

21 DAY VIDEO SERIES

It WILL ANSWER A LOT OF QUESTIONS!!!

Video 1 WHAT TO EXPECT AND TIPS <https://youtu.be/74n3o8SLl8>

Video 2 DETOX WEEK/ MEAL PLAN: <https://youtu.be/UVDivxXRw1I>

Video: 3 DETOX SUPPLEMENTS: <https://youtu.be/6DGtws6mOFo>

Video 4: TIPS, TRICKS and DETOX: <https://youtu.be/yGgFwbaRrEk>

Video 5: WHY ELIMINATE: <https://youtu.be/Z03m4KFv4GI>

Video 6: PHASE 2 – FAT SHREDDERS: <https://youtu.be/W94wfchsFY>

Video 7 PHASE 2 – SUPPLEMENTS: <https://youtu.be/hwb6zT8jhlk>