

# WELCOME

**Welcome to the how-to reverse digestive disorders such as IBS and leaky gut naturally course I look forward to working with you over the next few weeks.**

In this course, you will learn a proven method to promote health that has been used by hundreds of people around the world. This system always work, if you work the system. Therefore, for best results, it is essential that you do all the exercises outlined in this course and handouts, as well as take all the herbal products that are recommended in this program. For your reference, this is a list of all the products you will need to take:

- Detox Support, get it at <http://bit.ly/DrToniCleanseFormula>
- Adrenal Support, get it at <http://bit.ly/AdrenalHealthFormula>
- Digestive Aid Tea, get it at <http://bit.ly/DrToniDigestiveTea>
- Optional: Stress management herbs. Get them at <http://bit.ly/DrToniStress-Anxiety>
- Optional: use only if you have Candida and SIBO: [Candida antimicrobial, get it at http://bit.ly/DrToniCandidaFormula](http://bit.ly/DrToniCandidaFormula)

If you have any questions during the course, please know that I want to see you succeed. The preferred method for sharing your questions is to write a question on the Q&A section of this course and I will get back to you as soon as possible. I also will host live weekly Q&A sessions on my Facebook Group.

I created a private Facebook group for this program named **Multidimensional Healing**. Please join the group, since you can reach me here daily for questions and you will also be able to have the support of others during your journey to health. You will find the group under my FaceBook Page or use this link to the Group <https://www.facebook.com/groups/2126581134083756/>

I hope that you will enjoy this course, and I look forward to having you in the class.

*Toni*

