

# Look Good Naked!



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

## Week 1 Coaching Call

- Acknowledge yourself for being dedicated to learning more about your body
  - How has the week been for you?
    - ✓ Have you started?
    - ✓ What's holding you back?
    - ✓ What can we do to help you move forward?
- Type your experience in the box to the left 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 toxins are interfering with your ability to achieve your ideal body image, losing weight and keeping it off?
  - Where do they come from?
- How does the Green Smoothie help you remove these toxins from your body and achieve your health and fitness goals?
- Ingredients of the Green Smoothie for health and weight loss.
  - What are some good recipes?
- How to eat by putting the least amount of nutritional stress on our systems?

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## Jen Bartell– Detoxification Specialist

- What to expect when your body starts to detox:
  - DETOXIFICATION Definition--getting healthy by removing the obstructions that block the flow of energy throughout the body therefore removing disease and with it extra body weight.
  - The Body will let go of what's inferior or weak and it will rebuild with stronger materials = ex. Green Smoothies
  - The Body will move through various stages of cleaning and repairing.
  - Detox symptoms that may occur and why is it an important process.
  - End Results= Alkalize, Detoxify & Regenerate

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## Ana Maria Vasquez – Holistic Life Coach

### Detoxing your emotions

- Why?
  - ✓ Everything is energy
- How?
  - ✓ Journal
  - ✓ Your VPS – Vibrational Guidance System
    - ✓ What are you feeling and where are you feeling it
    - ✓ Contrast & Clarity exercise
  - ✓ Find the pattern so you can reset it

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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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## Week 2 of the Look Good Naked Coaching Program!

- ✓ Building momentum & creating success
- ✓ Detox aftercare...now what?
- ✓ Changing limiting beliefs
- ✓ Access the Facebook page for daily support, encouragement, recipes, resources, get your questions answered.
- ✓ Access to Chad, Jen & Ana Maria via email or phone

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**See You for Week 2 of the Look Good Naked Coaching Program!**

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