

# DUMP THE JUNK

5 Day Mini Cleanse

## Personal Success Stories

**“HOLY COW! Already down 5lbs as of this morning and only on day 3!”**

**-Missy F.**

**“It was easier than I thought. I was never hungry and felt great the whole time.**

**I even lost 4lbs!”**

**-Kimberly MN**

**“I had a very slight headache off and on the first two days. On day 3 – no headache at all! And I feel very ENERGETIC! Still drinking lots of lemon water.”**

**-Kathi S.**

**I feel really good! I have a lot of energy. Last week by this time I was ready for bed, but not tonight, doing laundry and cleaning my email!!!**

**-Marie**

**“I was a little apprehensive about cravings but they never came! I was amazed how satisfied I was ...never really felt hungry. I lost a total of 4lbs!”**

**-Leticia B.**

**“I have lost a total of 3.2 lbs and I feel really good! I have been making all of my shakes with a handful of spinach. I can barely tell it’s in there but it gives me that extra boost of nutrients. I have mostly used frozen blueberries if I added any fruit.”**

**-KW**

**I lost 3 lbs. My favorite smoothie was Chocolate Life shake, almond milk, strawberries and ice!**

**-Jackie**