventory of carcinogens in the u.s inventory of carcinogens in the u.

Classifications

External exposure

Why juicing doesnt work

When to juice

Love your liver

Liver support

Personal Care

Cleaning Enhancement

Signs

Seasonal Cleanse Challenge

Sign up

Kickstarter Package

Giveaways

Expert Session

Testimonials

Early Bird Special

Questions

s population the non-profit profit population the non-profit profit research group found up research group found up that up to 420 chemicals that up to 420 chemicals known or likely to cause cancer have known or likely to cause cancer have been detected in blood urine hair and been detected in blood urine hair and other human samples scary stuff other human samples scary stuff world health organization and many other world health organization and many other scientists believed one in five cancers scientists believed one in five cancers are caused by chemicals and other are caused by chemicals and other environmental exposures not only in the environmental exposures not only in the workplace but workplace but in consumer products such as food water in consumer products such as food water and air and air subsequent experiment experiments showed subsequent experiment experiments showed that t p h p and i p that t p h p and i p p d p p stimulate a receptor that is p d p p stimulate a receptor that is important to fat cell development important to fat cell development indicating that indicating that it may act as an it may act as an upstaging upstaging upstaging increasing increasing increasing susceptibility to weight gain susceptibility to weight gain even in low doses even in low doses tphp disrupts fat metabolism and tphp disrupts fat metabolism and decreases the liver cells ability to decreases the liver cells ability to repair damaged dna repair damaged dna so this is probably a big piece of so this is probably a big piece of what's causing a lot of the what's causing a lot of the the um obesity in america the um obesity in america four major classifications of chemical four major classifications of chemical toxins that directly impact your health toxins that directly impact your health a mutagen physical or chemical agent a mutagen physical or chemical agent capable of changing genetic material and capable of changing genetic material and causing genetic mutations in the body causing genetic mutations in the body carcinogen any substance directly carcinogen any substance directly involved in causing cancer involved in causing cancer the biggest one i feel like a lot of my the biggest one i feel like a lot of my clients are exposed to is um when they clients are exposed to is um when they barbecue barbecue barbecue um on a gas grill that are with coals if um on a gas grill that are with coals if there's carcinogens in that endocrine there's carcinogens in that endocrine disruptor chemicals that can interfere disruptor chemicals that can interfere with the endocrine system with the endocrine system so that would be your thyroid your so that would be your thyroid your adrenals your apa access pancreas adrenals your apa access pancreas etc causing birth defects hormone etc causing birth defects hormone imbalances developmental disorders imbalances developmental disorders okay and then we have the obesity one okay and then we have the obesity one which diverts other cells such as stem which diverts other cells such as stem cells into fat cells for example causing cells into fat cells for example causing the cells that would become bones to the cells that would become bones to become fat cells contributing to become fat cells contributing to osteoporosis where toxins hide we are where toxins hide we are bombarded with them everywhere um bombarded with them everywhere um literally everywhere it's crazy external literally everywhere it's crazy external exposure so food pesticides herbicides exposure so food pesticides herbicides antibiotics hormones air carcinogens 2 antibiotics hormones air carcinogens 2 million tons released each year so like million tons released each year so like the come the fumes coming off an the come the fumes coming off an airplane stuff like that i mean you airplane stuff like that i mean you think think think we have these great little organic we have these great little organic gardens but if we have planes flying gardens but if we have planes flying over them the

chemicals are going to over them the chemicals are going to just literally drop from a plane into just literally drop from a plane into our garden so it's really hard to keep our garden so it's really hard to keep things clean things clean water water water waste runoff chemical treatments home waste runoff chemical treatments home house cleaning products personal care house cleaning products personal care products food packaging plastics teflon products food packaging plastics teflon coated pans coated pans medications fillers coloring additives medications fillers coloring additives internal exposure would be free radicals internal exposure would be free radicals and bile acids excess hormones and bile acids excess hormones biochemical from stress and emotions so biochemical from stress and emotions so like excess cortisol in your body can like excess cortisol in your body can damage your gut and cause damage your gut and cause a lot of problems in the in the um in a lot of problems in the in the um in the body overgrowth of parasites the body overgrowth of parasites bacteria yeast clogged sluggish detox bacteria yeast clogged sluggish detox system why juicing does not work why juicing does not work juicing is the best way to detox juicing is the best way to detox not really um it's actually kind of a not really um it's actually kind of a waste of money because if you're not waste of money because if you're not getting getting getting um any protein um any protein you're not going to be able to detox so you're not going to be able to detox so the truth of the matter there are three the truth of the matter there are three phases of detoxing happening in the body phases of detoxing happening in the body at all times so phase one and that's at all times so phase one and that's when the liver uses enzymes and oxygen when the liver uses enzymes and oxygen to metabolize toxins to metabolize toxins phase two oxidized toxins are packaged phase two oxidized toxins are packaged with water molecules for elimination with water molecules for elimination phase three transporters in the liver phase three transporters in the liver kidneys and intestines excrete toxins so kidneys and intestines excrete toxins so the nutrients needed for each of these the nutrients needed for each of these phases phases phases so phase one you have your b vitamins so phase one you have your b vitamins calcium glutathione flavonoids amino calcium glutathione flavonoids amino acids leucine acids leucine isoleucine valine cysteine isoleucine valine cysteine for phase two glycine nac for phase two glycine nac which is a stable sulfur amino acid which is a stable sulfur amino acid l-cysteine and powerful antioxidant l-cysteine and powerful antioxidant which actually just got taken off which actually just got taken off the market by the fda the market by the fda b vitamins fiber amino acids taurine b vitamins fiber amino acids taurine glutamine cysteine and lysine and then glutamine cysteine and lysine and then the transporters you need water another the transporters you need water another reason why you need to drink a lot of reason why you need to drink a lot of water water water what does work what does work juicing alone doesn't work you have to juicing alone doesn't work you have to have all the nutrients to properly detox have all the nutrients to properly detox again juicing alone does not work again juicing alone does not work okay you may feel better because you're okay you may feel better because you're cutting out a lot of your uh food cutting out a lot of your uh food sensitivities or reactive foods and sensitivities or reactive foods and you're slow giving your digestive system you're slow giving your digestive system a break which is great but that doesn't a break which is great but that doesn't mean it's going to properly detox mean it's going to properly detox all the pathways that you need all the pathways that you need proteins contain essential amino acids b proteins contain essential amino acids b vitamins required for phase one and two vitamins required for phase one and two pair juicing with some kind of protein pair juicing with some kind of protein daily animal proteins are ideal best daily animal proteins are ideal best alternative proteins are hemp alternative proteins are hemp um um um which is the most complete plant protein which is the most complete plant protein rice and pea and avoid dairy because rice and pea and avoid dairy because it's inflammatory fiber is essential for it's inflammatory fiber is essential for phase two opt for smoothies over phase two opt for smoothies over straight juices straight juices include whole foods fruits include whole foods fruits or veggies not just juiced ones or veggies not just juiced ones okay and remember when you juice you okay and remember when you juice you should try to drink or you you know should try to drink or you you know you're grinding up your vegetables in a you're grinding up your vegetables in a juicer you really it can oxidize very juicer you really it can oxidize very quickly which actually you'll lose a lot quickly which actually you'll lose a lot of the nutrients so when you do it make of the nutrients so when you do it make sure you do it very quickly and the sure you do it very quickly and the slower slower slower the juice processor is the better the juice processor is the better because when it goes really fast it can because when it goes really fast it can actually heat up the vegetables and the actually heat up the vegetables and the fruit which then sort of kills the fruit which then sort of kills the nutrients that you're trying to get in nutrients that you're trying to get in the daily detox solution detoxification the daily detox solution detoxification equals decrease the bad stuff that goes equals decrease the bad stuff that goes in and increase what goes out drink a in and increase what goes out drink a ton of water at least half of your body ton of water at least half of your body weight in ounces pee and poop multiple weight in ounces pee and poop multiple times a day which times a day which uh i bet 90 of my clients that come to uh i bet 90 of my clients that come to me originally do not me

originally do not eliminate or go eliminate or go you know it's probably every three days you know it's probably every three days some a week some a week eat nutrients dense diet with protein at eat nutrients dense diet with protein at every meal every meal limit exposure to toxins chemicals in limit exposure to toxins chemicals in general load up on cruciferous and general load up on cruciferous and allium veggies such as cabbage kale allium veggies such as cabbage kale brussels sprouts broccoli cauliflower brussels sprouts broccoli cauliflower onions garlic shallots leeks chives etc onions garlic shallots leeks chives etc supplement as needed for additional supplement as needed for additional support and when it comes to supplements support and when it comes to supplements um um um i would definitely find a good i would definitely find a good practitioner or someone who can identify practitioner or someone who can identify what your body needs um i i like to run what your body needs um i i like to run lab tests to kind of find out what that lab tests to kind of find out what that individual leaves so i don't just play individual leaves so i don't just play that guessing game i'm a true believer that guessing game i'm a true believer and you know tests don't guess and you know tests don't guess but you know there are definitely but you know there are definitely practitioners who could probably come up practitioners who could probably come up with some basic um supplements that will with some basic um supplements that will help you help you you know detox your body you know detox your body the biggest missing piece your liver the biggest missing piece your liver okay keep calm and love your liver okay keep calm and love your liver major detox major detox detoxification organ eliminates toxins detoxification organ eliminates toxins in the body plus it converts hormones 20 in the body plus it converts hormones 20 of your thyroid hormone that controls of your thyroid hormone that controls weight gain and loss weight gain and loss and energy excretes excess hormones such and energy excretes excess hormones such as as as estrogen which can cause weight gain and estrogen which can cause weight gain and bloating hot flashes etc bloating hot flashes etc transforms glucose to glycogen if not transforms glucose to glycogen if not then insulin blood sugar levels remain then insulin blood sugar levels remain high creating leptin resistance leptin high creating leptin resistance leptin is the hormone that triggers the body to is the hormone that triggers the body to burn fat or not burn fat or not and also affects energy and also affects energy so it's pretty important to love your so it's pretty important to love your liver for sure liver for sure daily detox tune-up daily detox tune-up okay so you got to tune it up to keep it okay so you got to tune it up to keep it running right do a specific liver running right do a specific liver cleanse to flush out build up toxins cleanse to flush out build up toxins take daily liver support take daily liver support eat foods that are naturally detoxifying eat foods that are naturally detoxifying reduce exposure to daily toxins reduce exposure to daily toxins my favorite liver support that i like to my favorite liver support that i like to use is um it's actually a liver kidney use is um it's actually a liver kidney and it has a little bit of ox file on it and it has a little bit of ox file on it it's designed for health it's called lvg it's designed for health it's called lvg i find that one is incredible there's i find that one is incredible there's also one called detox antiox which is also one called detox antiox which is also designed for health also designed for health and and and there's a couple orthomolecular makes a there's a couple orthomolecular makes a good one good one and biomatrix nutrition has a good liver and biomatrix nutrition has a good liver support too but you know you can find a support too but you know you can find a good quality one if not reach out i'm good quality one if not reach out i'm happy to help happy to help don't fall for gimmicks so the myth don't fall for gimmicks so the myth detoxing requires expensive supplements detoxing requires expensive supplements and and and juices okay juices okay you do not have to go run out and buy you do not have to go run out and buy tons of expensive supplements in order tons of expensive supplements in order to detox your body in fact supplements to detox your body in fact supplements and juices help but they are definitely and juices help but they are definitely not 100 the answer not 100 the answer what cleansing really is it's not just what cleansing really is it's not just about juicing about juicing eating leafy greens or depriving eating leafy greens or depriving yourself of real food three steps to yourself of real food three steps to cleanse right eat the right foods for cleanse right eat the right foods for your body correct ratio of protein carbs your body correct ratio of protein carbs fat support glucose levels and liver fat support glucose levels and liver function organic or and function organic or and anti-inflammatory foods support the anti-inflammatory foods support the natural detoxification system eat natural detoxification system eat naturally detoxifying naturally detoxifying foods a dyi liver flush foods a dyi liver flush castor oil packs are great coffee enemas castor oil packs are great coffee enemas hydrate exercise sleep and supplements hydrate exercise sleep and supplements minimize exposure daily swap out minimize exposure daily swap out personal care and cleaning products at personal care and cleaning products at home and make an environmentally home and make an environmentally friendly home so a lot of people don't friendly home so a lot of people don't know like even just like your carpet if know like even just like your carpet if you buy a new carpet that is gonna have you buy a new carpet that is gonna have toxins um that are gonna go into the air toxins um that are gonna go into the air in your home a new couch in your home a new couch um um um the your dish soap you are even though the your dish soap you are even though you wash it off it's still going into you

wash it off it's still going into your body your laundry detergent your body your laundry detergent matters if you burn candles a bunch if matters if you burn candles a bunch if you a big one is those you a big one is those uh like for breeze little air fresheners uh like for breeze little air fresheners or whatever those are those glade air or whatever those are those glade air fresheners that you plug in your wall fresheners that you plug in your wall are just totally toxic you know if you are just totally toxic you know if you want to have want to have fresh air in your home you can also just fresh air in your home you can also just get some really clean essential oils and get some really clean essential oils and have that have that one of those little diffusers one of those little diffusers cleaning enhancement so cleaning enhancement so dry body brushing use natural bristle dry body brushing use natural bristle brush or brush brush or brush to brush your skin start at your toes to brush your skin start at your toes work upwards reduce cellulite helps work upwards reduce cellulite helps flush toxins and remove and moves your flush toxins and remove and moves your lymphatic system so you can even get a lymphatic system so you can even get a little bit of a little bit of a water retention might go down from the water retention might go down from the lymphatic system drainage yoga certain lymphatic system drainage yoga certain poses activate liver and other poses activate liver and other detoxification systems detoxification systems and organs reduce cortisol levels and organs reduce cortisol levels balance hormones sweat out the toxins so balance hormones sweat out the toxins so infrared sauna is amazing it's really infrared sauna is amazing it's really really calm on the body i don't really calm on the body i don't necessarily recommend necessarily recommend a a a a steam or like a hardcore sauna just a steam or like a hardcore sauna just because it's so hot and it's really because it's so hot and it's really stressful on your body to kind of stressful on your body to kind of regulate that temperature regulate that temperature massage massage massage so who doesn't want a good massage so who doesn't want a good massage increases circulation moves lymphatic increases circulation moves lymphatic system reduces stress system reduces stress acupuncture stimulates the immune system acupuncture stimulates the immune system and circulation and circulation certain treatments can be specific to certain treatments can be specific to detox and digestion so your acupuncture detox and digestion so your acupuncture should be very well rehearsed and all of should be very well rehearsed and all of that that that and like i said infrared sauna heats the and like i said infrared sauna heats the body from the inside out stimulates body from the inside out stimulates detox detox detox detoxing pathways open up pores and detoxing pathways open up pores and release release release and increases sweat elimination of and increases sweat elimination of toxins toxins toxins i know personally for me um my infrared i know personally for me um my infrared sauna is my first go-to if i do like a sauna is my first go-to if i do like a hormone panel and i see that like one of hormone panel and i see that like one of my hormones is my hormones is really dominant i'll get my infrared really dominant i'll get my infrared sauna and that that'll really help me sauna and that that'll really help me like level that out like level that out um and i'll use it if i fly when i get um and i'll use it if i fly when i get home from a trip anything like that when home from a trip anything like that when i know i've been highly exposed to i know i've been highly exposed to toxins toxins toxins signs to do a cleanse okay 10 common signs to do a cleanse okay 10 common signs your liver needs support belly signs your liver needs support belly bloat abdominal fat like a spare tire bloat abdominal fat like a spare tire kind of like just like around your body kind of like just like around your body just like this random little bloat um just like this random little bloat um joint and muscle pain exhaust all time joint and muscle pain exhaust all time acid reflux heartburn gerd um if you acid reflux heartburn gerd um if you have dark spin spots um like kind of have dark spin spots um like kind of like on your skin liver spots um like on your skin liver spots um underneath your eyes you can see if underneath your eyes you can see if they're really really dark sometimes they're really really dark sometimes you'll get acne you'll get acne in certain areas on your face that's in certain areas on your face that's usually more um usually more um it's a sign that your liver is just kind it's a sign that your liver is just kind of working overtime um of working overtime um excessive sweating unexplained weight excessive sweating unexplained weight gain headaches menstrual irregularly gain headaches menstrual irregularly irregularities um another couple are irregularities um another couple are like i know i deal with a lot of people like i know i deal with a lot of people like eczema psoriasis like eczema psoriasis um so when things are starting to like um so when things are starting to like actually come out actually come out of your skin and you're seeing that of your skin and you're seeing that um that's um that's kind of like the last step and that's kind of like the last step and that's when you know you really have got to when you know you really have got to start looking at your gut and looking at start looking at your gut and looking at your liver and and cleaning things up in your liver and and cleaning things up in your lifestyle your lifestyle things have been happening long before things have been happening long before that before it starts to come out in that before it starts to come out in your skin skin is sort of like the last your skin skin is sort of like the last spot you see things just some people spot you see things just some people think it's the first thing oh my skin's think it's the first thing oh my skin's this i better you know whatever but it's this i better you know whatever but it's been going on a lot longer than that been going on a lot longer than that

so now you know the truth but maybe you so now you know the truth but maybe you still feel confused overwhelmed or you still feel confused overwhelmed or you just don't know how to begin cleansing just don't know how to begin cleansing your body your body so so so i am going to offer a seasonal cleanse i am going to offer a seasonal cleanse challenge and it's going to start on challenge and it's going to start on january 10th 2022 january 10th 2022 um um um the sign up will begin on thanksgiving the sign up will begin on thanksgiving so right after we stuff ourselves with so right after we stuff ourselves with pie and turkey and we feel super pie and turkey and we feel super gluttonous and horrible gluttonous and horrible and drank too much then it's time to and drank too much then it's time to sign up for this cleanse and there will sign up for this cleanse and there will be an early bird special so the concept be an early bird special so the concept of this cleanse is to remove most toxic of this cleanse is to remove most toxic foods gluten dairy sugar soy alcohol foods gluten dairy sugar soy alcohol include the strongest naturally include the strongest naturally cleansing foods grapefruit raw beets cleansing foods grapefruit raw beets stand alone greens leafy greens stand alone greens leafy greens promote and then like i said earlier promote and then like i said earlier like the brussels sprouts all those like the brussels sprouts all those cruciferous vegetables promote body's cruciferous vegetables promote body's natural cleansing ability through natural cleansing ability through exercise and easy at home remedies learn exercise and easy at home remedies learn how to maintain and continue cleansing how to maintain and continue cleansing daily daily daily out accountability to the cleanse so out accountability to the cleanse so during the cleanse you will be tracking during the cleanse you will be tracking activities to earn points and you can um activities to earn points and you can um get prizes get prizes so each week they'll be a winner who has so each week they'll be a winner who has the most points will get a prize and the most points will get a prize and then a winner at the end who will get then a winner at the end who will get the biggest prize um which could be the biggest prize um which could be coaching sessions with me discounts on coaching sessions with me discounts on some of my programs some of my programs um supplements um um supplements um lots of lots of cool things you can win lots of lots of cool things you can win you can go at your own pace which is the you can go at your own pace which is the and you will get a kickstarter package and you will get a kickstarter package which will give you all the information which will give you all the information on how to do things such as on how to do things such as your castor oil packs your liver flush your castor oil packs your liver flush um um um and all of the things to help promote um and all of the things to help promote um your detox process process so your detox process process so there'll also be instructions on coffee there'll also be instructions on coffee enemas enemas enemas bicarbonate so salt enemas which are bicarbonate so salt enemas which are great to do before the coffee enema to great to do before the coffee enema to help stimulate your liver and get it help stimulate your liver and get it flushing that way flushing that way um obviously if you have your infrared um obviously if you have your infrared sauna and stuff like that you can do sauna and stuff like that you can do that on top of it that on top of it it will it will be a four-week program so each week you be a four-week program so each week you will have will have on tuesdays a on tuesdays a 30-minute webinar recording and you will 30-minute webinar recording and you will learn the proper way on how to um learn the proper way on how to um maintain everything and you'll get maintain everything and you'll get guidance and you'll just learn guidance and you'll just learn and there will be um so if you can't and there will be um so if you can't make the webinars but you still want to make the webinars but you still want to do the cleanse that's totally okay you do the cleanse that's totally okay you will get replays and downloads of all of will get replays and downloads of all of us that you can keep for the rest of us that you can keep for the rest of your life your life there'll be a raffle for all that there'll be a raffle for all that participates in the end participates in the end where you can win coaching sessions or where you can win coaching sessions or personal training sessions and again personal training sessions and again you'll get your weekly giveaways um you'll get your weekly giveaways um such as such as supplements from designs for health or supplements from designs for health or healthy you know healthy you know protein bars protein balls um protein bars protein balls um that are locally made and um that are locally made and um we like to support local we like to support local some yoga tips and the best thing is some yoga tips and the best thing is you're also going to get a you're also going to get a on my undivided attention for a 45 on my undivided attention for a 45 minute ask the expert session so at that minute ask the expert session so at that point we can go over whatever it is you point we can go over whatever it is you want to do we can talk about how you want to do we can talk about how you want to take it to the next level want to take it to the next level and what other things you can do in the and what other things you can do in the long term to keep this going we can talk long term to keep this going we can talk about recipes workouts uh whatever we about recipes workouts uh whatever we need to do to keep you on track need to do to keep you on track so so so uh past participants so just a little uh past participants so just a little bit of information here about people who bit of information here about people who have gone through the challenge and how have gone through the challenge and how it's impacted them it's impacted them um i've had amazing results

it's really um i've had amazing results it's really it's been so fortunate to see how it's it's been so fortunate to see how it's changed people's lives and i changed people's lives and i hope that you're going to want to sign hope that you're going to want to sign up um up um so if you sign up now so if you sign up now you will get the early birds uh you will get the early birds uh special so you will save 20 off the special so you will save 20 off the challenge challenge challenge and that will be going until december and that will be going until december 8th so you can sign up from november 8th so you can sign up from november well basically thanksgiving to december well basically thanksgiving to december 8th and get that early bird 8th and get that early bird special the promo code that you will use special the promo code that you will use oh wait i am sorry oh wait i am sorry it's gonna be i will get that it's gonna be i will get that code for you because i'm just having a code for you because i'm just having a brain part because i the code that brain part because i the code that you're gonna get you're gonna get you're gonna also get a code to have a you're gonna also get a code to have a discount on any supplements you wish to discount on any supplements you wish to purchase for two months after purchase for two months after the um cleanse so the first month and the um cleanse so the first month and second month you get discounts on second month you get discounts on supplements which will be awesome and supplements which will be awesome and then maybe during the ask the s work then maybe during the ask the s work session you can find out you know what session you can find out you know what what supplements might be best for you what supplements might be best for you to try to try um um um and not just like go on a whim and and and not just like go on a whim and and get everything on your own the get everything on your own the enrollment will be closing on january enrollment will be closing on january 2nd start date is january 10th so that 2nd start date is january 10th so that monday you're going to start tuesday we monday you're going to start tuesday we have our first webinar there's only 50 have our first webinar there's only 50 spaces so grab yours today invite your spaces so grab yours today invite your friends and family for extra friends and family for extra accountability which makes it super fun accountability which makes it super fun so here's a couple questions that people so here's a couple questions that people tend to ask so what if i'm traveling tend to ask so what if i'm traveling during the cleanse no big deal um you during the cleanse no big deal um you can still do this cleanse if you're can still do this cleanse if you're traveling you will have a replays you traveling you will have a replays you can even can even get the cleanse and then get the cleanse and then um you know participate in the facebook um you know participate in the facebook group see what people are posting and group see what people are posting and then do it when you get back if it's then do it when you get back if it's just a weekend you know you take the just a weekend you know you take the products and and use all the tools and products and and use all the tools and recipes and the downloads that i give recipes and the downloads that i give you you you and and and follow those and you should be all right follow those and you should be all right you're gonna have to cut out basically you're gonna have to cut out basically it's sort of what you choose you know it's sort of what you choose you know this cleanses is this cleanses is you gonna make what you want to make out you gonna make what you want to make out of it of it my biggest suggestions are my biggest suggestions are gluten gluten gluten corn corn and the dairy i typically recommend and the dairy i typically recommend cow's milk some people like to keep cow's milk some people like to keep goat's milk or sheep's milk in the diet goat's milk or sheep's milk in the diet because cow's milk seems to be the because cow's milk seems to be the biggest one that is inflammatory for biggest one that is inflammatory for people people people uh and sugar so if you fall off track uh and sugar so if you fall off track you get back on no big deal we all fall you get back on no big deal we all fall off and we all get back on so it's okay off and we all get back on so it's okay and you're gonna have the webinar and you're gonna have the webinar recording so you can always go back to recording so you can always go back to that that that what kind of results you expect so most what kind of results you expect so most of my clients um of my clients um who do the cleanse see that their belly who do the cleanse see that their belly bloat goes down their energy goes up bloat goes down their energy goes up they sleep better they hopefully shed they sleep better they hopefully shed that last five pounds that they've been that last five pounds that they've been trying to get off trying to get off they they they um can see their skin clear up their um can see their skin clear up their face looks better face looks better um any like you know the dark circles um any like you know the dark circles under the eyes you'll start to see that under the eyes you'll start to see that that'll get better and any joint pain that'll get better and any joint pain that's a really big one like i have that's a really big one like i have someone who thought they had arthritis someone who thought they had arthritis and turns out they did not they just had and turns out they did not they just had so much inflammation in the body and so much inflammation in the body and that is kind of what that is kind of what all the foods and the toxins were all the foods and the toxins were causing it causing it so um if you want to sign up you can go so um if you want to sign up you can go and there'll be a landing page there to and there'll be a landing page there to sign up for the cleanse or you can go sign up for the cleanse or you can go ahead and go to my link tree ahead and go to my link tree which is on my website which is also on which is on my website which is

also on my instagram and my facebook my instagram and my facebook but my link tree will be but my link tree will be posted on the slide you'll see it's posted on the slide you'll see it's right there below right there below and you can get a link that goes and you can get a link that goes straight to sign up to the landing page straight to sign up to the landing page for the cleanse challenge for the cleanse challenge um so hopefully that helps my instagram um so hopefully that helps my instagram is see fit is see fit uh living so if you want to follow me uh living so if you want to follow me and get and get tips every week every day i put stuff up tips every week every day i put stuff up all the time all the time to just help you become a healthier to just help you become a healthier person and optimize your health so i person and optimize your health so i really appreciate you listening to this really appreciate you listening to this webinar and hopefully you got some webinar and hopefully you got some information out of it and i can't wait information out of it and i can't wait to see you in the cleanse challenge so i to see you in the cleanse challenge so i hope you have a great rest of the year hope you have a great rest of the year and and and