

"What? I Can Fly?"

That's exactly how I began to feel as I went through the SP Purification plan for 21 days (plus). Cleansing was not a task as I thought it might be. Having cleansed for short terms before, I did well because I was prepared and determined. I was never truly hungry, just craving. Actually now that I am finished and have had a month or so pass... I actually enjoyed the order and predictability of the whole experience as well as the great health shakes!

I learned that I can weakly say I will "try to do this" or JUST DO what MY health needs for ME to do. Just quit whining about how yucky I feel and DO IT. Do you know how successful you feel when you get on this program and follow through every single day, succeeding, purifying, and growing in health? A couple days I faltered and just pushed on through to correction. I couldn't wait to see the outcome!

Well, 18 days into the experience I weighed in at 12 pounds lighter, with radiant skin, and great energy! On re-entry some food aggravations unfolded. I realized I didn't digest corn and wheat well and had sluggishness when eating them too often. Dairy products just clobber me with moodiness. Now I am the pilot of my plane and can take off anywhere I want to head! I will repeat this annually.

My advice: Quit saying, "I can't do that." ...Who's in charge? Your strong will must tell your lazy brain to give orders and discipline to that wayward body that says IT is in charge!

Just do it!! Good discipline. Good for you. Very revealing that the REAL YOU feels pretty darn good inside after all!

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