

Uneek Health
Living Life to the Full!

Eat Clean... The Clean Eating Revolution!

**Rejuvenate Your Body in
30 Days With Clean Food**



Deb Lister



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Hi! It's Deb Lister here, from Uneek Health.

First off, I would like to congratulate you on the excellent decision you've made to take the time to invest in yourself by listening to or reading this.

You're about to learn information few people know, that will allow you to finally take control of your body's aging process, slowing it down to a snail's pace. It's very likely you're currently accelerating your body's aging process without even knowing it. Every day you go without this information, you're making yourself look and feel older.

Don't worry, because there are changes you can make immediately to reverse that. Now instead of speeding up your aging, you'll slow it down. In most cases, you can even reverse much of the damage that's already been done, renewing and restoring your body to a younger, healthier state. Your health and wellness will no longer be at the mercy of misinformation spouted by the media and fancy advertisements.

During our time together, you'll learn how clean eating can assist in slowing down your body's aging from the inside out and even reverse much of the damage. It is our expectation that you will look younger fast, and with the increased energy and vitality you'll have. You can spend more quality time having fun with loved ones, without that "old person" fatigue.

Your confidence will soar as others notice the changes; the new youthful "glow" you seem to have. It will inspire others to improve their health as well, and set a good example for your children.

Imagine waking up 7 days from now, full of energy, with an attractive glow, and feeling better than ever. Receiving compliments from friends, family and even strangers. Having your age regularly guessed as 5, 10, even 15 years younger. All of this can happen for you, as long as you take action and follow the information you're about to learn.

Let's jump right in, shall we?

Welcome to the Clean Eating Challenge! You have joined millions of other smart people in taking a huge step towards rejuvenating your body. Over the next 30 days you'll start on the path to a new way of eating and a new lifestyle.

Why Eat Clean? What Does It Mean?

The **2 big questions** initially are:

1. Why eat clean? And...
2. What does it mean?

Clean eating isn't about deprivation. It's also not about spending tons of money at a fancy supermarket. It's not a diet – though you will probably lose weight.

Clean eating is about loving food, loving your body, and learning to fuel yourself in a way that you never imagined was possible. You don't have to spend days in the kitchen preparing meals. Clean eating isn't about complicated and time-consuming recipes.

What it **is** about is eating whole foods - foods that are free from artificial colorings, preservatives, and artificial flavorings. It's about avoiding foods that have been manufactured to last weeks, or months, on the shelf by stripping away their natural oils and nutrients and "enriching" them with man-made ingredients.

Over the next 30 days you're going to begin to shift from your current way of eating to a clean eating lifestyle. It's a fun challenge that will positively impact your life in ways that you cannot imagine. It won't be completely easy, and there will be challenges. But with the tips and tricks provided here, you'll make it through those challenges.



What to Expect

Now – Here’s what to Expect.

As mentioned, there will be challenges. There will be many successes and benefits, too. Let’s start with the challenges that you may face.

First: Fatigue - Depending on your current diet, you may be addicted to sugar and refined carbohydrates. As you remove these from your diet you may experience fatigue. Your body may go through a type of withdrawal. You may even have headaches. The good news is that these symptoms only last for a few days, and they can be managed with healthy foods.

Another challenge is **Overwhelm** - It’s possible that you may feel overwhelmed by the challenge. We’ve worked hard to make each and every day manageable and enjoyable. If you feel overwhelmed, simply take a step back. You can repeat days and customize this challenge to fit your individual needs and goals.

Another challenge is **Cravings** - After a week or two of clean eating your cravings will go away. They’re often part of the withdrawal process. There are tricks that you can embrace to make the cravings go away. For example, did you know that healthy fats beat sugar cravings? Eat half an avocado or put coconut milk cream in your coffee. You won’t want sugar anymore and you’ll be satisfied.

They’re the challenges you will probably encounter.

But **here’s the benefits** – and these are HUGE!

Benefit 1: Weight loss - It’s not uncommon to begin shedding pounds almost immediately. Think about it, if you drink a soda or a sweetened coffee drink every day, you’re consuming 10 to 20 teaspoons of sugar, which is between 200 and 400 calories. And that’s just in one drink!

Add up the other sugar that you consume in the form of packaged foods and other refined carbs, and you’re easily consuming around a pound of sugary calories every day. Eliminate those and replace them with nutrients and you’ll see the weight come off. I’ve known people to lose 5 pounds the first week they stopped drinking soda.