

Look Good Naked!



Using Green Smoothies to Lose Weight and Detoxify Your Body & Mind

Week 2 Coaching Call

- Acknowledge yourself for being dedicated to learning more about your body...If we don't change what we're doing, we can always expect the same results!
- How has the week been for you?
 - ✓ What's working for you?
 - ✓ What's challenging for you?
 - ✓ What can we do to help you move forward?

E-mail us and let us know

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Basic Green Smoothie Weight Loss Plan

- Start the day with 32oz of water with lemon
- Green Smoothie for breakfast & lunch
- Healthy, whole food dinner
(soups, salads, veggie “noodles” & LOTS of veggies)
 - ✓ Avoid processed and fast foods
 - ✓ Reduce meat & dairy (the more you do, the more results you will see)

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Chad Turner – Whole Food Coach

What causes cravings?

- Nutritional deficiencies
- Imbalances in the body:
 - ✓ Salt-Kidneys
 - ✓ sour-immune system/liver
 - ✓ Sugar-spleen
 - ✓ bitter-endocrine/heart
 - ✓ spicy-lungs
- Fatigue
- Detoxing
- Dehydration

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Chad Turner – Whole Food Coach

If I have cravings what should I eat?

- If you have cravings for sweets EAT FRUIT!
- Craving protein? Specifically meat?

Try adding some of these to your smoothies:

Almonds	Bee Pollen	Spirulina/ Blue Green Algae
Chlorella	Goji Berries	Maca Root
Olives	Incan Berries	Pumpkin Seeds
Hemp Seeds or Hemp Protein		
Grasses such as Wheat Grass and Barley Grass		
Green Leafy Vegetables (<i>kale, spinach, parsley, collard, chard, arugula, etc.</i>)		
Sprouted Foods (<i>particularly sprouted grains</i>)		

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Jen Bartell– Detoxification Specialist

Why Detox/Cleanse The Body ?

- ✓ weight reduction
- ✓ increased energy-more dynamic & dramatic
- ✓ skin becomes clearer, softer, & begins to tighten
- ✓ reversal of the "aging process"
- ✓ and MORE!

End Results= Alkalize, Detoxify & Regenerate

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Jen Bartell– Detoxification Specialist

Natural ways to deal with detox symptoms

(or anytime you're not feeling well)

- ✓ Top 3 Herbs to have in your "medicine cabinet"
(Great additions to Green Smoothies!!)
- ✓ Castor Oil Packs (Head to Toe?!!)
- ✓ Detox Footbaths (Ionic, Epsom Salt & Spices!)
- ✓ Herbal Spray Inhalants (Herbal teas for Lung congestion, asthma...)
- ✓ Thermotherapy (Amethyst crystal, Negative ions & Infrared Heat)
- ✓ Rebounding & Grounding (Low impact fun!)

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Ana Maria Vasquez– Holistic Life Coach

EFT for cravings

- EFT is a gentle technique that can be used by anyone, needs no equipment, causes no pain, and is easy to learn.
- EFT works with our natural 'Mind-Body' connection
- EFT uses the tips of the fingers to lightly tap various meridian spots located on the face and body
- EFT helps reduce/relieve and can even remove energetic distress in the body

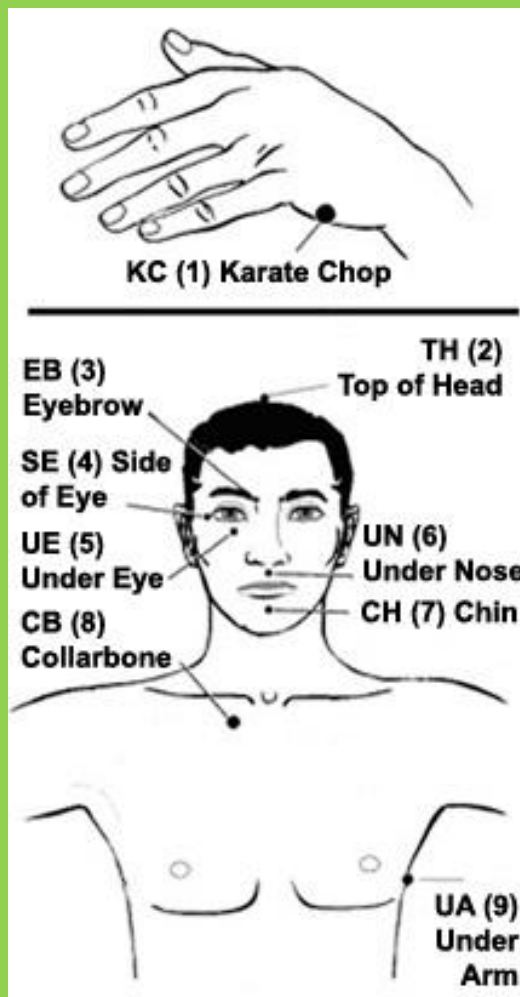
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Ana Maria Vasquez— Holistic Life Coach

EFT Tapping Points



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EFT Cravings Method

1. Rate your urge or the intensity of the craving
2. Start with the 'Set-up' (3 times – karate chop)
3. Do the 'Sequence' or reminder statements (each body point)
4. Rate your craving intensity again
5. Continue doing EFT rounds (set-up and sequence)

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Q & A

Submit your questions in the box to the left

or

Press *2 on your phone to raise your hand

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See You for Week 3 of the Look Good Naked Coaching Program!

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