



Did you ever think you'd get this far?

I did. I had faith in you :)

Today is the final day of the Get Off Your Acid 7-Day Cleanse, and I hope you've loved every minute of it as much as I have.

It's exceeded every expectation I could EVER have, and I hope it has yours as well.

At the end of day today, it would be an awesome time to revisit your Cleanse Workbook and take the post-cleanse Acidity Quiz – you're going to be amazed at how much has changed in only 7 days!

If you haven't had a chance to visit the Cleanse Workbook, that's totally ok.

Now would be a good time to write down FIVE MAGIC MOMENTS or WINS you've experienced over the past week.

Moving forward, what are you still looking to improve upon?

What daily strategies or protocols have you learned this week that you are going to commit to implementing every day (no matter what!) to help get you there?

How motivated and committed are you to making those strategies a MUST?

"Change is not a question of capability - it's almost always a question of motivation!"

-Anthony Robbins

[Click here to listen to the replay](#) of the post cleanse call I recently did with a group cleanse.

---> I HAVE A FAVOR TO ASK OF YOU

I would love for you to go to the [Get Off Your Acid FB Cleanse Community](#) right now and post your 'BIG WINS' that you've gotten out of the past 7 days.

What is different about you NOW than before the cleanse began? Feel free to get as detailed as you like :-)

Once you have completed yours, then go congratulate someone else on their 'Big Win'! We are all in this together!

I've got the ball rolling, so post underneath my BIG WIN post :-)

It's been an absolute pleasure to go through these past Seven Days with each and every one of you.

I want to thank you all for playing FULL ON this past week, and for being so open and supportive in the Get Off Your Acid Cleanse Community...

You took this cleanse and made it into an extraordinary experience!

Moving forward, I am here for you to help you any way that I can!

Now, head right over to the cleanse community and tell us how GOOD it feels to...

GET OFF YOUR ACID!!

Dr. Daryl

AlkaMind.
GET OFF YOUR ACID.