



Welcome to Day THREE of the Get Off Your Acid 7-Day Cleanse, you are nearly HALF WAY!

I am happy to report that one of our fellow cleansers, who started before us, JUST finished her cleanse...

She rocked it, losing 4 pounds in 7 days, is feeling massive amounts of energy, and most importantly, felt so good emotionally about what she just accomplished over the past 7 days and her follow through with the program.

How cool is that!?! Way to go! And here's the GOOD news - you're past day two which for most people is the hardest day....and all of those goals you were looking to achieve before you started are not too far out of reach!

By the end of today, you should start to see the sprouts of all of your hard work and discipline so far.

And if you're still experiencing cleansing symptoms and not to that place just yet physically or emotionally, DON'T panic...

Your body is doing EXACTLY what it needs to do!

You'll be there soon, so keep it up, you're making progress and your body is thanking you for it.

This especially goes for weight loss which accelerates rapidly towards the end of your cleanse.

At this point in the cleanse, the 'honeymoon phase' is over for all of us. It is very normal for temptations and cravings to still come about – so DON'T give in to them.

Stay focused on your end goal in mind. And I know I sound like a broken record, but continue to pound the water.

EVERY morning, revisit your WHY for why you decided to start this cleanse in the first place....and EVERY night revisit your Cleanse Workbook and take 1 minute to write down what you are grateful about today.

Play full on and you will get exactly what you are looking for!

I am very grateful to be on this journey with each and every one of you to take our health and our lives to the next level!

"When you're grateful, fear disappears and abundance appears." Anthony Robbins

Keep it going gladiators, and I'll see you tomorrow!

GET OFF YOUR ACID & STAY ALKALINE!

Dr. Daryl

**AlkaMind**  
GET OFF YOUR ACID.