

Eat to Thrive
Week Four Agenda
Fasting and Internal Awareness
February 24, 2022
6:30 – 8:30pm ET

Zoom Link For the Event

<https://us02web.zoom.us/j/86828301519?pwd=a1ZMOENrNy9oRlMwbWFGHUGZlYjhDdz09>

Meeting ID: 868 2830 1519

Passcode: 950124

Support

If you have any trouble getting in, call or text
Cami Stephens 978-876-7095 or Betsy Bragg 617-835-2913

Schedule

6:30 - 6:32 pm: Meditation led by Randy Jacobs

6:32 – 7:00 pm: Food Presentation by Sylvia Witt

- Chia - Mango
- Lunch – Wakame Salad
- Supper – Wrap with Alfredo Sauce

7:00 – 7:10 pm: Homework Assignment

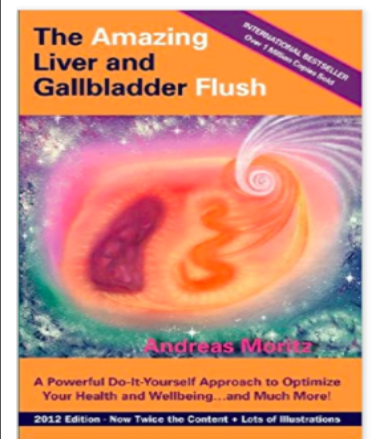
- **Read** Chapter 5 on Cleansing
- Watch videos
 - Detox (very important)
 - <https://www.youtube.com/playlist?list=PL5GTwJOV9Tw1zME9IwhlZ0z3V7O3nXC0r>
 - Making a Killing (optional)
 - <https://www.youtube.com/playlist?list=PL5GTwJOV9Tw39GC1MDFtUxn2F3SCjyQr5>
- Call your buddy to share your successes and challenges

Cleansing and Detoxing

Recommended Reading

The Amazing Liver Gallbladder Flush by Andreas Moritz

<https://tinyurl.com/2tkmsotf>



- We highly recommend that you do a Cleanse or Detox Program. If interested, contact Betsy to do the Liver Gallbladder **Cleanse** with her during the waning moon from
- **Friday to Sunday March 9, 2022**, and download or print out **Liver Gallbladder Flush Manual** by Andreas Moritz (located under the 'Products and Books' tab in your Eat to Thrive classroom materials).
- You will need a week to order your supplements and materials for the Cleanse.

Speaker for the Evening – Joseph Lucier

7:10 – 8:00 Joe Lucier

- **Topic:** Cleansing, Fasting, Internal Awareness, and Q & A
- **Contact:** joe@anusarawellness.com or phone 617-276-5603, or book a
- **Free 15 minute consult:** <https://calendly.com/anusarawellness/15min?month=2021-03>
- **Bio:** Founder and Director – Anusara Path to Wellness International Wellness Center and Education Institute – Holistic Medicine, Herbs, Workshops, Tongren Distance Healing Services, Plant-based advocate, Online Training, Education and Lifestyle Medicine
- **The Art of Cleansing Programs** – <https://www.anusarawellness.com/restart>
 - #1 - Oxygen-flooding, immune-boosting colon cleanse - 7 Days – March 12 - 18
 - #2 - Detoxing with Clay and herbs - 14 Days – April 9 - 22
- **Workshop:** Be Your Own Healer Training
 - **Basic Training** - February 26, 2022 and June 4, 2022 – <https://www.anusarawellness.com/byoh>
 - **Masterclass** – April 23rd - <https://www.anusarawellness.com/mbyoh>
- **Workshop:** Oxygen Cellular medicine – March 26, 2022 1-5pm
- **Workshop:** Whole Life Whole Foods - Integrating Your Life on All Levels – May 7, 2022, 1-5pm ET
- **Books by Joseph Lucier** - 8-time author
 - *The Dairy Contrarian*

- *Disease Prevention*
- *Tam Healing Anatomy and Point Location*
- *Avocado Joy Recipe and History Book*
- *Bioelectricity - The New Paradigm*
- *The Nature of Cancer - Don't Fear Cancer, Understand it*
- *The True Cause of Depression*
- NEW: *Anusara Path to Wellness – Whole Food Whole Life Nutrition and Programs*
- <https://anusarawellness.com/product-category/joe-lucier-lmt-books/> There is a special sale on *Avocado Joy*, with \$5 off this month!