

Fresh Start Training Summary

Finally a complete and natural slim & cleanse kit!

Fresh Start addresses cravings, poor habits and mental focus to keep your customers motivated and calm, while providing a physical cleanse.

EASY 10 DAY PROGRAM:



CLEANSE to recharge, rebuild and revitalize.
Liver Elixir
10ml 2 x per day
added to water bottle.



HYDRATE to curb cravings & keep energy high, by sipping from your water bottle throughout the day.



BREAK UNHEALTHY HABITS
Habit Relief
10 drops, directly into the mouth,
4 x per day

What do your customers want to give up?

- Fatty foods
- Sugar
- Alcohol
- Coffee
- Cigarettes

Help them Slim & Cleanse



The first formula on the market to support the whole person by addressing both emotional & physical habits.

Fresh Start may be added to any weight loss regime. **For your free eating plan and tips go to www.martinandpleasance.com**

For your customers:

Who feel stuck with their weight goals
With poor digestion, bloating and constipation
Lacking motivation and energy
With constant poor lifestyle habits and choices



Stay Calm & Focused
Remain Motivated
Break old habits

Why you should recommend Fresh start over other detox products?

- Includes unique **SCHUESSLER TISSUE SALTS** to stimulate cellular metabolism
- Addresses emotions, habits and cravings while cleansing the liver
- A complete kit – easy to use

Fresh Start is suitable to recommend to everyone

Suitable to use with medications & supplements.
Lactose free.

Complete Kit ALL IN ONE

2 formula's & water bottle *Plus* – information booklet



Fresh Start Training Summary

Habit Relief formula

Addresses emotional habits for effective weight loss: Motivation, new positive habits, drive and calm.

Alfalfa 4X - tones the appetite and digestion resulting in improved mental and physical vigor & balances overeating.

Avena sativa 4X - Nervous exhaustion, overindulging in alcohol and cigarettes, sleeplessness and nervous headache.

Capsicum 6X, 12X - Poor digestion with sluggish metabolism. Low in spirits with intense cravings for stimulants.

Passiflora 4X 12X - Cravings for stimulants, restless and wakeful. Overactive nervous system in individuals who are mentally worried or overworked.

Colocynthis 12X - Extremely irritable, intense hunger with pain after eating.

Gelsemium 6X - Mental apathy, sluggish circulation, dull heavy head with weak stomach.

Ignatia 12X - Changeable mood, grief and worry made worse after dependence on stimulants. Cramps in stomach & cravings for acid rich foods.

Mag carb 12X - Alkalinising effect, heavy abdomen and always feeling bloated.

Nux vomica 8X, 12X, 30X, 200X - Ravenous hunger, desire for stimulants and cannot say no to fats. Digestive imbalance, irritable and always seems out of tune.

Phos acidium 12X - Apathetic, indifferent and cravings for sweet foods. Sleepiness after eating with nervous exhaustion.

Veratrum Album 8X - Voracious appetite with cravings. Pain in abdomen with constipation.

SCHUESSLER TISSUE SALTS

Kali Phos 6X - Mental and physical depression, anxiety, brain fog with discomfort experienced in abdomen.

Nat phos 6X - Conditions arising from too much sugar in diet. Excess acidity with reflux.

Mag Phos 6X - Great thirst, flatulent colic with full sensation in abdomen.

Calc Phos 6X - Great hunger with thirst, poor digestion, strengthening effect on body and the nerves.

Ferrum Phos 6X - Desire for stimulants with vomiting of undigested food. Sour reflux with poor digestion.

Liver Elixir formula

Cleanses the liver, detoxifies, improves digestion, eases bloating and improves energy

Aloe 6X - Lymphatic imbalance, flatulence after eating, fullness in region of the liver.

Berberis vulgaris 4X - Constipation, heartburn, promotes the flow of bile supporting breakdown of fat in the body.

Carduus marianus 4X - Liver imbalances, constipation, overindulging in alcoholic beverages.

Cheledonium 4X - Liver pain, nausea, sluggish bowels, lethargy, headache.

Euonymus atropurpurea 6X - Mouth dry, thirsty, stomach full and uncomfortable. Flatus and pain.

Lycopodium 6X - Very weak digestion, after eating much pressure in stomach. Wakes at night feeling hungry.

Taraxacum 4X - Gastric headaches, bitter taste in mouth, liver enlarged and feeling bloated.

SCHUESSLER TISSUE SALTS

Kali Mur 6X - Supports the metabolism of sugar and protein and regulates the levels of sodium in the body which aides balance of fluids in the body.

Nat Sulph 6X - Suitable for water retention, boosts the functioning of liver, kidneys, gallbladder, intestine by aiding secretion of digestive juices - provides a detoxifying effect.