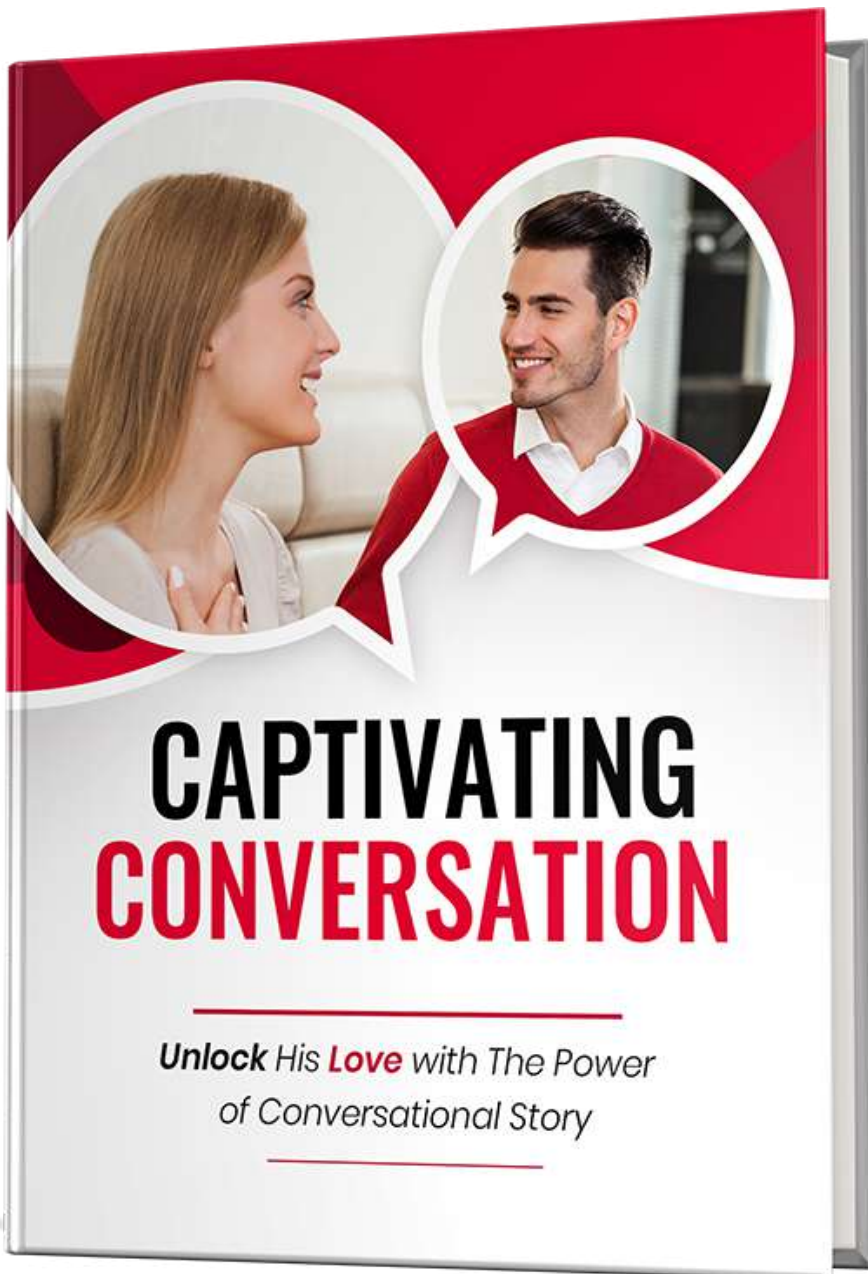


# WIN YOUR ~~EX~~ BACK



**RELATIONSHIP REWRITE  
METHOD**



# Captivating Conversations

Unlock His Love with The Power of Conversational Story

## When He Thinks of You?

When your name pops up on your man's phone, what do you think goes through his head?

Is he excited to talk to you? Does he feel compelled to respond right away?

Does he read your texts but then leave you waiting for a response until most of the day has passed? Or does he completely ignore the messages?

The truth is, there's A LOT going on in his mind when it comes to you.

Memories, emotions, anticipation of the future (is this going to be a good interaction or a bad one?)...

All these things flash through his mind in the blink of an eye. And his response (or lack thereof) is more of a gut feeling than a well thought out decision.

The same is true when it comes to how he views your relationship in general.

If you're having a hard time getting through to him, chances are he *feels* bad about the relationship.

It probably isn't a conscious thing, but a bunch of factors make him instinctively *feel* like the relationship is more a source of pain than pleasure.

We'll get into this more in a minute, but at the end of the day, "pain VS pleasure" is the ONE factor that determines whether he wants to be with you or not.

In other words, if he has a gut feeling that your relationship is a source of pain, then no amount of logic, convincing, or begging will change his mind. His mind is already made up--from the inside out.

We need to change that. We need to make him instinctively *feel* drawn to the pleasure of a relationship with you.

If you can accomplish that ONE thing, *he* will be the one chasing you.

So let me show you how I've helped women all over the world pull it off.

## **The Movie Trailer Method**

Your mind is an anticipation machine.

The human brain is marvelous and complex, but its most amazing feature is its ability to experience the future before it arrives.

In fact, getting what you want in life really comes down to one simple thing: The ability to see the future in your mind's eye *before* it actually happens.

This skill, above all else, separates those who get what they want in life from those who don't.

Why is this skill so important?

The answer is simple. The more detailed your mental map of the future, the easier it is to see which paths to take in order to reach the outcomes you desire.

The more detailed your mental map, the more powerful you become. Like a master chess player, you can anticipate traps and sidestep them before they fully form.

You can also try out dozens of moves in your mind's eye before choosing the best one.

But I'm talking about real life, not a game. People who learn to use this skill live charmed lives. Everything just seems to unfold in their favor.

Is it luck? Is it magic?

No. It's simply an enhanced ability to play out various possibilities in the mind's eye and recognize the choices that will bring the most pleasure and the least pain.

But here's the tricky part.

Seeing the future is not like skipping ahead to the last page of a book to see how the story ends.

Your future is not a single, linear path. Rather, there are a hundred different ways your future could unfold.

Changing just one variable in your life can have a cascading effect on every other variable. Things can get confusing fast.

It's hard to anticipate how all the different variables will interact.

Fortunately, I have a solution. It's like a shortcut that gives you most of the benefits without the headache of trying to anticipate how every little thing will interact.

What is this solution?

It's knowing *which* variables to focus on. Knowing where to focus your attention is the key to getting more of what you want in life.

When it comes to relationships, there's one variable I want you to focus on. I want you to become an expert at noticing this one variable.

And I want you to learn how to manipulate this variable so you can have the relationship you want. Ready?

Okay, here it is:

I want you to become an expert at triggering the right kind of mental movie trailers other people have playing in their heads.

We are all running mini movies of the future in our mind. People do it automatically all the time. They don't practice the skill intentionally.

They even take it for granted. Most never bother to question the super quick movie trailers that pop in and out of their thoughts all day long.

That's good news for you! Because it gives you a tremendous advantage when trying to change the way someone feels about you.

The fact is, no one's in the director's chair. No one is controlling the mini-movies that blip in and out of your man's mind.

Since no one is directing this movie, you can waltz onto the set and change the storyline.

And you can do this anytime you want.

## **Why These Mini Mental Movies Matter So Much**

Have you ever received a social invitation and immediately decided you have no desire to attend?

How does that happen? How is it that you instantly know you don't want to go?

Simple. In a fraction of a second, you played a mini mental movie of the

entire experience.

Actually, that's not quite right. It wasn't the "entire experience". In reality, it was more like a movie preview.

Just little clips showing the highlights. And like a good movie trailer, each clip pulled at your emotions.

You saw a super-speed version of what it would be like to accept the invitation. You pictured yourself feeling bored.

You pictured yourself walking back to your car when it was over, wishing you had spent your free time doing something else.

Your mind created a mini-movie to help you make a decision. It happened lightning fast, and mostly outside your consciousness.

But you were left with a distinct FEELING that turned you off to the idea.

Your mind is remarkably good at this. It's the process by which we decide what we want.

If you are a person who struggles with anxiety, you may not love this feature of your mind.

You may prefer to be more like a cat who is blissfully at peace with the present moment, not concerned about things to come next year, next month, or even tomorrow.

Neuroscientists who study the concept of memory tell us the marvelous ways our minds encode, store, and retrieve life experiences.

As we learn, we generate increasingly complex and accurate models of the future.

You could say **the purpose of our memory is to allow us to predict the future.**

If I remember that chocolate cake tastes better when it's moist, my brain anticipates a better experience when I choose to eat it now rather than letting it grow stale.

However, if I remember that chocolate cake is my weakness, I may cut the serving in half and put the other half out of sight to remove the temptation, using better judgment for my health.

If a large dog chased me on my way home from school as a child, I may *still* anticipate negative emotions from the idea of approaching a large dog even twenty years later.

Here's my point. Memories give us the ability to anticipate what is coming next: pleasure or pain.

You may not see where this is going yet, but stick with me. These concepts are critical to understand.

They are simple concepts, but things I need to remind you of, to "activate" your mind so they will be fresh concepts as we dive into the foundational methods of this course.

## **Human Motivation**

Humans are motivated by many things. But almost all motivation comes down to either the pursuit of pleasure or the avoidance of pain.

Your ex's decisions are no different. He is motivated the same way. But how does he know which decisions to make to pursue pleasure and avoid pain?

Memory.

His memory creates the movie trailers he uses to "see" the future. His brain is an anticipation machine. It is automatically making judgments about what he should do next to avoid pain and pursue pleasure.

The reality of your current situation is that the movie trailers his mind is playing are showing him potential pain or a lack of pleasure in being with you. We've got to change that!

Now for some good news and some bad news.

**Bad news first:** We cannot go back in time and change his memories.

**But the good news:** We can alter his feelings about the future *without* changing memories from the past.

There are certain trigger points that cause people to re-evaluate old memories in a new light.

Basically, we're going to change the theme of the mini movies in his head that affect his feelings about your relationship.

We're going to change the sound track. Change the lighting. Selectively choose clips that highlight the fun, exciting adventure he *could* have if he chooses to make *you* the most important person in his future.

Allow me to provide a few examples to get us on the same page. We are

talking about "aha" moments that change his perspective. The memories have not changed, but the way he SEES them can change dramatically.

Here's an example from my own experience: I was once hired as a consultant for a company that provided relationship advice.

The owners of the company were highly complementary toward me. During our work together, my self-esteem began to inflate considerably because of their frequent recognition of my "unusual talent."

It was nearly six months later when I discovered their long-term plan to sell me their entire business (at a highly inflated price). This dramatically shifted my perspective!

Suddenly, I replayed all the discussions about my talents for running such a business.

At the time, I had been surprised they would admit I could run the business as well - if not better - than they could.

Now, looking back, I see the ego-stroking as false flattery designed to make me want to buy their business.

That eye-opening moment changed my view on our relationship and the game I was involved in.

### **True Actions and Intentions**

I'll offer another example. Jane Austen's novel "Pride and Prejudice," (which has been made into multiple movies over the years) tells the tale of Elizabeth, a young woman who can barely stand the sight of Mr. Darcy.

Throughout the story, Elizabeth is under the impression that Mr. Darcy is proud and selfish. This is based on several reliable things she had seen and heard.

However, at the end of the story, Elizabeth discovers she was wrong. She had misunderstood the actions and intentions of Mr. Darcy.

Suddenly, she recognizes his true valor and goodness. She sees that he is more interested in the well-being of others than his own reputation.

In the end, it wasn't Elizabeth's memories that changed. It was her understanding that changed.

It shifted in a way that caused her to anticipate great pleasure from being with Mr. Darcy in an intimate relationship. And of course, they lived

happily ever after as a married couple.

### **Your Mission, Should You Choose to Accept It:**

Your mission is to tamper with the anticipation machine running in your ex's mind.

Specifically, your mission is to change the mini movies that play in his mind when he thinks about spending time with you. You're going to get those mental trailers to work in your favor.

There is no other way.

You have no chance of restoring your relationship unless he sees a relationship with you **as a path toward pleasure**, absent from any level of pain that would cancel out that pleasure.

Fortunately, The Relationship Rewrite Method was designed as an answer to this complicated problem. This system helps you find a way to be the leading lady in his life.

To convince your ex - not only to let you play a part - but to make you his star.

You see, a memory is just a form of anticipation based on past experience. Most people think of memory in the form of stories to be remembered and shared. That is what psychologists call "declarative memory."

But there is another kind of memory called "implicit memory."

Implicit memory is the kind you use when you get on a bicycle and instinctively *recognize* (or remember) how to balance.

Implicit memory is not something you can put into words. You just know how to ride the bicycle.

Declarative memory can be transferred to another person in the form of a story. But you can't transfer the implicit memory for how to balance on a bike.

In other words, your ex can tell his friends, "First she did this, then I said that, and then we got into a big fight." That's declarative memory.

Implicit memory cannot be transferred using words. He cannot transfer the memory of what it feels like to kiss you.

Your job is to change the implicit feel of the mini mental movies that

automatically play when he glances down at his phone and sees your name.

We have to start small and gradually rebuild his gut-level emotional reactions to you.

It's possible that seeing your number come up on his cell phone causes an instant twinge of anger mixed with fear and regret. Those are implicit memories triggering the wrong kind of response.

The fights or strained relationship that led to your breakup may still dominate the mental movie that plays in his mind when he considers picking up the phone to talk with you.

We need to change that mental trailer so your name brings the same excited anticipation Hollywood tries to create with a really cool movie preview.

We're going to rewire his expectations and help him see a new future with you.

By the way, are you enjoying this free report so far?

If so, you would love my relationship course.

It has laser-targeted advice in a 6-step formula to win back the affections of your ex and make him yours for good.

[Click here](#) if you can already tell that this is the kind of training you need to super charge your relationship.

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## **Use the Power of Story to Touch His Emotions**

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*"Better to light a candle than to curse the darkness."*

~ Chinese proverb

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The human brain is wired for story.

Lisa Cron, a highly-acclaimed writer, wrote an entire book on the subject. Hailed as a "story guru," Cron has explored the brain science behind the power of stories.

She teaches other writers how to hook the human mind from the very first sentence. There is something special about how a story causes the human

mind to pay attention.

Cron proposes that from the earliest times, humans have transferred information primarily through story. Stories are so memorable they can be used to transfer wisdom and knowledge from one generation to the next.

Stories prevent humans from making the same mistakes as those who came before them.

Stories also shed light on the way humans persevere and succeed in various circumstances.

Perhaps the most powerful way a story can be used is as a tool for changing someone's opinion.

Stories don't require effort to pay attention. Our minds are designed for stories. We naturally focus when someone transfers information to us in the narrative form.

In Paul Smith's book, "Lead with a Story," he makes the case that business leaders can "captivate, convince, and inspire" using stories in the workplace.

Smith relays hundreds of instances about influencing the minds of others by telling a simple story instead of relaying facts and information.

## **The Power Of Stories**

Smith and Cron have recognized the power of stories to transfer knowledge.

But here's what I want you to understand. Stories make it easier for you to influence people. They are more effective than trying to convince people with arguments, logic, facts, or begging.

I have experienced this firsthand.

I once attended a fundraising event for people living in the impoverished nation of Burkina Faso.

I was unmoved by the statistics presented on how many children go hungry and how many families lack the basic necessities for good health.

Then the presenter told the story of two little girls who had been struggling together to survive the hardship of their lives, I was suddenly hooked.

I understood their plight on an emotional level. I immediately cared enough to take out my wallet and sacrifice what I could to help with the relief efforts.

Think for a moment about the variables of a court case. Think of all the factors that determine if a defendant will be found guilty or innocent by jurors in a trial.

Experts work diligently to narrow down the list of variables to those that will have the most powerful influence on the outcome of the trials.

Can you guess the number one factor that influences the jury's final opinion of a defendant?

Experts tell us it's not the facts of the case. They say it's not the evidence presented. Rather, it comes down to who tells the most believable *story*.

If jury members can picture themselves in a vivid story and imagine the events unfolding the way the defendant claims they did, they will find the defendant "not guilty."

If the prosecuting attorney tells a more convincing story, the defendant will most likely be found "guilty."

How can I use this information in my everyday life, you ask?

Here's how: we are going to craft a special kind of story to influence the perspective of your ex.

### **Stories evoke emotion and change minds.**

I want you to tell your ex the story of your relationship in a way that causes him to automatically begin to root for your relationship.

Did you ever see *The Italian Job*, *The Saint*, or *Ocean's Eleven*? All these movies are about thieves trying to pull off big-time heists. They are stories about criminals.

And yet, as you watch these movies, you begin to root for the criminals to succeed. You want them to get away with the loot and live happily ever after.

Doesn't that seem strange to you?

Why do we root for thieves to succeed at stealing other people's hard-earned resources? It's because their life experience was presented to us in the form of a story.

The protagonist is the hero figure in a plotline - the person about whom the story is written.

There can be more than one protagonist in a story, as there is in William Shakespeare's classic story, *Romeo and Juliet*.

In *Romeo and Juliet*, we root for the relationship of this young couple. Sure, we care about Romeo and we care about Juliet, but the relationship itself becomes as important to us as either character.

As you read or watch *Romeo and Juliet*, do you find yourself wishing they would just forget about each other?

Don't you want them to put their own safety first and move on with their lives?

After all, if you really cared about Romeo and Juliet, wouldn't you advise them not to put their lives in peril by pursuing the romance further?

Of course not.

That's not what you root for. (It's not what I root for either!) We want them to be together.

### **We root for the relationship!**

We see the beauty of life unfolding in the way they discover one another, and our hearts want them to be happy.

We understand the risks they take to breathe life into the new passion they discovered through love at first sight.

Here's the point.

By making your relationship itself the hero of the story, you can cause him to root for the relationship.

Do you remember Allie and Noah from the Nicholas Sparks' novel-turned-movie, *The Notebook*? The story of their relationship was a powerful tear-jerker.

As an 80-year-old man, Noah reads to his wife, Allie. She has developed Alzheimer's and does not remember, yet she roots for the characters in the story of her own life as Noah reads from her journal.

The story Noah reads to Allie is **powerful**.

It is so powerful we pay money to participate in this story by going to a

theater or purchasing the book.

Using the power of story is only one of 6 powerful steps that will help you reconnect with your man, even in the worst situations. Bring him back. Save your relationship. Get the happiness you deserve.

Always on your side,

James Bauer

**P.S.** - If you'd like to tap into that power in order to get your ex rooting for the possibility that your relationship could once again breathe new life, then [click here to watch my video presentation](#) about the Relationship Rewrite Method.



# THE **INSTANT** FIGHT FIX



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*Erase Tension with Natural Patterns  
of Healing Language*

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# The Instant Fight Fix

Erase Tension with Natural Patterns of Healing Language

Every time Sabrina and Josh had a fight, it was always the same.

She'd bring up an issue. Something that was bothering her. Something they **needed** to talk about.

But the instant she opened her mouth, it was like a wall would slam down between them. Because Josh would immediately get defensive.

He would accuse her of criticizing him. He'd say she was blaming him for everything. Complain that she was always saying he couldn't do anything right. And maybe she should take a look in the mirror.

Sabrina tried really hard.

She didn't react. She forced herself to stay calm. She did her best to bring the conversation back to the topic at hand.

But Josh's negativity always seemed to escalate. He would either become cold or quiet, until he would turn his back on her and walk out the door.

"I don't know what to do!" Sabrina sobbed. "I can't talk to him about anything. He won't listen. Our relationship is falling apart, and there's nothing I can do."

Have you ever felt that way?

**When we fall in love, we'll do anything to make it work.**

We'll try anything. We'll do anything. We believe in our love. It's worth every bit of hard work and sacrifice.

So it's terrifying when you realize that, despite your best efforts, things are falling apart.

It's not working out. He's no longer as loving. He barely responds to your messages. That's when your fights begin to take on an ominous tone.

*Could this fight be your last?*

Or maybe he has already pulled away. Now he's just your ex.

By the way, if you'd like laser-targeted advice about getting your ex to pursue you again, you should join the hundreds of other women who are students of the Relationship Rewrite Method, which you can learn about [click here](#).

## **One of the Greatest Dangers to Your Relationship**

Usually, when we think about what puts relationships at risk...

We think of threats that come from *outside* the relationship, like the threat of other women catching his interest.

But one of the greatest dangers to relationships comes from within, from the most unlikely place:

*Your memories.*

Your memories color your relationship in so many ways. They provide a rich source of discussion and a link to your common past. Your memories make you a couple. They give you an identity, unique from all others.

And that would be wonderful, if those memories were always positive...

But they're not.

You remember the hurt as much as the joy (if not more).

## **Painful memories change how you view each other.**

They change how you interact and what you expect. They cast a shadow on the good times. They feed doubt and fear.

No wonder the early days of a relationship are so good.

When a couple first gets together, all they've got are positive memories. When they think about each other, that's what they remember. All the fun. All the joy.

But the longer they're together, the more bad things happen.

Not because they're bad people, or because of bad luck. Not because they're not right for each other. But rather because no two human beings can be in perfect harmony all the time.

Those bad memories build up, tainting the positive ones.

Memories of fights interfere with memories of togetherness. Memories of disappointment dilute memories of pleasure.

Finally, the couple reaches a point when their feelings about each other are a mixed bag. There's some good, but there's also plenty of bad, too.

That's a dangerous space to be in.

**The longer you're together, the more things will happen that you just can't forget.**

Things that color how you think about your partner.

Things that irrevocably shift how much you'll allow yourself to trust him, depend on him, or need him.

You may long for the days when it was all so easy, when nothing bad ever happened, when it was all rainbows and blue skies ahead.

But those days are gone. You can't un-know what you now know.

No wonder so many relationships break down.

*They can't cope with the weight of all the memories.*

## **Why Relationships Break Down**

Psychologist and relationship expert, Dr. John Gottman has done a great deal of research on why relationships break down.

He developed the "magic relationship ratio." If you're not having **at least 5 positive interactions for every negative interaction**, your relationship will struggle.

Considering what we've just learned about memory, Gottman's ratio makes sense.

When you think about your partner and find you can only come up with a lot of unpleasant memories, your emotional bond is bound to suffer. You're going to struggle as a couple.

In contrast, a flood of positive memories can easily outweigh the occasional negative one.

But that magic 5:1 ratio isn't easy to achieve.

Think about your relationship right now. Do you think you have at least 5 times more positive interactions than negative ones?

If the answer is no, you're not alone.

*The more you fight, the easier it is to fight.*

It's easier to lose yourself in a downward spiral of negativity than to feed an upward spiral of positivity.

Life is full of things to get upset about. You may think that you'll stop fighting so much when life gets easier, but that's not true.

Negativity becomes a habit you can't break free from.

Dr. Gottman says the #1 thing couples fight about is NOT what you'd think. It's not problems like money or housework or sex.

*It's absolutely nothing.*

Couples will fight over nothing, because they're failing to connect emotionally.

It's that failure to connect which turns anything and everything into a potential fight.

Like what to have for dinner. Where the remote control went. Who is right and who is wrong.

The more you fight, the more fighting starts to feel natural. You'd be surprised if you *didn't* fight.

And even if there's nothing to fight about today, you're still angry about what you fought about yesterday or last week or last year.

It's hard to undo that kind of damage.

All those painful memories of anger, mistrust, and betrayal crowd out the beautiful memories, thanks to the brain's *negativity bias*.

(By the way, there is a [solution](#). We're getting to that soon!)

## **The Negativity Bias**

Your brain assigns more weight to painful experiences than positive ones.

Like the one time you got food poisoning from shellfish, rather than all

those times you enjoyed it without complaint.

Or that one tasteless comment your partner made about your appearance, long after his 10 glowing compliments had been forgotten.

**The negativity bias wins out in struggling relationships**, where couples start to assume the worst intentions.

Instead of giving each other the benefit of the doubt, they assume the other person is actively trying to make their life difficult. They attribute malicious motives to innocent behaviors.

Soon, they start to associate each other with feelings of disappointment, anger, and resentment. They blame each other for their unhappiness. They only stay in the relationship out of stubborn pride.

That's what the breakdown of a relationship looks like, and it's not pretty.

### **How I Discovered a Secret "RESET Button"**

As a professional relationship coach, I (James) have tried lots of things to get couples to reconcile after a relationship falls apart.

It sounds like glamorous work, but the truth is, it can be painful when one partner is working a lot harder than the other. Very often, nothing works. Because one partner isn't really trying to make things work.

But about ten years ago, I began to study under some true masters of influence. And I noticed something that I could apply in my relationship coaching.

It was this concept that "emotions run the show."

I began to experiment with ignoring much of the classical advice about improving communication, getting people on the same page, and stuff like that. And instead, I looked past all of that in search of ways to influence emotions directly.

My mission was to trigger thirst. Thirst for emotional desires to be quenched.

Here's why. If I could get the stubborn partner to be really thirsty for reconciliation and emotional intimacy, everything else seemed to fall into place as if by magic.

While that led to some success, it wasn't until later that I refined my methods by adding one more crucial component.

I call it the "movie trailer method," because it taps into the images a person plays in his or her mind about the future of the relationship.

I discovered that the things we want are tied to mini mental movie trailers we play in our minds about what's coming next. So I began to look for ways to tweak those mental movies.

I wanted to make the relationship look really enticing. And that worked even better than I had hoped.

**If you can get someone to want something bad enough, they let go of all their logical objections and just go for it.**

Suddenly, the guy who refused to offer forgiveness, does so willingly and with tears in his eyes. And the couple who wouldn't stop bringing up an old fight no longer finds it relevant to the future of their relationship.

It worked so well! It felt almost like magic to me.

So I put together an online relationship course to share this method with a broader audience than I could reach one-on-one. You can read about it [click here](#).

But this report you're reading now is about a slightly different concept. It's about clearing emotional pain to make way for beautiful new memories.

## **Cleaning Old Memories**

Because memories trip us up in so many ways, Dr. Hew Len believes the answer is *cleaning*.

He's a therapist who has lectured widely about an ancient Hawaiian practice called *ho'oponopono*.

The *Ho'oponopono* philosophy can get pretty deep, but I'll just summarize the gist of it by saying this: Asking for forgiveness resets your mind back to its original state of limitlessness.

Your mind wants to constantly replay old memories, so your job is to clean them up so you can truly be present.

"Cleaning" means removing the negative pull that past memories have over us. It's like you're scrubbing your memories clean so they don't stick to you anymore.

This is where *ho'oponopono* comes in.

You stop seeing through the lens of old memories, which are painful and limiting. With your mind free from the past, you start seeing what's really possible in front of you.

This is obviously very different from the traditional view of forgiveness.

Traditionally, asking for forgiveness is tantamount to an admission of guilt. Someone did something wrong; they need to apologize to the wronged party.

*Ho'oponopono* recognizes that it's never that simple.

Maybe what he said hurt you, but only because you'd been hurt before. If you'd never been hurt, his comment wouldn't have bothered you. So what needs to be forgiven?

Maybe what needs to be forgiven is *the memory of being hurt*.

This is internal forgiveness work, because all forgiveness starts in your heart. You don't need his apology. You don't even need his participation. You have all the power you need inside you to heal.

And that healing process will help the future of your relationship.

### **The 4 Ho'oponopono Phrases**

So what is the magic formula that cleans old memories?

It's a 4-part mantra. All you have to do is repeat these 4 phrases to yourself while reflecting on what you want cleared.

- 
1. I'm sorry.
  2. Please forgive me.
  3. Thank you.
  4. I love you.
- 

That's it.

So simple, right?

But so, so profound.

Let me (Amy) share a little bit of what happens to me when I do *ho'oponopono*.

The other day, my father made a rather sharp comment to me. I couldn't stop thinking about it. I found myself having a terrible week, because my mind wouldn't let go of the pain his comment had caused.

What was hurting me most:

His comment ... or my memory of his comment?

Clearly, it was the memory. The incident was long over. I was the one who wasn't letting it go.

So I did *ho'oponopono* on it.

I like doing *ho'oponopono* when I've got a stretch of time where I don't have anything else to think about and I'm not distracted. So it could be during my commute, or during a run, or during a bath.

I started out with the first *ho'oponopono* phrase.

**"I'm sorry."**

What was I sorry for? I was sorry for the relationship I had with my father. I was sorry I never knew how to respond to him in a way that would help him see how his words hurt me. I was sorry I felt so much resentment about the comment. I was sorry I still wanted his approval so much that his disapproval cut me like a knife.

When I couldn't think of anything else, I went on to the next *ho'oponopono* phrase.

**"Please forgive me."**

I asked for forgiveness on behalf of that wounded child inside me. I asked for forgiveness for anything I had done to create the relationship I had with my father. I asked for forgiveness for the pain I was inflicting on myself, by holding onto the memory.

When I couldn't think of anything else to ask forgiveness for, I went onto the next phrase.

## **"Thank you."**

I felt gratitude for having the awareness to see my own part in this drama. I felt gratitude for the opportunity to clean these painful old memories. I felt gratitude that I was an adult now, with the maturity and peace of mind to respond in healthier ways.

Finally, I concluded with the last *ho'oponopono* phrase.

## **"I love you."**

I poured love onto the situation. I poured love onto myself. I acknowledged all the times I needed to hear loving words. I acknowledged that my father needed love as much as I did. Even though the incident had not been loving, I poured love onto the memory.

When I was finished, I felt so much better.

## **What I had done didn't change what had happened.**

But it changed what mattered most:

My *memory* of what had happened.

Now, when I thought about the incident, I felt layers of understanding, compassion, and acceptance.

It no longer kept me up at night or intruded into my thoughts.

This is the power of *ho'oponopono*.

## **Using the 4 Magic Phrases in Your Relationship**

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"Judgment is harsh and mean and meant to hurt, as if the pain of what we do or say will slap others into our way of believing." *Iyanla Vanzant*

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When your partner does something to hurt you, the first thing you want to do is lash out or accuse him.

You want him to see that what he has done is WRONG.

And when he doesn't acknowledge his misdeed, or brushes off the pain it causes you, the emotional scar hardens a place in your heart.

### **How can you love someone who doesn't care that he hurt you?**

This is where *ho'oponopono* can work miracles.

When you do *ho'oponopono*, you're not asking him to make amends. You're starting inside yourself. You're looking at why you felt the pain you felt, what it means to you, what it relates to, and what you can learn from it.

Once you do *ho'oponopono*, you may find that he comes to you to apologize on his own. Your energy surrounding the incident has shifted. You're no longer radiating judgment and disapproval. You've become softer, because you've given yourself the understanding and love you needed.

You see, one of the biggest sources of pain surrounding forgiveness is wanting to get something from the other person. You want to see that he has repented. You want to see that he's feeling some pain.

As long as you put your own healing on hold, waiting for a response from him, you're choosing to draw out your own suffering.

You're holding onto pain. You're replaying the memory in your mind. The memory is compounding your suffering.

*Ho'oponopono* helps you process an experience, so that when you *do* finally talk to your partner about what happened, you're coming at it from a much wiser and compassionate place.

But maybe your man is the one who pulled away. And maybe it's because he believes you hurt him in some way. In that case, I have good news.

*Ho'oponopono* is just as effective when you're the one who hurt him.

With *ho'oponopono*, you take responsibility for your experience. You're not trying to play down what you did or shift the blame onto him. Rather, you're facing your actions squarely.

You're doing the work of understanding what made you act the way you did. You're healing those old wounds, so you don't do it again.

That's the work of love.

## How Ho'oponopono Strengthens Your Love

We've seen so many relationships where each partner is just waiting for the other to make a misstep.

When he does something wrong, you get to jump all over him. You get an excuse to say the things you've been thinking all along. You get to feel self-righteous and better than him.

Not a fun relationship to be in!

But what if you had a relationship where both of you could make mistakes-even really horrible, seemingly unforgiveable ones-and you knew your love was strong enough to see you through?

Could you envision that?

Unconditional love is love that challenges itself to see past mistakes to the soul beneath. It leaves room for both of you to be human. As long as you keep on healing what has been hurt, there is nothing your love can't survive.

You may have heard lovers say, "If you ever do X, I'll kill you." *If you ever cheat on me, I'll kill you. If you ever lie to me, I'll kill you.* Easy to empathize with that sentiment, right?

But is that really a sign of love? Or is it proof that their love is merely conditional?

Forgiveness is scary. Most of us really don't want to forgive. And our friends don't want us to forgive. It's more fun to be judge and jury. We feel safer when we are condemning other people.

But every time you judge him, you kill part of your love. You're telling him, in effect, "This part of you is not lovable."

That's not how love works. We can't just love the parts we like about our partner. Genuine love allows us to be whole.

## Using Ho'oponopono Together

Although *ho'oponopono* is essentially a private mental activity, it can also be used in dialogue with your partner.

Imagine what would happen if you were in the middle of an argument, and

you stopped and told your partner:

"I'm sorry for how I spoke to you just then. Please forgive me. Thank you for hanging in there with me. I love you."

Do you think it would make a difference?

Practicing *ho'oponopono* can help you feel more comfortable apologizing and asking for forgiveness from those you love.

It makes you better at admitting your mistakes, because you understand they don't make you a bad person. You can take responsibility for them without feeling ashamed.

The more you tell yourself, "*I'm sorry, please forgive me, thank you, I love you,*" the more those words will flow off your tongue in everyday life.

How often do YOU say those words to those you love?

How often do you say them to yourself?

I invite you to experience the power of *ho'oponopono* for yourself.

Use the 4 magic phrases as often as possible. Use them on yourself, and use them on those you love.

Use them on stuck patterns in your relationship, like the one thing you always seem to argue about or the fight that comes up over and over.

Use them on stuck patterns within yourself, like feelings of unworthiness or shame.

Don't wait for him. You have the power inside you to pour love, understanding, and forgiveness on what hurts.

And, if it feels right, introduce him to *ho'oponopono*. Share what you've learned.

If you want to be together forever, then forgiveness must become second nature.

As you learn to accept everything about each other, both good and bad, you'll find that your love fills corners of your heart you never even knew existed. *This* is the love you've always dreamed of. A love where you're always welcome, no matter what you've done wrong.

Wishing you love and happiness!

Your Relationship Repair Experts,

James Bauer and Amy Waterman

**P.S.** If your guy has already ended things with you, then your first step is to get him to let you back into his life. [Here's a six-step process](#) specifically designed to solve that problem.



# Get a Bikini Body in 60 Days

## BIKINI BODY WORKOUTS

THE 60 DAY TRANSFORMATION PROGRAM

Proven Workouts.  
Simple Eating.  
Amazing Results.



BIKINI BODY

TOP  
FIVE

*Fitness  
Myths*



## MYTH 1:

# Doing Cardio is the Best Way to Get a Bikini Body

Everyone knows from traditional fitness advice that jogging, or hopping on the elliptical will get you the body you want. Just spend 30-60 minutes in that “Fat Burning Zone” and watch those extra pounds melt off to reveal a toned, sexy, sleek physique, right?

### Wrong.

In reality, this traditional approach to cardio sucks. It’s miserable, it’s boring, it’s not sustainable, and it’s counterproductive to looking and feeling fantastic.

Consistently subjecting yourself to these long, moderate intensity aerobic sessions chronically raises your stress hormones, namely, cortisol, and this causes a cascade of changes in your body that keep you from losing fat. When cortisol is chronically elevated, your body prioritizes the storage of fat, your energy tanks, and you feel run down.

Not only that, but chronically elevated cortisol is fundamentally unhealthy. Since we want to be fit AND healthy, this prescription for endless amounts of cardio has got to go.

You are probably asking yourself, “Well, what should I do instead?”

The first thing you need to understand is that your diet will take care of 90% of your fat loss goals. Dialing in your nutrition with a healthy, sustainable plan that still lets you enjoy your favorite foods whenever you want (like in the Bikini Body Nutrition Plan) is the first step you should take in transforming your body.

After that, the next 10% comes from a little bit of extra, high-intensity conditioning. We’re not talking about that boring cardio mumbo-jumbo. The best approach is a short, hard, fat-blasting metabolic workout like hill sprints or the other routines found in Bikini Body Workouts.

## WRONG



*Get off that treadmill, go have some fun with short, intense conditioning sessions!*

Most people will not need more than three or four of these sessions each week. Since each one only lasts around 10-15 minutes, that's less than one hour of cardio each week. That's right, 30-60 minutes MAX for the week, that's all.

Do your body a favor, get off that treadmill, go have some fun with short, intense conditioning sessions, and enjoy how much better you will look and feel.



## MYTH 2:

## You Should Lift Light Weights and Never Go Heavy

**W** When you walk into most commercial gyms, you see women all over the place pumping away with those pink, 2.5 pound dumbbells, and avoiding the heavier weights because those will make them too big and muscular.

They are all making a big mistake because this notion that heavy weight equals bulky bodies could not be further from the truth.

You see, this misconception comes from female body builders who have built very muscular physiques with the help of some extra supplementation in the form of dangerous steroids, to give them higher testosterone levels. For those that don't know, testosterone is one of the most important hormones for building muscle. Men typically have much more testosterone than women, so men tend to build more muscle than women.

The truth is that women do not have the natural testosterone levels that will make them big and bulky, no matter how heavy of weights they lift. So let's get rid of that fear right now.

## **Gone? Good.**

Heavy weights will never make you big and bulky.

In fact, heavy lifting has a ton of benefits that will help you move towards getting a sexy, toned body. From helping to develop your muscles, to facilitating beneficial hormonal responses, to building self-confidence, heavy lifting is a positive to addition to any female's exercise program.

Like we discussed, women don't have the natural testosterone levels that lead to large muscular growth. When they lift heavy weights, the muscle gets more developed without growing in size, and this combination creates that lean, defined physique that looks amazing with or without clothes on

*Heavy weights will  
never make you  
big and bulky.*



Furthermore, heavy lifting creates a metabolic effect during and after training that light weights simply cannot replicate. By using heavier weights than the traditional recommendations for women, you will get a surge of hormones that torch body fat, and create a metabolic boost that lasts long after the training session ends. Just like with cardio, hard, intense bursts of exercise trump longer sessions of lower intensity.

## That means more results in less time.

Finally, beyond the effects that heavy lifting has on your external appearance, it'll give you confidence, boost your self-esteem, and make you feel amazing. We all want to transform our bodies not only to look better, but also to feel better.

Plain and simple, lifting heavy weights feels phenomenal.

Getting stronger is a great accomplishment, and when you lift heavy weights, you will be able to accomplish things you've never imagined. This inner satisfaction will shine through and you will be more confident and feel more proud in this fantastic body you're building.

Get out there and start moving some heavy weights. Your mind and body will thank you for it.



## MYTH 3:

## You Should Only Do Circuit Training



ircuit training is all the buzz in the fitness world these days. Switching from movement to movement with low rest periods is supposedly the pinnacle of all things exercise.

Unfortunately, that's just not the case. Like we discussed, heavy lifting will be a powerful tool in your body transformation, and heavy lifting does not go hand in hand with circuit training.



*Stop limiting yourself to circuits, and use the proven methods at your disposal to shape an athletic, functional, physique.*

Sure, circuit training is a great way to get a lot of work done in a short period of time, and it helps to keep your heart rate up and build some conditioning. But, the most effective exercise programs will always include a mix of heavy weights, gymnastics work, explosive movements, and maybe some circuit training.

To limit yourself to only circuit style workouts is to limit the potential results you can achieve.

When you combine the benefits of heavy lifting, bodyweight work, mobility, and metabolic conditioning, you utilize a broad range of tools that lets you develop an athletic physique. We've all seen Olympic athletes and how amazing their bodies look, and these women train using all the methods we've discussed.

Branch out with your training, stop limiting yourself to circuits, and use the proven methods at your disposal to shape an athletic, functional, physique.

## MYTH 4:

# You Have to Starve Yourself



Let's go ahead and continue to destroy the common knowledge around exercise and nutrition and tackle the silly advice that a low-calorie diet is the best way to lose fat.

Our bodies are incredibly adaptable machines. When you starve yourself, your body senses this caloric restriction and responds with a host of changes that make it easier to store fat and harder to get rid of it. Your metabolism slows down to the point where it does not want to let go of body fat. No matter how little you eat, you won't lose that fat you're working so hard to burn.

### "What's a gal to do?!"

Rather than driving yourself crazy with calorie counting, we are going to focus on eating as much nutrient-dense foods as we want so that we nourish our bodies with the materials we need to develop a strong, fit, and feminine body.

Remember from before, our bodies are great at adapting to the way we treat them. When you switch to this high-quality way of eating, focusing on fresh fruits and vegetables, organic, free-range, or grass-fed meats, wild fish, and

healthy fats, your body responds by revving up its metabolism. This will allow you to burn more fat while eating more food than ever. Yup, you read that right. People who use this nutritional approach can eat as much as they want, go to sleep full and satisfied, and wake up looking better than they did the day before.

Beyond the physical toll that low-calorie diets take on your body, it's a big mental burden to deprive yourself of your favorite, delicious meals because they aren't "in your diet", whatever that means.

Getting the Bikini Body you want does not have to be so restrictive, rip your hair out of your head commitment. We want this to be a lifestyle, and for a lifestyle program to work, it can't be restrictive. Our approach to nutrition allows you to enjoy big dinners every night. You can really eat whatever you want, as long as you are smart about it, and dive into some ice cream or pizza without suffering the detrimental affects to your physique.

So, stop with the calorie restriction, nourish your body with wholesome foods and enjoy the stress-free, healthy way to looking and feeling the way you've always wanted.

## MYTH 5:

# You Have to Lose Weight to Look Better

**"Lose 10lbs in 10 days!"**

**"I lost 20lbs with this plan!"**

**"Lose weight, get healthy!"**

These are the headlines that riddle the fitness industry and try to hook you into their plan. This relentless focus on weight loss as your ticket to a healthy, attractive body has got to go.

I am going to come right out and say it. Ditch the scale. It's completely useless.

I wholeheartedly believe that every woman out there should take her scale and throw it out the window. Do it. That thing will only drive you crazy.

The fact is, scale weight is meaningless. What does matter is your body composition, and you can make profound changes to your appearance without losing or gaining an ounce of scale weight.

When you first start to lift heavy weights, do some high-intensity cardio, and eat wholesome, nutritious, unprocessed foods, your body becomes a fat burning furnace primed to develop some beautiful muscle. By following our exercise and nutrition principles you will be burning fat and building muscle on your way to an athletic bikini body.

The scale fails you in that it only shows a number. It does not show you that you have lost inches around waist, chiseled your midsection,



and toned your arms. Furthermore, your weight can fluctuate quite a bit due to all kinds of factors. From sodium, to carbohydrate intake, to monthly hormonal variations, multiple aspects of our everyday lives can send these day-to-day weight measurements haywire.

Focusing solely on this number can prevent you from realizing all the progress you have made and you will drive yourself crazy trying to push this number down. A much more sustainable approach comes from shifting your focus away from losing weight and towards changing your appearance.

Focus on how you feel walking around, the way your clothes fit, the improvements you're making in your body, and the confidence you are building through taking control of your exercise, nutrition, and lifestyle.

Do yourself a favor, put that scale where it belongs, in the garbage. You're worth more than a number, so it's time to start defining yourself by something more important than a number: the way you look, and the way you feel.



**N**ow that you know what mistakes to avoid you need a step-by-step action plan that will help you get that lean, sexy body you've always dreamed of having.

Bikini Body Workouts is the proven system that will get you there so that you'll be turning heads wherever you go.



*Yes!*  
*I want my*  
*Bikini Body*

[Click Here Now](#)

# BIKINI BODY

# Success Stories



I am so incredibly grateful for having had the opportunity to work with Jen and Jay! Over the three months that I was able to work with these two I feel that great attention was paid to my overall health and well-being. I always felt like I would have to go on a program where the meals were already prepared in order to lose fat and get the figure I wanted. I was finally able to learn how to take control of my nutrition and really create big changes in my physique with my own cooking and meal prep via Jen and Jay's guidance. They were able to empower and teach me to make the changes I had always wanted to see and I have continued to see enormous progress because of the principles I was taught. I am really grateful for all the effort and knowledge that was given to me and I am continuing on the road to success! :]

*Brittany Adams-Hoffman*



Having worked in corporate gyms for over 6 years & my partner being a personal trainer I thought I knew enough about how my body works & what gets it in shape. All this time up until I took a plunge & started with Jen & her bikini body workouts, I was amazed with my results given such a short period! I will never forget the moment I could see abdominal definition on the 12th day of the workouts & eating plan. My digestive health & well-being improved in as little as 2 weeks. Recovery time improved & I had better nights sleep, not to mention the sex life improved dramatically as well. I can't thank Jen & her husband Jason Ferruggia for the continuous knowledge & support through this journey of my life. Its been an absolute pleasure working with them & allowing me to change my outlook on fitness & health forever.

*Bianca Joubert*



I am a 32 year old mother of three who was starting to settle for the body I had. The problem is that I was in the worst shape of my life, and just felt horrible about myself every day. Getting ready for work each day was emotionally draining, and I was too ashamed with the way I looked to even take my kids to to pool. Once I started working with Jen and Jason, my life was changed forever! I had no idea what to expect when I started the program, but now I am in the best shape I have been in my life, I am aware of the food I am eating and plan ahead to make sure I have supportive foods all the time. I now look forward to working out, and can't wait for the next workout day. After only 8 weeks on the program I lost a total of 8.8 pounds, 3" on my chest, 6.5" on my waist, 3.5" on my belly, 3.25" on my hips, 1.5" on my thigh and .25" on my arm. Total overall I lost 18 inches! Plus, I am more muscular than I think I have been in my life. There are no words to express my gratefulness to Jen and Jason for all of their help, and coaching through this program.

Thank you again, and if you need anything for the book, or anything else you are working on, just let me know. You guys are awesome :)

*Alison Liddic*



Before I began the Bikini Body Workouts coaching program I was in the best shape of my life. I did this on my own through hard work, consistency and educating myself. I was lean and had a nice muscle base, but I was not ripped--and I wanted to be ripped. That's where the Bikini Body Workouts coaching program came in. I absolutely loved the training Jason and Jen put us through--it still allowed me to lift heavy, which is my favorite way to train, but it also introduced me to variations in my training that I didn't realize I would also love just as much, ie. changing my rest periods, set and rep ranges, metabolic training and even adding some cardio. In the beginning I was unsure I would be able to adhere to the diet guidelines because my variety of food choices decreased somewhat but as I went along I was shocked at how easy it was for me to comply to it (even with my erratic schedule). The Bikini Body Workouts coaching program changed my body in ways I wasn't sure I would ever be able to change--I lost stubborn fat in my most troublesome areas and I had a six pack without even flexing which were two goals I have always wanted to achieve.

*Tanis Parenteau*



Yes! I want my  
Bikini Body



[Click Here Now](#)

**DREW SGOUTAS, CHC, AADP**

*Certified Health Coach & Nutrition Expert*

# The Smoothie DIET

**Lose Weight And Feel Amazing!**

With The Deceptively Simple And  
Incredibly Effective Smoothie Diet.



The Smoothie  
DIET



# 5-DAY

## *Green Smoothie*

# CHALLENGE



# 5-DAY *Green Smoothie* CHALLENGE

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## **\* Important Health Disclaimers**

Please note that while I am a nutrition expert, I am not a doctor. This information is not intended to diagnose, treat, cure or prevent any disease and is not intended to be a substitute or replacement for any medical treatment. If you have ANY pre-existing health conditions, please seek the advice of a healthcare professional before starting this program.

Also, the recipes in this program contain many different ingredients including nuts and seeds. If you have any food allergies, please carefully read each recipe so you know what you can and cannot have.

This product is for informational purposes only and the author does not accept any responsibilities for any liabilities or damages, real or perceived, resulting from the use of this information.



## Ready To **Lose Weight And Get Healthy?**

This 5-Day Green Smoothie Challenge is a small “taste” of what you can expect inside the full **Smoothie Diet 21-Day Weight Loss Program**

If you love these recipes and are ready to take your health to the next level and **lose up to 18 lbs in 21 days**, then you'll love the complete Smoothie Diet Program!



**[Click here](#)** to get the complete program  
(or see the last page of this document for more info)

# *“Yuck!”*

I was recently home visiting my parents and that's the response I got from my dad as he looked in disgust at the green mixture I was pouring from the blender into a tall glass.

**“That looks like swamp water!”** He said.

It was hard to argue with him, as I shoved a straw into it. The site of a green smoothie is usually what turns most people off; the people that say “I'd never drink something like that!” The people that miss out on so many great foods because they refuse to try something new in fear that they might not like it.

Now, I'll be the first to admit that green smoothies will never win any awards for appearance. I don't care how many beautifully taken rustic mason jar photos you see on-line. I assume it goes back to our ancestors, where drinking something green would probably mean a very certain death.

I shoved the glass in front of my dad...you'd think it was toxic waste the way he edged back from the table.

**“Just try it!”** I said.

After a few minutes of intense stare down between my dad and the smoothie and some last prayers...he took a sip.

**...And then he took another sip.**

“This is actually pretty good!” He said as a smile spread across his face.

I was all too used to this response from people that try a green smoothie for the first time. The shock that something this healthy could taste GOOD!

“Aren’t they complicated to make though?” He asked. “I probably couldn’t make them taste this good”.

I explained to him how easy they actually are to make and that’s one of the main reasons why they’re so amazing.

What I realized is that if he just knew the basics, he could make these for himself whenever he wanted.

So I set out to make some super simple tasty recipes to show him (or anyone else) how easy it can be to boost your health by adding this simple green drink to your daily routine.

In this short guide you’ll find 5 days of smoothie recipes, including a shopping list to get everything you need to make all of them.

You can make these smoothies whenever you want. You can replace a meal with them or simply add them to your day as a healthy nutrient packed “boost”. I just wanted to give you a little sample of how amazing these little green drinks can taste :)

When you are ready to take it to the next level, lose a *crazy* amount of weight and transform your life, you’ll want to use my special meal-replacement smoothies, only available in my [21-Day Smoothie Diet Program](#). One of my recent customers **lost 8 lbs. in her very first week!**



**Drew Sgoutas, CHC, AADP**

Certified Health Coach & Nutrition Expert  
Member Of The American Association Of Drugless Practitioners  
Creator of The Smoothie Diet Weight Loss Program

# Shopping List\*

## Veggies

- ☐ Spinach (3 cups)
- ☐ Kale (2 cups)
- ☐ Parsley (1 small bunch)
- ☐ Mint (1 small bunch)
- ☐ Frozen Cauliflower (1/2 cup)

## Boosters

- ☐ Fresh Ginger (1 small piece)
- ☐ Vanilla Extract (2 tsp)
- ☐ Unsweetened Cocoa Powder
- ☐ Unsweetened Coconut Flakes

## Fruits

- ☐ Bananas (3 medium)
- ☐ Pear (2)
- ☐ Green Apple (1)
- ☐ Orange (1)
- ☐ Frozen Pineapple (1 cup)
- ☐ Frozen Raspberries (1 cup)

## Liquid

- ☐ Almond Milk (4 cups)

*\* All smoothie recipes are for 1 serving. If making for 2, simply double the ingredients. 1 bunch kale, parsley, mint, and 1 bag of spinach should be enough for 2 people.*

## Can't Find It? Use This Instead:

**BANANAS:** Avocados will give you the same creamy texture

**KALE:** Spinach, Swiss chard, collard greens, beet greens, romaine

**SPINACH:** Kale, Swiss chard, collard greens, beet greens, romaine

**ORANGES:** Clementines, tangerines, mangoes, papaya

**PINEAPPLE:** Oranges, mangoes, peaches

**PEAR:** Peaches, Apples, Plums



# The Power of Prep!

Good prep is the key to super simple smoothie making. Having all your ingredients ready to throw in the blender makes this a breeze.

## *Wash, Cut, and Store Greens*

You need two large zip lock bags with a paper-towel in each to absorb moisture. Excess moisture is the #1 reason greens go bad fast. Remove the kale leaves from the stems, chop, wash and spin dry in a salad spinner. Spinach usually comes pre-washed in bags and doesn't require any chopping. Remove the spinach from the bag it came in and transfer it to the ziploc. Do the same with the kale into the other bag. Store these in the fridge. When it comes time to make the smoothie you will just grab a small handful from the bag which is about 1 cup.

## *Fresh Vs Frozen*

Frozen fruit can actually be a better bargain than fresh depending on the time of year. Also, if the fruit is flash frozen it may actually be fresher than the "fresh" fruit. The general smoothie recipe rule I follow is fresh greens plus 1 fresh fruit plus 1 frozen. If not using anything frozen I add a half cup of ice. *I don't recommend freezing everything before, this will turn your smoothie to ice cream and make it impossible to blend without adding more liquid which will water it down.*

## *Chop And Portion Fruit If Needed*

Most of these recipes use 1 fresh fruit and 1 frozen portion. If using fresh fruit you can portion into small bags but honestly it's not hard to peel a fresh banana. Core an apple or pear the day you make the smoothie. If you buy a whole pineapple though you may want to pre-cut it so you have it ready in the fridge.



DAY 1

## Blueberry Vanilla

*Blueberries and vanilla make an amazing combination. Banana help thicken this smoothie up nicely, for a creamy, irresistible treat. Did you say this was green!? Serves 1*

### Ingredients

- 1 Cup Spinach
- 1 Banana
- 1 Cup Frozen Blueberries\*
- 1 tsp Vanilla Extract
- 1 Cup Almond Milk

### Directions

1. Add liquid, banana, spinach, vanilla extract and blend until smooth.
2. Add frozen blueberries and blend again until smooth.

*\* If using fresh, add 1/2 cup ice*

### Did You Know?

*Blueberries contain a type of flavonoid known as anthocyanins, which are responsible for the blue color. Blueberries may help protect vision, lower blood sugar levels and keep the mind sharp by improving memory and cognition.*



## DAY 2

# Pineapple Coconut

*You may think that herbs are only a flavor enhancer when cooking, and while that is true, they are also an excellent source of nutrients. This creamy mango smoothie is a delicious example of that. Serves 1*

### Ingredients

1/2 Cup Almond Milk  
1 Cup Kale, stems removed  
1 Orange, Peeled & Seeds Removed  
1 Cup Frozen Pineapple\*  
5-7 Fresh Mint Leaves  
2 tbsp Coconut Flakes

### Directions

1. Add liquid, kale, orange, mint and coconut and blend until smooth.
2. Add frozen pineapple and blend again until smooth.

*\* If using fresh, add 1/2 cup ice. Add more liquid if needed.*

### Did You Know?

*Pineapple is an antioxidant powerhouse that helps fight aging and keeps your cells healthy. It also contains an enzyme called bromelain that not only helps improve your body's digestive process but also helps fight inflammation.*



DAY 3

## Ginger Raspberry

*Ginger is great for detoxing — it will help soothe any upset stomachs you get from adjusting your diet. When paired with raspberries and banana, it's delicious. Serves 1*

### Ingredients

- 1 Cup Almond Milk
- 1 Cup Spinach
- 1 Cup Frozen Raspberries\*
- 1 Banana
- 1 tsp Grated Ginger

### Directions

1. Add liquid, banana, spinach, and ginger and blend until smooth.
2. Add frozen raspberries and blend again until smooth.

*\* If using fresh, add 1/2 cup ice*

### Did You Know?

*The natural chemical responsible for raspberries' mouthwatering aroma is similar to capsaicin, the substance that puts the heat in hot peppers and has been shown to fire up metabolism.*



DAY 4

## Chocolate Chip

*Frozen cauliflower offers creaminess and nutrients without adding unpleasant flavor. Unsweetened Cocoa powder give this smoothie a chocolate flavor without adding sugar. Serves 1*

### Ingredients

1 Cup Almond Milk  
1 Cup Kale, Stems Removed  
1/2 Cup Frozen Cauliflower\*  
1 Pear, core removed  
1 tbsp Cocoa Powder  
1 tsp Vanilla Extract

*\* If using fresh, add 1/2 cup ice*

### Directions

1. Add liquid, cocoa powder, kale, vanilla extract, pear and blend until smooth.
2. Add frozen cauliflower and blend again until smooth.

### Did You Know?

*Cocoa contains the substance phenethylamine, which is a neurotransmitter found in the brain that acts as a mood elevator and natural antidepressant. It's also one of the highest polyphenol-containing foods which are powerful antioxidants.*



## DAY 5

# Apple Pear

*Apple and Pear add a crisp refreshing taste to this amazing green smoothie. Parsley is a great herb for detoxing the body as well. Serves 1*

### Ingredients

1/2 Cup Almond Milk\*  
1 Cup Spinach  
1 Banana  
1 Green Apple  
1/2 Pear  
1/4 Cup Parsley Leaves  
1/2 Cup Ice

*\* Add more liquid if needed.*

### Directions

1. Add liquid, spinach, apple, pear, and parsley and blend until smooth.
2. Add 1/2 cup ice and blend again until smooth.

### Did You Know?

*Apples and pears are a rich source of a powerful kind of fiber called pectin. It's what's used as a gelling agent to make jams and jellies, and in our stomach it can delay stomach emptying through a similar mechanism keeping you full longer.*

# Ready To Lose Weight Fast... *and Keep It Off Forever?*



People all over the world are losing **MORE** weight  
in **LESS** time following the deliciously simple  
**Smoothie Diet 21-Day Weight Loss Program**

Watch this short presentation below to see how you can use  
smoothies to **Lose Up to 18 lbs In 21 days...and keep it off!**



[Click here](#) to watch the presentation