



# The 21 Day Total Body Transformation

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# Program Philosophy

The 21 Day Total Body Transformation program is extremely affordable and backed by science and research to achieve the best outcomes possible. The system is defined and organized to give you the tools and support to reprogram how you eat, exercise and fuel your energy needs. The result is a complete reboot of your metabolic function as well as an amazing educational program with daily tasks provided to ensure success.

21 days is enough time to begin to influence metabolic biochemistry and fuel partitioning, so you can get a handle on hunger, appetite, and cravings. You will be well on your way to becoming a “fat burning beast”.

Related to lifestyle and exercise, 21 days is a suitable length of time to begin dabbling in—and progressing through—the Primal Essential Movements; even for a novice exerciser. It's an opportune duration to begin to shift habits around sleep, play, rest, and stress management.

## This Program Works!!

**It works!** Clients crave results. With the right amount of support and encouragement, I know that you will *feel better* in just 21 days on a Primal lifestyle. I will deliver a program to you that is tailored to align to your life, resulting in health and weight management benefits far greater than the low cost.



**For 21 Days** you will be supported and guided to know exactly what you need to focus on and will receive educational material to guide you not only through each day of the program but long into the future.

## Why 21 Days?

Twenty-one days represents a benchmark in the gene reprogramming process, and not coincidentally, is also believed by many experts to be the length of time required to eliminate old habits and replace them with new ones. Make a sincere effort to follow this program for 21 days and you'll be transformed for life-as long as you remain on the Primal path.



**Don't delay...act now!**

With a simple phone call or email you can change your life. Sign up is easy and you will begin to make change almost immediately.

The cost:

*21-day total body transformation*

**\$100**

Contact Vern Gorman today at [livingalignedhc@gmail.com](mailto:livingalignedhc@gmail.com) or call: 780 246 7441

