

21-Day Detox Challenge - Only \$21!



We are excited to Introduce Movements 4 Life's 21-Day Detox Challenge!

It's time to STOP TALKING and to START DOING, the choice is all yours and it STARTS NOW...

It's a New Year and you really want to get healthier and finally lose that excess weight, don't you?

Well, what's holding you back?

- Do you have sugar and carb cravings that just drive you nuts?
- Do you suffer from fatigue, lethargy, depression or anxiety?
- Do you feel like total crap (brain fog, cloudy thinking, no concentration) when you go on a "diet."

If you answered "YES!" to any of those questions, well my friend, you're not alone. I'm right there with you. So is my wife, and business partner, Janell. And, so are MILLIONS of other Americans who struggle to lose weight and keep it off.

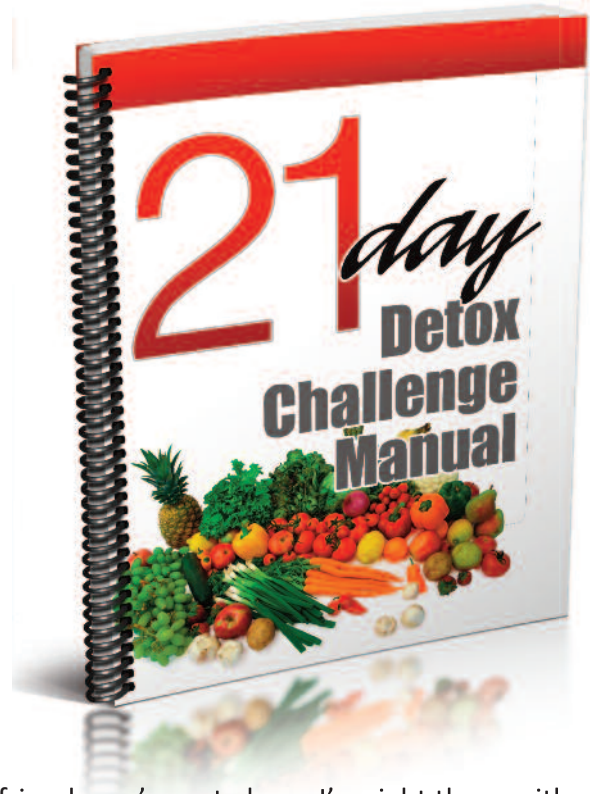
Each and every day of our lives we are exposed to other harmful toxins in our food and environment. These come in the form of food additives, air pollution, plastics, skin "care" products, soaps, dry cleaning, and hundreds of others.

These toxins can lead to a host of less than pleasant problems:

- Bloating
- Gas
- Constipation or Diarrhea
- Canker Sores
- Difficulty Concentrating
- Excess Weight
- Difficulty Losing Weight
- Fatigue
- Fluid Retention
- Food Cravings
- Headaches
- Heartburn
- Joint Pain
- Muscle Aches
- Sinus Congestion
- Skin Rashes
- Sleep Problems

More serious conditions that may benefit from a proper detox program include:

- Arthritis
- Asthma
- Allergies
- Autoimmune Diseases
- Chronic Fatigue Syndrome
- Diabetes
- Fibromyalgia
- Food Allergies
- Heart Disease
- Inflammatory Bowel Disease (Crohn's or ulcerative colitis)
- Irritable Bowel Syndrome
- Menopausal Symptoms (mood swings, poor sleep, hot flashes)
- Menstrual Problems (PMS, heavy bleeding, cramps)
- Migraine Headaches



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That's a pretty ugly list of issues. I want no part of any of them, and neither do you...

That's why you need to join us at Movements 4 Life in our 21-Day Detox Challenge!

Toxins enter our body through the food we eat, the water we drink, the air we breathe, and the things we allow to touch our skin. Oh yeah, and prescription drugs, too - you gotta love the disclaimers at the end of the commercials while they play pleasant background music and people are dancing in the field.

Toxic Overload can disrupt the body's ability to naturally fight off illness. Reducing toxic overload and inflammation in the body can restore healthy functioning.

"Now It's Your Turn to Take Control of Your Health and Get the Body You Deserve!"

The M4L 21-Day Detox Challenge will give you the education, tools, and support you need:

- 21-Day Detox Meal Plan That Eliminates All The Guesswork
 - Discover the right way to detox
 - Get an easy-to-follow step-by-step plan
 - Learn how to transition to a long-term plan and still enjoy the foods you love
- 21 Delicious Recipes That Your Family Members Will Love
- Grocery Lists to Make Shopping Quick & Simple
- Online Support Group to Ask Questions, Share Ideas, and Get Feedback
- 21 Daily Tips and Accountability Messages to Keep You on Track to Your Goal
- And a few other things we're cooking up for you...

The benefits you'll receive when you do the 21-Day Detox Challenge are, in my opinion, are enough to get started:

- Weight Loss
- Better Digestion & Elimination
- Decreased Chronic Illness Symptoms
- Improved Concentration, Mental Focus & Clarity
- Greater Mood and Sense of Internal Balance
- More Energy & Feelings of Well-Being
- Less Congestion & Fewer Allergy Symptoms
- Reduced Fluid Retention & Joint Pain
- Enhanced Sleep
- Nicer Skin
- And the list goes on...

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Take Control of Your Health & Weight Loss for Just \$21!

Join Us Today in the Movements 4 Life 21 Day Detox Challenge!

Here's How You Get Started:

1. Click [here](#) to register
2. Schedule your Weight and Body Fat % measurement
3. Stick to the Plan
4. Rely on the Coaches for Support
5. Have Fun!

I have been waiting to introduce this 21 Day Detox as another service at Movements 4 Life and now it's finally HERE! Use the detox as that "swift kick" to help you get in gear. We are here to help coach you along the way...let's make this YOUR year together!

Alex Chemerov
Owner, Movements 4 Life

P.S. – Despite it being JUST 21 Days, don't underestimate what you can accomplish in such a short time. Remember, "THEY" say it takes 21 days to make a habit...THIS is where it all starts!

P.P.S. - The only thing you have to lose by registering for the 21-Day Challenge is excess fat, unwanted inches, ugly body fat, and harmful toxins. We stand by it so much that your registration is backed by our 100% Satisfaction Guarantee. IF it doesn't work for you, we WILL refund you with no questions asked.

Disclaimer: Movements 4 Life 21-Day Detox Challenge is not intended for the treatment or prevention of disease, nor is it a replacement for seeking medical treatment or professional nutrition advice. Do not start any nutrition or physical activity program without first consulting your physician. Participation in this program is at your own risk. Movements 4 Life Inc. and its staff are neither responsible nor liable for any harm or injury resulting from the use of the program.