

Testimonial from Sarah Cox - Fibromyalgia, Depression, Lethargy

So here we have some more positive results to share from one of my lovely clients having completed the 21 Day Purify Programme.

What seems to be more valuable in Sarah's case is that it's altered the way she views her health and nutritional needs, and self care is not a luxury for her now, but an essential. I'm so thrilled for her and what this will mean for her health going forward.

Sarah is now enjoying:

- ✓ improved experience of monthly cycle
- ✓ elevated mood and positive attitude
- ✓ stronger nails
- ✓ strong and glossy hair
- ✓ radiant skin
- ✓ pain in hands/wrists gone
- ✓ improved eating habits
- ✓ increased awareness of good nutrition
- ✓ weight and inches lost despite eating more than ever!
- ✓ improved stamina
- ✓ greater sense of relaxation and ease
- ✓ balanced and appropriate appetite
- ✓ bowels more regular

"Today marks the end of my microbiome reset programme but in no way the end of my journey of change..

I know that my mentor is more than happy for me to be entirely candid with my findings and I'm endlessly grateful for her support and guidance.

The interesting but least important facts are, I lost just over 2kgs in weight despite eating more than I ever have in many a year and 7cms in total from around my body.

Pain wise I now have none in my hands which is the most noticeable improvement, the rest is virtually the same but I anticipate further improvement as I intend to carry on with most of my new diet. This isn't a quick fix and I know that my progress may take longer than some as I'm battling numerous ailments and medication.

My skin has never been so clear and my hair is thick with a shine I've not seen for years.

It's been tough as hell and emotional as I realised just how many 'crutches' I relied upon and how broken I felt without them but was it worth it? Absolutely..

One or two things I shall reintroduce, I can't wait to have a cup of tea and if I really feel like a Freddo from time to time I'll have one, but I don't need them. The most important change for me has been realising that I am worthy of self-care and nourishment and what that means to my physical body and emotional wellbeing.. Food is not my enemy and courgette is nothing to be afraid of!!!

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