



WHERE TO BEGIN

What do you think of when you see the pictures to the left? Do they stir up feelings of adventure? Sadness? Longing? There was a day when I was so sick, I could barely get off the sofa to care for my toddlers, let alone dream of visiting such exotic locations. But that dream was within me. I've always loved exploring, seeing new places, but when I was sick, I didn't believe that would ever be my reality.

If that's how you're feeling now, I understand. You're here because you want out from under the oppression of your disease. You're tired of letting it control you - your time, your finances, your family, your entire life.

It's possible to have freedom from your autoimmune disease. It doesn't have to control you because there are many things that are within your control that can greatly improve your health. In this six week course, we're going to tackle them!

No, you won't be cured at the end of six weeks, but you can be well on your way. You could be experiencing so many positive effects of the changes you will implement, that you will be encouraged and motivated to **KEEP ON GOING**.

In this first week, we are going to cover the basics of autoimmune disease - what it is and why it happens in the first place. We'll tackle leaky gut, gluten free diets, and all sorts of other science-y topics. Don't shake your head and say, "Let's just get on with it." I think it's important for you to understand the why before you can really grasp the gravity of the what. If you don't fully buy in to why you have your disease in the first place, you're less likely to be committed to the changes that are going to be necessary to correct it.

Let's face it - we're not talking a temporary fix. You've tried that before. We're not talking about trying the latest and greatest pharmaceutical intervention. You've tried that too. Unsuccessfully. That's why you're here.

There will be days when your motivation is high and you can easily turn down the donut, the pizza, the alcohol. And there will be days when your motivation is lacking and you will want to say YES to all those inflammatory foods and circumstances that are just waiting to derail your success. It is my strong belief that understanding the basics of how your disease works, will help to keep you in the frame of mind that will keep moving you forward.

Ok? Do you trust me?

LET'S GO!