

## Life Enhancing Wellness Center, LLC

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## 21 Days to New You!

This is your road map for the next 21 Days to a new you. If you stick to this program you will ease your cravings and begin to reshape your metabolism and body. Understanding that hormones regulate your body composition is more than caloric intake is the key that most diets don't address. This system combined with the right supplemental support will make a difference for anyone that completes it.

It is true that anyone can change their health for the better and lose all the weight they want by just going back to basics and eating organic foods, exercising and getting the chemicals out of their home and work place. No supplements or "detox kits" needed. This process will take at least 5 years according to Dr. Freddy Ulan, DC who has treated thousands of nutrition patients over the last 4 decades. But the sad statistic is that most of you who go this route will fail; 90% won't have the stamina to go the 5 years and the 8% of you will have "other" issues that stop healthy eating for working for you and only 2% will actually be able to do it. The main reason you'd fail is that you can't do it yourself, alone, you need a coach. The most successful people in the world, the top 1% in their professions from athletes to businesspeople all have coaches that help them get there and stay on top. I am a Wellness Coach, Holistic Healer and have "coached" many people through crisis back to health.

If you want me to be your coach and do one-on-one work with you I am here. Everyone starts with my **Basic Participation level which is FREE** and gives you results. Then there is the more Advanced Participation levels right up to private one-on-one brain/lifestyle changing sessions that get great results. These higher levels have fees.

But anyone can do this **21 Day Metabolism Reset** and see results even without supplements. For those of you that have more significant health issues your progress may be slower but all who stick to the Program should see positive results. Those of you that want more than a few pounds lost will need to add specific supplements. Those of you that want lasting results will need coaching. **Ask yourself, "How did I get this way, when did I lose control and become some down trodden?"** Whatever state of health you are in now it's because of all the previous poor decisions you've made before now that have lead you to exactly where you are. No one else is to blame not even you are to blame. First step right now is to STOP blaming yourself for being over-weight and/or unhealthy but you do have to own up to your current state of health and take control by moving in a NEW DIRECTION. The only question you need to ask yourself is, **"Am I ready to start on a better health path?"** You will need another pair of eyes that see you from a different perspective if you want to move past where you are. That is what I can do for you.

If you are ready then read more on my 21 Day Metabolic Reset Program. If I pissed you off or you *"don't think this is a good fit"* then stop reading and do it your way. Either way I wish you all good luck!

Sincerely,

**Dr. Demetrios Kydonieus, *Chiropractic Nutritionist***