

# Eat the RAINBOW!



## Who and why should start it?

- If you want to **lose weight**.
- If you'd like to **sleep better, wake up more refreshed**.
- If you have a **hormonal issue** (thyroid, oestrogen, progesterone, insulin, androgen, etc) and you'd like to **balance them**.
- If you have **endometriosis, fibroids, PMS** and you'd like to **get rid of them**.
- If you have **high cholesterol, cardiovascular issues**.
- If you have **high blood sugar issues**.
- If you follow a **160g carb diet, but you want it to be more efficient**.
- If you want to have **cleaner skin**.
- If you want to **be and feel more energetic**.
- If you have **frequent headaches and migranes**, and you want to get rid of them.
- You'd like to **prepare your body for pregnancy**.
- If **you'd like to start the autoimmune protocol**, but you can go cold turkey and leave all foods behind, that was part of your life till now.
- If you want to be a **good role model for your kids**.
- If you'd like to **help your body's detox ability**.
- If you'd like to **feel better in your body**.
- If you **can't poo on a daily basis** or if you go too many times and it's quite soft.