

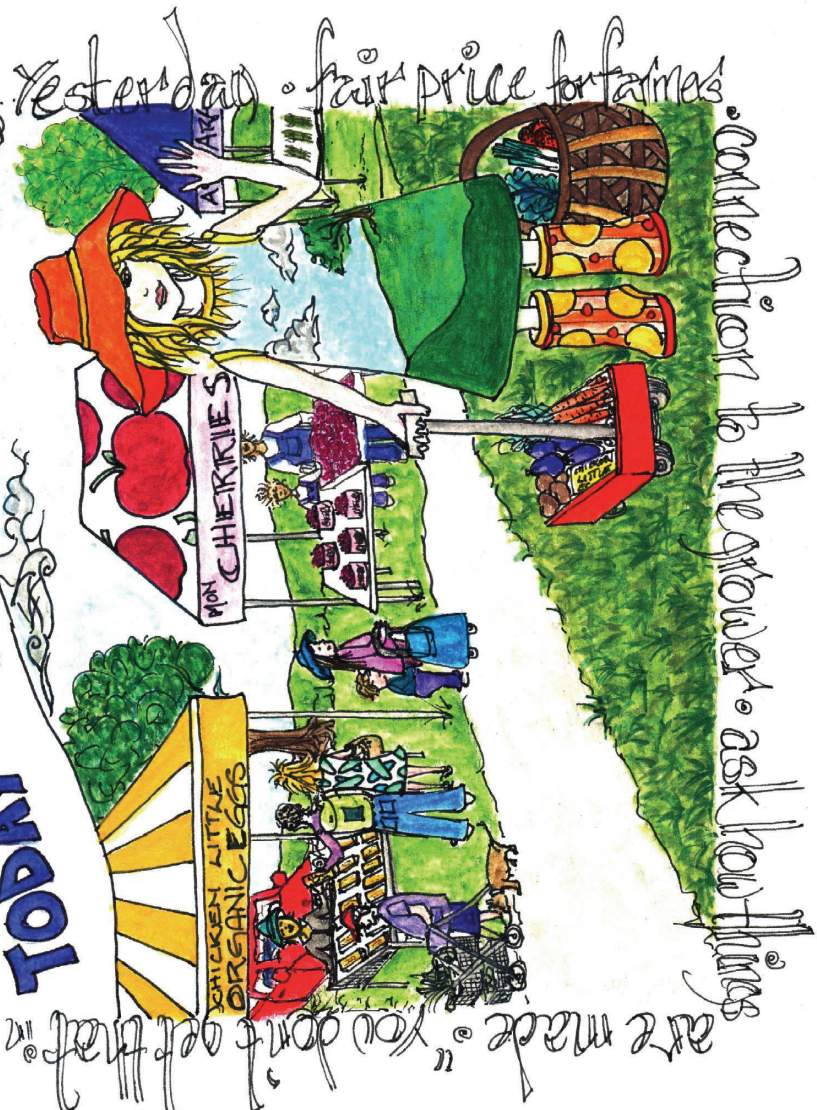




S.L.O.W
M.O.T.S

Seasonal
Local
Organic
Whole

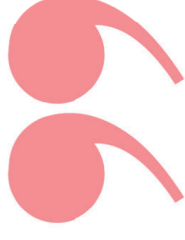
seasonal local slow fresh organic
picked... Yesterday fair price for farmer's collection to the grower ask how things are made "You don't get that in Isle of Man"
FARMER'S MARKET
TODAY



start with one meal.

FASTING IS BETTER THAN EATING THE LETHAL RECIPE

SHERRY STRONG





Store









MAKING DECISIONS
ABOUT YOUR BODY

CHOICE

LOVE	☒	☐
FEAR		





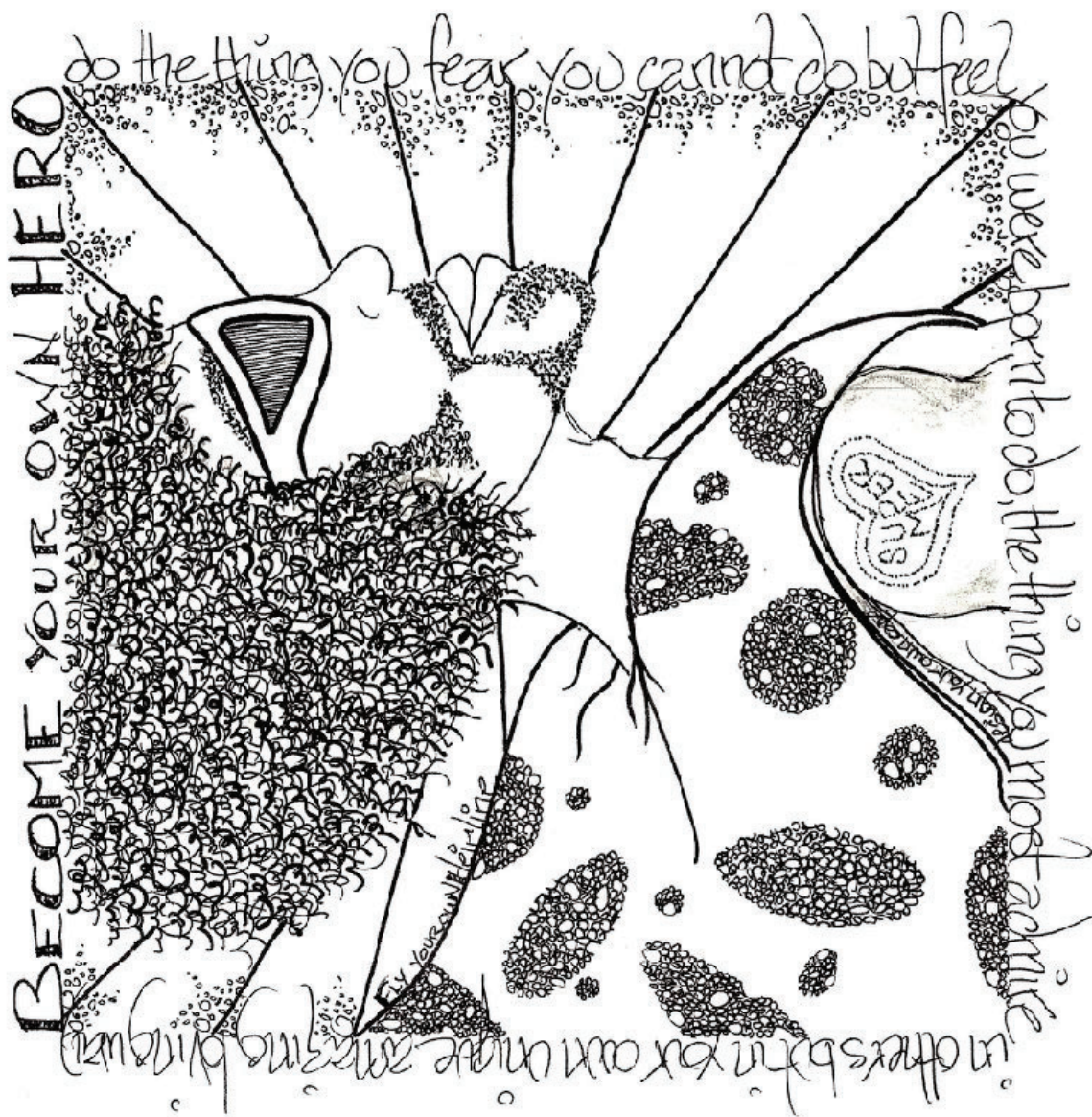
toxic

nourished

mentally
spiritually

emotionally
physically

HyperNourishment



Who's the Leader of Your Life?

Who's the CEO of Your Body?

**Who has an amazing
body?**







21 Day Sugar Free Challenge eBook

- 50 Recipes that help curb sugar cravings
- Weekly Meal Plans & Shopping Lists
- 4 Levels of Difficulty for all levels of Sugar Addiction
- Tips & Strategies to manage sugar cravings
- **FREE BONUS:** 7 Day Eat **Less** Sugar Challenge

All of this for only \$47 \$27

Start Your Journey Today For Only \$27

www.sweetfreedomlife.com/gift



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**"strong choices
for a strong life"**

CHOICE

LOVE



FEAR







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THE POWER OF

Intermittent Fasting

VOLUNTARY WITHHOLDING OF FOOD

Intermittent Fasting

NATURAL

LONG HISTORY

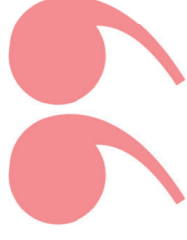
CHOICE BASED

EMPOWERING

NON-DEPRIVATIONAL

**"Fasting is not about deprivation,
it is about choosing to give your
body rest to rejuvenate and get
stronger".**

SHERRY STRONG



Strategic Use of Intermittent Fasting

WHEN TRAVELING

CLARITY AND STRENGTH

SPONTANEOUS MEAL SKIPPING

DURING CERTAIN TIMES OF SICKNESS

DURING TIMES OF EXTREME STRESS

Health Benefits of Intermittent Fasting

BRAIN HEALTH - REDUCES INFLAMMATION

CANCER RISK REDUCTION

LONGEVITY

WEIGHT LOSS - BELLY FAT

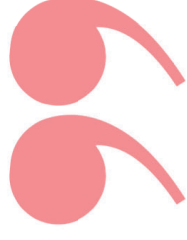
INSULIN RESISTANCE AND TYPE 2 DIABETES RISK REDUCTION

CELL REPAIR AND WASTE REMOVAL IMPROVED

FASTING CAN BE CHALLENGING

"We can do hard things."

CLENNON DOYLE



Being the leader of your body means making decisions based on what is best for your body and your life.

It doesn't mean you'll make perfect decisions all the time but the sum of the good ones outweighs the bad.

