

MUSTARD SEED MONDAYS

CLEANSE



MUSTARD SEED WARRIOR

I am thrilled to have you here. Let's get ready to take your health and happiness to another level. Are you as excited as I am?

Let's get started:

1. Reach out to a friend to be your partner/Buddy Up with someone.
2. I suggest reading through your guide and taking a look at the recipes.
3. Write down your goals and the end results you'd like to achieve. I recommend keeping a daily journal of how you feel each day to keep track of your improvement.
4. Get into the mindset of healthfulness as you embark on this life-changing journey.

Join the online Facebook group here!

Livewellconnex on Facebook:

<https://www.facebook.com/groups/2533456886911933>

Schedule your FREE 15-minute session with me here.

Livewell.chefdel@gmail.com or call 954-478-2944

If you feel you need more support during your program, please contact Chef Deloraine for one-on-one coaching here.

CALL - 954-478-2944

We are dishing out the truth on eating clean and living green...so you can live happy and healthier life with foods as your medicine and lifestyles changes.... one bite at a time you will become a agent of change.

These statements have not been evaluated by the Food and Drug Administration.
This is not intended to diagnose, treat, cure, or prevent any disease.



How to Cleanse your life from the inside out.

Popular areas of cleansing:

- Nutrition
- Beauty
- Personal Care Products
- Home Environment
- Mind-Body Practices

Explore how you might apply the strategies you learn to your own life in simple yet powerful ways.

You will build your unique plan, step by step, based on your current goals, priorities, and circumstances. Learn how to navigate detoxing in ways that work for you.

You are going to experience better sleep, more energy, radiant skin and so much more. Are you ready for this kind of journey? YES, you are.

I am so excited to share my love for clean eating, and healthy life habits with you.

Note for the week - A tree is known by its fruit; a man by his deeds. A good deed is never lost; he who sows courtesy reaps friendship, and he who plants kindness gathers love.

— Saint Basil from Acts 13: 38 - 39

Lots of love to the Good, Better, Best Life,

Chef Deloraine

