



30 Days Detox Program

The 30 Day Detox is a fast program to help your body recover and heal from a diet and lifestyle out of balance.

Here's a testimony of someone whose health improved within just 10 days on the 30 Day Detox!

I want to thank you for this program. My left foot, leg, hip, arm, breast, and the left side of my face started to swell 4 years ago. My GP had never seen this before. After a year I started going for lymph drainage every month which helped a bit, but soon the swelling would be back.

Last year I had a venogram and they found a blockage in my breast vein on the left side which they dilated, but that also just helped for a while. I went back for a stent, they had to remove my first rib, as the vein passed between the rib and clavicle. But still the swelling did not subside. I could feel that my breathing started to be affected. I was so tired of not sleeping well, no strength and energy.

I prayed for two weeks that God will help me and show me what to do to get better. My sister and her husband who followed your 30-day detox in July came to visit me. Believe it or not, she brought me all the AIM products I needed to follow your 30-day detox.

Thank you, Laura, to be able to get me registered on the program immediately. After one week I could wear shoes again which I couldn't wear for years. The swelling in my hip, breast, arm, and face started to subside. I am sleeping so well. I started to walk like you suggested, the first few days I could only walk 600m before my lung started burning (I had a lung embolism 6 years ago). Since then, I slowly progressed to 3km every morning. I feel better every day. I have lots of energy, I can breathe normally now without that heavy feeling in my chest.

Anna



Who is this program for?

This program is for anyone for wants:

1. Fast start to health and weight loss.
2. Program to recover from stressful eating and living habits.

Who should not do this program?

People who are:

1. Nervous and have serious health issues or
2. On medication and are not feeling brave enough to tackle the strong detox symptoms (if this is the case the gentler 100 days to health would be a better option)

What can it do for you?

This program will help you:

1. Take control of your health in 30 days
2. Lose weight (if needed) and
3. Restore your health.

What can you expect?

This program is designed to increase the process of healing, repair and detoxification and may lead to weight loss (even if you are underweight). This is the body's way of dealing with unhealthy tissue and cells. You may experience some symptoms of detoxification; these may be mild or severe depending on your dietary habits and health history.

1. Headaches
2. Nausea
3. Insomnia
4. General aches and pains
5. Body odour and strange tastes in the mouth
6. Digestive discomfort
7. Back pain in the kidney area
8. Extreme tiredness and or irritability are just some of the symptoms you may experience

These are the most common detox symptoms and are very good signs as it shows clearly that your body is in the process of repairing itself, which is what you want!

The program provides weekly support on Zoom and or in a group – this is included in the package. Your facilitator may offer a WhatsApp group as well

You can follow on with the **100 Days to Health**, which will give you a broader perspective and program for life. This will allow healthy rebuilding of your body and can only take place when the body has dealt with all unhealthy tissue. This can take 3 months to 8 years depending on your health history and how compliant you are on the **100Days**.



How can you get going?

My name is Lynn Schabalala and I am one of Mary-Ann's facilitators for her 30 day detox program. E-mail me at sitzerlynn@gmail.com or WhatsApp me at 0670137883 if you are interested in joining me on the 30 day detox program.

Alternative click on this link:

[Signmeupfor30ayDetoxnow!!!](#)

1. I will send you the next steps to order your products.
2. You will receive the 30 Day Detox Programme - PDF booklet with daily plan and recipes as well as a PDF copy of Mary-Ann Shearer's book Perfect Weight the Natural Way
3. Access to our exclusive support group (Facebook/WhatsApp) and weekly live Q&A sessions with Mary-Ann on Zoom

What's Included?

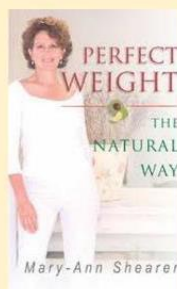
ACTION PLAN

30 Day Detox Program – PDF booklet with daily plan and recipes



EDUCATION

Free PDF copy of Mary-Ann Shearer's book



MOTIVATION

Free access to our exclusive support group & weekly live Q&A check-in sessions on Zoom with Mary-Ann



Products needed for the 30 Day Detox.

In order for you to get the most out of this program and see quicker and more dramatic results, your commitment is to order the supporting detox products. This is your commitment to demonstrate that you are serious about making that change and your ticket to participate in the programme.

Herbal Fibreblend

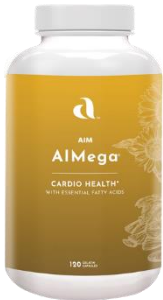


A combination of unique herbs that help to remove the old fecal matter (1-10kg) that most people have in their digestive tract. These herbs remove this so that you can absorb nutrients better resulting in less food consumption and balanced weight.

HFB also stabilizes blood sugar and gets rid of most parasites.

Available in capsules or powder – recommend capsules for ease-of-use.

AlMega



A unique combination of Flax, Sesame, Sunflower and Olive Oil perfectly balance to make sure you receive Omega 3 & 6 fats in perfect balance for perfect endocrine, brain, immune function, while regulating cholesterol.

BarleyLife



Barley grass juice grown to the most nutritious length, cut at night when the nutrients are highest and juiced & chilled in the harvester and then spray dried at room temperature. Contains extremely high levels of chlorophyll for healing mucous membranes, wounds, and skin. High in SOD one of the most powerful antioxidants known to destroy free radicals and cancer cells. High in Vitamin E succinate know to help correct endocrine (hormonal, immune, CNS, and all body functions). Highly anti-inflammatory and alkaline-forming in the body. Improves energy

GlucOchrom



A combination of plant extracts that help maintain healthy blood sugar levels, including alleviating hypoglycaemic (low blood sugar), symptoms such as fatigue, dizziness, irritability, headaches, and cravings. Promotes beneficial effects on blood cholesterol and triglyceride levels. Encourages reduction of body fat and increase of lean muscle mass (with diet and exercise).

RediBeets



Pure organic beet juice dried for convenience. Helps maintain whole body health, increases strength, endurance & energy, by increasing iron naturally which increases oxygen usage and increase nitric oxide which can lower high blood pressure and improve circulation and heart function. High in usable iron which can correct anaemia. Provides cleansing effect and stabilizes appetite. Benefit of juicing without the inconvenience

JustCarrots



Helps maintain whole body health. Powerful Carotenoid antioxidants prevents cell damage and provides nutrition for the eyes, skin & lungs. Benefits of live enzymes. Pure juice product, minimal fibre present. Nutrients in natural proportion not a man-made product. 100% pure carrot juice. Benefit of juicing without the inconvenience

ProPeas



ProPeas is a natural and delicious vanilla flavoured vegetable protein powder (white in colour – don't panic!)
ProPeas is digested slowly reducing appetite. It also maintains lean muscle, resulting in an increased ability to burn energy (calories or kilojoules), increasing your metabolism. This is added to smoothies and essential for the program as it provide up to 90% complete protein

Composure



Composure is a combination of natural plants and herbs that calm pain, inflammation, the mind, the digestive tract and in fact the whole body. Ideal for anyone with headaches, aches, and pains from detox. Safe for children and the elderly. Helps improve ability to sleep but does not make you sleep. Contains herbs that repair the skin and improve facial lines.

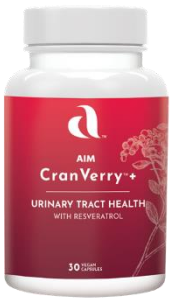
Highly recommended products - but optional for those on a budget.

Peak Endurance



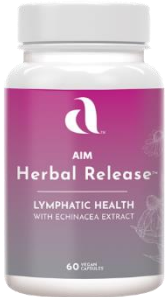
Naturally increase cell energy by increasing ATP, prevents or reverses dehydration, is a good source of Vit B 12 – combined with RediBeets helps turboboost your energy – which is needed as you detoxify.

CranVerry



CranVerry – contains dried cranberry juice. Shown to prevent urinary tract infections and Candida infections, often a problem with weight and health issues and helps correct metabolic rate. Contains Resveratrol a powerful antioxidant for superb health and Mangosteen (also known as Garcinia) which slows conversion of carbohydrates to fat & naturally suppresses appetite. Beta-Glucanase which can help stabilize blood sugar and improve digestion, especially absorption and gas problems, which can be common on detox programs.

Herbal Release



A combination of herbs specifically to stimulate the lymphatic system to clean out. This can result in excess water retention being lost as well as removal of cellulite. Body odour and weight loss is one of the results

How to order the products?

Mary-Ann's Food Products

The 3 salts used in the recipes, Herb, Garlic & Herb and Seasoning salt, Vegetable stock, Malted Carob and any other food items mentioned in the recipes are available from www.mary-anns.com.

As an added bonus you will get added to Mary-Ann's Loyalty Rewards Program (LRP) so that you receive 9% back on any purchases spent in a month that exceed R500 and on any people you may refer who purchase any products. You may receive enough back to cover the cost of your own products.

Speak to your facilitator or Laura for more details.

Basic pack:



Recommended:



Basic pack

R3034 (saving you R733)*

Full pack

R3982 (saving you R924)*

*excludes door-to-door courier

To join the 30 Day Detox Program

[SignUpforthe30DayDetox!!!](#)

Testimonials

"I have followed Mary-Anne Shearer for 20 years, buying the Perfect Weight book and the 2 recipe books and attending Mary-Anne's talk in Pietermaritzburg probably 20 years ago, but have never been able to stay disciplined with my eating for a long period. I caught COVID at the end of July from a client and luckily had mild symptoms. Unfortunately, the post Covid symptoms were way worse with me suffering from insomnia falling asleep at 2 am and waking at 5 am, then teaching for 8 hours. I was absolutely exhausted and gained 3kgs. Mary-Anne's email came through at the perfect time when I needed to do something about my health. I suffered the first two days but from day 3 on I felt amazing and lost my 3 kg's. My clients started saying how well I looked and how amazing my skin was. I am sleeping a good 7/8 hours a night and wake up before my alarm clock and jump out of bed ready for the day ahead. I am still socializing with my friends but I always arrive with a platter of fresh vegetables chopped and the delicious hummus. I always take an empty platter home. This is the best detox/way of life eating I have ever done and can't wait to do the maintenance plan."

Mandy Bompas

"We are still going strong with our 30 day detox and feeling amazing!"

Sandi & Wayne Elkington

"Thoroughly enjoyed the detox programme. I lost 2kgs on the programme and had no cravings whatsoever. I was doing the 100 Days to Health before I started the 30 day detox. I have followed the Natural Way for many years. I do not have caffeine, sugar, avoid dairy except for the occasional bit of cheese. I do have meat, fish or chicken 3 – 4 times a week. I do not drink alcohol or smoke. The one thing that I do not seem to be able to sort out is my sleep. I average about 4 hours a night and have done so for the last 20 years at least. I have tried Composure, taking Barley Life before bed time and many other things including meditation. I had hoped that not eating any meat for 30 days might improve my sleep but this has not happened. I do feel that if I could sort out my sleep then everything else will fall into place. I am continuing with the 100 days to health and the Maintenance programme when I receive it."

Pat

"I tried the natural way a few times and went back to my old ways (i.e. applied some of the 5 steps, others not)... This time it feels different, I think it is the habit forming (30 days, instead of the 9 days) and 100 days was maybe too slow. I have lost excess weight, quality of sleep has improved, started to eat less and feel healthy and happy most of the time."

Marisca

I haven't done my blood tests yet, that is for next week, but I am really excited to see what the results will be."

Gayle Dicey

"I am turning 70 in Dec and have had various health issues which made me desperate to find a way to help myself. One night when I was really at my lowest because of osteoarthritis pain , I came across the 30 day detox info and felt instinctively that this was going to be the way forward for me. I have done really well on it – have been able to stop anti-inflammatories and associated gastritis meds. Am sleeping much better. Have lost 9 kg . Am also to walk much further than before. My husband subsequently started the Oct detox and is also doing well . He has lost 7kg and his blood pressure has decreased. We are both looking forward to continuing this eating lifestyle and have learnt so much. Many thanks for your help throughout and your quick responses to queries."

Venecia Steiniger

"I decided to do the 30 Day Detox because my health was starting to wane. I had been diagnosed with Insulin intolerance/prediabetes, my cholesterol was rising, my inflammation marker was high, my joints were sore, I had hit menopause officially and was having severe hot flushes, I wasn't sleeping properly I'd started to get a bit of heartburn and had put on a lot of weight. I had gone to my doctor, who is an integrative doctor, for my 6 monthly check-up as I have an underactive thyroid which needs to be monitored, and at these check-ups she checks all the above stuff. I do not take medication for the above issues but had been taking supplements. The above symptoms had seemed to get worse and with the latest results she was having to increase my supplements and adding others to my long list. That last session was my turning point, because for one I was feeling quite down when I went to see her (bit depressed) and I acknowledged it and two, I felt that I was just taking more and more supplements for something that I was causing and could manage through diet, which she had told me but I was struggling to do. On top of it the cost of all these supplements was ridiculous and I couldn't claim from medical aid. Mary –Ann's newsletter regarding the 30 Day Detox then came through at the same time and I decided this was what I was going to do, and what a great decision it has been. I did the 30 Day Detox and had the following results. My energy has increased, I sleep better and wake up enthusiastic and fresh, and in a good mood. I have lost 10 kg's. My skin is looking fantastic, and is not so red. I hardly have any hot flushes and I am calm. My family tell me they can't believe how "chilled out I am"! I have no heartburn or leaky gut. My joints aren't sore, I have started running again and am much more supple in my Pilates classes. Generally I am feeling thinner, happier and younger. I was really starting to think that 55 was old, but not anymore. The basic lesson here for me was that you are what you eat. I have preached that myself, but didn't apply it. The 30 days has been life changing and a great kick start to better eating and lifestyle.

"I follow the Natural Way eating plan but felt eating healthily was not enough, my body needed a detox. I was very happy when the detox became available incorporating the AIM products. After a few days on the detox my energy increased and my digestion also improved. My skin is also glowing and I feel more calm. It feels so good to feel healthy and know that you are looking after your health by eating this way."

Lorraine