



## **Month 4 – Video #1**

### **Goals and Expectations Month 4**

1. Congratulations and welcome to month four! During month four you will continue with the body phase of detox. It isn't unusual for you to feel a little sluggish at times, experience headaches and some may even break out with rash as the body continues to detoxify itself. Some feel great through the process. Others may feel better on either the on or off cycle. Any of the above is ok as everyone is an individual and your bodies will respond differently. The key is to keep going and follow the protocol while continuing to follow your diet strictly. Feel free to share your success's or struggles on our member Facebook page. I understand that following a strict diet and detoxification program can be difficult at times and our Facebook page is a great place to find support. Keep your goals in mind, all of the health benefits, weight loss, looking and feeling better that will come with staying the course so that you can live a healthy vital life.
2. Despite any potential detox signs or symptoms, overall you should still be losing weight, seeing an increase in energy, perhaps lower blood pressure and for sure, much more stable blood sugar. In fact that is the top of our next video this month and that is Type II Diabetes.