



**COACH
AIMÉE**

10-DAY TOTAL BODY & MIND

Detox

SUCCESS GUIDE





DISCLAIMER

Here's all the fun legal stuff my lawyer says I have to put in here:

This program is for information purposes only. The information presented herein is in no way intended as medical advice or to serve as a substitute for medical counseling. Rather, as nutritional and exercise guide. It is intended only to supplement, not replace, medical care or advice as part of a healthy lifestyle.

As such, the information should be used in conjunction with the guidance and care of your physician. You must consult your physician before beginning this program as you would with any exercise program. If you choose not to obtain the consent of your physician and/or work with your physician throughout the duration of your time using this product from Aimée Ricca, you are agreeing to accept full responsibility for your actions.

By utilizing the nutritional guidance and exercise strategies contained herein, you recognize that despite all precautions on the part of Aimée Ricca | Coach Aimée, there are risks of injury or illness which can occur with any program and you assume such risks and waive, relinquish and release any claim which you may have against Aimée Ricca | Coach Aimée or its affiliates as a result of any future physical injury or illness incurred in connection with, or as a result of, the use or misuse of this nutritional guide and exercise program for personal use.

IMPORTANT: Again, more fun things from my lawyer....This program is copyrighted and to copy, share, or reproduce is in violation of the law and prosecution will be enforced.

Welcome

FRIENDS

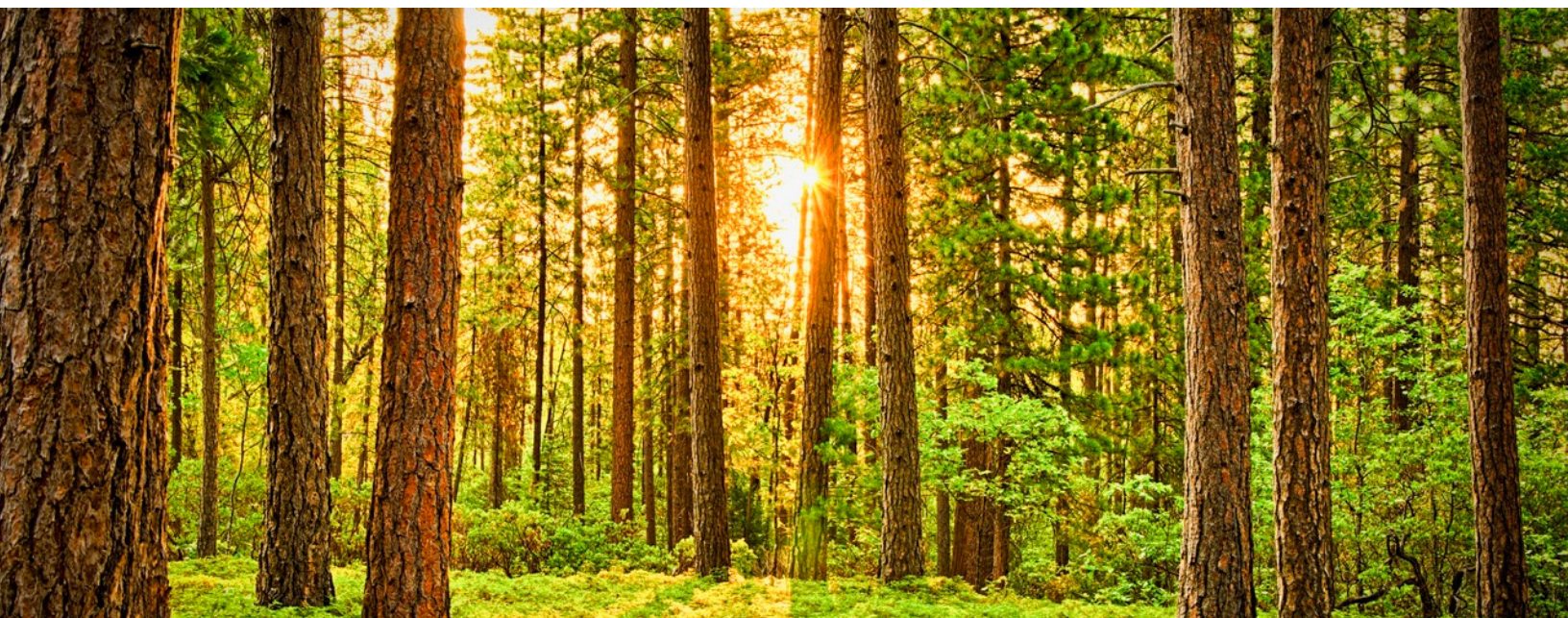


I am truly grateful for the opportunity to be able to share this info with you. I believe wholeheartedly in this detox and know you will feel absolutely AMAZING once you complete it.

The best part about this program is that you have a lot of flexibility. This detox is designed for 10 days, but you can continue this plan for up to 21 days.

This detox is designed to rid your body of built-up toxins and wastes, normalize your hormone levels, give you more energy, make your skin glow, and feed and fuel your body so you feel ridiculously amazing.

WHERE YOUR ATTENTION GOES, YOUR ENERGY FLOWS.



WELCOME FRIENDS

Stay committed and focused on your goals during this challenge, whatever they may be. Where you focus your attention is one of the most important things in your life - and it's truly the way to be successful in this and in other areas of your life.

OK, let's get this party started! On the following pages, you'll find everything you need to make this detox successful.

It's important to understand the reasons WHY I have included each of these guidelines in this cleanse.

Once you understand how truly important each step is, you'll be a lot more likely to follow through.

In addition to the success manual, I've included various recipes and ideas for you. I've also attached a blank meal plan for you to design the meals you want to eat during your 10-day detox.

It's critical for you to stick to your plan for the ENTIRE 10 days.

You will feel like a million bucks when you're done!

WHAT YOU'LL BE EATING ...

You'll be eating a LOT of fresh, clean, whole foods during this detox. Much of it will be greens and raw vegetables, and some of it may even include foods you've never had before! I encourage you to try new things and experiment!



WELCOME FRIENDS



QUICK GETTING STARTED TIPS

- ✓ Sign your commitment sheet.
- ✓ Read this entire *Mind & Body Detox Success Manual*
- ✓ Print out 10 Daily Checklist Sheets
- ✓ Design and plan out your own meals on the blank chart if desired
- ✓ Post pics of your food in our [Facebook group](#) to provide everyone with ideas and inspiration!
- ✓ Try some new things, and make it exciting!

Depending on what you've been eating lately, you may experience headaches and some fatigue in the beginning.

Just make sure you are drinking enough water so you continue to flush out the toxins, and you'll make it through!

After Wednesday, you should be feeling a renewed sense of energy!

If you ever have any questions, or would like me to review the meal plan you have put together, be sure to post in the Facebook group!

I'm truly grateful to have each and every one of you participate in this detox with us and I'm looking forward to hearing your success stories when you complete the program!

Committed to Your Success,

xo *Aimée*

