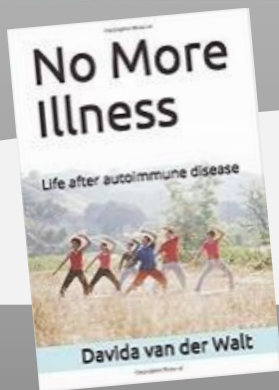


CLAIM YOUR LIFE BACK PROGRAMME

The challenge is to either get rid of 5 symptoms or to lose 5 kg in 3 weeks and gain your life back



www.on-route.co.za
Contact Davida on 083 287 6015 or
davida@on-route.co.za
<https://www.amazon.com/No-More-Illness-autoimmune-disease/dp/1710182954/>

CLAIM YOUR LIFE BACK
ONROUTE

21/5 Challenge

The 21/5 challenge was developed to support people who are overweight, chronically ill or battling with autoimmune disease, multiple chemical sensitivities or electrohypersensitivity. It is a structured 7-week programme that can change your life! If you just want to lose weight, or get rid of chronic symptoms such as gout, sugar imbalances and aches and pains, or if you are suffering from an autoimmune disease, this programme is for you. In the 7 weeks we look at leaky gut and how leaky gut affects your health. We follow an elimination eating plan that will help you identify your food sensitivities and other triggers that may effect yopur health negatively. And you learn how to eat great food that will nourish you body and will transform your health. And that you will enjoy!! Making sure you do not feel deprived. We follow a holistic approach to claiming your health back.

The programme is based on the Functional Medicine model that is based on the 5 Rs:

- R – Remove the triggers
- R – Replace the bad with the good
- R – Reinoculate your gut
- R – Repair your gut
- R – Rebalance your life

Davida van der Walt, author of No More Illness, Life after Autoimmune disease, has made it her life's mission to help others beat weight gain, chronic illness and autoimmune disease. She was diagnosed with Grave's, an autoimmune disease, and with the necessary lifestyle changes, she managed to go into remission. Now she helps others to do the same.

ADDRESS THE ROOT CAUSE AND REVOLUTIONISE YOUR HEALTH

For 7 weeks you will be guided through the 5Rs. You will receive a Guide, emails, daily WhatsApps with health tips and recipes, and a weekly online check in with a group of like minded people. And you will weekly complete a survey to monitor your progress.

Week -1	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
PREPARE	LEAKY GUT, FOOD AND HEALTH	FOOD IS MEDICINE	TOXIC THOUGHTS AND HEALTH	READING FOOD LABELS	A TOXIC ENVIRONMENT AND YOUR HEALTH	MAINTAINING YOUR NEW LIFESTYLE
<ol style="list-style-type: none"> Background to the programme What is the root cause of illness? What is leaky gut and why do we get it? How do we heal leaky gut? Preparation needed for week 1, including foods and snacks Shopping list Eating principles for health and weight loss, and healing your gut Whole food vs processed food Importance of grounding Importance of sleep Using intermittent fasting to your benefit Enjoying food while on your elimination and after 	<ol style="list-style-type: none"> Check In: log baseline weight, measurements, symptoms Importance of a holistic approach: food, sleep, movement, detoxing your environment, stress management, thoughts etc. Food reintroduction symptoms More on fasting Foods to reintroduce in the next week What to expect ito detox symptoms Recipes for the week Typical food triggers and healthy replacements Food sensitivity symptoms Importance of food combinations Importance of balancing your blood sugar and an antiinflammatory diet 	<ol style="list-style-type: none"> Check In: log weight, measurements, symptoms Review progress, experience with food, detox symptoms, challenges, achievements Foods to introduce in the next week, what to expect when reintroducing these foods Food types and why they can be inflammation triggers Foods that heal How to use food as medicine How to eat to lose weight Recipes that will excite you Impact of unfinished business on your health & how your thoughts impact your immune system and health Homework exercise issued 	<ol style="list-style-type: none"> Check In: log weight, measurements, symptoms Foods to introduce in the next week, what to expect when introducing these foods Feedback on homework re unfinished business Letting go exercise How can cognitive behavioural therapy (CBT) help you Setting healthy boundaries for others and yourself Plan for the next week Recipes that will make life worth it 	<ol style="list-style-type: none"> Check In: log weight, measurements, symptoms How to read food labels Processed food content that is bad for you Hidden gluten in foods, GMOs, glyphosate, preservatives, flavourants and colourants Healthy replacements. How to maintain these changes for life. What to avoid? What to limit? And healthy replacements 	<ol style="list-style-type: none"> Check In: log weight, measurements, symptoms Environmental toxins, inflammation and weight gain We look at household products, appliances, personal care products, EMF and much more. What to avoid and how to make your home a healthy and happy place 	<ol style="list-style-type: none"> Check In: log weight, measurements, symptoms Supplements and their benefits What you should know about over the counter medicine and natural alternatives. Habits – can you break a habit? Holistic approach to health.- how to stimulate your parasympathetic nervous system Habits to cultivate if you want to be healthy for life How to make sure the lifestyle changes last.

You will learn:

- What to eat and how to combine foods and when to eat
- How to eat to heal your gut
- What your personal food and other triggers are that are holding you back
- What lifestyle habits contribute to weight loss and vibrant health
- How to eat healthy and still enjoy it
- If emotional baggage is holding you back and how to deal with it.
- How environmental toxins impact your health.
- The importance of having a holistic, integrated approach to health



www.on-route.co.za
 Contact Davida on 083 287 6015 or
davida@on-route.co.za

If you are ready to take ownership for your health, contact me today!

This is not a diet!! It is a lifestyle programme that will help you identify your food and other triggers and give you the tools to make the right decisions

DISCLAIMER - The information provided in this book, No More Illness, and the 21/5 Programme, is for general information purposes and educational purposes only, aimed at improving lifestyle choices. All information is provided in good faith; however, we make no representation or warranty of any kind, express or implied, regarding accuracy, adequacy, validity, availability or completeness of any information. Under no circumstance shall we have any liability to you. The book does not contain any medical advice. Accordingly, before taking any actions based upon such information, we encourage you to consult with the appropriate medical professionals. The use or reliance of any information contained in this book and the 21/5 Programme is solely at your own risk.