



HealthyBodyHealthyLife
with Melissa Koerner

21-Day Belly Fat Detox Coaching and Q&A Call #1

With Nutrition & Fitness Coach Melissa Koerner

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Here's the Plan

- **Getting Started**
 - Introductions - Where are you from and what are you hoping to get out of this experience?
 - Coaching and Q&A Call schedule
 - Detox program overview (Parts 1, 2 and 3 – Mindset, Food and Supplement Plans)
 - How to approach the program to get the most out of your experience
 - How to access the detox success materials and navigate the member area
 - How to ask questions and get support
 - Action steps to get started
- **Q&A**

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Coaching and Q&A Call Schedule

Live Coaching and Q&A Calls – **Thursdays at 5pm Eastern**

- **Call #2:** Thursday, May 26th
- **Call #3:** Thursday, June 2nd
- **Call #4:** Thursday, June 9th

NOTE:

- Every week I'll send you a reminder email with the login info.
- All live sessions will be recorded and uploaded to your member area.

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7 Parts to Your 21-Day Detox

- Part 1 – The Mindset Plan
- Part 2 – The Food Plan
- Part 3 – The Supplement Plan
- Part 4 – The Stress Management Plan
- Part 5 – The Sleep Plan
- Part 6 – The Exercise Plan
- Part 7 - Detox Boosting Tools

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Part 1: The Mindset Plan

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Your **mindset** is **THE MOST important**
 part of your success!
 If your head is **NOT** in the game **100%**
 you **WON'T** be successful.

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How your brain can either **help** you achieve **amazing results** with your health and weight loss goals... or completely **sabotage** you!

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Thoughts Create Feelings
Feelings Create Actions
Actions Create Results

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THE EMOTIONAL SCALE

Negative emotions **BLOCK** the part of your brain that allows you to:

- Think creatively
- Be productive
- Problem solve
- See creative solutions and possibilities

We **MUST shift** our emotions to feeling **hopeful** (and build from there) to get the **forward momentum** we need to get the **RESULTS** we want.

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4 Steps to Disrupt the Cycle of Perpetual Sameness, Shift Your Thinking and Move Up on the Emotional Scale!

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Step 1:

Become AWARE of What You're Thinking About and Talking About

This is the "wake up" step to the messages you're telling yourself.

For example:

- "Eating healthy feels restrictive/like a diet."
- "It's boring to eat healthy all the time."
- "I'm feeling deprived."
- "I can't eat the foods I want to eat."
- "I'm too busy to plan/cook healthy meals."
- "I don't like to cook."
- "It's too much work to cook healthy meals."
- "Eating healthy is too expensive."
- "I have a weakness for sweets, coffee _____ and I can't give them up."
- "I struggle with sugar cravings."
- "My husband and/or my family don't like to eat healthy, so why should I bother?"
- "It's hard maintaining healthy eating habits."
- "I don't have any self-discipline or willpower when it comes to food."

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Reticular Activating System

- Remember, your Reticular Activating System (RAS) a.k.a your "matchmaker" matches the outside world to whatever you're thinking and talking about.
- When you wake up to the negative, self-sabotaging messages you're telling yourself, you become aware of the connection that your RAS is making a match of what you're thinking and talking about.
- The more aware you become of these messages, the EASIER it becomes to talk about food in a way that supports your health and the EASIER it becomes to achieve your health and weight loss goals!

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**Step 2:
Decide**

- You need to make a **decision** about what you're thinking about and talking about.
- Ask yourself: "Do I want to **keep matching** this story?"
- Your brain will **match it up** whether you like it or not.
- It will match **EVERYTHING** you think about and talk about.
- If you want to **shift** or make a **rapid change** in your current state of health and weight, you need to make the decision to **CHANGE** the story you're telling yourself.
- You need to **decide** to become an **intentional thinker**.

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Make This Commitment to Yourself...

"I'm going to **intentionally** think different thoughts, so I get **different results**. I'm going to intentionally think different thoughts, so I generate a **different feeling** and achieving my health goals gets **EASIER**. I'm going to use my brain to **focus** and **think proactively**."

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**Step 3:
Tell a NEW Story**

Ask yourself?

- How can I talk about food and my relationship to food in a way that **FEELS GOOD**?
- How can I say something about food and my relationship to food that makes it **EASIER** for me?
- How can I talk about food and my relationship to food in a way that **shifts** me emotionally and matches up what I **want** to match that **FEELS GOOD**?

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Watch Your Words

For example, if you're thinking:

- "I **hate** eating all the healthy foods I need to eat to lose weight."
- "It's **too hard** to maintain healthy eating habits."
- "I'm **tired** of trying new diets/health programs and **never** getting results!"

Remember to ask yourself: Do I want to keep **matching** that?

If not, you need to find a **different** way to talk about eating healthy in a way that **FEELS GOOD** for you.

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Use the Word BUT

Use the word "but" as a transition.

"It's been hard for me to maintain healthy eating habits in the past, **but** I'm getting better at it."

"I didn't have a strong desire to eat the right healthy foods to lose weight in the past, **but** I'm noticing I am finding healthy foods I do like to eat."

"I still find there are healthy foods I don't like to eat, **but** it's getting easier, and I am finding tasty, healthy foods I do like to eat."

"I've struggled to lose weight and keep it off in the past, **but** it's getting EASIER because I'm NOW getting my **mindset on board** and I'm understanding **how my brain works** to help me get the **results** I want."

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Say a Series Positive Statements

"I notice when I think **BETTER** thoughts..."

- "I'm finding more and more healthy foods I **DO** like to eat."
- "I notice that my taste buds are changing, and I have more of a **natural desire** to eat a **variety** healthy foods."
- "I have a much **stronger desire** to eat the right healthy foods to lose my excess weight."

When you say these positive statements, you **FEEL** your energy shift.

Say your new positive stories for **1 to 3 minutes** straight.

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Step 4:

FEEL the Positive Emotion

- As you say **aloud** the positive statements, **FEEL** the positive emotion that's generated from those statements.
- Really **FEEL** it!
- Ride it like a wave **lifting you up**.
- This feeling is how you know it's **WORKING**.

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Use the Emotional Scale to See Where You Are

Remember, you need to get to a state of feeling **HOPEFUL** (and build from there) to create the emotional shift needed to **access** the part of your brain that helps you get the **positive results** you want.



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Step 4:

FEEL the Positive Emotion

- What most of us **don't realize** is that negative, self-limiting thoughts are on **automatic pilot**.
- And these ANTS (automatic negative thoughts) are the **hidden** (but key) factor making you get the **same** results over and over.
- Remember, the RAS (reticular activating system) **matches** whatever you think and talk about, whether it's positive or negative.

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FEELING GOOD is the Key to Your Success

- FEELING GOOD is very powerful.
- When you FEEL GOOD:
 - You use your BEST brain, and you open creative pathways in your brain.
 - You make BETTER choices.
 - You show up in the world in a POSITIVE, more PRODUCTIVE way.
 - You're more INTENTIONAL.
 - You're more FUN to be around.
 - You're more RELAXED and CONFIDENT.
 - You're more MOTIVATED and FOCUSED.
- The ACT of getting to a better emotional state gives you BETTER results.

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Positive Rants for Healthy Eating

- I LOVE the way healthy eating makes me feel.
- My body feels BETTER when I eat healthy.
- I have MORE energy when eat healthy foods.
- I have BETTER digestion when I eat healthy foods.
- I think MORE clearly when I eat healthy foods.
- I feel GOOD in my clothes when I eat healthy foods.
- Healthy eating is becoming a NATURAL part of my lifestyle.
- By eating healthy foods I'm setting a POSITIVE example to my family.
- I'm BETTER able to enjoy the activities I like to do with my family and friends when I eat healthy.
- I feel GOOD about myself when I eat healthy foods.
- The healthier I eat the BETTER I feel.
- The healthier I eat the MORE I crave healthy foods.

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Keep in Mind:

When you're thinking positive thoughts and shifting the way you think, it takes about 72 hours for the brain to start kicking in.

Give it the time it needs!

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Remember, your **mindset** is **THE MOST important** part of your success!
 Practice these 4 steps and you'll be **amazed** at the **results** you get!

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Part 2: The Food Plan

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2 Phases of the Food Plan

Days 1-10: Phase 1 of the Detox

- **Don't eat:** Meat, fish, poultry, nuts, eggs, beans, grains, sugar or sugar substitutes, soy, dairy, coffee, alcohol, anything other than water and herbal teas, processed foods of any kind, any foods you're sensitive to
- **Do Eat:** Low glycemic fruits and veggies, pure pea protein powder, vegetable broth, quinoa, lentils, green beans and peas, healthy fats (avocado, butter, coconut oil, flaxseed oil, ghee, olive oil, pumpkin seeds, pumpkin seed butter, sunflower seeds, sunflower seed butter and chia seeds) and apple cider vinegar
- **NOTE:** All sweeteners are out, but Stevia and monk fruit are ok to eat on the plan.

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The purpose of eating **only** plant-based foods during a detox is to give your digestive system a **BREAK** from eating animal protein, which requires a lot of your body's energy to digest, absorb and eliminate.

Plant-based foods are **easier** to break down and utilize, and this allows your body to divert its resources to **removing** toxins, **reducing** inflammation and **repairing** damaged cells.

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**Recommended Product:
Pea Protein (Unflavored)**



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2 Phases of the Food Plan

Days 11-21: Phase 2 of the Detox

- The food plan is the same as phase one **except** you can add lean proteins like chicken and turkey
- You'll continue to have a smoothie for breakfast and lunch and eat 3-4 oz of lean poultry with veggies and healthy fats for dinner.

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Food Plan Highlights:

- **Breakfast and Lunch:** Whole food smoothies
- **Snacks:** Plant-based snacks (2-3 per day)
- **Dinner:** Plant-based meal (phase 1), lean protein (phase 2)
- See your **21-Day Detox Recipes and Sample Meal Plans**

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Food Plan Highlights:

- Eat **4-6 cups** of veggies a day (in smoothies, roasted, sautéed).
- Eat lots of **green veggies** – the chlorophyll helps **purify** the blood of toxins.
- Eat **raw foods** with every meal – raw foods provide **health-giving** prosperities of vitamins, minerals, phytonutrients, and enzymes, which often get **damaged** in the process of cooking.
- Eat lots healthy fats and oils – fats help you feel **satisfied** and help your body **absorb** important fat-soluble vitamins, **reduce** inflammation, and **increase** bowel motility.

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Whenever possible, buy **organic, non-GMO** foods to avoid harmful chemicals used in conventional farming practices. The goal is to eliminate as many food toxins as possible.

(Read the **BONUS Clean Eating Success Guide** to learn more.)



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Food Plan Highlights:

- Drink Dandelion Tea, Nettle Tea and/or the “Detox Tea” (see recipe in the 21-Day Detox Plan) **throughout** the day.
 - Dandelion root tea helps **detoxify** the liver.
 - Stinging nettle is a gentle diuretic, helping to process and **flush** out toxins.
 - Traditional Medicinals and Yogi are good brands of tea.
- **Avoid** alcohol and caffeine (i.e. no soda, coffee or caffeinated teas.)
 - Drink Capomo or Teeccchio **instead** of coffee.
- **First thing** in the morning drink at **8oz.** of warm water with fresh, organic lemon and 1-2 tbsp of cold-pressed, organic olive or coconut oil.
 - Drink **50%** of your body weight in ounces of water **each** day.

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Why Drinking Water is Key During the Detox


- Water **flushes the liver** tissues, which aids in the removal of toxins.
- Adequate water also **assists the kidneys** in filtering waste products so that the liver can focus on metabolizing its own waste.



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Benefits of Drinking Water with Lemon & Olive or Coconut Oil

- Adding lemon to warm water first thing in the morning **helps with liver detoxification**.
 - Besides containing vitamin C and other antioxidants, lemon juice in water **stimulates gall bladder contractions**.
 - These contractions allow bile from the liver, which **accumulated** toxins overnight, to **flow** to the duodenum, in the small intestine, and from there out of the body.
- Olive & coconut oil helps to **bind toxins** that are fat soluble.
 - It also makes the gall bladder **contract**, which can help get **rid** it of stones.
 - It's an over all **stimulus for flushing**.



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What If You Don't Have a Gallbladder Anymore?

- The gallbladder releases bile, which helps you **digest** fats and certain vitamins.
- Having your gall bladder removed means your body is not producing **adequate** bile to break down and digest fats and certain vitamins.
- Using **bile salts** regularly can be really helpful.
- Taking a concentrated source of bile salts can support the healthy **absorption** and **metabolism** of dietary fats after the gallbladder has been surgically removed.

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Food Plan Highlights:

BONUS: Drink my **Morning Cleansing Drink** first thing in the morning on an empty stomach
(See the recipe in the 21-Day Detox Plan Overview)

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Morning Cleansing Drink

- Contains several ingredients that help **detoxify** the body, **regulate** digestion and **boost** the immune system
- **Cayenne pepper** - helps **flush toxins** from the body, while **stimulating** circulation and **neutralizing** acidity in the body; it's even more efficient as a detoxifier when combined with some lemon water
- **Unpasteurized apple cider vinegar** – helps aid in the **removal** of toxins and **boost** the immune system
- **Psyllium husk powder** - pure dietary fiber that helps support **healthy** bowel movements
- **Bentonite clay water** - works like a **magnet** by grabbing chemicals, heavy metals, herbicides and other unwanted substances and **removing** them from the body.

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IMPORTANT!

If you are taking medication, are under a doctors' care, and/or have specific medical conditions, consult your doctor **before** taking psyllium hulls and bentonite clay water.

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Morning Cleansing Drink

- Drink the cleansing drink on an **empty** stomach, ideally right after you get up.
- Wait **45-60 minutes** before you eat your first meal.
- You can time it **30 minutes** before or after the warm lemon water with olive or coconut oil.

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Part 3: The Supplement Plan

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4 Detox Supplements I Recommend as Part of a Dedicated Detox:

- Digestive enzymes, probiotics, liver support and colon and motility support.
- I use **high-quality** supplements specifically designed to help boost digestibility of foods, assist the liver in detoxification, support regularity and cleansing of the colon, and reduce Herxheimer reactions.
- They're **not required** to do the detox but **highly recommended** to help **boost** the detoxification process.

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Why Take Digestive Enzymes?

- When we eat healthy foods, especially during a dedicated detox, it's important to make sure that we're **breaking down** those foods so we can **absorb** them and reap their nutritional benefits.
- Digestive enzymes help the body **breakdown** proteins, fats and carbohydrates for better absorption and digestion.

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**Recommended Product:
Digestive Enzymes Ultra**



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Why Take Probiotics?

- Probiotics are "good" or "friendly" bacteria.
- Probiotics have many benefits – they:
 - Play a role in the **synthesis** of some **vitamins**, including vitamins B and K.
 - Help **boost digestion** by aiding in the breakdown down and digestion of fiber-rich carbohydrates.
 - Help you feel **fuller** for longer, **burn more** calories, **store less** fat and **lose weight**.
 - Help **boost** the immune system and **fight off** pathogens (unfavorable organisms i.e. "unfriendly" bacteria, yeast and parasites) by **promoting** the production of natural antibodies and **boosting** immune cells.
- It's beneficial to take a probiotic with a **prebiotic** - prebiotics help feed the good bacteria in the intestine, thereby helping to promote the **increase** of friendly bacteria in the gut.

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Recommended Product: HLC High Potency (Probiotics)



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Why Take a Liver Support?

- Our liver is your **main** filter during detoxification.
- A good liver support contains vitamins, minerals, enzymes, botanical extracts, and other nutrients that provide support for **comprehensive detoxification** in the liver.
- Together, the nutrients in a good liver support, help **bind** and **support** the conversion of fat-soluble toxins for elimination.
- They also help defend against **oxidation** and **free radical damage**, that occur from exposure toxins we're exposed to.

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**Recommended Product:
ClearVite (Liver Support)**



*Consult your healthcare professional before use if taking medications.

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Why Take a Colon and Motility Support?

- Sometimes during a detox, you can get **constipated**, as your body is working hard to clean itself out.
- It's very important to eliminate the bowels completely **every day** - because a backed-up colon is a toxic colon!
- When undigested foods remain in the intestines for more than **24 hours**, bacteria that would otherwise remain dormant or be expelled with other waste matter, may become **active**.
- These active bacteria produce **toxic waste**, which puts tremendous stress on the liver and kidneys because they have to work overtime to keep these toxins out of the blood.
- Taking a colon and motility support helps keep the bowels **moving** and cleanses the colon.

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**Recommended Product:
Aloe Vera Gel & Juice**



*Only take this product if you experience constipation.

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Order your supplements through my online dispensary on **Fullscript** to get a **15% discount.**

<https://us.fullscript.com/welcome/mkoerner>

(See page 6 of the 21-Day Detox Plan Overview)

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Are You Taking Additional Supplements?

- I recommend that you **stop** taking all *non prescribed* supplements for the 21 days.
- This gives your system a chance to **rest** and then **test your reaction** to the supplements after the detox ends.
- Why?
- It's hard to tell how well your body truly responds to supplements, unless you **test** them one at a time.
- And this means taking them out for a period of time then adding them back in **one by one** to see how your body reacts.

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What to Expect

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Herxheimer Reaction

- When you're doing a detox, you're basically **cleaning up** all the "junk" in your system and sometimes the organs of detoxification (i.e. your lymphatic system, lungs, skin, liver, kidneys etc.) can get **clogged up**.
- Also, sometimes there's a "**die off**" of microbes and your body's immune system and liver can have a "reaction" to dying metabolites.
- This is called the **Herxheimer Reaction**.

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Herxheimer Reaction

- The Herxheimer Reaction doesn't happen with everyone.
- But here are some **potential signs** of Herxheimer Reaction: headaches, constipation and/or diarrhea, weakness, fatigue, flu-like symptoms, and skin reactions.
- The good news is, it shows the detox is **working** for you and your body wants to **heal!**
- And it's only **temporary**, usually lasting only 3-7 days.

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Herxheimer Reaction

- One way to **reduce** the Herxheimer Reaction is by supporting the liver, stomach and colon through **high-quality** supplements (like the ones mentioned earlier as part of The Supplement Plan).
- Within the first four days or so, it is likely that you may be a bit **crabby** and **irritable**, possibly **headachy** and **tired** (especially if you are a serial coffee or tea drinker), and your skin may **break out**.
- These symptoms are indications that your body is **ridding itself** of built up toxins.

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Other Considerations

- You may experience some **mood swings** as you clean out.
- If you have **suppressed** emotional grief or anger from days long past, this may **surface** as your body tries to get it out of the tissues.
- This could manifest as **tears** or **anger**.
- It helps to do a **daily meditation practice** (or begin classes if you don't already have a practice), do daily **yoga** and **journal** through this time so that these emotions can be let out and not suppressed again.
- You may need some **extra** sleep.
- Don't push it and **monitor** your energy and emotions.

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By the end of phase 1 you should be **feeling GOOD!**
 Your energy should be on the **rise**, your skin should be **clear**
 and **glowing**, and you should be thinking more **clearly**.
 Plus, you should **feel GREAT** about yourself!

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How to Approach the Program

- "What if I can't "keep up" or "do it all?"
 - **Don't** worry so much about trying to "keep up" or "do it all."
 - This is **not** a race or a competition.
 - Focus on going through the program and making changes at a pace that **feels good** for **YOU**.
 - If this is your **first** time doing the 21-Day Detox, give yourself **permission** to just **learn** the process and don't stress about trying to do everything "perfectly."
 - Look at like a 21-day **science experiment** and you're just **observing** your body's reactions to changes in diet and lifestyle habits.

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Have Questions?

- 3 ways to ask questions:
 - Ask during our live **coaching and Q&A calls**
 - Post in the **HBHL Support Community** (*not* the public page) and **Tag** me in the post.
 - Send via **email** and I'll answer on the next call.
- For tech support email support@healthybodyhealthylife.com (Please do not post these questions in the group.)

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One-On-One Coaching Call

- Email me at melissa@healthybodyhealthylife.com to set it up.
- Recommend setting up at least one week after starting the program.

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How to Access the Program Materials and Navigate the Member Area...

(NOTE: You should have received a welcome email when you first signed up. Please SAVE this email as it contains the member login link and your unique password.)

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Special BONUS:
**You Get a 30-Day FREE Membership to
 Healthy Body Healthy Life!**

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Action Steps to Get Started:

- **Step 1:** Be **aware** of how you think and talk about your relationship with food.
 - **Practice** using the steps to **shift** your emotional state. (This is the **most important** part of your success!)
- **Step 2:** Order your detox **supplements**. (See “The Supplement Plan” on page 6 of the 21-Day Detox Plan Overview.)
- **Step 3:** Set a date to **start** the detox. (Give yourself at least **1 day** before you start to do some food prep.)
- **Step 4:** Take your **measurements** and “before” **photos**.
 - You’ll document your **current weight** and measure **7** areas on your body using a tape measure.
 - Take your “before” **pictures** (front, back, side).
 - See “Directions for Taking Your Measurements and Before Photos.”
- **Step 5:** Read through the **21-Day Detox Plan Overview**.

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Action Steps to Get Started:

Step 6: Plan out your meals for the week:

- Review the Phase 1 and Phase 2 **Sample Meal Plans** and **Detox Recipes**.
- Use the **meal planner** to write out your smoothies, snacks and dinners for the week.
- Use your **grocery list template** to make your food list.
- Set a date to go to the **grocery store** and go shopping.
- **Prep** a few recipes for the week. (Fail to plan, plan to fail!)
- **Print** your Phase 1 and Phase 2 **Detox Diaries**.

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Here's What We'll Cover in Coaching and Q&A Call #2:

- Part 4 – The Stress Management Plan
- Part 5 – The Sleep Plan
- Part 6 – The Exercise Plan
- Part 7 - Detox Boosting Tools
- Week 2 Action Step Plan

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You've **GOT THIS!**

The goal is to keep it **SIMPLE, FUN** and **EASY!**

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Q&A Time!



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