

Let's Radiate Health & Vitality!

"10 Days to Transform Your Life"

January 4th- January 13th 2005

A conference call every night to support each and everyone on this cleanse.

580.474.3300

code 1575#

Kick Off call Wednesday December 28th 2004

with

Dr. Robert O. Young

**After the InnerLight Inc. product call we will have our
cleanse kick off interactive call to address all questions.**

6:30PM PST/9:30PM EST

Learn what is involved in the cleanse.

What products to take. Who will be the guest speakers.

Share the cleanse with anyone you know who is ready to make a difference
in their health and physical body.

Day 1

Tuesday January 4th 6:30PM PST/9:30PM EST

Dr. Young is committed to educating each and everyone of us the
importance of the cleanse and how to produce results. He will answer all
questions related to the body and healing.

Day 2

Wednesday January 5th 6:30PM PST/9:30PM EST

Lisa Jones "Colon Health & The Lymphatic System"

Lisa is an expert in how to clean out the "toxic waste sites" in our bodies.

Day 3

Thursday January 6th 6PM PST/9PM EST

John Maguire "Touch for Health"

John uses acupressure and applied kinesiology in his busy California/Hawaii practice and will
teach you how to activate pressure points in the body for optimal wellness.

Day 4

Friday January 7th 6PM PST/ 9PM EST

Glenn Stone "Marathon and Extensive Product Training"

Get your notebooks ready as InnerLight's AWESOME product master completely educates you on what products do in the body and how you can share this info with your friends. Glenn usually stands in on any product training call that Dr.Young's cannot attend.

Day 5

Saturday January 8th 5PM PST/8PM EST

Lori Stone "Taking Care of Yourself"

You'll receive empowering information from this dynamic National Director, massage therapist and BioSync practitioner who has made turned this health mission into her life's passion.

Day 6

Sunday January 9th 5PM PST/8PM EST

Skip Lackey "The Journey" Emotional clearing at a cellular level.

Day 7

Monday January 10th 7PM PST/10PM EST

Stu Mittleman "Going the Distance"

Stu ran across the United States in just 56 days! This is a man that has a ton of information to share with you---how to burn fat efficiently and get the most energy out of your day.

Day 8

Tuesday January 11th 6:30PM PST/9:30PM EST

Dr. Chapman The Holistic approach to our lives.
and

Dr. Paul Sorensen "Holistic Dentistry"

Dr. Sorensen will describe different holistic dental procedures performed to increase health & vitality.

Day 9

Wednesday January 11th 6:30PM PST/9:30PM EST

Special Guest: Shelley Redford Young

"Food Transitioning/Bringing it Back Home"

Definitely get a notepad ready for this call. Shelley will prepare you for visits to "typical" restaurants after the cleanse and instruct you on how to stay "clean" for the future.

Day 10

Thursday January 13th 7PM PST/10PM EST

"Celebrate & Share the Experience" Invite Guests on the call!

This is a true community event.

Congratulation and acknowledgement!

**Extend the Boundaries.
Set New Standards.
Dare to Feel the Best You are Able.
Create Your Life.**

Different Levels of Cleansing Commitment Available:

1. All vegetable puree.
 2. Puree and raw vegetable.
 3. Puree, raw and some lightly steamed vegetables.
- **Must have every day: Good Fats/Essential Oils.****

If you have any questions please email
marybeth@worldultrafit.com.

The schedule may change. We will keep you posted.
Thank you for being part of our cleansing community.

These calls are not diagnostic.

They are educational whose purpose is to support the cleansing community.

Knowledge is power! Take Action NOW!

**Keep in mind that products need to be ordered
to arrive before the 4th of January 2005.**

These statements and this cleanse have not been evaluated by the Food and Drug Administration.

These products are not intended to diagnose, treat, or prevent any disease.

Please consult a physician or medical practitioner before starting a cleanse
or taking any dietary supplement, especially if pregnant or nursing.