



Congratulations - you're half way there!

By now, most of you should be over the HUMP in regards to any cleansing symptoms you may have been feeling.

If you were having headaches or feeling tired or even moody (yes, this does happen on the cleanse), that will soon be replaced by increasing levels of energy, better sleep, a few less pounds, and overall good feeling about where you are.

If you're not there yet, hang in there with me and **STAY STRONG!**

If you haven't been using the Private FB Group, now would be a good time to go and check it out.

Your support for each other, recipe pictures, and questions and answers have been absolutely **AMAZING**. Go post how you are doing and you will be amazed at how this will help get you through.

Lastly, remember that everyone is different. No two people, no matter how similar their cleanse protocol may be, **EVER** respond the same.

We all have different stresses physically, chemically, and emotionally. We also have different backgrounds in regards to how we eat, drink, think, and move all leading up to this cleanse.

With that said, how you respond will be different as well.

There is a saying I love....

'Don't give up five minutes before the miracle happens!'

For some people, many of the benefits come through towards the end of the cleanse and the post-cleanse transition period.

When you **GET OFF YOUR ACID**, your health will never be the same.

There is nothing that tastes as good as fit and healthy feels. At the end of the 7 days, you are going to feel so good you are not going to want to go back!

Alkalize and Energize!

Dr. Daryl

**AlkaMind**  
GET OFF YOUR **ACID**.