

DAY 1-30

Shift the Energy, Cleanse the Gut

- Wear all 4 patches for 12 hours on and 12 hours off.
- Follow daily patch placements and repeat. Stay hydrated.



Metabolism boosting, fat burning



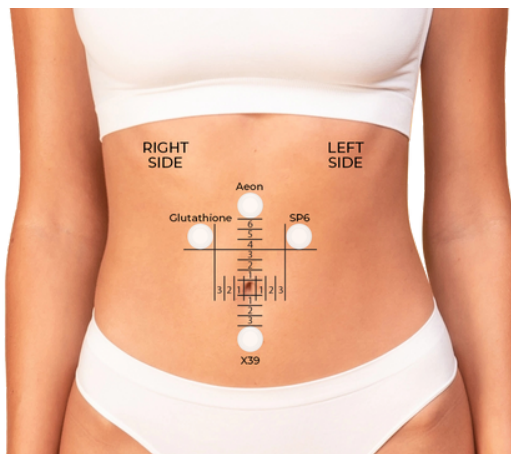
Reduces Sugar in the blood
and food cravings



Stress Reducing,
Cortisol Balance

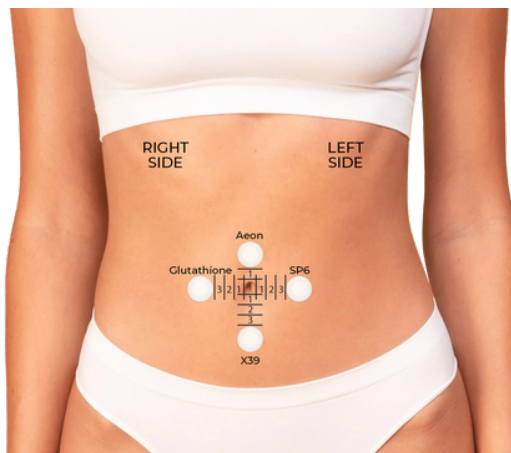


Detoxification,
Weight Loss Support

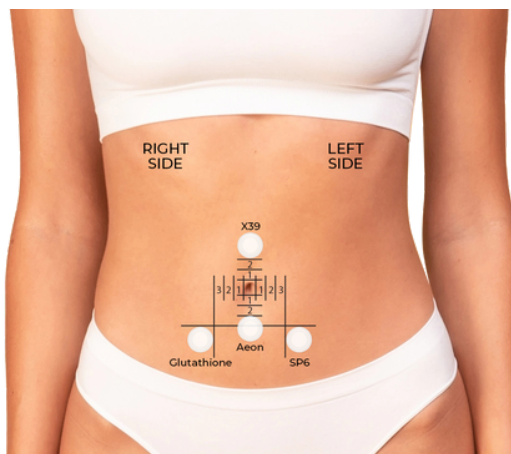


START HERE

Day 1
Day 4
Day 7
Day 10
Day 13
Day 16
Day 19
Day 22
Day 25
Day 28



Day 2
Day 5
Day 8
Day 11
Day 14
Day 17
Day 20
Day 23
Day 26
Day 29



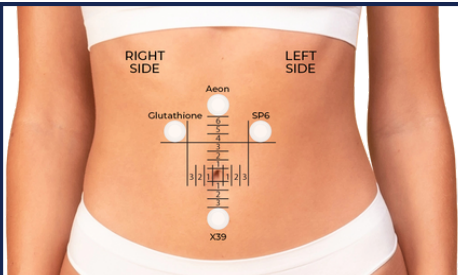
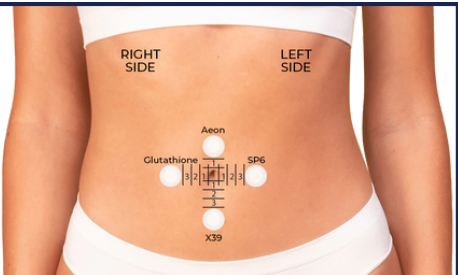
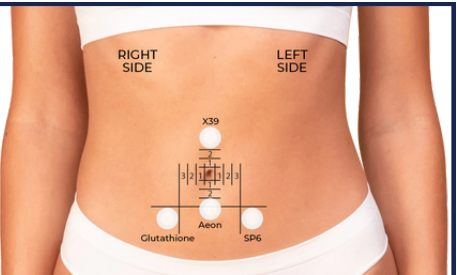
Day 3
Day 6
Day 9
Day 12
Day 15
Day 18
Day 21
Day 24
Day 27
Day 30



DAY 1-30 Tracker

Stay on track - Mark off each day

START HERE  1 finger width

					
DAY 1		DAY 2		DAY 3	
DAY 4		DAY 5		DAY 6	
DAY 7		DAY 8		DAY 9	
DAY 10		DAY 11		DAY 12	
DAY 13		DAY 14		DAY 15	
DAY 16		DAY 17		DAY 18	
DAY 19		DAY 20		DAY 21	
DAY 22		DAY 23		DAY 24	
DAY 25		DAY 26		DAY 27	
DAY 28		DAY 29		DAY 30	



Each pound released is a layer between you and your light.
Heal by returning to your light.