



## Month Two - Video #1

### Expectations

1. Congratulations! You made it through month number one. Hopefully you have learned a great deal and are following your diet strictly. If you have been you have likely lost anywhere from 5-15 pounds already. If you haven't, don't be alarmed. Stick with the diet and with the addition of functional supplementation and fasting protocols you are set to see some great changes in your health. Most will see continued weight loss, increased energy level, better sleep just to name a few.
2. You will notice the Functional Supplementation Protocols and Fasting Instructions and Protocols tabs above are now accessible.
3. This month I will help you choose your supplementation protocol and fasting protocol. Supplementation protocols are pretty self-explanatory but I will cover in detail the suggested usage of the supplementation protocols, additional supplements that may compliment their intended impact, and cover usage of the fasting protocols.
4. By the end of this month we should really begin to see some significant changes in your health. Staying strong on your diet, combined with the supplementation and fasting protocols is very powerful.