



14-DAY PALEO DETOX GUIDE

EVERYTHING YOU NEED TO RESET YOUR HEALTH,
BOOST YOUR ENERGY & JUMPSTART YOUR METABOLISM
IN THE NEXT TWO WEEKS

BY **DR. SETH OSGOOD**

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A Letter from Dr. Seth Osgood

Congratulations on taking this important step toward optimal health!

We are excited to work with you and help guide you on your journey. This two-week detoxification protocol is designed to remove any potentially problematic foods and/or toxins from your diet, while fueling your body with the nourishment and environment you need to thrive.

Here's what you can expect over the next 2 weeks.

Over the first few days as you start to mobilize toxins and deprive any bad bugs of the inflammatory foods that once fueled them, you may feel a bit under the weather. We call this a Herxheimer (Herx) or detox reaction, which is a normal (and positive!) response of your body preparing to heal.

Typically, people will feel more fatigued, achy, have an upset stomach or even a headache. Every case is different but a Herx reaction will often make your most common symptoms a little more pronounced; but only for a short duration of time. As your Herx symptoms subside (usually 3-7 days after starting), these symptoms will diminish.

As the detox progresses and you continue flushing away toxins and reducing inflammation, you can expect:

- Increased energy
- More restorative sleep
- Decreased bloating
- Fewer digestive symptoms
- Healthy weight loss (if you have weight to lose)

And always remember, you're not in this alone!

My team and I are here to support you, along with your fellow health seekers in our [private Facebook group](#).



To your health and wellness,
Dr. Seth Osgood DNP, FNP-BC, IFM-CP
www.GrassRootsFunctionalMedicine.com

Your 14-Day Detox Protocol

During the two-week detox, use the RootFix Paleo Detox kit you received from the GrassRoots store.



Your Paleo Detox Kit

Inside your kit, you'll find:

- 28 single-serve packets of RootFix Paleo Protein made from pure, clean collagen-based protein
- 28 supplement packets, each one containing 3 capsules of RootFix Amino Acid Detox and 1 capsule of RootFix Antiox Combo to stimulate the detox process, keep you energized, and reduce inflammation

Daily Schedule

Below is your recommended daily schedule as you follow the protocol (see page 6 for more details):

BREAKFAST	LUNCH	DINNER
Enjoy a filling shake using 1 Paleo Detox Protein Packet	Enjoy a filling shake using 1 Paleo Detox Protein Packet	Eat a delicious Paleo or AIP-approved dinner
Take 1 Supplement Packet	Take 1 Supplement Packet	

The Details

Breakfast & Lunch Shakes

Review pages 9-10 for a “build your own shake” guide and recommended smoothie recipes. For the best consistency, use a high-powered blender to mix your protein packet with the ingredients of your choice.

Supplements

Supplement packets should be taken orally, not mixed with your shake.

Dinner

See pages 7-8 for the Paleo and AIP dietary guidelines you will follow during this detox and check out pages 11-19 for easy, tasty recipes to try.

You do not have to use the recipes provided, just make sure you’re following the dietary guidelines.

Snacks

You may consume snacks between shakes that are Paleo or AIP compliant. We’ve provided some great ideas to get you started on pages 21-22.

We also encourage you to drink plenty of water, herbal teas, and broths throughout the day.

Customizing the Protocol to Fit Your Schedule

You may choose which two meals to replace based on your schedule and what will be the most convenient for you. If you prefer to do shake, lunch, shake, or breakfast, shake, shake that’s perfectly fine!

The Foundational Five

I have also included strategies and tips to optimize your results while completing the detox. Yes that means you're going to have to put in a little more work to get the very best outcome, but it’s worth it!

Be sure to check out these recommendations on pages 23-24 and keep an eye on your inbox and the Facebook group for more tips.

Support & Community

Remember to join our [private Facebook group](#)! This is where we'll share bonus tips to help you get the very best results and check in to make sure you're staying on track.

If you have any questions throughout the detox, the [Facebook group](#) is the perfect place to ask them!

And when you’re ready for a personalized, one-on-one approach to restoring your health, be sure to check out our [Adaptation Program](#) and book your [free discovery call](#) to discuss your next steps.

Paleo Dietary Guidelines

If you are following the standard protocol, use the dietary guidelines below for your shakes, dinners and snacks.

****NOTE:** This is a guideline rather than a comprehensive list of every food allowed on the protocol. If you do not see a food in the Best or OK list, but it is *not* listed under Avoid, it is permitted in the detox.

FOOD TYPE	BEST	OK	AVOID
Animal Protein	All unprocessed, organic, free-range, wild-caught meats (beef, chicken, pork, fish, lamb, bison, etc.), eggs, animal fats	Organic free-range bacon, ham, sausage	Processed meats such as deli meat and non-organic, free-range sausage, bacon, jerky, etc.
Vegetables	All non-starchy vegetables (leafy greens, asparagus, broccoli, Brussels sprouts, carrots, cauliflower, onions, etc.)	Starchy tubers like potatoes and sweet potatoes	Corn (actually a grain)
Fruits	All fresh fruit	Unsweetened dried fruits, preserves and jams	Fruit juice, ripe bananas, canned or sweetened fruit
Grains			All grains, including corn, whole grains, sprouted grains, and pseudo-grains like quinoa
Legumes			All legumes, including beans, lentils, all forms of soy, green beans, peas, peanuts, etc.
Nuts	Macadamia nuts, chestnuts	Other kinds of nuts (almonds, cashews, walnuts, hazelnuts, etc.)	Peanuts (actually a legume)
Dairy	Unsweetened coconut, almond, cashew, hemp, flax, or tigernut milk		All cow, sheep, or goat dairy (milk, cheese, yogurt, butter, ghee, etc.), dairy substitutes from grains or soy
Oils	Coconut, avocado, or olive oil and animal fats		Canola, vegetable soy, peanut, sunflower, or safflower oil
Toxic Foods			Caffeine, sugar, alcohol, soda, processed or junk foods, fast food

Autoimmune Paleo (AIP) Dietary Guidelines

If you are following an AIP protocol or have an autoimmune disease (Lupus, Hashimoto's, Sjogrens, Rheumatoid Arthritis, Multiple Sclerosis, etc.) **follow the Paleo guidelines from the previous page and also avoid the foods below.**

Additional Foods to **Avoid**:

Nuts and Seeds

Including almonds, cashews, walnuts, pecans, Brazil nuts, sesame seeds, sunflower seeds, pumpkin seeds, hemp, flax. Tigernuts are allowed as they are actually a root vegetable.

Seed spices should also be removed including: anise, annatto, black caraway, celery seed, coriander seed, cumin, allspice, cardamom, black pepper, white pepper, peppercorns, vanilla bean, dill seed, poppy seed, sesame seed, fennel, fenugreek, mustard and nutmeg.

Eggs

In any form

Nightshades

Including eggplant, tomatoes, paprika, peppers, potatoes, Tabasco sauce, tomatillos, cayenne, chili pepper flakes, chili powder, hot peppers, and goji berries.

Build Your Own Shake Guide

You can use the guidelines below to design your twice daily shakes and/or check out the smoothie recipes on the following page.

For the best consistency, use a high-powered blender to mix your protein packet with the ingredients of your choice.

Base

1 cup total of:

- Coconut milk (unsweetened)
- Coconut water (unsweetened)
- Water
- Herbal tea
- Decaf green tea

Greens

Up to 1 cup total of:

- Spinach
- Kale
- Watercress
- Chard
- Microgreens
- Any other leafy green

*Start with a few leaves and work your way up if you're new to drinking greens and need time to adjust to the taste

Healthy Fats

- 1/4 Avocado
- 1 Tbsp MCT oil
- 1 Tbsp Extra virgin olive oil

*If using full-fat coconut milk, no other fat is needed

Herbs or Citrus (optional):

- Thin slice of organic lemon or lime with the skin
- 1/4 inch of fresh ginger or turmeric root
- Fresh leaf of mint or basil
- Cinnamon
- Cilantro

Berries and Fruit

1/2 to 3/4 cup total of:

- Blueberries
- Raspberries
- Strawberries
- Blackberries
- Plum
- Red or green pear
- Apricot
- 1/2 a greener banana

*Aim for fruits low in sugar



Shake Recipes

Here are a few of our favorite shake recipes to try. Each one is Paleo and AIP approved!



Blueberry Blast Shake

- 1 Paleo Detox protein packet
- 1 cup coconut milk
- 1 cup spinach
- 3/4 cup frozen blackberries
- 1 inch lemon wedge with skin



Anti-Inflammatory Blackberry Shake

- 1 Paleo Detox protein packet
- Crushed ice and water to consistency
- 2 big kale leaves
- 3/4 cup frozen blackberries
- 1 inch lemon wedge with skin
- 1 knob fresh ginger
- 1/2 inch fresh turmeric



Green Detox Shake

- 1 Paleo Detox protein packet
- 1 cup coconut water
- 1 cup kale
- 1/4 cucumber, peeled
- 1 medium green apple, cored and chopped
- Juice from 1/2 a lime
- 1 knob fresh ginger



Cinnamon Cherry Shake

- 1 Paleo Detox protein packet
- 1 cup coconut milk
- 1 cup spinach
- 3/4 cup frozen cherries
- 1/4 avocado
- 1/2 tsp cinnamon

Dinner Recipes & Sample Meal Plan

Recipes

On the next pages we've included 7 of our favorite anti-inflammatory recipes. Each one is Paleo approved and includes simple omissions for AIP compliance. Most importantly, they are all taste tested and approved!

Each recipe is designed to serve 4 people so that you can either enjoy with your family or use the extras for leftovers.

Sample Meal Plan

Below is a sample schedule you can follow using the recipes provided on the following pages.

To keep things simple, we recommend following this for week 1 and repeating it for week 2. Or, you can utilize leftovers to stretch these 7 recipes across the full 2 weeks.

MONDAY	Baked Lemon-Dill Salmon with Asparagus
TUESDAY	Sausage with Broccoli Rabe and Swiss Chard
WEDNESDAY	Easy Slow Cooker Chicken Thighs and Vegetables
THURSDAY	Citrus Beef Salad Stir-Fry
FRIDAY	Zuppa Toscana
SATURDAY	Rosemary Turkey & Kale 'Spaghetti'
SUNDAY	Shrimp Tacos

Remember, you are not limited to the sample meal plan or recipes in this guide! Just make sure you follow the Paleo or AIP dietary guidelines outlined on pages 7-8 and you can get as creative as you like!

Baked Lemon-Dill Salmon with Asparagus

Serves: 4



Ingredients:

- 4 6-ounce salmon fillets
- 1 1/2 Tbsp fresh dill, chopped
- 1/4 tsp Himalayan pink salt
- 1/8 tsp black pepper*
- 4 lemon wedges to garnish
- 1 Tbsp grapeseed oil
- 1 Tbsp coconut oil
- 1 bunch of asparagus, bottoms chopped off

*Omit for AIP

Instructions:

1. Preheat oven to 375 degrees.
2. Place salmon fillets on a baking sheet that has been lightly rubbed with grapeseed oil. Lightly rub salmon as well with grapeseed oil.
3. Season salmon with dill, salt, and pepper. Bake for 10-12 minutes, or until the salmon flakes easily with a fork.
4. While the salmon is cooking, melt coconut oil in a skillet over medium heat. Add asparagus, season with salt and pepper to taste, and cook for 5-7 minutes, until tender.
5. Plate asparagus and salmon and enjoy!

Sausage with Broccoli Rabe and Swiss Chard

Serves: 4



Ingredients:

- 1 lb ground sausage
- 1 large bunch broccoli rabe, roughly chopped
- 1 large bunch swiss chard, roughly chopped
- 1 clove garlic, minced
- 1 cup bone broth
- Sea salt

Instructions:

1. In a pot, cover broccoli rabe fully with water. Boil for 12-15 minutes or until soft. Strain and set to side.
2. In a skillet, add sausage and garlic. Saute for about 10 minutes or until sausage is fully cooked.
3. Add swiss chard, broccoli rabe and bone broth. Boil for a few minutes, then simmer. Season with salt. Allow the broth to evaporate mostly until there is only a few inches left. Plate and enjoy.

Easy Slow Cooker Chicken Thighs and Vegetables

Serves: 4-6



Ingredients:

- 2 lb chicken thighs, bone in
- 1 Tbsp fresh thyme, minced
- 1 Tbsp fresh rosemary, minced
- 1 tsp onion powder
- 1 tsp sea salt
- 2 large sweet potatoes, cubed
- 3 large carrots, chopped
- 3 cups broccoli, chopped
- 1 onion, chopped
- 2 Tbsp avocado oil
- 1 Tbsp coconut oil

Instructions:

1. Cut broccoli, carrots, onion, and sweet potatoes into one inch cubes, then set aside.
2. Grease crock pot with coconut oil then add in vegetables.
3. Rinse and pat dry chicken thighs. Drizzle thighs with avocado oil then season with rosemary, thyme, and remaining seasonings.
4. Heat 2 Tbsp oil in a large skillet over medium-high heat. Place chicken thighs, skin side down, in skillet and cook until skin turns golden brown, about 3-4 minutes. Flip and repeat on the second side. Remove chicken thighs from skillet and place over vegetables in the crock pot.
5. Cover and cook on low for 5-6 hours.

Citrus Beef Salad Stir-Fry

Serves: 4



Ingredients:

- 2 tbsp extra-virgin coconut oil or avocado oil, divided
- 1 lb beef sirloin cut into thin strips
- 1 onion sliced
- 2 cloves garlic minced
- 1 tsp ginger grated
- 1 Lemon - 1 tsp zest, 1 Tbsp juice
- 1 Orange - 1 tsp zest, 1 Tbsp juice
- 3 cups baby spinach
- Sea salt and pepper to taste*

*Omit pepper for AIP

Instructions:

1. Heat 1 tablespoon of oil in a wok over medium heat. Stir-fry the beef until browned on all sides, then remove and set aside.
2. Heat the remaining 1 tablespoon of oil in the wok. Stir-fry the onion, ginger and garlic for about 3 minutes.
3. Return the beef to the wok and add lemon and orange zest and juices. Bring to a boil and then add the spinach and stir.
4. Cook until the spinach is just wilted and then season with sea salt and pepper to taste.

Zuppa Toscana

Serves: 4



Ingredients:

- 4 slices bacon cut into about 1/2" pieces
- 1 pound Italian sausage
- 1/2 teaspoons crushed red pepper flakes*
- 4 medium sweet potatoes, cubed
- 2 tablespoons garlic minced, about 4 cloves
- 4 cups chicken stock
- 1/2 bunch kale stems removed, and leaves chopped (about 4 cups)
- 1 can coconut milk
- Salt and pepper to taste

*Omit for AIP

Instructions:

1. In a medium pot over medium heat, add Italian sausage and sprinkle crushed red pepper flakes over. Use a spoon to break up the pieces. When browned and cooked through, drain and set aside.
2. Cook the bacon pieces in the pot over medium heat until crisp, about 5-10 minutes. Remove the crisp bacon and set aside - don't get rid of the bacon fat! Stir in the onions and garlic; cook until onions are soft and translucent, about 5 minutes.
3. Pour the chicken broth into the pot with the onions and garlic and bring to a boil over high heat. Add the sweet potatoes, and boil until fork tender, about 10-20 minutes.

Reduce the heat to medium and stir in the coconut milk and the cooked sausage; heat through. Add the bacon and the kale into the soup just before serving and cook until the kale is bright green and softened.

Add salt and pepper to taste.

Rosemary Turkey & Kale 'Spaghetti'

Serves: 4



Ingredients:

- 2 sprigs fresh rosemary, chopped
- 2 tsp thyme, dried
- 2 tsp sea salt
- 1-1/2 tsp onion powder
- 6-8 cloves garlic, minced
- 1 small red onion
- 8 cups kale, chopped
- 2 large spaghetti squash
- 1 lb ground turkey meat
- 2 Tbsp avocado oil
- 1/2 Tbsp olive oil

Instructions:

1. Preheat oven to 400 degrees.
2. Cut spaghetti squash in half, longwise, then scoop seeds out with a spoon. Place squash, cut-side down, in a baking dish filled with 1/2 inch of water.
3. Roast spaghetti squash for 35-40 minutes, or until tender. Remove from the oven and allow it to cool. Use a fork to scrape out the center of the squash and set aside.
4. Heat 1 Tbsp of avocado oil in a large saucepan over medium heat. Add in minced garlic and saute for 2-3 minutes. Mix in ground turkey meat and season with thyme, 1 tsp sea salt, 1 sprig of rosemary, and 1 tsp onion powder. Cook turkey for 7-8 minutes, or until the meat turkey is white and fully cooked. Remove from pan and set aside.
5. Add 1 Tbsp of avocado oil to the saucepan and saute red onion until it is translucent. Stir in kale and rosemary. Cook over medium heat until the kale is wilted. Combine spaghetti squash, turkey, 1/2 tsp onion powder, 1 tsp sea salt, and olive oil to the onion mixture and mix well.
6. Serve warm and enjoy!

Shrimp Tacos

Serves: 4



Ingredients:

Shrimp

- 1.5 lb Wild Caught Shrimp
- 1/2 lemon
- 1/2 tsp sea salt
- 1 Tbsp coconut oil

Guacamole

- 2 avocado
- 1 tsp sea salt
- 1/2 lime
- 4 garlic cloves, minced
- 1/4 cup red onion
- 1/4 cup cilantro

Cabbage Slaw

- 1/2 cup onion
- 3 cup cabbage
- 1 lemon
- 1/4 apple cider vinegar
- 2 Tbsp olive oil
- 1/2 tsp sea salt

Tortillas

- 3/4 cup Otto's Naturals Cassava flour
- 1/4 tsp sea salt
- 2 Tbsp olive oil
- 1/3 cup warm water
- Optional: nutritional yeast

Instructions:

1. Follow Fork & Beans' [tortilla recipe](#) to make tortillas.
2. In a medium size bowl, mash avocados. Next, add 1/2 tsp sea salt, lime juice, garlic, cilantro, and 1/2 cup onion and thoroughly combine.

3. In a large bowl, mix together ½ cup onion, cabbage, lemon, apple cider vinegar, 2 tbsp olive oil, ½ tsp sea salt, then set aside.
4. Rinse shrimp then pat dry.
5. Heat coconut oil in a large pan. Once coconut oil has melted, add shrimp to the pan.
6. Season with salt and lemon juice. Cook for 2-3 minutes on each side.
7. Serve shrimp over tortillas and top with cabbage slaw, guacamole, and nutritional yeast.

20 Paleo Snack Ideas

Feel free to enjoy as many approved snacks as you like in between your shakes. Just make sure to check labels carefully and refer to the dietary guidelines on pages 8.

1. **Quick & Easy Kale Chips:** Wash & dry, add a dash of olive oil and salt, bake at 300° for 15 min
2. **Cinnamon Apple Chips:** Thinly slice apples, sprinkle with cinnamon, bake at 200 for 1-2 hours.
3. **Energy Balls & Bars:** Endless recipes on Pinterest.
4. **Nuts, Seeds and Dried Fruit:** In moderation
5. **Jerky:** Check the ingredients, or make at home.
6. **Eggs:** Hard boiled eggs are a quick and easy snack.
7. **Fruits and Veggies:** Any kind!
8. **Roll Ups:** Turkey rolled up with Avocado & Salami.
9. **Ants on a Log:** Classic recipe - celery with almond butter and raisins.
10. **Smoothie:** Coconut milk, fruits, greens, and etc. Have fun with it!
11. **Paleo Cookies or Crackers:** Available to purchase online, or DIY recipes.
12. **Veggie Noodles:** If you're craving pasta, make noodles out of zucchini, squash or sweet potato.
13. **Dark Chocolate:** Look for unsweetened dark chocolate or baking chocolate with 80%+ cocoa.
14. **Guacamole:** Traditional recipe - avocado, lime, onion, tomato & jalapeños.
15. **Nut butters:** Spread it on apples, carrots, celery sticks, or paleo crackers.
16. **Trail Mix:** Pale Snack Mix Available online, or get creative and DIY at home.
17. **Paleo Muffins:** Check your local grocery store or search for recipes online
18. **Mixed Green Salad:** Add your protein of choice!
19. **Paleo Spring Roll:** Using coconut wraps, cabbage, carrots, ground chicken or pork, etc.
20. **Granola:** Tons of recipes online and available to purchase.

20 AIP Snack Ideas

Here are a few of our team's go-to AIP snack ideas to keep you energized and fueled. Just make sure to check labels carefully and refer to the dietary guidelines on pages 8-9.

1. **Avocado:** Bring a ripe avocado (rich in healthy fats), with a plastic knife to keep you full.
2. **Baked Whole Yams:** Wash the skin, bake in aluminum foil until soft, bring in airtight container.
3. **Berries:** These are the perfect snack to cure cravings for something sweet!
4. **Canned Salmon, Tuna, Mackerel or Sardines:** In olive oil or water, always wild caught
5. **Coconut Wraps:** (Available online) Fill with greens and your choice of proteins or fruit.
6. **Tigernuts:** Delicious snack on the go, nutritious as well.
7. **Trail Mix:** Use dried apples, coconut flakes, flaked tiger nuts, dried apricots, prunes or figs, etc.
8. **Cooked Chicken or Beef:** Left-over meat from your bone broth, with a pinch of salt and greens.
9. **Cucumber Salad:** Slice a cucumber and add mixed greens or berries.
10. **Energy Bars:** Beef Jerky, dehydrated fruit bars.
11. **Fresh fruit:** Bananas, apples, prunes, nectarines, the options are endless.
12. **Fruit Sauces:** Check ingredients for fruit only. Options include apple, mango, strawberry, etc.
13. **Heart of Palm:** Nutritious add on, make sure they are in water only.
14. **Cassava Bread:** Homemade or available online
15. **Homemade Cookies or Crackers:** Just search "AIP cookie recipe" or "AIP cracker recipe"
16. **Plantain Chips:** Peel and slice plantain lengthwise, add oil and turmeric, bake at 350° for 15 min
17. **Root Veggie Fries:** Cut yams, yucca, or taro into fries, season & bake at 350° for 30 min
18. **Sautéed or Steamed Greens:** Chard, kale, broccoli, zucchini, etc.
19. **Slaw in a Bag:** Shred and mix white & red cabbage, kale & carrots in a bag with olive oil & salt.
20. **Smoked Salmon, Swordfish or Trout:** Make sure there's no flavor added, and wild caught.

Optimizing Your Results with the Foundational Five



As you follow the protocol, there are five key areas you want to focus in on to optimize your overall results.

I call them the foundational five and they are nutrition, movement, sleep, relaxation, and detoxification. These are areas I recommend that all of my patients address in their daily routines to support a strong foundation of all-around wellness.

Here's how we'll optimize them during the detox.

1. Nutrition

You've already got the nutrition piece covered with the shakes, the supplements, and the recipes provided in this guide.

2. Movement

Make sure you're moving for 20 minutes a day outside of your normal routine. Whether that's taking a vigorous walk, strength training, stretching, cardio, yoga, or whatever form of exercise you prefer. The key is just to do something every single day. Set it in your schedule and do it!

3. Sleep

Get 8 to 9 full hours of sleep every night. You can help set yourself up for success by going to bed and waking up at the same time every day and avoiding all electronic screens 1-2 hours before bedtime.

4. Relaxation

Incorporate at least one stress relieving activity into each and every day, such as the 4-7-8 breathing technique ([click here](#) for a video demonstration), meditation, prayer, gratitude journaling, etc.

5. Detoxification

To support detox, you want to be peeing, pooping, sweating and breathing all the time to help your body flush out all of the junk that you're mobilizing. Hydration plays a major role in this, so I recommend that people drink at least half of their body weight in ounces of water every single day.

Example: If you weigh 160 pounds, aim to drink 80 ounces of water per day.

Congratulations & Important Next Steps

****Come back to this page after you've finished the detox :)**

Congratulations, on completing the 14-day detox challenge!

I hope you're feeling great, that your energy is up, you're thinking sharper, and maybe you even lost a few extra pounds. Most importantly, I'm thrilled that you laid a strong foundation for ongoing wellness.

But now you might be wondering, what's next?

How can you keep this momentum going and make even more progress?

This is where I find that a [personalized approach really amplifies your results](#). Each of you has different health goals, challenges, and environmental and lifestyle factors that have led to your symptoms.

Once you've laid the groundwork with a detox like this challenge, it's time for a deeper dive into your specific root causes so that we can develop a personalized plan that targets them at the source.

We can remove the triggers causing disease and add in the missing ingredients needed for recovery - without wasting time or money on therapies or supplements you don't actually need.

If you're ready and excited to take this next step in your health, I'd love to partner with you in our [Adaptation Program](#). Over the course of 8 to 12 months, you'll work one-on-one with myself and our health coach to eliminate your symptoms, prevent and reverse disease, and optimize your health - not just for today but for years to come.

Just click below to book your free discovery call so we can make sure we're the right fit for each other.

[SCHEDULE YOUR FREE DISCOVERY CALL!](#)

Again, I want to say congratulations on completing the challenge, I'm so proud of you for making this commitment to your health and I look forward to hearing more from you soon!

