



*"I am in the last week of the 100 days and I would just like to say thanks to you guys , it has been a huge help for me. NOTHING else was working and in the last 100 days I have lost 12kgs, I am feeling a lot better and more positive. In fact, I have not been sitting waiting for the e-mail either. I have just got into the lifestyle. If anyone dares to tell me I'm on a diet, I argue that I am not, this is the normal way to eat!!" Jenny*

### **What is the 100 Days to Health?**

*This is a carefully worked out program that inspires, educates, and motivates you to get your health on track.*

You will gain the following:

1. Learn how to listen to your body and know instinctively what it needs.
2. Cravings for unhealthy substances and food will simply disappear as you gain the knowledge to take control of your health one day at a time.
3. You will receive a daily email that directs you to add certain foods or activities to your existing diet and lifestyle. For example, in week 1 you will need to add a side plate of raw fruit or vegetables before every meal and not to give up anything else.
4. You will be encouraged to read certain chapters in *Perfect Health – The Natural Way* by Mary-Ann Shearer.
5. Once a week you will be invited to join a Q&A session with Mary-Ann Shearer and or a Natural Health facilitator.

### **Who is this for?**

This is for anyone who wants to take back their health but has no idea where to start. It is for you, if you want to know why and how your body works and how you can work with your body. It's for individuals, families young or old who are tired of dealing with irritating health issues. For people who no longer want to fear the next virus or dread disease. For people who are sick and tired of being sick and or tired. Take Control of your health, enroll today!

*"Thanks for your wonderful program, the useful tips, and encouragement. This program is not only for physical health, it is as well for our spiritual health. If only more people would stick to it, our world would be a paradise on earth." **Brigitte***

### **What can it do for you?**

The 100 days to health program will not only arm your mind with the knowledge to be and stay healthy, but also arm your body with the natural immunity needed to protect you against any dread disease, virus or bacteria.

*"I have successfully completed the programme and I AM LOVING IT. No more headache pills, constipation, fatigue, cramps and bloating etc.: incredible! Thank you again." **Michelle C***

### **How does it work?**

**The 100 days to health** program was designed to help you take control of your health and never have to fear viruses, bacteria or dread diseases. Imagine never having another medical bill due to ill health ever! This program is designed to help you take your health back whoever you are and will save you an enormous amount of time, money & stress.

This is not about giving things up – rather it's about adding more things to your existing diet and as you do that your body starts to crave the good stuff.

This program gives you a lifetime track to run on – a path to follow – which you may stray from occasionally – but you simply get back on track and off you go.

Some people try to rush the program and be “really good” and start depriving themselves of all kinds of things. That is not the idea; rather it is to focus on what you can do, not on what you cannot do. This is ***The ‘Can Do’ program for life!***

You will be adding more good things each week as you move along, so if you eat a chocolate or a donut, you have not actually blown it, just make sure you do add the right things when the program suggests you do.

*"I would like to thank you so much for e-mailing me this 100-day program. I really enjoyed it. It is very encouraging to get a daily email, encouraging you to eat and be healthy.*

*I have seen the following improvements in my health:*

- *a huge improvement in my skin - people have commented on it.*
- *Soreness, stiffness in my right hip joint - almost gone.*
- *Bruises on my calf that went hard and stayed for months - now almost gone! Possibly from improved blood circulation.*

*Thank you again SO MUCH for the program. I am determined to stay on it. Having improved my diet during the week substantially, I am now going to target my weekend-diet. I do find the occasional fast very helpful in dealing with a not-so-healthy diet." Erna*

**Focus on what you must do and do that.** When I say you can eat as much as you like of a particular food it is important that you listen to your body and do just that. Eating what you may think are too many bananas may be your body's way of correcting a nutritional deficiency. It is better to eat too many bananas than to exclude them and then pig out on chocolates.

**The idea of the program is to correct your lifestyle** by developing good habits and in the process bad habits are broken without you stressing.

*"Thank you for this opportunity you have given to me via 100 days. Just wonderful!! I appreciate being shown how to live the Natural Way day by day. I have had a real problem with allergies which are now gone. God pour His blessings on you and your family." Elisabeth*

**Old habits cannot be broken overnight,** and neither can good habits develop in 2 days. It takes at least 21- 60 days to make or break a habit and it has taken most of us a lifetime to develop bad habits so take it slowly, enjoy the process and make sure you are having fun getting healthy.

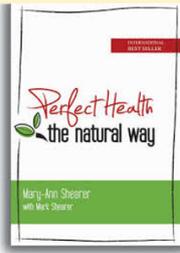
When the 100 days are over you can maintain that level or choose one of the programs in my book "Perfect Health" or the " 365 - My Year of Health Program" - a seasonal program to follow year in and year out, for life.

The goal is that within the next 100 days you develop a strong foundation on which to build your health. You have the rest of your life to get it right, so just relax.

*"Thanks so much, I have lost almost 40 kilos to date on your 100 days taking Fiberblend and BarleyLife!! Thanks sooo much." Marjolijn*

### What is included?

In order for you to get the most out of this programme and see quicker and more dramatic results, we are offering you a 100 Days Support Pack at a wholesale price. This is your commitment to demonstrate that you are serious about making this change and your ticket to unlock this exclusive offer which includes free access to the following:

INSPIRATION	EDUCATION	MOTIVATION
<p>100 days of emails received daily detailing the steps to follow</p> <p>Including over 100 recipes for you to try!</p>	<p>Free PDF copy of Mary-Ann Shearer's book</p> 	<p>Free access to our exclusive support group &amp; weekly live Q&amp;A check-in sessions on Zoom with Mary-Ann</p> 

1. **Action plan:** Daily email for 100 days including weekly recipes (over 100 recipes over the 14 weeks).
2. **Education:** PDF copy of Mary-Ann Shearer's book *Perfect Health the Natural Way*
3. **Motivation:** Access to our exclusive support group (Facebook/WhatsApp) and weekly live Q&A sessions with Mary-Ann on Zoom

### How can you get going?

My name is Lynn Schabalala and I am one of Mary-Ann's facilitators for her 100 days to health program. E-mail me at [sitzerlynn@gmail.com](mailto:sitzerlynn@gmail.com) or Whatsapp me at 0670137883 if you are interested in joining me on the 100 days to health program.

Alternative click on this link:

[Signmeupfor100daystohealthnow!!!](#)

1. I will send you the next steps.

2. I will send you a link for the next and subsequent Zoom meetings. You will receive the 100 days recipes (worth R75) as well as an electronic copy of Mary-Ann Shearer's book, Perfect Health (worth R200).
3. You will then receive an email containing the link for the next zoom group and weekly 100 Days Q&A sessions on Tuesday evenings (valid for 15 weeks) from 7.30 – 8.30pm CAT (Central African Time)
4. You will then start receiving your daily email instructions and be able to attend the weekly 100 day Zoom sessions to connect with others and ask any questions and share your successes.

### Products needed for 100 days to health?



### Herbal Fiberblend

A combination of unique herbs that help to remove the old faecal matter (1-10kg) that most people have in their digestive tract. These herbs remove this so that you can absorb nutrients better resulting in less food consumption and balanced weight. HFB also stabilizes blood sugar and gets rid of most parasites.

Available in capsules or powder – recommend capsules for easier use.

### AIMega

A unique combination of Flax, sesame, sunflower and olive oil perfectly balance to make sure you receive Omega 3 & 6 fats in perfect balance for perfect endocrine, brain, immune function, while regulating cholesterol.

### BarleyLife

Barley grass juice grown to the most nutritious length, cut at night when the nutrients are highest and juiced & chilled in the harvester and then spray dried at room temperature. Contains extremely

high levels of chlorophyll for healing mucous membranes, wounds, and skin. High in SOD one of the most powerful antioxidants known to destroy free radicals and cancer cells. High in Vitamin E succinate know to help correct endocrine (hormonal, immune, CNS, and all body functions). Highly anti-inflammatory and alkaline forming in the body. Improves energy



### Support pack (option 1)

R1289(saving you R357)\*

\* Excluding door-to-door courier delivery

Some people prefer to have less capsules and opt for the BarleyLife powder:



## Support pack (option 2)

R1376 (saving you R276)\*

\* Excluding door-to-door courier delivery

### Testimonials:

*"I would like to give you feedback on your comment regarding the acidity of fruit and rheumatoid arthritis. I have had rheumatoid arthritis for the last 20 years and since I started drinking pure fruit smoothies and eating lots of fruit I have never felt better. My diet is not perfect, but the fruit is one thing my husband and I do not miss every day. Since starting to drink the fruit smoothies I have gained strength in my joints, I have had no flare ups and in general my health and my resistance to flu and other common illnesses is excellent. I haven't even had a cold for the last 2 years. God Bless - Numbers 6 v 24-26"*

**Leigh-Anne H**

*"Thanks for your gorgeous 100-day program!*

*For the past 11 years I have followed the healthy lifestyle but as I started to study (for my masters in 'nursing family practitioner') it started to slip as I became too busy to chop and peel and basically I suppose I became lazy as it was easy to drink copious amounts of coffee and eat "dead" food.*

*Well my body had enough, and I was in the most severe pain. As a registered nurse (in Sydney - Australia) I see patients (so much in children) with all sorts of lifestyle inflicted illness and always tell them about Mary-Ann's, yet I was doing the opposite. I was told I need surgery, I had irritable bowel syndrome, they should check for cancer... I had to stop wheat (not a bad call) stop or reduce fruit and vegetables! Stop my Barley life! I remember looking at the specialist and thinking goodness me is this why we see so many patients in the ward with bowel cancer and other problems ....what a load of croc .. stop fruit and vegetables!*

*I asked him to give me a few weeks and on week 4, am free of pain and yes loving my fruit and fresh veggies. So, a lesson learnt for me - it is not hard or expensive to be healthy it certainly outweighs consequences. Warm Regards from Sydney Australia"*

**Lyn A**

*"In July 2006 Shaun broke his leg playing soccer and he said if it wasn't for the BarleyLife - which we started taking on the 100 days, he doesn't know what he would have done! 18 months later (2 months ago) he had his titanium pin removed from his leg and made sure he had been taking his BarleyLife a good few months before the op. His recovery was amazing to say the least! His doctor could not believe how fast he was healing. He went back a week after his second operation to get the stitches / bandages removed and the swelling was basically gone and the wounds were already 100% healed. He also hardly took any painkillers (only when he really needed to as this time, he found the BarleyLife alone well enough) He was given 6 more weeks on crutches; he only needed 3 and was walking again with hardly a limp. He's now playing badminton again and some action cricket but staying away from the soccer! He is so impressed with the BarleyLife and only wishes he had taken it months before his very first operation because he feels he could have recovered in half the time then too. He started taking frame essentials after his first op which also really helped him - I remember how impressed the doctor was with how fast the bone was growing back!" **Angie***