

Intro Email for Detoxers

(Remember to change their Name, the FB Group and Leader of that group)

Hi **(Name)**,

Congratulations on making the decision to get healthier! I am thrilled to be on this journey with you, to coach you, to be your supporter, and your sounding board if you hit a bump. When I did my 1st detox my sole focus was on losing weight, but your's might be to simple reset your body and detoxify which is great as well! I was very skeptical but I gave it 100% and truly stuck to the program and so very thankful I did. All the others things such as more energy, no gas and bloating and fitting into my clothes better were the icing on the cake (no pun intended). We have all heard people say things like "it changed my life" and in the past I would've said "yeah right". Well today I am living proof and could not be happier and I want YOU to experience those feelings as well.

No doubt you're a bit nervous as you prepare to start your new healthy way of eating. You've been added to the **30 Days to Healthy Living group on Facebook** to help support you! Make sure you change your settings so you get the email notifications. (Facebook > arrow at the top right corner > Settings > Notifications > Email > Click All Notifications, except the ones you unsubscribe from). We will be posting in the group a couple times a day, and only the most "liked" posts stay at the top, so you if you just "check Facebook" you will most likely miss a lot of important nutrition education and plan guidance. It's a good idea to flag that page so it shows up in your "favorites" on the left side of the page. Let me know if you need help with that and I can walk you through it.

My 2 best tips for you are:

1. Read all the info on the facebook page and stay plugged in because you will be amazed just how much you will actually learn from other detoxers (ie. where to find certain detox friendly products, ideas on tweaking a recipe, if a product is detox friendly and if not, why not).
2. BE PREPARED- This is one I cannot stress enough, it's something I work on all the time and when I'm prepared it's a no brainer. I make the right or better choice but when I'm not that's when that nasty little guy sneaks in and I grab the closest thing to put in my mouth and it's not a good choice :(
3. Call/text/message me if you don't understand something or you don't like

something, or you have any questions!

Lisa Dooley & Kelly Kochner will be running the group, so pay extra special attention to their posts. If you have any questions, feel free to ask. This week we will be posting everything you need to know to start next week.

Go back through all the posts, photos, and files that are already on this page. We've been posting the instructions and guidance since Monday and I don't want you to miss anything!!!

I will need your weight and measurements each week on Monday (or at least the "difference"). It's one way I can track how your body is responding to the program and whether we'll need to make some tweaks or adjustments. I also ***strongly recommend*** taking a before pic because you'll be shocked at how much your body can change and you never know how your story and journey could help someone else change their health and life!

We will connect again over the weekend so I can make sure you are all ready to go! You are going to love this!!!! Enjoy the Journey!

To your health,

Jaime