



Can you believe it – Just ONE more day to go after today!

You are nearly there!

There is no question that when you resolve to attain something, there is incredible momentum and POWER created that moves you toward manifesting whatever it is you want in life.

This is what each and every one of you have shown on this cleanse – and I commend you for that.

Whatever your goals or outcomes were for this cleanse, keep them front and center and continue to LASER FOCUS on those outcomes.

Wherever your intention goes, the energy flows.

If you were looking to lose weight, have more energy, or just detox your life, focusing on your HEALTH will allow you to move closer to all of those goals.

For many of you, the cleanse has exceeded every expectation to this point.

For others, you may not have progressed at much as you like – don't worry. Just the mere fact that you are on DAY SIX is huge progress...

And progress = HAPPINESS!

Nearing the end of the cleanse, we will soon be discussing your transition back to your regular lifestyle.

You're discipline, determination, and PURPOSE has helped get you to this point, but as the cleanse finishes after tomorrow, temptations will soon arise around you.

I don't say this to be negative, but to be practical.

It's important that you are clear NOW on what it is you are willing to do or not do to avoid any setbacks from what you accomplished on this cleanse.

What are your absolute MUSTS in regards to your health and energy that you can no longer compromise on?

At the same time, what are some things that you learned this week that are simply not a priority or practical for you to follow through on?

For example, it's nice to make your smoothie every morning, your dinner every night, and have a Daily Greens and Daily Minerals every day, but is this really sustainable for you?

What can you commit to moving forward that you will do EVERY day no matter what is happening in your life?

The outcome is to set a standard that's high enough so that you will fulfill your vision and goals but one that is also very achievable for you.

I am here to help you with these goals as we transition from the cleanse to make them real and practical for you.

This will be the purpose of our post-cleanse call, so you have the necessary tools and strategies to take what you have learned this week, and make it real in your life so you can sustain all of the good ground you have gained!

Finish Strong....Victory is Near!

Dr. Daryl

AlkaMind
GET OFF YOUR ACID.