

## My Commitment to Cleansing and Healthy Transformation

*"Find a place inside where there's joy, and the joy will burn out the pain."*

~ joseph campbell

The most important part of this cleansing program is your commitment to yourself and the process. When first undertaking a natural body cleansing program many people feel initially enthusiastic and dedicated to becoming a healthier more vital person. However, this process is not a sprint but a marathon. Many people begin to feel restricted by the food choices or disheartened because they do not immediately feel better or lose all the weight they imagined they would. At these critical times it is so important to remember why you first decided to dedicate yourself to this process. There are many reasons people choose to detoxify. What are your reasons?

Cleanse my body     Weight Loss     Feel more energy and vitality     Improve my moods

Lower my cholesterol     Lower my blood pressure     Improve my digestion

Improve my memory, concentration, thinking     Look and feel great

To do activities that my current health status limits (exercise, yoga...)

To feel more in balance and less stress     Other? If so, what \_\_\_\_\_

The items you checked above are the goals that will help motivate you during those times when you feel discouraged. Remember that Dr. Tom's [Dr. Tom's Easy & Natural Detox & Weight Loss Cleanse](#) helps you take the first big step on your new adventure of healthy living. For many of us this path is not a straight road but one that takes many twists and turns as we discover what actually works for us. Use our program as a map to guide you towards improved health and vitality. Share your goals with a friend, family member, or co-worker who will join you or be encouraging and supportive of your goals. We ALL need support during times of change.

I commit myself to the 10 Day Body Cleansing Program. I will follow the guidelines to the best of my ability and will use Dr. Tom's FREE Guide and my healthcare practitioner as resources. I will be successful in improving my health and detoxifying my body. I will complete this program and will love myself even more for investing in my body and health.

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Your signature

Date

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Witness signature



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