



Week 4 Vitality Moves Checkpoint

Here's your simple barometer for making sure you're building the momentum synergy of the "glue" that binds the B.R.A.V.E. Health Method's long-term results. You are in a process of building a new you. One of the big reasons that those who use the B.R.A.V.E. Health Method have futures free from frequent doctor visits is that we teach you how to make these changes stick. The Vitality Moves is the adhesive of the program and the ELDOA is the instigator of that change.

It is very important that you were successful in completing your Week 3's instruction of getting your first three full sessions of the ELDOAs while following along with me on the video. Typically 3-5 sessions of hearing the instructions will help to make sure you're getting the most from your work. It also sets you up for your future success. So, it's checkpoint time...

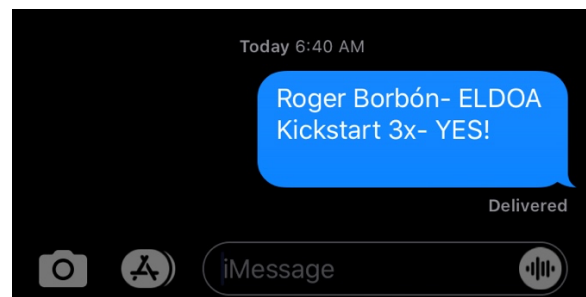
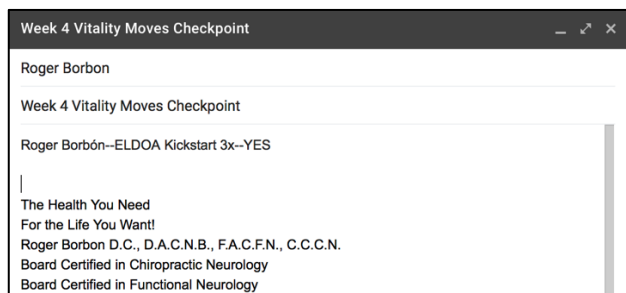
Did you complete your ELDOA Kickstart 3x assignment from last week?

YES NO

Email or text your response along with your name to the following:

- Email: info@drpurelife.com
- Text: (512) 306-9800

Example Email or Text Response: Roger Borbón-ELDOA Kickstart 3x- YES!



THIS IS AN IMPORTANT STEP!