

### Give Me An Hour a Day and YOU'LL Change Your LIFE!

This plan isn't a total make-over ... it's a way to kick-start you to a good gut and better health. Each day ... you'll have different things to have on hand, listen to, or read. Each of these tasks should take about 10-15 minutes a day to do. And there's lots of support and TONS more info when you sign up ...

#### DAY ONE

- 1 Fermented Food
- 2 Fruits
- 3 Vegetables
- 4 Mindfulness
- 5 READ!
- 6 Plan for Tomorrow

#### DAY TWO

- 1 Fermented Food
- 2 Fruits
- 3 Vegetables
- 4 1 Gluten Free Bread
- 5 Mindfulness
- 6 READ!
- 7 Plan for Tomorrow

#### DAY THREE

- 1 Fermented Food
- 2 Fruits
- 3 Vegetables
- 4 1 Gluten Free Pasta
- 5 Mindfulness
- 6 READ!
- 7 Plan for Tomorrow

#### DAY FOUR

- 1 Fermented Food
- 2 Fruits
- 3 Vegetables
- 4 1 Gluten Free Sweet
- 5 Mindfulness
- 6 READ!
- 7 Plan for Tomorrow

#### DAY FIVE

- 1 Fermented Food
- 2 Fruits
- 3 Vegetables
- 4 1 Gluten Free #%@!
- 5 Mindfulness
- 6 READ!
- 7 Plan for Tomorrow

Do this plan with me and you'll DEFINITELY change your life! YOU IN?