

STOP playing games with your health

Hi (name),

Did you happen to catch *The Queen's Gambit* series on Netflix?

Now, I'm not a big TV watcher, however, after hearing all of the rave reviews, I decided to check it out...

My husband Xavier and I managed to finish the entire miniseries in just 2 evenings... and I **highly** recommend it!

If you haven't seen it, the main character in the show (Beth) wants to become the best chess player in the world, yet her risky behavior almost gets in the way of her success.

And this got me thinking about why most weight loss attempts fail.

In my functional medicine clinic, I saw hundreds of patients who were struggling to lose weight... and after a while, I noticed a trend:

So many reported doing risky things every single day (*just like Beth*):

- ✓ Regularly stress-eating processed carbs and sugar
- ✓ Losing sleep due to excess blue light exposure from electronic devices
- ✓ Neglecting physical activity
- ✓ Ingesting harmful toxins on a regular basis

Eventually, all of these things **will** catch up with you, ultimately *sabotaging your success*.

Remember in the program, I already talked about the dangers of hidden sugars, the importance of quality sleep, stress relief, and physical activity...

Which leaves, you guessed it:

Toxins.

Now, want to hear something scary?

Today, there are over 40,000 chemicals being used in consumer products in the US.

We are bombarded by these dangerous toxins on a daily basis through:

- The air we breathe
- Pesticides sprayed on crops we consume
- Mercury in our dental fillings and from ocean fish
- Personal care products
- Our water supply
- Plastics (even some claiming to be BPA-free)

They can disrupt our hormones, not to mention, cause a whole host of other issues.

Now I know it's simply not possible to avoid every single toxin on earth...

However, there ARE ways you can start shrinking your waistline by simply avoiding these nasty, hormone-disrupting chemicals — some of which you have in your home right now.

And if you haven't already, I highly encourage you to check out the section on detoxification (pages 22-23) in your **30-Day Guide** by clicking below:

[Take me to the 30-Day Guide](#)

The guide gives the same tried and true advice I've shared with my functional medicine patients for years and it's *highly effective*.

By doing little things like switching to all-glass food containers and not storing water in plastic bottles, you'll be ahead of the game when it comes to reaching your ideal weight.

Checkmate :)

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