

INTRO

HEALTHY & FIT FOR LIFE!

8 Week E-Course
For Your New
Fit, Trim &
Vibrant Self!

Cherie Calbom
THE JUICE LADY™
health, healing and wholeness





Intro to Healthy and Fit For Life!

Forget yesterday - it has already forgotten you. Don't sweat tomorrow - you haven't even met. Instead, open your eyes and your heart to a truly precious gift -- today.

— Steve Maraboli
Author of Life, the Truth, and Being Free



Today is a new beginning for YOU

For Your New Fit, Trim and Vibrant Self!

Welcome to **Healthy & Fit For Life--an 8-Week E-Course and Group Coaching Program**. I am so happy that you have joined. I will help you lose weight for good and develop a healthy lifestyle. I am confident that you will not only lose weight, but will gain vibrant health. Best of all, you'll learn how to choose a healthy lifestyle--one you can live day after day for the rest of your life. This is the goal of a holistic weight loss approach – and this is my approach. This is how I live my life. That's what I'm sharing with you.

This is a comprehensive, holistic weight loss and healthy lifestyle program. Starting with the first lesson, you'll begin to understand why I say it's holistic. You'll understand why holistic weight loss and lifestyle change is the only real weight loss strategy that not only helps you lose weight, but helps you get healthy and stay trim for life.

My program addresses the whole person, and that makes a big difference between your success and yo-yo dieting year after year. This is your opportunity to experience the joy of being trim and healthy for good.

This program is NOT a quick fix, white-knuckle it program that you crash into to get weight off as fast as you can. The quick start juice fast will actually help you get weight off quickly. Rather, this program teaches you a lifestyle of eating that you won't want to ditch for your old way of eating. This new



lifestyle will help you not only lose weight, but keep it off. It will also help you get well and prevent disease.

Diets Don't Work Long Term

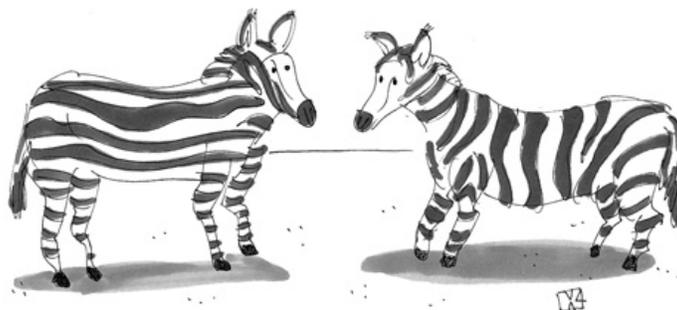
Statistics show that 95% of dieters gain 107% of their weight back within one year. Here is the big problem and the reason why EVERY diet has to fail. Diets simply can't work long-term – they are only short-term tactics. Most people can hardly wait to get back to their old eating habits.

Changes in our diet (e.g. less calories, fewer carbs, lower fat) TEMPORARILY leads to weight loss...no matter how little sense a diet makes. You can apply the most ridiculous diet and lose weight...at first. This is a normal reaction of the body to any kind of change in our diet.

This explains why hundreds of thousands of self-appointed weight loss experts can sell ANY diet and it will actually work for a short while whether it was healthy or not.

You may start eating uncontrollably again once it's over. This is just a normal reaction to denying what your body needs.

If diets don't work--what does? A healthy lifestyle change.



"They give me a slimmer, longer look."



Welcome to Healthy & Fit For Life!

What You Can Expect

There are an amazing eight weeks ahead of you, you can really look forward to each week and the new things you can put into practice to make a difference in your life.

Here is what we are going to cover in the next eight weeks:

Lesson 1 We're going to kick off

your fitness plan with options. You can choose a quick start plan of one, two, or three days of juice or green smoothie fasting if you choose. Or you can simply start putting into practice the goals for the week: drinking 8 glasses of water a day, drinking 2 glasses of veggie juice per day and/or enjoying 1 to 2 green smoothies. If you want a head start on your program, you can do a one, two, or three-day vegetable juice fast.

Cut back on carbs-- learn which ones are healthy and which ones are not, the ones that are fattening, and the carbs that are slimming. Take assessment of your body; weigh in and record your starting weight. Make sure your elimination is good--learn what is good elimination.





Lesson 2. This is the part where the fun begins, the part that gets your weight loss process going quickly with meal plans and recipes. Lesson 2 gives you a 7-day menu plan with recipes. You'll learn how to eat for health and fitness.

Lesson 3 is about exercising. In order to burn fat faster, you need to know HOW to exercise the right way. There are ways of exercising that don't get the best results and then there are other ways that really help you shape your body well so that you'll not only be slim, but strong. You'll be able to enjoy a healthy body.

Lesson 4 is probably the most crucial one to make your weight loss lasting. It eliminates everything that leads to weight gain on the PHYSICAL level, such as imbalanced pH leaning toward too much acid, heavy metals, and toxins. We'll discuss cleansing programs and pathways of elimination. If you don't take care of these aspects, you can lose 100 pounds or more, but you will gain your weight back and then some. Therefore, this is one of the most important modules. We'll also discuss cravings and what causes us to crave certain foods.

Lesson 5 moves into the emotional level to start changing your mindset and what triggers emotional eating. Without addressing emotional dependence on food and your current mindset, your weight and health will always bounce back and forth. You'll learn how to deal with emotions and what causes bingeing and emotional eating.

Lesson 6 is about improving the quality of your sleep. As you may already know by now, if you can't sleep well losing weight is difficult. When you don't get enough quality sleep, your hormones that promote hunger and cravings go up and your appetite control hormones go down.



Lesson 7 is about goal setting and goal achievement. Here you'll learn how to achieve and maintain your weight goal and any other goal in your life. You will learn how to win your weight loss battle.

Lesson 8 Navigating the unhealthy food aisles and Bonus Lesson "Inflammation and Weight Gain".

No Hunger "Attacks"

Most diets are based on the quantity factor--less calories, less fat, less carbs...but, what they completely ignore is the quality factor. The reason so many people crave various foods is that they lack quality food that offers enough vital nutrients to keep them healthy. It's a known fact that our fruits and vegetables have considerably less nutrients than forty years ago. No wonder people are more hungry. This is why we eat a meal and still want something more to eat shortly after. The fact is—your body is lacking some very vital nutrients, especially when you are on a diet. This program is based on quality. That's where juicing and/or green smoothies make a difference. They offer a concentration of nutrients along with knowing how to choose nutrient dense foods.

Kick Off Your Program With a Juice Feast!

If you want to jump into health and weight loss with a great start, you can do a one-, two-, or three-day vegetable juice or green smoothie feast (fast) starting Monday . . . or whatever day works for you.



Here's your Quick Start Juice Fast Menu Plan and Shopping List

A SAMPLE ONE DAY JUICE FAST MENU

Below is a sample menu for a day of juice fasting; repeat it if you're doing two or three days. This menu can be modified or amended to suit your individual needs and tastes. If you're doing a modified juice fast, you can take any of these juices, put the juice in your blender and add an avocado. This will make a great smoothie that is delicious and sustaining. You can add protein powder if you wish.

Breakfast

You can use these recipes or any recipes on my website or from my books. Just make sure that you are not juicing a lot of fruit. Choose only low-sugar fruit such as green apple, berries, or pear. Otherwise, it could be too much sugar, which will interfere with your blood sugar balance and your weight loss. If you don't have a juicer, you can make green smoothies in your blender.

Morning Zinger

- 2-3 medium carrots, green tops removed
- 1/2 cucumber, peeled if not organic
- 1/2 small or medium lemon (peeled if not organic)
- 1/2 to 1-inch piece fresh ginger root
- 1/2 green apple (optional)

Juice the carrots, cucumber, lemon, and ginger. If you decide to use apple, remember that it will add extra fruit sugar; green apple has less sugar. Cut the apple into pieces and feed into the juicer tube after the ginger. Stir the juice, and pour into a glass. Serve at room temperature or chilled. Serves 1



Note: If you have hypoglycemia or diabetes, this recipe might have too much sugar for you. Cut back on the carrots; use only 1 carrot and green apple (or omit the apple altogether.)

Midmorning Break

The Green Waldorf

3 to 4 leaves of Romaine lettuce or any other dark leafy greens

3 stalks organic celery with leaves

1/2 cucumber

1/2 green apple

Bunch up the lettuce one leaf at a time; push through with celery, cucumber, and lemon. If you decide to use apple, remember that it will add extra fruit sugar (avoid if diabetic or hypoglycemic). Cut the apple into pieces and feed into the juicer tube after the ginger. Stir the juice, and pour into a glass. Serve at room temperature or chilled.

Lunch

Spinach Tower of Power

1 to 2 cups organic spinach

1 handful parsley

1 stalk organic celery with leaves

1/2 beet (can juice stems and leaves too)

1/2 lemon, peeled if not organic (organic)





Bunch up the spinach and parsley, and push them through the feed tube with the carrots, celery, and beet. Stir the juice, and pour into a glass. Serve at room temperature or chilled.

Dinner

Southwestern Cocktail

1 medium vine-ripened tomato

1/2 medium organic cucumber

1/4 cup cilantro (or parsley if cilantro is too strong a taste for you)

1/4 small or medium lime or lemon, peeled if not organic

Dash of hot sauce (optional)

Cut the tomato into sections that fit your juicer's feed tube. (Or you can cut the tomato in chunks and freeze. Juice the rest of the produce. Cut the cucumber in half again lengthwise. Bunch up the cilantro, and push through the feed tube with the tomato, cucumber, and lime or lemon. Pour the juice into a glass, add the hot sauce (as desired), and stir. Serve at room temperature or chilled. Or you can put the frozen chunks of tomato in a blender and add the juice and blend until slushy.



Smoothie Options

You can add an avocado to any of the juice recipes and make a smoothie. If you don't have a juicer, you can blend greens such as spinach, lettuce, kale, or chard with avocado, some organic apple juice, a 1-inch piece of ginger, and a dash of lemon juice.



If you need something a bit more sustaining on your juice fast, you could have my energy soup for lunch or dinner, modifying your kick start program.

Cherie's Awesome Energy Soup

- 4-5 medium carrots
- 1 cucumber
- 2 ribs celery
- 1/2 lemon, peeled if not organic
- 1-2 inch piece of ginger root, peeled if not organic
- 1 ripe avocado, peeled and seed removed

Juice the carrots, cucumber, celery, lemon, and ginger. Add the juice to a blender and then add the avocado. Blend until smooth. Pour the mixture into a bowl and eat with a spoon. Delicious and nourishing, this is a great recipe for those with hypoglycemia or diabetes. Another variation is to use just carrot juice and avocado and blend with 1/2 tsp cumin.

Smoothie Options that you can make in a blender:

Berry Smooth

- 1 cup coconut milk
- 1 handful of spinach
- 2 cups fresh or frozen berries (blueberries, blackberries, or raspberries)
- 6 ice cubes (optional, may not be needed if using frozen fruit)

Combine all ingredients in a blender and process well until smooth and creamy/slushy. Serve as soon as possible. Serves 1. (From The Big Book of Juices and Green Smoothies)



Berry-Kale Slushy

- 1 cup frozen strawberries with caps
- 1 cup chopped kale
- Juice of 1 lime
- 4–5 ice cubes

Combine all ingredients in a blender and process well until smooth and creamy/slushy. Serve chilled.

Serves 2.

Jazzy Blueberry

- 1 cup almond milk or coconut milk
- 1 small avocado
- 1 cup frozen blueberries
- 1 cup baby spinach or chopped spinach
- 1–2 Tbsp. fresh lemon juice

Pour the milk into a blender and add the bananas, blueberries, spinach, and lemon juice. Blend until smooth and creamy. Serve as soon as possible. Serves 2.

Bedtime Snack (Optional)

Sweet Dreams Cocktail

- 2 romaine lettuce leaves





1 handful parsley

2 to 3 carrots

3 organic celery stalks with leaves

(If you have low adrenal function, you can add 1/2 tsp. cream of tartar and a dash of celtic sea salt; helps you sleep.)

Bunch up the lettuce leaves and parsley, and push through the feed tube with the carrots and celery.

Stir the juice, and pour into a glass. Serve at room temperature or chilled, as desired.

Shopping List for the 3-Day Juice Fast Kick Start

(Modify accordingly if you are doing a one- or two-day juice fast.)

5-10 pound bag organic carrots

6 organic cucumbers

6 lemons

1 large ginger root

1 bunch celery

1 head Romaine lettuce or other leafy greens

2 bunches spinach

2 bunches parsley

3 beets

3 medium tomatoes

1 bunch cilantro

Check Pantry - Hot sauce



Welcome my friend!

I look forward to working with you. I'll be here to answer your questions, help you with difficult moments, and cheer you on to reach your goals. I am excited for you, as you take your first step with Lesson 1.

I've set up a special Facebook page so you can post comments, share your struggles, and exchange recipes and food ideas with fellow participants around the world. Go to

<https://www.facebook.com/pages/Healthy-Fit-For-Life/258403904363050>

This will begin **January 12, 2015**. You will be added to the page, or you can click "request to join". This Facebook page will offer you lots of support. And I can answer your questions so that everyone will have a chance to benefit from the exchange.

We're going to have lots of fun!

Cherie