

90 Days to Amazing!

Holistic Weight Loss
Coaching Program

www.90DaysToAmazing.com

90 Days to Amazing!



2007

6 Months Later



What You'll Learn

- The 7 Principles for Weight Loss
- The Easy Cleanse
- What to Eat and Drink
- Next Steps

Knowledge – Accountability – Community - Resources

90 Days to Amazing! Is Based From

- *French Women Don't Get Fat* by Mireille Guiliano
- *Frenching Your Food* by Holistic Nutritionist Adrienne Hew
- *Nourishing Traditions*, The Weston A. Price Foundation
 - (Leah is the Chapter Leader for Dayton, Ohio)
- The GAPS Diet by Dr. Natasha Campbell-McBride
- Clinical and Healing Experiences

Introductions

- Name
- Location
- When you see yourself at a healthy weight, how does that feel?
- At that healthy weight, how are you living your life differently?
- From that difference, is there anything you can incorporate now?
- Feel free to ask questions as we go along 😊

The 7 Principles for Weight Loss

1. The Food (Including Supplements)
2. Mindset (Behavior Modification, Meditation, Affirmations, Visualization, Meridian Tapping)
3. Detoxification Inside and Out (The Easy Cleanse)
4. Digestion
5. Sleep
6. Exercise
7. Busters (Hormones, Plateaus, Cravings, etc.)

Your body will only safely release excess weight when it feels nourished and safe.

- Leah McCullough

Detoxification Inside and Out

The “missing link” in many healing programs today is not addressing accumulated toxins in our bodies that are interfering with our normal metabolic processes.

- Mercury displaces sodium in the Krebs Cycle resulting in faulty ATP – energy is inhibited.
- Lead displaces calcium in bones resulting in weakened bones and even osteoporosis.
- Toxins are stored in fat cells, among other areas, and are sequestered until the body can process them out.

Our Toxic World



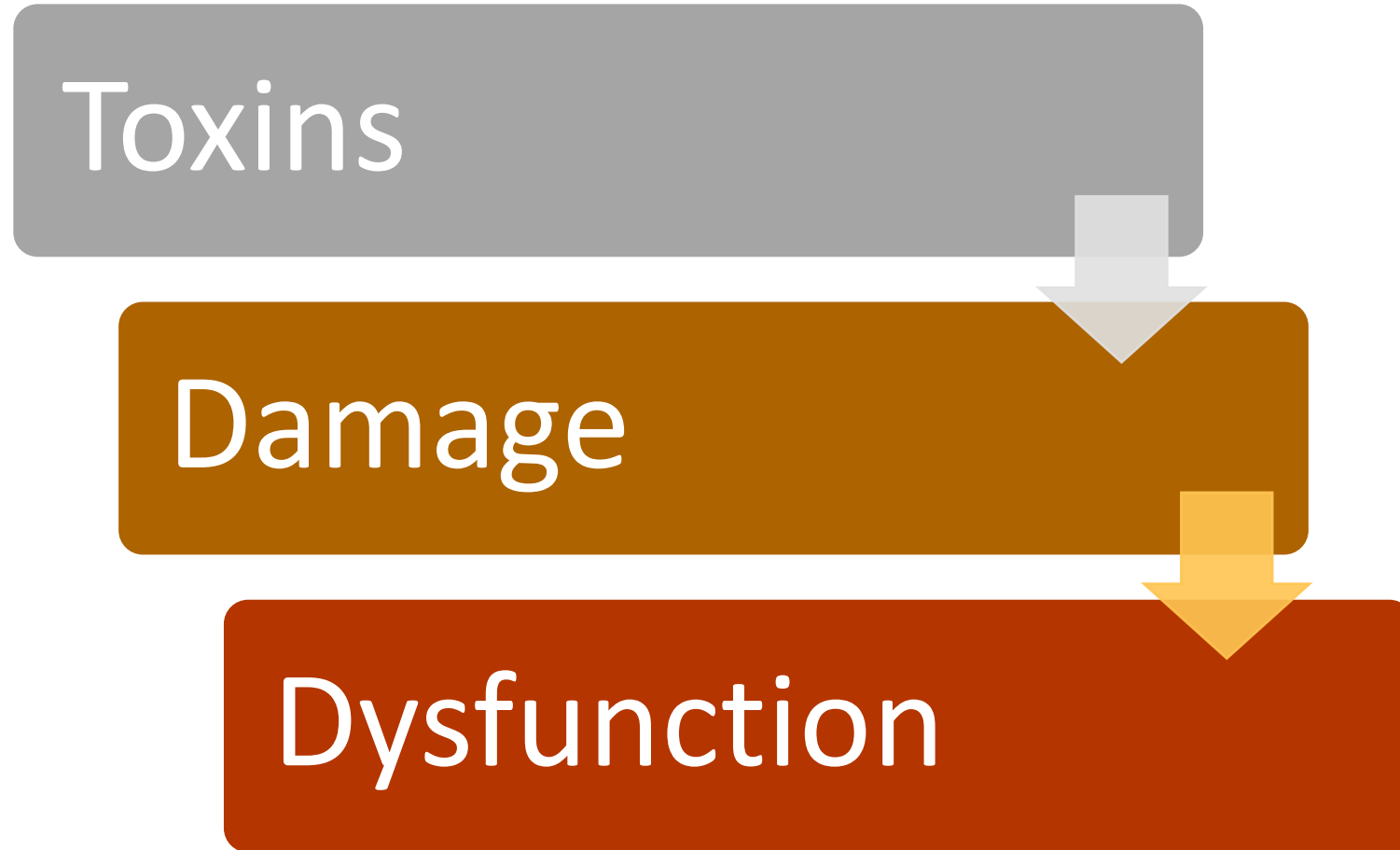
Internal Toxins

- Artificial Ingredients
- Mercury Amalgams
- Vaccines

External Toxins

- Air Pollution
- Mold
- Off-Gases/VOCs
- Conventional Food
- Water Pollution

The Toxic Effect

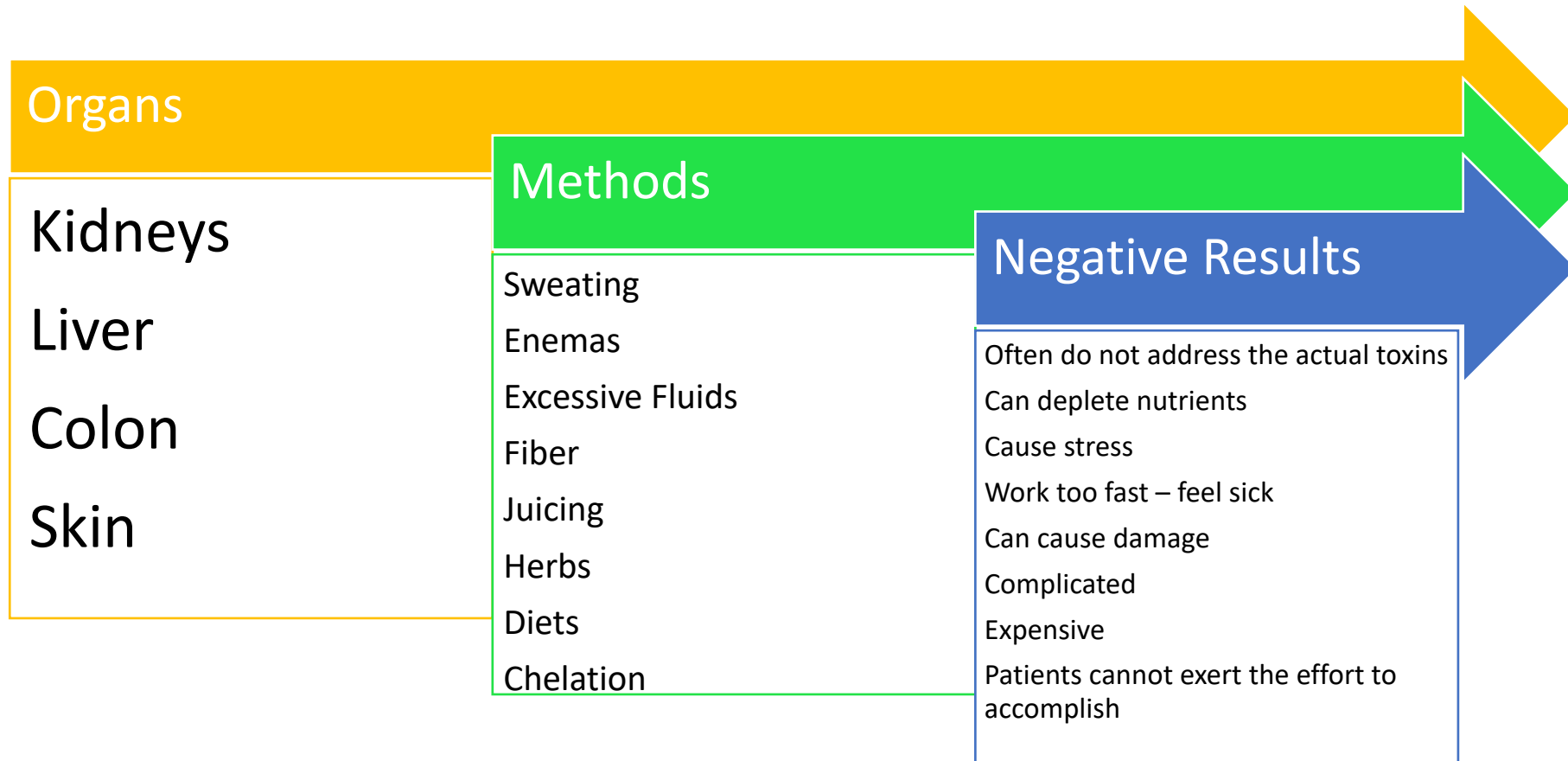


Fast – Simple – Easy - Predictable

“A big mistake people make is they try to fix toxicity with nutrition.”

Victoria Smith, BS, HT

Stimulation of Elimination



Zeolites



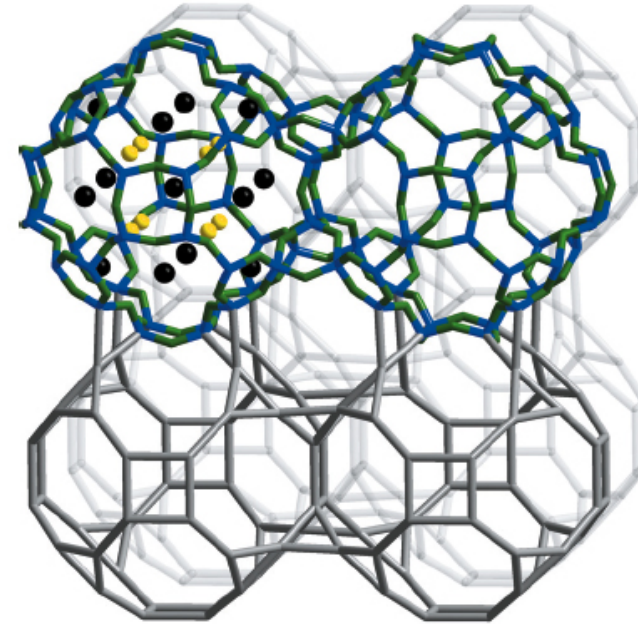
Clinoptilolite
Zeolite

- Naturally Occurring Mineral
- Negative Charge
- Proven to remove heavy metals*
- Low affinity for beneficial elements such as calcium, magnesium, etc
- Works via cation exchange with the circulatory and lymphatic systems (micronized)
- Does not leave aluminum
- Eliminated w/in 24 hrs in urine and feces
- GRAS
- Comes in liquid, powder or capsules
- Contraindications – dehydration and chemotherapy

* James L Flowers, Stewart A Lonkey, Erik J Deutsch, November 3rd 2009 published medical journal - Dove press

What to Look for in a Zeolite Supplement

- Clinoptilolite Zeolite
- Micronized
- Cleansed (Activated)



Results!



All disease begins in the gut.

-- Hippocrates, the father of modern medicine

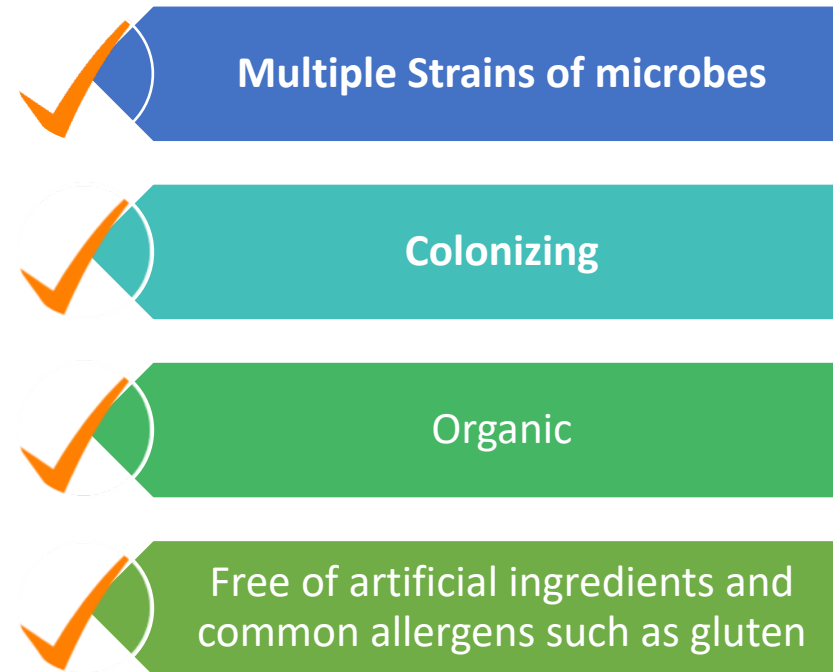


"First, treat no lawyers."

Leaky Gut



What to Look for in a Therapeutic-Grade Probiotic



Lactobacilli: Acidophilus, Delbreukii, Caseii, Bulgaricus, Causasicus, Fermenti, Plantarum, Brevis, Helveticus, Leichmanni, Lactis, Bifidum, Sporogenes. Plus: **Saccharomyces Boulardii**, and Saccharomyces Cerevesiae.

Therapeutic Probiotic



Ingredients:

Spirulina,
Linseed, Lentils,
Adzuki Beans,
Alfalfa Grass,
Chick Peas, B D
Rice, Sunflower
Kernels,
Fermented
Soya, Alfalfa
Seed, Mung
Beans, Buck
Wheat, Fresh
Ginger, Agave,
Molasses.

Lactobacilli:

Acidophilus,
Delbreukii, Caseii,
Bulgaricus,
Causasicus,
Fermenti,
Plantarum, Brevis,
Helveticus,
Leichmanni, Lactis,
Bifidum,
Sporogenes. Plus:
**Saccharomyces
Boulardii**, and
Saccharomyces
Cerevesiae. ZERO
GLUTEN!

Synergy



The Quantum Leap Out of Bed



Results!



In 4 Months:

- 25 Pounds Lost
- Off 5 Medications
- In 2 Weeks, constant stomach pain ended
- Energy! Babysits grandson EASILY and JOYFULLY

The Easy Cleanse Guidelines

Achievable Baby Steps

- Cut out artificial ingredients
 - Flavorings (MSG)
 - Preservatives
 - Colors
 - Sweeteners
 - Oils
- Drink to thirst, but not plain water
 - Mineral Water / unrefined sea salt
 - Beet Kvass
 - Broth
 - Herbal Tea

The Food

Overview

- Three meals a day, and an optional afternoon snack
- Each meal balanced with the macro-nutrients – carb, fat, and protein
- Organic, grass-fed, pasture-raised, bio-dynamic, etc.
- Broth or soup with every meal at home
- Small portions (like the French!)
- Once a week “cheat” meal (not day)
- Occasionally treats of dark chocolate
- Wine ok with a meal (red, one glass)
- Mindful eating
- Don’t let yourself get too hungry

Typical Day

Morning

- Meditation – clear you mind, get inspired, Gratitude list
- Bathroom (organic makeup, baking soda, coconut oil)
- Once a week or so, weigh yourself. Measure once a month
- Drink mineral water
- Coconut Oil with cinnamon
- Exercise – stretch, functional, cardio (for example, I get to walking, after about 5 minutes, do stretching, some calisthenics, running, then stretching again)
- Dry skin brushing
- Shower, tapping, affirmations

Typical Day

Breakfast

- Have an egg nearly everyday
- ACV and/or Beet Kvass
- Coconut Oil with cinnamon (even better before, on an empty stomach)
- Soft boiled egg or egg fried in butter
- ½ grapefruit or FSOJ
- **Chicken broth**
- Optional - Toast with butter
- Sautéed veggies such as spinach
- Kefir, yogurt, cheese, or Kefir, yogurt, cheese, or Milk (dairy pref. raw)
- Coffee

Typical Day

Supplements

- Zeolites
- Probiotic (Ferm Plus Pro)
- Fermented Cod Liver Oil- High Vitamin Butter Oil
- Liver (homemade “pills” or capsules)
- Collagen
- Trace minerals
- Magnesium
- Iodine
- Selenium (2 Brazil nuts)
- Additional
 - Thyroid, Agaricus Gold, Curcumin, PQQ, Colostrum, Borage Oil, and at night Melatonin

Typical Day

The Rest of the Morning

- No need for morning snack
- Drink detox teas – Oolong (Wulong) and Yerba Mate
 - (Medicinal teas are more tolerable when brewed with flavored teas such as ginger or lemon.)
- On your morning break take a walk in the sunshine

Typical Day

Lunch

- Soup or broth, and/or salad, and/or half sandwich
- Or leftovers, quiche, or a smoothie
- sauerkraut
- ACV
- Coconut Oil with cinnamon
- Supplements
- Mineral water

Typical Day

Afternoon

- Starting about an hour after lunch drink mineral water and herbal teas
- Take a walk in the sunshine, stretch
- Afternoon snack
 - Coconut Oil with cinnamon
 - Piece of fresh fruit (1/2 apple and peanut butter, hunk of cheese, small portion of tuna or egg salad, liver wurst or pate on crackers, hb egg, smoked oysters, sardines)
- Dinner prep
- Exercise for enjoyment

Typical Day

Dinner

- ACV
- Coconut Oil with cinnamon
- Supplements
- Stew or soup or salad
- Broth
- Fermented veggies
- Meat
- Starch (white rice occasionally, brown rice noodles occ., sweet potatoes, butternut squash, pumpkin, white beans)
- Veggies
- Beet Kvass
- Kefir, yogurt, cheese, or Milk
- Coconut Oil with cinnamon with cinnamon

Typical Day

Evening

- Herbal teas
- Melatonin

Bedtime

- Nix drama, bright lights
- Affirmations and tapping
- Detox bath and then shower (stay hot)
- Wash face, brush teeth
- Gratitude
- Sleep meditation

Accountability – Community

- Take a “Before” Picture
- Take your measurements
- Check In on the FaceBook Daily Poll
- Print Off and Work Your Checklist so you have “wins” all day
- If you have a question or challenge, bring it to the FaceBook Group

Resources

- Ripples' Health Shop www.RipplesHealthShop.com
- Amazon.com
- US Wellness Meats www.grasslandmeats.com
- Recordings and handouts at www.FibroClass.com
- Email Leah at Leah@TheFibroLady.com or text or call at 859-380-9737 (Eastern Time Zone)
- Next call is May 30th, 1 PM Eastern, 10 AM Pacific
- The Focus will be on Mindset plus your questions

Your Questions and Final Thoughts