

# SHAPE ReClaimed

## Are you struggling with any of these?

- Aches and pains
- Anxiety
- Blood sugar imbalances
- Brain fog
- Depression
- Emotional eating
- Fatigue
- Headaches
- Irritability
- Sleep problems
- Weight gain

If you've tried everything, but nothing works, it's because you're dealing with inflammation. We have your simple, life-changing solution: **the SHAPE Program**.

The SHAPE Program addresses these symptoms and more. Reduce inflammation, cleanse your body and boost your immune system in our proven, three-phase program.

- **Phase I: Cleanse** – Start by cleansing your body of toxins by taking the SHAPE Drops and following the SHAPE Nutrition Protocol.
- **Phase II: Stabilize** – After cleansing, it's time to stabilize your brain chemistry and metabolism. You will begin reincorporating foods that were previously eliminated and note any inflammatory reactions. This critical phase helps you discover what foods work best for your body and mind.
- **Phase III: Live** – Now that your body is stabilized, you get to use what you learned in the first two phases to live your best life. Achieving and maintaining optimal health at any age or stage of life is possible!

## **SHAPE Program = SHAPE Drops + SHAPE Nutrition Protocol**

### **The SHAPE Drops**

The unique combination of ingredients in the SHAPE Drops support healthy detoxification and immunity. They are formulated to help you heal on a neurological and cellular level. The SHAPE Drops make the SHAPE Program unlike anything else you've tried before.

### **The SHAPE Nutrition Protocol**

The SHAPE Nutrition Protocol emphasizes nutrient-dense, anti-inflammatory foods. We will customize this protocol to your unique needs. No gimmicks, shakes, bars or dieting. Just simple, whole food so you feel your very best.

### **Change your life with the SHAPE Program:**

- Feel more like yourself
- Have more energy
- Keep up with the kids
- Live without pain
- Have a clear mind and active body
- Feel great in your clothes
- Be part of a like-minded community
- Have better, stronger relationships
- Relax and enjoy your life

### **Your SHAPE Program Includes:**

- Customized approach to meet your health goals
- Regular guidance and urinalysis testing
- Support from thousands of members in the private Facebook group
- Hundreds of delicious recipes to keep you on track
- Time-tested program with tremendous results – read what others are saying

Schedule an appointment and start the SHAPE Program today!

### **Try our other amazing SHAPE ReClaimed products:**

#### **Cheer up!**

ReClaim your emotional health with **MOOD Balance**.

MOOD Balance uses a blend of adaptogenic herbs that sense imbalances and naturally correct them. Whether you're feeling too high or too low, MOOD Balance helps bring you to center.

With only the highest quality organic and wildcrafted herbs, MOOD Balance is free of synthetic fillers, binders or preservatives, and is gluten-free, soy-free, dairy-free, egg-free, BPA-free and vegan.

#### **Try MOOD Balance for:**

- Physical, mental & emotional stress
- Anxiety
- Depression
- Adrenal fatigue
- Blood sugar problems
- Hormone balance, PMS & menopause
- Low libido
- Energy, stamina & strength
- Memory & mental capacity
- Emotional eating
- Improved athletic performance and post-workout recovery

Find your balance today!

#### **Mineralize yourself.**

ReClaim balance with **pH Concentrated Minerals**.

Every cell in your body requires minerals to function properly. Most people, however, are deficient in minerals. This affects your cells and creates imbalance throughout the entire body.

pH Concentrated Minerals contain a full spectrum of naturally-derived minerals in ionic form for superior absorption. Simply add to water or your favorite beverage for the ultimate daily mineral boost!

pH Concentrated Minerals are low in sodium, vegan, gluten-free and kosher-certified.

#### **Try pH Concentrated Minerals for:**

- Heartburn
- Water retention

- Kidney stones
- Cardiovascular problems
- Anxiety, irritability & stress
- Headaches
- Muscle cramping
- Restless leg syndrome
- Bone and joint problems
- Electrolyte balance
- Enhanced energy and stamina
- Faster post-workout recovery

Start fueling your cells today!

### **Life's rough, but your skin doesn't have to be.**

ReClaim healthy skin with **SKIN Healing Lotion**.

SKIN Healing Lotion heals symptoms of dry, cracked, scaly and itchy skin. It is the ideal lotion for skin conditions such as acne, eczema, psoriasis and shingles and it helps ease pain associated with rashes, burns and muscle and joint aches.

### **No Bad Stuff**

SKIN Healing Lotion is hypoallergenic and made without chemicals, colors, dyes, fragrance, gluten, glycerin, glycols, iodine, parabens, pesticides or phosphates.

### **Just the Good Stuff**

SKIN Healing Lotion is made with organic, plant-based ingredients. If you're struggling to lose weight on the SHAPE Program, it could be your lotion. Switching to SKIN Healing Lotion, which is 100% oil-free, can help you reach your weight goals.

Heal your skin naturally today!

### **ReWrite your story.**

ReClaim your life with SELF ReClaimed.

The SELF ReClaimed 5-part toolkit is a must-have to help you discover limiting beliefs and begin rewriting your story. Through the journal exercises, bibliotherapy book lists, Change Challenges and pondering topics like peace, love, faith and joy, you can turn those limiting beliefs into limit-less beliefs and emerge as the person you were always meant to be.

Start your empowering journey today!

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