



9-WEEK SWITCH

to Better Health

TRANSCRIPT

Welcome

Welcome, I am so excited that we are here together. You know, you may have made so many decisions to get to this point, and what we're going to do over the next nine weeks will transform your life to better health. I called the course Switch To Better Health because here's the thing, so much of what we do in our own health is about making small little tweaks, a little switch, and then all of a sudden we get a huge result and that's what this course is all about and that's what you're going to benefit from. So what I did is I worked with incredible trusted physicians, scientists from all over the world, global experts and cutting edge research, to really help you improve your own health. So here it is:

- We're going to improve your metabolism.
- We're going to optimize your entire hormonal system, reduce stress that's holding you down.
- We're going to improve your sleep, will revitalize your skin,
- And you can and you will feel better, better than you've probably ever felt in your entire life.

So here's the deal, and this is what I wanted to do for you. Each module will be a course that will help you get your health into its best place. So this is about better health.

It will incorporate four pillars, so we're going to talk about diet and nutrition, supplementation, exercise, and a mindset of self care. That doesn't seem like something that's so important, but it's probably the most effective part of our entire strategy. So we're going to take this and break it out into small pieces that will have a huge impact on your health and on your individual wellness. So this approach has been designed specifically for you to take your health to the next level and it's going to begin with small steps, but those small steps are going to have a huge impact on your entire health and your wellness.

So my four pillars are equally valuable to true health. It's the totality, it's the, combination of these things that make the true impact, the BIG impact. So making these small switches to change what is our very, very complex bodies. One of the very most important things to keep in mind is that the next nine weeks should be absolutely customized to you. And your special needs. This is why I really want you to also use the guides that I have in place and your workbooks.

This can help you determine exactly how best to target and meet your own unique goals. This provides really helpful information, schedules, recipes, assessment questionnaires, to help track your progress and motivate change. I want you to know that you're in the process of transforming your life, and I am right beside you. Just check right in here. Every single Thursday when I'm going to release course content for the following week. Together, we're going to discover how to provide you with metabolic flexibility. One of the greatest things I did for my own health.

This prep phase will set you on the stage for a really successful journey. You're going to acquire the adrenal advantage and get your gut in gear. You will become a fat burner, a

body fat burner, and you're going to find out exactly what it means for your own health to be fat adapted.

You're not just going to find out, you're going to incorporate it into your life. You're going to keep Keto, which will actually boost your brain because ketogenic diets are the best way to feed your brain and you're going to minimize your waste by maximizing those ketone bodies. And you will learn that when you eat, maybe just as important or even more important, than what you're eating.

We are going to maximize movement. Now you heard me say, not exercise. Maximize movement. Maximize movement can be twitching. When you're at your desk. We're going to customize your movement for your own unique body and you'll be amazed how powerful this tool is.

You're going to get well with water in the final five days. You're going to find out how water fasting can literally improve your entire digestive system, your metabolism, and your cardio metabolic condition and your overall health. It is one of the most powerful tools, but you have to know how to do it.

We all know that every single journey begins with a single step, and I am an expert after 25 years in figuring out what that first step is. So let's lift one foot together. We'll start with a very small change, but I've designed them to give you huge results and together we can really do this.

I actually added nutritionists to help us even more, right? I want you to have that competitive advantage. We have our closed facebook group to answer all of your questions, give you advice, give you encouragement, and so they're there for you too.

Now, for your Switch to Better Health, to your best health, you're going to join me for the first week where we're going to modify your metabolic flexibility. You will love it and it will give you the adrenal advantage that you've been waiting for and you may not even know that you needed it. So let's get going.