



WOW – I can't believe it's already day five!

This is one of my favorite days, as we are over the half way mark, and the end is in sight!

You have **MOMENTUM**, so don't take your foot off the gas pedal!

Stay as focused and disciplined as you were on day one with your end goal in mind.

Make sure to keep doing the little things that will catapult your results in the last few days:

- 1:4:2 Power Breath
- At least 1 Daily Greens & Daily Minerals each day. More is a bonus!
- Olive Oil and Lemon Cocktail
- Some form of daily alkaline exercise, whether its 10 minutes on the rebounder or whole body vibration, or going for a nice walk with some deep breathing.
- Toxin Eliminator Bath
- Taking your supplements (Omega 3 Fatty Acids and Probiotics)
- Getting Plenty of Rest & Sleep!
- Don't Cheat – you've made it this far!

Most cleansing symptoms are behind you, and you are starting to reap the benefits from all of your hard work.

If you are still feeling any headaches, fatigue, skin outbreaks, etc - **DON'T PANIC!**

All of these are **NORMAL** reactions as the acids and toxins continue to move through your body.

These are signs that you had a lot of acidity in your body before you started, so keep on alkalizing, you are healing!

Your energy is beginning to improve, and your motivation should be sky-high!

Today, you may also start to feel a new sense of vitality and emotionally alive!

You should be so proud of your commitment to do this cleanse, and take your health and energy to the next level.

You absolutely deserve every benefit you are feeling now and that is coming your way!

It's not just the physical changes that you should be proud of.

You are in CONTROL of your health and your emotional state and it feels AWESOME!

We're almost there, FINISH STRONG!

Dr. Daryl

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