

My Busy Healthy Life Phase 1

While you are waiting....

- **You still have time** to call a friend and invite them to join us! It will be soooo worth their time and yours!

- They can join us at this link:

<http://www.instantpresenter.com/aimwebinar140>

- Printable Notes Available At

<http://thewellnessworkshop.org/wp-content/uploads/2014/01/Phase-1-MBHL-Webinar.pdf>

My Busy Healthy Life Phase 1

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Presented by:

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AIM Director and Certified Health Coach

My Busy Healthy Life...
so your body can accomplish what your
heart dreams...at any age



Wonderfully Well

Celeste Davis

My Busy-Healthy Life

The most effective Biblically Based Healthy Lifestyle Program On The Web

My Busy Healthy Life Life Transformation System

Who Will Benefit from My Busy Health Life?

- People who want to lose stubborn fat and reach a comfortable weight
- People who have received a negative diagnosis and believe real food and healthy lifestyle practices can help them heal
- People who have chronic health problems and don't want to manage them with drugs but want their body to heal
- People who have studied healthy eating and living for years but can't seem to put it into practice long term
- People who want to develop a healthy lifestyle they can live with but don't know where to start
- People who enjoy and have the equipment for web-based learning (computer and internet connections)

My Busy Healthy Life 4 Phases

- Phase 1 Prepare Your Mind
- Phase 2 Cleanse Your Body
- Phase 3 Listen to Your Body
- Phase 4 Practice What You Know

Phase 1 Prepare for Transformation

My Busy Healthy Life is designed to

1. Teach you a system for a healthy lifestyle you can sustain long term
2. Stimulate your body's created internal healing system
3. Remove toxins from your body, mind and spirit so you can be well

Based on Natural Health and Biblical Principles

Psalm 139:14

I praise you because I am **fearfully and wonderfully made**; your works are wonderful, I know that full well.

Phase 1 establishes habits to help you maintain your healthy lifestyle long-term, even with a busy life!

What A Cleanse Can Do For You

- Increase Energy by decreasing toxic load and enhancing digestion
- Normalize Blood Pressure, Blood Sugar and Cholesterol with alkalizing and nourishing food choices
- Lose Weight as toxins are eliminated and digestion is enhanced – Fat stores toxins
- Rest Well as your body is able to relax and do it's job No sleep = More Fat

For more support in your journey

- To learn how to join My Busy Healthy Life go to <http://thewellnessworkshop.org/start-here-2/>
- To join a My Busy Healthy Life Mastermind “Grow” Group go to <http://thewellnessworkshop.org/start-here-2/my-busy-healthy-life-mastermind-group/>
- To learn how to engage with Celeste in personal coaching go to <http://thewellnessworkshop.org/about-us/> and <http://thewellnessworkshop.org/shopping-cart/discovery-session/>

But Will It Work For Me?

- 22 years old no more allergies
- 32 years old no more allergies since 2006
- 38 years old reversed diabetes
- 44 years old normalized blood pressure & cholesterol
- 50 years old normalized blood pressure and cholesterol
- 55 years old removed plaque and reversed heart disease
- 65 & 70 years old reversed diabetes and normalized cholesterol and blood pressure
- 85 years old increased energy and off 3 meds, no pain
- 87 years old finally waking up with no pain

Today We Will Cover

1. How My Busy Healthy Life works
2. Important steps of Phase 1
3. Preparing for a 28-day cleanse
4. How to find your Big Why or Trump Card
5. Most important factor in a sustainable healthy lifestyle

How My Busy Healthy Life Works

- You sign up and receive a confirmation email
- Your first email has 5 Action Steps and education regarding WHY you are doing those steps

How My Busy Healthy Life Works

- Each week builds on the previous week. The good habits you begin in Week 1 carry on in Week 2, etc.
- Each week you will have 5 or 6 DOABLE action steps
- Recipes
- Shopping Lists
- Ways to save \$\$ on your food budget

How My Busy Healthy Life Works

- Teleclasses for each week
- Webinars for each phase
- New Friends
- Increased Energy, Reversed Aging and Disease, Rest Well
- Accomplish your God-Given Mission in life

Habits of the Most Successful People

1. They know and OWN their Trump Card
2. They are faithful to Plan and Prepare their foods each week
3. They are accountable on My Fitness Pal
4. They complete their PST each week

Remember These for Phase 1

- You **MUST** drink your water
- You **MUST** move your body



Be Aware of What is in Your Food

Focus on reading **Ingredients** not on the nutrition facts on food labels

“I was buying gluten free foods because I’m extremely allergic to corn and gluten; when I started

Reading the ingredients I Discovered almost ALL my gluten free foods contained CORN so I was poisoning myself with “healthy foods” Paula

Create Your To-Go Bag



Keep it stocked! We tell you what to keep in it. Make sure you take it with you when you leave the house.

“I was gone from home many hours when my father had an emergency visit to the hospital. I was so thankful for my To Go Bag. I had everything I needed to take care of myself while caring for my parents, it really eased my mind, and I felt great.”

Anonymous

Order Your Cleansing Products and then create your own system

To be successful you need a system that is easy to do, no hunting for this or that. Put it all together in an easy to reach place that makes sense to you.

Dave had his in a big to go bag because he works long hours and wanted his products available on the job.



Prepare for Your Cleanse

We Have ABSOLUTE control over our time...we really do...everyone has the same amount of hours each week. YOU decide how you spend them.

- **Plan**
- **Shop**
- **Prepare**

You will have success!

The Right Way to Cleanse

YOU Do Your Part!

You give diligence to the things that are within your control...

- Food
- Thoughts
- Relationships

The Right Way to Cleanse

YOU Do Your Part!

You give diligence to the things that are within your control...**Eat Real Food**

- God-Made food, at least 75% raw at each meal
- Do not let other people's addictions determine your future
- It's not rocket science, its' wise choices One Day At A time

The Right Way to Cleanse

YOU Do Your Part!

You give diligence to the things that are within your control...**Change Your Thinking**

- As a man thinks in his heart so is he...Proverbs 23:7
- Practice Gratitude

Dr. Carolyn Leaf - www.drleaf.com

Your Trump Card

What Sets Successful People Apart from Unsuccessful People?

- They know the BIG WHY of what they are doing
- Trump Card takes all

Matt Burhart's Story

<http://thewellnessworkshop.org/playing-my-trump-card/>

Olympic Success

<http://thewellnessworkshop.org/add-this-to-your-big-why-for-olympic-results/>

90% Of Your Success Is In Your Mind

**Take Responsibility for
what you
ABSOLUTELY have
control over**

- The foods you eat
- The thoughts you think
- The relationships you develop



The Other 100% that Creates Success



Self Discipline

The Other 100% that Creates Success

self-dis-ci-pline

noun

noun: **self-discipline**

the ability to pursue what one thinks is right despite temptations to abandon it.

Discipline the Road to Success

**# 1 Discipline develops
motivation for positive Life
Transformation**

Discipline the Road to Success

2 Discipline helps to overcome addiction

As a man thinks in his heart so is he...Proverbs 23:7

Discipline the Road to Success

3 Discipline helps to develop healthy eating habits

Discipline the Road to Success

**#4 Discipline is the ONLY WAY
to good health!**

Psalm 139:14

I praise you because I am **fearfully and wonderfully made**; your works are wonderful, I know that full well.

The Other 100% that Creates Success

Insanity

**Doing the same things over
and over and expecting
different results**

The Other 100% that Creates Success

self-dis-ci-pline

the ability to pursue what one thinks is right despite temptations to abandon it.

One Day At A Time

**It's Not Rocket Science...
Folks, It's Wise Choices...**

One Day At A Time

The Solution

My Busy Healthy Life

Create A Sustainable Healthy Lifestyle Not An Event

**Walk systematically through Four Steps your body
requires to keep you strong and healthy**

To Cleanse Daily Your Body Requires

- Phytonutrients and Enzymes
- Beneficial Fats
- Minerals
- Antioxidants



My Busy Healthy Life teaches you to choose, prepare and enjoy nutrient dense enzyme rich foods with menus and recipes

The Solution

My Busy Healthy Life

Our Products ARE FOOD

The AIM Dehydrated Juice Powders and ProPeas are whole foods that give your body what it needs to cleanse and repair itself on a daily basis so it can keep you strong and healthy at any age.

Our Cleansing Products support your body's natural systems rather than “making” your body do something.

The KEY

My Busy Healthy Life

A System is the Key

You have a system for everything you do...what you do when you get up...how you brush your teeth... what you do at work, with your relationships, etc.

We help you to create a system for self-care!

The Solution: My Busy Healthy Life

A System for Sustainable Change

Each step of the program teaches you

1. What to do
2. Why you are doing it
3. How to keep it up long term
4. Your personal experience in the program creates a new value system for self-care

My Busy Healthy Life

Sustainable Healthy Lifestyle

“My Busy Healthy Life helps you create a nourishing lifestyle where you are healthy using simple systems you will be able to continue for a long time.”

My Busy Healthy Testimonials

<http://thewellnessworkshop.org/testimonials/>

Read other's stories of weight loss, health improvement and new focus in life.

My Busy Healthy Life...so your body can accomplish what your heart dreams...at any age

My Busy – Healthy Life

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