

March 1, 2007

Maggie,

The following is a testimonial regarding my experience with the 21 Day Detox Program:

What motivated me to start this cleanse was that I found out my father was diagnosed with Prostate Cancer. Ever since I was a kid, I watched my father eat fried and fast foods that contained Trans fats. I believe if he had a healthier lifestyle he could have avoided this disease. At the time, I considered myself a semi-healthy 5'11 person who weighed 176 lbs with 13% body fat. I would work out 5 days a week at the gym but my diet consisted of refined carbohydrates and binge drinking on the weekend. My lifestyle was canceling any gains from the gym. My 2007 New Year's resolution goal was to live healthier.

One day at work, I was talking with a co worker about my father's situation and New Year's resolution. She recommended this 21 day detoxification program. I have always been skeptical of any weight loss program that promoted better health that was independent of my HMO provider. I decided that I had nothing to lose by attending the Detoxification class that is held on the first Thursday of every month.

During the presentation, I learned the number of toxins that exist in my everyday environment. I was not aware that hairsprays and conventionally grown vegetables were negatively affecting my health. I was given a checklist of toxin exposures and I selected yes for the majority of them.

Some of the symptoms of toxicity I was experiencing included insomnia and lethargy during the day. The 21 day detoxification diet can help aid in removal of these toxins. I signed up for the diet and the colon cleanses to help evacuate these toxins from my body.

After the first few days of the diet I started to feel the difference. I had a feeling of well being I have never experienced. This new feeling motivated me to stay committed. My diet consisted of taking the supplements as directed along with 4 servings of green vegetables, 2 servings of 4 oz meat, 2 servings of 1 cup of brown rice and 3 servings of fruit. I drank a gallon of water each day and did a colon cleanse once a week to help flush the toxins out of my body. I also refrained from coffee, alcohol, and sugars.

I worked out at the gym everyday for an hour. I would lift light weights for the 1st 40 minutes followed by 20 minutes of cardio. I would finish my workout by spending 10 minutes in the sauna to help rid the toxins from my Lymphatic system. I was losing an average of a ½ to 1 lb a day. I could not believe the results I was getting!

At the conclusion, I lost 18 lbs and drop 2 waist sizes. I weigh 160 lbs and had a waist size of 30 in. My body fat dropped from 13% to 8%. When I go to work, I would receive compliments that I looked great and my eyes and skin were glowing. This diet is great because it is habit forming and trains your body to maintain this healthy lifestyle. It has been two weeks since the end of the diet and it has been easy to maintain my fat loss. I highly recommend this cleanse to anyone who is looking for a long term physical and mental transformation.

Chris, Age 28