



## **Month 5 – Video #1**

### **Goals and Expectations Month 5**

1. Awesome! You are now in month five and your third month of the body phase of detox. You should be seeing the fruits of your labor by now. Weight loss, more energy, brain fog lifting, better sleep and if you are following your diet strictly you likely are seeing a lot of great changes in your skin, hair and maybe even the eyes. Those of you who have significant brain toxicity issues may not see things like brain fog, memory issues, fatigue and sleep patterns improve until you get through the brain phase. This is a process and every individual is different. Just stay the course and keep up the good work and please, as always, share your successes and challenges on our members Facebook page.
2. In our second video we will dispel common myths about heart disease and what you really need to be focused on when looking at your own blood work. I want you to be educated but never interpret your lab results by yourself. Always consult your physician regarding your lab results because you need to look at the whole picture, not just the individual lab result. If you are following the Cellular Healing Diet the rest will take care of itself.
3. Our last video is on diet variation and how you can use it to keep the body from becoming complacent. We want it to be constantly adapting. Diet variation is a great way to keep the body guessing, is great for weight loss and or to keep the body lean, and last to keep energy levels up.