

A FEW THOUGHTS

BEFORE YOU BEGIN

What you're about to do is going to be hard. But you *want* to do it. That's why you're here. That's why you paid for this program. Remember that. On the following pages and in the coming weeks of material, you will find lots and lots of information. Don't let this discourage you. Knowledge is power. Once you know what to do and why, you can get started down the path that is right for you. You'll eliminate some foods, add in extra nutritious foods, work on managing your stress, eliminating environmental toxins and lots more. You'll be busy healing your body. Take some deep breaths and let's get started!

