

31-Day Autoimmune Relief Challenge

Description of The ARC, Who it's For, What to Expect, How it Works



Mary Ann Pack, age 24, family vacation in Colorado 1983

A Big Thank You and Welcome!

Thank you for your interest in the 31-Day Autoimmune Relief Challenge (The ARC)! I am so happy you are here! I don't believe in chance meetings. I believe you were attracted here by your asking for an improved life. You have resonated with something you've read or heard. And, that is wonderful news!

Suffering from autoimmune and inflammatory conditions can be scary, chaotic, and stressful. You can begin feeling alone and misunderstood. You may be missing out on events with family and friends. You may even be missing work and that added financial stress can be overwhelming.

I hear and understand your position. The photo above was of me in my early 20's. To look at the young woman in the picture, you'd never know I was already very ill with inflammatory and autoimmune disease! I looked like a normal young woman but I was so sick. Ten years after this photo, my disease had worsened to the point I finally had a breakdown. That crisis finally got my undivided attention in regard to my health.

My suffering of years with autoimmune and inflammatory diseases demanded me to do something different. The medical community had failed me, so I sought out a more natural answer. I began my own wellness journey in 1993 at the age of 34. What a joy as my body and mind began to heal! The

relief from symptoms began as soon as the first week on my herbal and nutritional supplements!! It took several years to get to this point of wellness but I was hopeful and determined to have good health. For the last 20 years I have been free to live life as I choose in health and happiness!! So, I know there is help for you, too!

You are a precious being, not only physically, but the *whole* of you--physically, mentally, emotionally, and spiritually. Yes, the body needs healing and the beneficial effects of the supplements will be enhanced as *you focus* your attention on things that are *going right* in your life! Living in a state of appreciation is key to complete well-being!

I'm excited about our adventure ahead! This month together will be that of rapid improvements as *you commit* to doing the work and following the protocol. This is not easy work but it is so worth every effort you make! Feeling relief is right around the corner for you!

To your joyous well-being,



Creating joyous realities one alignment at a time!

The ARC Program Description

If you are suffering with autoimmune or inflammatory immune symptoms, this 31-Day Autoimmune Challenge is for you! We will be reaching for relief in our physical symptoms *and* our thought patterns indicated by our emotional vibrations. Do you know your body responds quickly to what you are thinking and feeling? You may have heard quotes regarding how we create our own reality. I've come to understand the truth of this principle. Now, I get to guide others who receive great benefit from this knowledge and application!

This program has been created for you from a holistic approach to well-being--body, mind, and spirit. We are not just our physical symptoms. Those symptoms came from somewhere. So, they can just as easily diminish if you have the right tools in your toolkit!

I suffered for many years with autoimmune diseases and I've been disease-free for about 20 years! I know your pain and suffering, confusion and frustration of not feeling heard and understood. You may look fine to others but you don't feel fine, do you?!

With my wellness journey beginning in 1993, I've had a long time to discover, study, and apply alternative healing practices that supported my complete healing. I continue to study and research the best ways to create wellness. Now, I want to share some of the most effective healing tools with you!!

With this 31-Day Autoimmune Relief Challenge you will receive a Journal of Positive Aspects which will be the *foundational tool* to allow you to achieve a more positive attitude about *what's going right* in your life. I know how hard it is to find things to appreciate when your body is screaming at you. That's why I decided to include a bottle of Elixinol™ Liposome Hemp CBD Oil for you to begin feeling relief from some of the common autoimmune symptoms right away. Another *foundational tool* for your toolkit. As symptoms quiet, you can focus on your mindset transformation that is critical to lasting healing.

We will be focusing, not on how bad we feel, but on how to *allow* our natural well-being. Our natural state is that of well-being. We have disallowed that for long enough and it's time to find relief in that allowing by stepping out of the way and stop throwing resistance on our path. We will learn what that resistance is so we can allow for rapid improvement in our bodily condition.

We will enjoy getting together for the three group laser coaching calls. The group calls will, also, lend you the support of others who understand and are committed to the relief of healing, too.

This is a win-win-win! You win, others in the group win, and I win by fueling my passion with sharing with you techniques that work!

Who it's For

The ARC mini-program is designed specifically for those suffering from autoimmune and inflammatory diseases or even symptoms not yet diagnosed. If you mentally check off three or more of the following symptoms, you will likely benefit greatly from this program!

Are you suffering from inflammatory immune or autoimmune symptoms of:

Headaches	Frequent colds
Anxiety	Fatigue or hyperactivity
Brain fog	Weight loss or gain
Attention deficit problems	Shaking or quivering
Confusion	General feeling of malaise
Acne	Heart palpitations
Rosacea	Muscle pain and weakness
Psoriasis	Stiffness and pain
Dermatitis	Fatigue feeling as you move
Eczema	Feeling "wired and tired"
Body rashes	Tired but you can't sit down
Red bumps on facial skin	Exhaustion and can't move
Red flaking skin	Constipation
Allergies	Diarrhea
Asthma	Stomach cramping
Dry mouth	Gas

Bloating
Frequent infections
Neuropathy

Tingling sensations
Others??

Did you identify with any of the common symptoms of autoimmune diseases? How many did you checkmark? You may even be experiencing other symptoms that I've not listed.

When I was at my peak suffering I had at least 80% of the above symptoms!! I was a mess of misery. When I experienced my breaking point, I sought help from a qualified herbalist. That was my saving grace that put me on the path to wellness. So, I know it's available for you, too! I'm living proof!

So, congratulations! You are in the right place at the right time! As I said previously, I do not believe in chance meetings. I believe you have been attracted here by Divine inspiration. It's time to create the well-being that is natural to your body, mind, and spirit.

This will be a safe group to connect with during our time together. I believe there will be friendships created that will last a lifetime. The support you will receive will allow you to feel heard and understood. Everyone in this group will have experienced the discomfort of autoimmune symptoms--including me! We will be holding the space of healing for each other.

And, I know that it is not only *possible* to heal from a diagnosis, it is *probable*!!

What to Expect

You can expect to feel relief as soon as our Kick-Off Call!!

How can I say that?

It's because I understand that when you commit to something with determination, your intention is activated and a new vibrational frequency is set in motion. Not only that, you will begin taking the hemp CBD oil during our first call!

Making a commitment to your wellness will include committing to doing the work. Not only taking your supplement, making dietary alterations, but also, making the mindset transformations necessary for recovery. I can't say enough about the mental and emotional factors that need to be improved if you really want lasting well-being! Your body is always responding to your thoughts and feelings, and giving you the corresponding health condition. Determining to think the best feeling thoughts will signal to your body that you are ready for it to begin healing!

You will learn *why* hemp CBD oil is so important for your overall well-being. You will understand *why* daily positive journaling is critical for your body's improved health. You will understand *how* to add and avoid certain activation foods. You will glean support and encouragement within our community of like-minded, like-experienced group. This can be a huge benefit to your overall healing! The energy

of a group dynamic is of greater benefit to your healing than I could give you alone. There are individual nuances of private coaching as we can dive deep, but group participation is so greatly beneficial.

You will understand and begin practicing the principles of the Law of Attraction for your benefit. No longer just letting life hit you in the face and living by default. You will learn to make feeling good your number one priority! The whole of your being is naturally well and we will begin turning our focus inward blending the whole of who we are. That's why I practice holistic life and wellness coaching! It touches on every area of life to bring harmony and health!

How it Works

The ARC, as coaching program, allows you to have a group coaching experience with me, Coach Mary Ann. If you have never coached with a professional before, this will give you a taste of what it's like to be coached within a group context.

My holistic approach is quite different than most life coaches because I focus on the *whole* of who you are--body, mind, and spirit! You cannot be subdivided into separate parts. You are a whole living being who will achieve the most benefit from a holistic approach.



Let's look at what you receive in this mini-program:

The 31-Day **fjA: -8 2'; 231 ~ 210** (to be downloaded and printed)

This 16-page journal is in a .pdf format that you will print out. There is space to write under each day's journal prompt. It can be printed on both sides of the page to save paper. Or, you may want to print it one-sided to allow more space to write additional thoughts on the back of each page. (I will be doing this journal challenge with you. Every time I participate in this journal challenge, I learn more about my mindset transformation and experience more breakthroughs!)

One bottle of **Elixinol™ Liposome Hemp CBD Oil** (300mg) CitrusTwist

This will introduce you to one of the excellent cannabidiol (CBD) oil products from Elixinol™. My research for hemp CBD oil led me to this company. I have been very impressed by their quality, integrity, and transparency. This bottle will be

approximately one month's supply with the suggested daily dosage. This is a very low dose but the liposomal delivery system is highly bioavailable and quickly absorbs into your body. This brings rapid relief for your body!

Your CBD oil supplement will be mailed to you prior to our Kick-Off Session. Instructions for dosage will be given when we meet for the first time.



Daily messages of an: inspirational quote, Wisdom Whispers mini-training or a video answering questions via text or email or FB messenger. This is for daily contact and teaching moments.

90-Minute VIP Kick-Off Session via Zoom.com. This call is critical in starting this program, so be sure to set aside 90-minutes to get off on the right foot.

90-Minute Well-Being Check-in Call at the mid-way point (about the 15th day). This call is to answer pressing questions from the group and spend time in personal laser coaching that will benefit all who are listening.

90-Minute Wrap-Up and What's Next Call. This call will wrap up any straggling questions and allow you to hear what's coming next in our wellness journey.

Inclusion in our FaceBook Group where you will enjoy the strength, encouragement, and the empowerment you glean from this group's dynamic energy of healing! You never need to feel alone. We are all here for you. Whatever happens in the group, stays in the group.

BONUS: Private "9; B>ŽE) 18 153/175: - a complimentary one-on-one call with me, Coach Mary Ann. At the end of The ARC, you may schedule a 45-minute free session (valued at \$297) to discover your path to well-being from where you currently stand. Very exciting!

Since this is a mini-program, it will give you a jump-start on your path to wellness. As you can understand, it is not within the scope of 31 days to teach you all that is necessary for complete

achievement of your wellness goals. There are bound to be missing portions of the experience you will only receive as you move forward with more coaching. But, this will give you a taste of what it's like to be coached, holistically.

I'm so pleased that you have read through this entire description! You should really congratulate yourself! This says that you are ready to take the plunge and join us on this beginning journey to wellness.

Are you ready to feel better?

Have you had enough sickness? Have you come to your breaking point?

Are you willing to put forth the effort to help your body heal?

Are you ready to enjoy life again without suffering?

Are you ready to feel a part of life and that it's not passing you by?

If you said yes to any of these questions, I encourage you to join us in this new adventurous journey into wellness. Yes, it's just a beginning and will take some time, but your illness or disease didn't appear overnight. The symptoms have been a while in coming and so it will also take your commitment to see your health improve.

If you have the drive and determination to see your healing through, you will take the action required to have what you want. Do you want your health bad enough? A better question might be, *Do you believe you are worthy?*



What is the investment?

This program is **valued at \$896** but I would like you to **join for just \$297 today!** That's a 66% savings if you register and pay by the closing date of March 31st. There is no other expense necessary to participate in this program.

Summary of what's included:

Your daily journal (download and print) (valued at \$27)

Your hemp CBD oil product (valued at \$60) that is shipped (valued up to \$11) to your door

(3) 90-minute group coaching calls scheduled; replays will be available (valued at \$417)

Daily messages for consistent teaching, encouragement, and support (valued at \$47)

Inclusion in our Facebook group of like-minded, like-experienced participants (valued at \$37)

BONUS: Complimentary *Discover My Well-Being Session* (valued at \$297)

