

Longevity Through Whole Food Plant-Based Living

*Reset your health, your skin,
and your heart in days.*

By
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Set sail for vibrant health and longevity



The Destination 1

Relax and focus entirely on personal wellness in the Caribbean and Latin America. 🌴 🌴

The Guides 2

Learn directly from top experts like Dr. Michael Greger. 📖

The Goal 3

Discover the exact protocols to live longer and live stronger. ❤️📈

Plant-based whole foods rapidly heal the heart

25%



The Drop

Reduces major cardiac events (heart attack, stroke, death) by 25%.

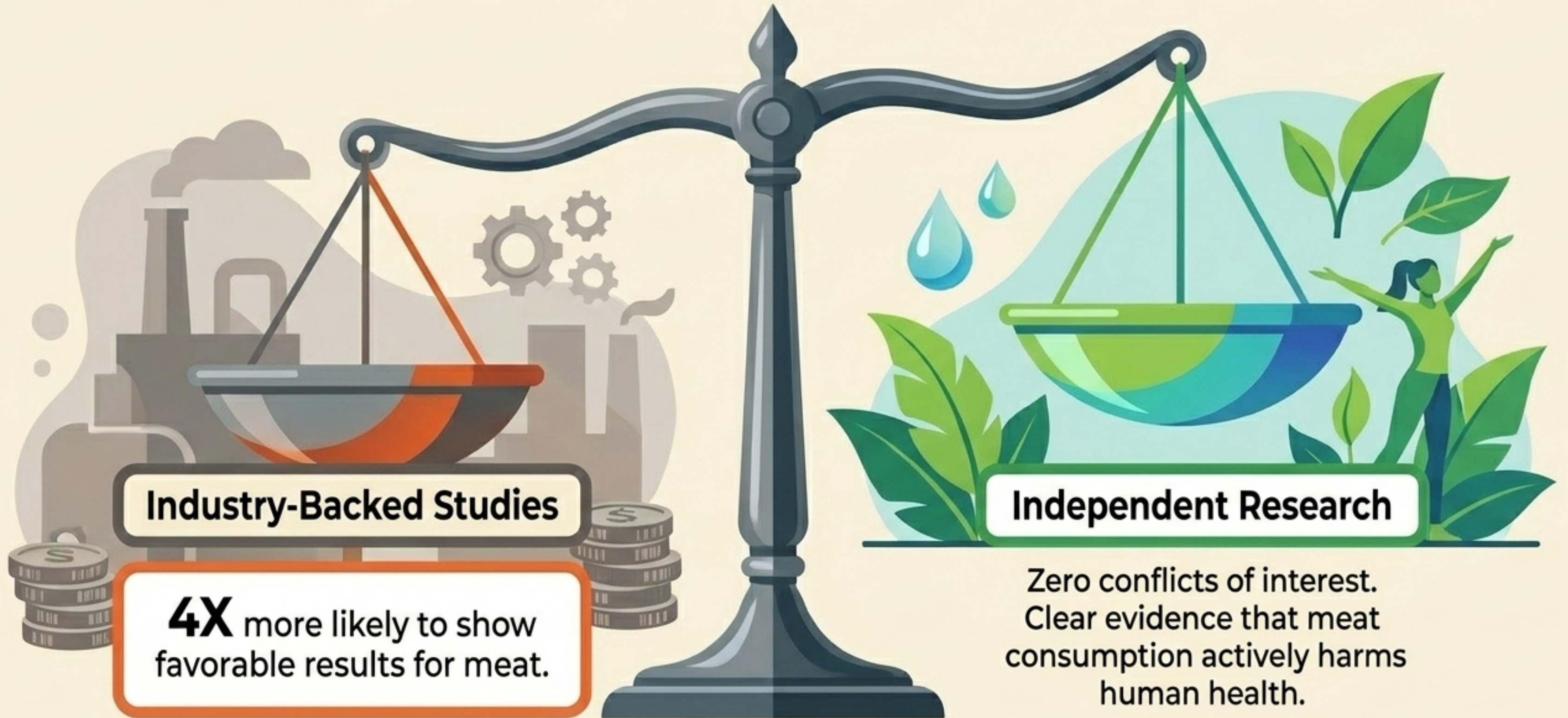
The Speed

Delivers noticeable symptom relief and a greater feeling of well-being in just 1 week.

The Advantage

100% drug-free with only positive side effects (more energy, lower blood sugar, improved mental health).

Follow the funding to find the truth about meat research



Industry-Backed Studies

4X more likely to show favorable results for meat.

Independent Research

Zero conflicts of interest.
Clear evidence that meat consumption actively harms human health.

Crowd out meat progressively instead of quitting cold turkey



Step 1:
One meatless
meal a day.

**Step 2: Two
meatless
meals a day.**

**Step 3: Three
meatless meals.**

Find delicious recipes and
classes to naturally replace
the meat and live stronger.

Ultra-processed foods hijack your brain's reward pathways



The Scale

Shockingly, over 60% of the calories we consume come from these food-like substances.

The Mechanism

Designed to hit multiple reward pathways at once, forcing overeating.

The Result

Direct contribution to obesity, diabetes, and other metabolic diseases.

Nature packages sugar with essential fiber and nutrients

Natural Whole Foods



- Contains **Natural Sugar**
- Includes **heavy Fiber** to slow glucose absorption
- Packed with **vital nutrients**

The Processed Trap



- Packed with **ADDED Sugar**
- **Zero Fiber** resulting in rapid glucose spikes
- **Hyper-processed, nutrient-stripped ingredients**

The average daily diet hides an overwhelming burden of additives

The average American consumes **consumes 80 grams of ADDED sugar** every single day.



Salt is a **deadly additive** utilized by food companies to artificially increase our appetite for whatever they package.

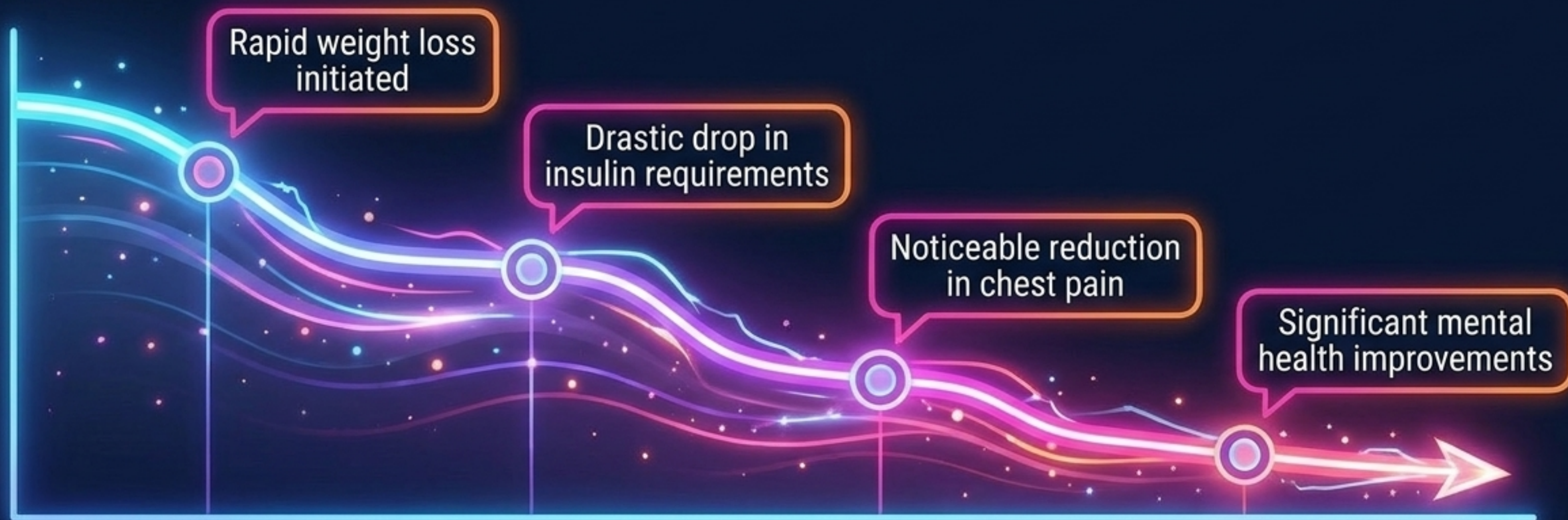
Together, these additives fundamentally warp our natural taste buds.

Reset your warped taste buds in just one week

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
						

It only takes a few days to reset your palate. Try a strict fast from all added sugar and salt for just 7 days to see how much better you feel.

Healing your body takes days, not months



1-16 Days

Plant-based lifestyle changes provide shockingly fast results. Many conditions positively impacted in only **16 days**.

Nourish your body to serve Him at your absolute best



True health is a holistic commitment. Commit to learning more and feeling better so you can live out your higher purpose today.
Now is the time, today is the DAY!

If just 16 days can fundamentally rewrite your health, your skin, and your heart... what is costing you more: the effort to change, or the price of staying exactly the same?