



Month One - Video #2

Goals and Expectations – Month One

1. Nutrition
 - a. Food List
 - b. Recommended Reading
 - c. Cellular Healing Diet
 - d. Intermittent Fasting
 - e. Burst Training
2. Videos
 - a. Thyroid & Weight Loss
 - b. Cellular Healing Diet
 - c. Intermittent Fasting
 - d. Burst Training
 - e. Amalgam Filling Removal
 - f. Resources
 - a) Store
 - b) Youngevity
 - c) Aubonbrothbonebroth.com
 - d) Grassfedbeef.com

e) ASEA

f) Kangen Water