



Month Six – Video #1

Goals and Expectations Month Six

1. Congratulations!! If you have been steadfast on the program you have completed the Body Phase Detox Protocol and are now ready to move in to the Brain Phase Detox Protocol. At this point in time you should be experiencing a slimmer body, be more agile, have more abundant energy and possibly greater focus and concentration.
2. If after beginning the Brain Phase Detox Protocol you begin to experience significant nausea, dizziness or other signs of just not feeling well, then I want you to go back to the Body Phase Detox Protocol for another thirty days. This is not an unusual circumstance and it is ok to go back the body for another 30 days and then reenter the brain phase. Repeat as necessary until entering the brain phase doesn't create severe signs of detox.
3. You are going to continue on the Brain Phase Detox Protocol for at least three months; however it is ok to continue on longer if you are seeing continued improvement with symptomatology or just feeling better. Improvements that you should look more would be to feel more focused, experience less brain fog, have more energy and improved memory.