

# 21 Days to Create a Lifetime of Good Health

*Would you like healthy eating to be an automatic part of your life?*

**The key is to reprogram your cravings.**

*Would you like to lose weight and gain energy?*

You can do it with the **21-Day Blitz Challenge Package**

PUT THE MIRACLE OF HEALTHY BACTERIA TO WORK FOR YOU:

**STEP  
1**

*A mega-dose of healthy bacteria kills the bad bacteria that trigger unhealthy cravings.*

**STEP  
2**

*With bad bacteria destroyed you can start anew with a "blank" microbiome.*

**STEP  
3**

*With unhealthy cravings diminished you can more readily establish permanent healthy eating habits.*

**STEP  
4**

*Adding enzymes ensures the food you eat is completely digested for full energy and nutrient absorption.*

**BONUS:** Lose weight as your gut is restored and your diet improves!

## Everything you need included in the package:

- ✓ **Complete instruction booklet**—including the *21-Day Challenge* and healthy food guidelines.
- ✓ **Flora Blitz 100 Pak** containing 30 tear-off packets providing 100 Billion CFUs of probiotics daily.
- ✓ **Optimal 1Digest-A-Meal** - providing a complimentary enzyme blend to enhance digestion of your new, healthy eating habits
- ✓ **Convenient Pill Pouch and draw string bag**—have your critical supplements handy at all times.

