



What Comes Next??? Please Sign-up for the [Next Challenge](#).

It is the **Love Yourself First** 10 Day Cleanse Challenge. It starts Feb 14th and it is my personal goal for you to fall in love with food, fall in love with your body and fall in love with all that food can do for your body, heart, and soul! We will focus on self-care and valuing oneself!

I'm so humbled and thrilled that you joined me on the 7-Day FMD Challenge. With the help of the Challenge and encouragement from our community, I hope you are feeling great and POWERFUL.

I hope that this week has proved to you that you have what it takes! You stuck with it, ate wonderful foods, and used energy from me, my team, and your fellow Challengers as encouragement. But in the end, IT WAS ALL YOU!

Tomorrow is not the end! You can look forward to your oatmeal or smoothie for Phase 1 breakfast, and remember we're all here rooting for you. You can still get plenty of motivation and support on our private Member Facebook Page, and I and my staff are always there answering questions.

You have amazing choices ahead.....

Continue on the Fast Metabolism Diet. This is a great choice if the weight is falling off, you're feeling great, and your weight loss has been steady and regular in your first 28-day round. Just head right into another 28 days!

10-Day Fast Metabolism Cleanse. When I have severely weight-loss-resistant clients or those who lost a lot of weight in the first week of the FMD but haven't lost much since, I move them to the 10-Day Cleanse, which is meant for deep

detoxification. It's a great tool for those who feel like their weight loss has plateaued.

Phase Super Intensives. If you found that you tended to lose more weight on one particular phase, or if your Phase Intensives Quiz indicated you need more support on a particular phase, then I recommend choosing a one-week Phase 1, Phase 2 or Phase 3 Super-Intensive Program, designed to maximize results and initiate deep repair for the organs and systems affected on that Phase.

This isn't goodbye! I will be with you every step of the way through my newsletters, my Facebook page, and my website. And stay tuned: We have more Challenges coming up!

If you have a Monthly Membership and decide to upgrade to an Annual Membership I'll take \$12.99 off the price, so a whole year of Membership only costs \$86.01! That's a whole year of our amazing Facebook community, a whole year of surprise giveaways and discounts, and a whole year of fantastic support from me and my team.

Upgrading your Membership to take advantage of this deal is super easy. Call our customer service team and they'll take care of you: +1 (855) 363-3438.

I do not want you to have any regrets. This is the time to take care of you! I have enjoyed our time together so much!

Your nutritionist,

