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Cleansing for Fat Loss, Muscle Gain, & Longevity



How It All Started

FAST FACTS

- Where did our cleanse come from?



The Science

FAST FACTS

What is Autophagy?

- Nutrient partitioning
- Growth hormone – somatotropin
- Tropin meaning: A hormone that induces the release of other hormones



Benefits of Cleansing

FAST FACTS

- Overall fat loss
- Reduces visceral fat %
- Glucose control
- Improves metabolism
- Improves digestion & gut health
- Can assist with building muscle



Different Ways to Cleanse

FAST FACTS

- 12 hours – ½ day
- 1 day – 24 hours
- 2 days – 48 hours

- Keep in mind nutrition both before and after the cleanse are vital.

- Cleansing doesn't "cleanse your sins".
Nutrition is equally important.



Potential Challenges of Cleansing

FAST FACTS

- Low blood sugar
- Training our "hunger hormones"
 - Ghrelin & Leptin
- Mental fortitude
- Lack of support & proven strategy
- Misinformation
- "Fast & then feast" on everything mentality!



Solution & Support

FAST FACTS

CLEANSE FOR LIFE

- Stabilizes blood glucose
- Provides essential vitamins, minerals, & antioxidants
- Helps nourish the body while it eliminates waste
- Supports liver function



Other Cleansing Support

FAST FACTS

- A proven system that helps you stay on-track
- Wide range of cleanse approved products
- A supportive team & culture that empowers you
- Peer-reviewed science to prove our system works

