

# THE GOOD FOOD WAY TO LIVE YOUR BEST LIFE

Use these simple food and lifestyle fixes to elevate your health.



Hi, I'm Dr. Sally LaMont, a Naturopathic Doctor, Acupuncturist, Foodie, Recipe Developer, and Nutrition Educator!

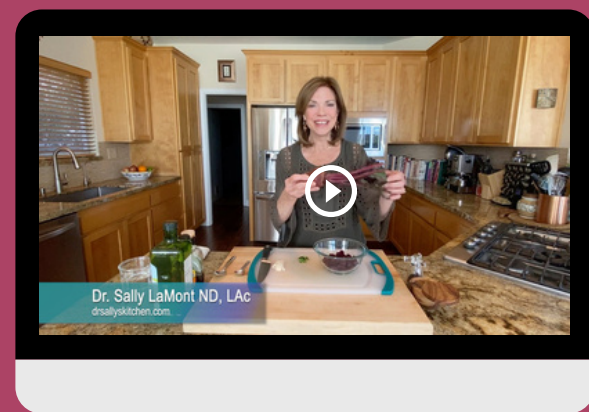
Welcome to this free, one-page mini class. I'm so glad that you've joined me here to learn how THE GOOD FOOD WAY way to live can elevate and enhance your healthy lifestyle. Check out the four, class options, below!

## 1 WATCH: LEARN THE SECRETS OF THIS AMAZING SUPERFOOD

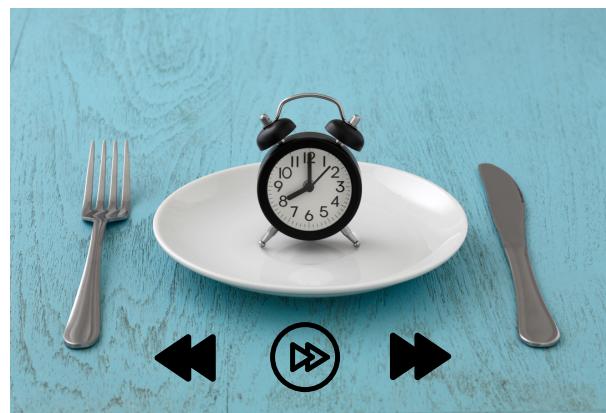
The humble beet is so much more than a root veggie! This quick video will show you how to bring out their natural sweetness and earthy flavor.

Along the way, you'll learn about their nutritional superpowers that include lowering blood pressure, fighting inflammation, and improving gut function.

[CLICK HERE TO WATCH!](#)



## 2 LISTEN: WHAT YOU NEED TO KNOW ABOUT INTERMITTENT FASTING



Dr. Sally is going to give you insider information on what it takes to ease into an intermittent fasting lifestyle. This free webinar is packed with important information you can use today.

[Hop on to this](#) video webinar now and learn how to make simple time-restricted eating changes that will make a healthy, lasting impact in your life!

## 3 READ: DR. SALLY'S OWN HEALTHY EATING CHECKLIST

Think of food as made up of "messenger molecules" that instruct your body to build either health or disease. When you download this checklist of the very best nutrient-dense, body-loving foods to buy at the store, you'll be on your way to crafting delicious healthy meals for yourself and your family.

Keep this guide handy to use while shopping, taking an inventory of your pantry, or to motivate you to choose foods that create the level of health you desire.

[Click here](#) to **DOWNLOAD NOW!**



## 4 ACT: 21 DAYS TO SPRING CLEAN YOUR BODY!



You deserve this! Take the next 21 days to cleanse and refresh your body with delicious recipes, know-how, tips, and an intermittent fasting protocol that works. [Spring Clean Your Body](#) is the perfect way to cook, eat, and live better. I'll be your guide and together and in only a few short weeks, you will feel and see the difference.

[SIGN UP NOW!](#)

