

30 Days to Healthier Living

THE FOOD WE EAT CAN EITHER BE THE SAFEST, MOST POWERFUL FORM OF MEDICINE OR THE SLOWEST FORM OF POISON.

Join us on a 30 day journey to a healthier lifestyle. Over those 30 days we will cover:

The Importance of Health Nutrition

It's been said before that you are what you eat. Today that is more true than ever. An active lifestyle should mean more than fast food. Learn how a healthy kitchen leads to a healthier you and a more energetic, vibrant life.

The Gut Health Place

Sluggish, depressed, moody, taking a myriad of medications? Ever thought your body may be out of balance? We will be sharing extensive research on the vital connection between hormone balance, gut health, the brain and how it effects your overall wellbeing.

Staying Fit - Beyond the Weight

Wish you could feel like you are in your 20's again? Learn how to alkalize and detox your body in just 30 days!

Insert consultant info here

LET'S GET HEALTHY TOGETHER!



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What's in my Sample day Fit Kit?



PROTEIN SHAKE MIX: Vanilla or Chocolate Start with 8 oz. of either water, unsweetened coconut or nut milk. Optional: Add a handful of fresh or frozen berries, spinach, other veggies, or use a tablespoon of nut butter if desired for healthy fat. *A completely vegan protein mix, free from Gluten, Dairy and Soy. Made with yellow pea (the easiest plant protein to digest), cranberry and rice protein. This is the base of your morning fruit and veggie smoothie to get your day started.*



1 ENERGY FIZZ STICK:

Add 8 to 16 oz.'s of cold water (Do not pour into full water bottle as fizzing could cause overflow). *High energy fizz sticks help promote alertness and cognitive performance and also help promote endurance and enhance motor performance. Contains antioxidants with B vitamins and chromium to help boost energy. A non-acidic replacement for coffee.*



1 DIGESTION PLUS STICK:

Add to 4 oz. of water and stir. *Provides Prebiotics, Probiotics and enzymes to help support optimal digestive health and intestinal balance, which aids your immune system.*



1 HERBAL DETOX TEA BAG:

Steep in hot water for 5 minutes. Also great iced. *Part of your daily routine. A delicious, mild, decaffeinated herbal tea with 9 botanicals that support the liver and kidneys for overall health.*

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