



## Month 3 - Video #1

### Goals and Expectations Month 3

1. Congratulations and welcome to month three! This month we will begin the “Body Phase Detox Protocol”. This protocol is designed to pull heavy metals and toxins, to include Biotoxins such as mold, from the body down to the cellular level. Before we get started I want to recap months one and two and make sure you have followed those instructions closely. If you haven’t, please postpone the body phase detox protocol until you have completed months one and two.
2. Month one you should have purchased the Cellular Healing Diet and be following one of the three levels of that diet as explained on video number 5 titled “Cellular Healing Diet and Nutrition”. At the very least you should have printed out the food list provided in the pull down menu and be following that list strictly. In addition to help open up detox pathways it isn’t a bad idea to be taking Ls and Ks to help support the opening of detox pathways of the liver and kidneys.
3. Month two you should have completed the Basic Suero fast or chosen another if you wanted to be more aggressive. The Basic Suero fast is a great way to open up detox pathways, downregulate inflammation and begin healing of the intestinal tract. Additionally you should have chosen a functional nutrition protocol, purchase those supplements from our store and began taking them as directed. If you have been following the protocol and performed the fast you have been working on the five R’s of cellular regeneration.
4. If the above has been completed and followed closely, you most likely have already begun to experience changes. Very exciting!! Those changes are usually seen in the form of increased energy and weight loss. Many times aches and pains may have dropped significantly.

If you are experiencing any negative reactions such as rash, diarrhea, itching etc.... these are signs of the body beginning to detox. If the reaction is severe you may require one on one coaching. If so please contact the office and set up a phone consult to discuss it. In some instances clients will have developed many food allergies to include some of those things found in the recommended supplementation.

5. If you are on track with the above then you are now ready to move on to the Body Phase Detox Protocol.