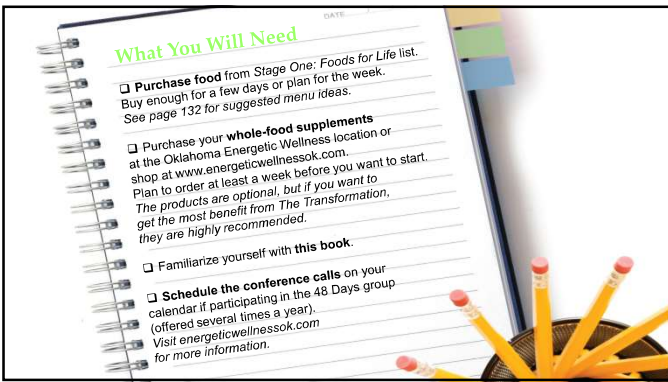


1



2



3



Stage 2: Transformation, Days 16-30


- The purpose of this stage is to maintain balance and continue to eliminate.
- When you have completed this stage, your body will have eliminated years of accumulated waste as well as rejuvenated your entire system!

4

Stage 3: Lifestyle Days 31-48

- The key to starting the Stage 3 food is to learn your body and how it responds to the additional foods. This is the stage that adds back your favorite foods so that you experience the most benefit from them. The keys to adding foods back are moderation and learning how to prepare them properly.
- My purpose for guiding you through this amazing journey is to help you eliminate processed, denatured, refined foods and reeducate you as we add back only nutrient-dense, pure, whole foods that transform your health.

Starting the 48 Days will reset your metabolism and balance the body, but the main goal is to transform your way of eating for life. We will transform your body, your kitchen, and your lifestyle. You will have increased energy and vitality, adding years to your life.

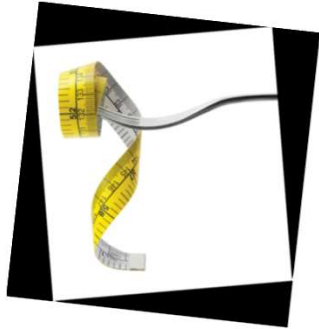


5

This is a Whole-Body Transformation!

There are two reasons why the body has symptoms (including weight gain):

1. We are what we eat and the way we live.
2. We are what we think.



6

The Metabolism Craze

My definition of metabolism is "the natural function of the body to create, store, and utilize energy."

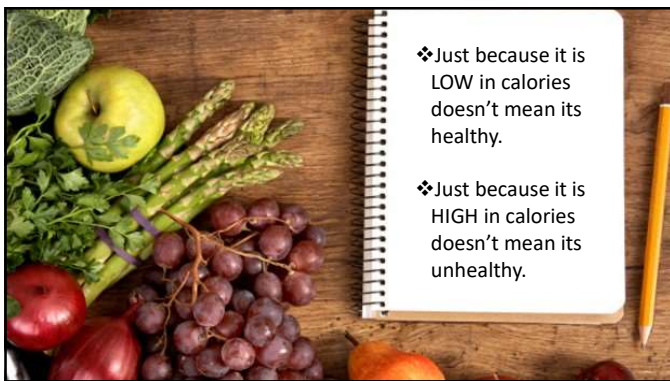


- ❖ Metabolism is a popular buzzword created for our modern, diet-crazed American lifestyle. It is not unusual to hear people complain about a "slow" metabolism or wonder how to get their metabolism to speed up for weight loss.
- ❖ The term metabolism is not an actual medical term. It is overused by companies as a gimmick to sell diet plans and weight-loss products.
- ❖ A hundred years ago, people did not need to talk about the latest diet or their slow metabolism. We have a current epidemic of adult and childhood obesity. In June 2013, the American Medical Association (AMA) voted to declare obesity a disease.
- ❖ Declaring obesity a disease will most likely only benefit the pharmaceutical companies as they create more medication to treat symptoms.
- ❖ Our bodies are starving. Our food needs to be returned to its original design. **We are what we eat.**

7



8



9

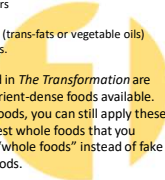
Stage 1: Elimination



Eliminate key trigger foods:

- refined white flour
- white sugar
- high-fructose corn syrup
- artificial sweeteners
- refined salt
- hydrogenated fats (trans-fats or vegetable oils)
- all processed foods.

The foods recommended in *The Transformation* are organic and the most nutrient-dense foods available. If you cannot locate these foods, you can still apply these principles using the best whole foods that you can find. The key is eating "whole foods" instead of fake foods.



10

Let's take a look at five incredible people! They are different ages, different body types, have different foundations, and started their transformation for different reasons.

JM, 37, came to EW two years ago—on medication, stuck in her weight (which was not too heavy but she just didn't feel herself), and with digestive problems (bloating, gas). Her exact words: "I always ate whatever I thought would help me lose weight. I wasn't connected to my body and only cared about what I looked like on the outside." She wanted to feel better, inside and out. After the 48 Days, she continues to eat the Foods for Life by maintaining a natural lifestyle. She is off medication, at her perfect weight, and feels better—inside and out.

Steven, 52, is my husband of 31 years. He has eaten pure, whole food over the years, but he works in the corporate world and travels a lot. He had accumulated weight, had a severe snoring issue and frequent back pain. After the 48 Days, he's been transformed—he lost 25 pounds, has less back pain, and as an added benefit to me, he no longer snores! He continues to limit his whole grain intake, and looks and feels great.



11

CJ, 65, came to me in July 2011. After not receiving the help she wanted from the medical community, she became interested in natural health. On several medications, discouraged, and not feeling well, she was ready to make a change to help her body heal itself. The Transformation has changed her life. CJ is off all medications—even one she had been on for 40 years. Although weight loss was not a priority, it came as a natural result. She has lost 24 pounds and is naturally maintaining her perfect weight.

LH, 58, made her first wellness appointment in April 2010. She expressed feeling much older than she was and wanted to do something about it. She was overweight with a family history of obesity. During the 48 Days, LH did not add Stage 3 foods. She has learned how to maintain the 70 pounds she lost through eating the Foods for Life, and limiting potatoes and grains. She looks and feels amazing!

During the 48 Days, you will discover how to balance your body for the purpose of maintaining your perfect weight for life!

RL, 74, came in November 2011. She was also on several medications, and I have to say, was the most curious of all my patients. She likes to research and was tired of taking medications and having to deal with the side effects. Having been through a divorce and the loss of a son, she was ready to start taking care of herself—body, mind, and spirit. After the 48 Days, RL remains on the Foods for Life and is doing great! On her 75th birthday she commented to me that she hadn't felt so good in 20 years. As a result of eating pure, whole foods and resolving conflicts, she naturally lost 25 pounds and is holding steady. Her children are following in her footsteps as a result of seeing the energy she has achieved.



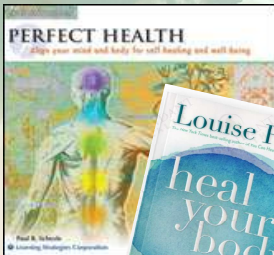
12

We Are What We Think

Find a practical solution to downgrade and resolve your conflicts:

 <ul style="list-style-type: none"> • Undergo natural therapies 	 <ul style="list-style-type: none"> • Recite positive affirmations 	 <ul style="list-style-type: none"> • Seek professional counseling
 <ul style="list-style-type: none"> • Love and forgive yourself 	 <ul style="list-style-type: none"> • Talk to a friend 	 <ul style="list-style-type: none"> • Forgive others
 <ul style="list-style-type: none"> • Listen to Paraliminal CDs 	 <ul style="list-style-type: none"> • Write in a journal 	 <ul style="list-style-type: none"> • Prayer and meditation

13



Learning Strategies offers many Paraliminal CDs on various topics.

- Ideal Weight
- Break the Habit
- Perfect Health

Louise Hay wrote the book called *Heal Your Body*. Example:

The Condition: Addictions
Probable Cause: Running from self. Fear—not knowing how to love the self.
New Thought Pattern: "I now discover how wonderful I am. I choose to love and enjoy myself."

14

The 48 Days & Weight Loss

If you intend to lose 20 pounds or more, then I suggest the following guidelines in addition to the Stages. The 48 Days will assist you in discovering the foods that are perfect to maintaining your perfect weight

- ❖ **Stage 1**—Eliminate the suggested dairy foods.
- ❖ **Stage 2**—Continue to eliminate dairy and slowly add all the other Stage 2 foods.
- ❖ **Stage 3**—Continue to eliminate all dairy products and do not add grains until after the 48 Days.

As a side note: Those of you who are patients, continue to stay away from the foods that tested sensitive, even if they are on the "Foods for Life" list. Stay on all recommended supplements, even if they are not part of The Transformation supplement list

15

What You Can Expect:

- 1 Expect to learn a new, natural way of living!
- 2 Expect a possible reaction.
- 3 Expect support from Energetic Wellness, especially me!
- 4 Expect to be calm and not overwhelmed! Plan on taking it one step at a time.
- 5 Expect a suggested daily routine.
- 6 Expect to learn to love yourself.
- 7 Expect an amazing transformation.

16

DAILY

Hydration: Daily Water Intake

- Drink spring or reverse-osmosis, purified and energized (H₂O) water with the recommended suggestions to increase energy in the water.
- Drink one half of your current weight in ounces every day.
- If possible, install a shower filter. Your skin is the largest organ of the body and can absorb harmful chemicals while showering.
- When out, buy Fiji, Voss, or Mountain spring, non-sparkling bottled water.
- Save glass water bottles to refill at home. Buy a glass or stainless steel water bottle, and use it for home, work or travel.



17

DAILY

**Sunshine/Outdoors:
Fresh Air & Sun Exposure**

- First thing in the morning, get outside in the grass with your shoes off and connect with the earth!
- 20 minutes of sun exposure a day with most of the body exposed will increase your vitamin D.
- Take a break at work to get outside, every day!
- During fall and winter, take cod liver oil and/or use an ESB Tanning Systems indoor vitamin D lite tanning bed.
- Open windows to allow fresh air to cleanse indoor air at least 10 minutes a day, even in the winter.
- Wait as long as you can to turn on the air Conditioning in summer and the heater in the winter.
- Use air filters.



18

DAILY

Faith Strengthen Your Belief System / Renew Your Mind

- Practice morning prayer, devotion, or meditation.
- Make a list of things you are grateful for: people, things, something about yourself.
- Look at yourself in the mirror every day and say, "I love you, I forgive you and thank you."
- Focus on your ability to obtain the perfect weight for you. Listen to *Ideal Weight* or *Perfect Health* by Paul Scheele daily if you have a hard time accepting yourself and especially your weight.
- Listen to beautiful music; read inspirational material.
- Viewing the film "The Secret" is another wonderful way to transform your thinking by understanding the benefits of positive thinking and renewing your mind daily. Understand the law of attraction.
- Recommended book: *Everyday Miracles by God's Design* by Dr. David Jernigan.



19

DAILY

Detoxification: Overview of Natural Therapies to Assist the Body in Its Natural Function

- Use the **Infrared Sauna** daily in winter, 3 times a week or more in the summer.
- **Body Balance Foot Bath** can be done daily or 3 times a week during the 48 Days and once a month for life.
- See the *Natural Therapies* section on page 252 for more information.



20

MORNING

Nutrition and Detoxification Morning Nourishment & Cleansing

Probiotics: 2 capsules or 1 scoop of powder in 8 oz. water or added to your green drink, on an empty stomach.

Cleansing green drink: If you are just starting out with a green drink, start out slowly!

- Pure Synergy: start with 1 tsp. and work up to 1 Tbsp.
- Mix together: Pure Synergy (1 Tbsp.) or Vitality Greens (2 scoops)
- 6-8 oz. of pure clean water
- 4 oz. of Inner Vitality or Energy Boost minerals
- 1 tsp. of Master Cell Rejuvenator (MCR)
- 1/2 tsp. vitamin C powder

Energy Water Bottle:

Mix together:

- 16 oz. pure clean water
- And one of the following:
- Fresh squeezed organic lemon or lime
- 1 tsp. MCR (up to 4 tsp. daily)
- 1-2 drops of Young Living Lemon Essential Oil
- 1 Tbsp. Energy Boost minerals

21

MORNING

Exercise/Oxygen Get Moving!

Caution: If you are on heart medication, diabetic, or haven't exercised in a long time, talk with your medical doctor and start out slowly (10-15 minutes) and work up to 30 minutes. If you are healthy, increase this to one hour or more.

Examples of exercises:

- Walk/run at intervals outside or on the treadmill, work up to 3-6 miles a day
- Rebounder used for 30 minutes with guided exercise (Urban Rebounding DVDs)
- Resistance exercises 3 times a week with a trainer or on your own
- Ab workout can be done every day
- Push-ups can be done every day
- Yoga at home or with a group in a studio
- Stretching at home or with a group can be done every day

Optional: While exercising listen to uplifting music or motivational CDs

22

MORNING

**Detoxification
Shower/Bath/Rubdown**

Taking proper care of the skin is vital to natural health.

- Always shower or bathe in filtered water.
- Rub down with towel, dry off.
- Apply virgin coconut oil from feet up to face. You can add a couple drops of an essential oil (lavender is my favorite) to the coconut oil before applying.
- For aromatherapy, choose your favorite essential oil—such as Young Living Company's Valor, Lavender, Thieves, or Frankincense. Apply 3 drops of oil on the palm of your hand, rub your hands together in circular motion three times, then cup your hands over your face, take several deep breaths, and then rub the remaining oil on top of your head, back of neck, and/or soles of feet. For women, apply Frankincense daily to your breasts.

23

Nutrition

Breakfast

- Cod Liver Oil: 2 capsules or 1 tsp. per day, or Salmon Oil: 1 capsule
- Alpha Lipoic Acid: 1 capsule
- GI Restore: 1 capsule until bottle is gone (30 days)

Mid-Morning

- Syndrome K: 1 tsp. between breakfast and lunch until the bottle is gone (24 days)
- Lymph Care: 1 dropperful
- Reset!: 5 sprays in mouth

Lunch

- Cod Liver Oil: 2 capsules, or Salmon Oil: 1 capsule
- Alpha Lipoic Acid: 1 capsule

24

Nutrition

Mid-Afternoon

- Lymph Care: 1 dropperful
- Reset!: 5 sprays in mouth

Dinner

- Cod Liver Oil: 2 capsules, or Salmon Oil: 1 capsule
- Alpha Lipoic Acid: 1 capsule
- GI Restore: 2 capsules
- Ultra GL: 2 tsp. until bottle is gone (24 days).

Do not start until Day 25.

25

EVENING

Exercise/Oxygen Gentle Movement

- Take a walk at least 1 to 2 hours after eating.
- Do breathing exercises.
- Rebound 10–15 minutes.
- Spend 30 minutes in the sauna—at least 2 hours after dinner, always after exercise.

26

EVENING

Rest and Detoxification Evening Shower/Bath

*These particular nighttime therapies assist you in releasing the tension and stressors from the day.
The baths are very relaxing, yet purging.*

- Take a short shower after the sauna, using warm water—just rinse.
- Soak 30 minutes in magnesium crystals with an essential oil.
- Rub down with a towel.
- Oil your body (same as morning).
- Aromatherapy (same as morning).
- Rub your choice of essential oils on soles of your feet, neck, etc.
- Apply Olbas oil on chest, neck, and under your nose.

27

EVENING

Rest and Faith Prayer & Wind Down

The key to the evening wind down is very personal. Following are a few ideas to secure a restful sleep.

- Read something inspirational.
- Use your own personal prayer... surrender all.
- Listen to music.
- Practice meditation/yoga.
- Listen to specific guided Paraliminal CDs by Learning Strategies:
Ideal Weight, Relaxation, Anxiety-Free, Break the Habit, Deep Relaxation, Perfect Health, Positive Relationships, Personal Celebration

28

BEDTIME

Get in bed before 10 p.m. This is key for the body's healing and rejuvenation. The best sleep is before midnight. Prepare the bedroom for restful sleep—remove cellphones and turn off all electronics.

At bedtime, wait one minute in between these homeopathics:

- Reset!: 5 sprays in mouth
- Lymph Care: 1 dropper, hold under tongue for 30 seconds
- Bio-Identical Melatonin: 1 dropper, hold under tongue for 30 seconds

29

Coconut Oil for Brain Health and Weight Loss

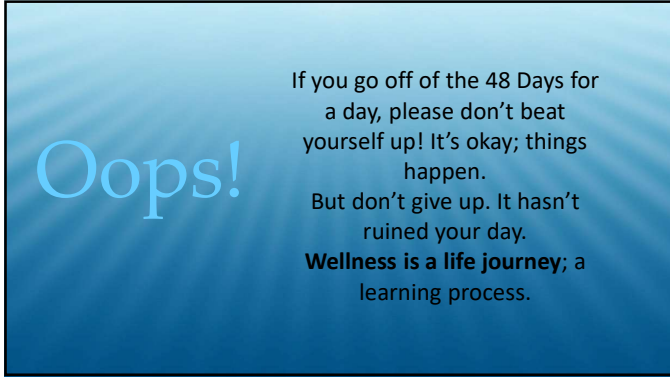
- Average person: 1–3 Tbsp. per day. This amount can be a combination of taken straight, in your food, and used in cooking.
- Growing children could benefit from 2–4 tsp. per day.
- Breastfed babies consume natural lauric acid from mother's milk or, in homemade formulas, add 1/2 tsp. for every 5 lbs. of baby's weight per day.

Aroma therapy Essential Oils
Rub 3 times in circular motion in middle of the palm, cup, and inhale. Then rub remaining oil on top of head, back of neck, and soles of the feet.

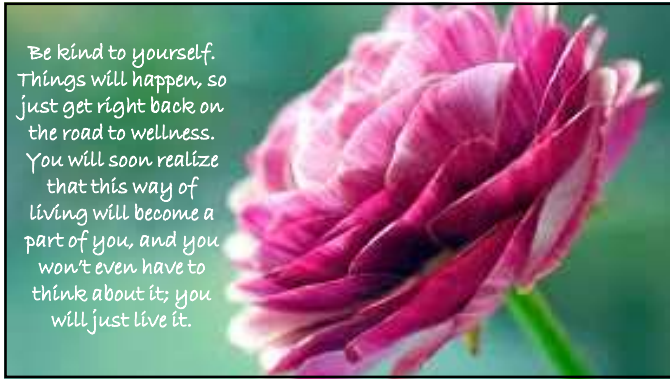
- Lemon: brightening and cleansing
- Peppermint: energy and cooling
- Valor: morning, promotes courage
- Lavender: calms and relaxes, morning and/or night
- Thieves: antibacterial, morning and/or night
- Clove: highest value of antioxidants

You May Also Want to Add These Ideas to Your Daily Routine.

30



31



32
