

Hello %\$firstname\$%,

Welcome to the Stress Remedy 7-Day Program email support series!

This program is designed to motivate and inspire you as you rebalance your stress response and reset old health habits.

Below, you will find the links to your Stress Remedy 7-Day program support materials.

These include all the instructions, tips, and info you'll need to avoid gluten, dairy products, eggs, soy, and sugar (those pesky "reactive" foods that will hinder your health transformation).

Please note: for those who are already aware of specific food sensitivities (if you've completed the IGA food sensitivity panel, for example), you'll want to modify your food choices based on your body's needs.

**Without further ado, here are your Stress Remedy 7-Day Program Support Materials (click on each to download):**

- \* The Stress Remedy 7-Day Program Guidebook - [Click here to download the ebook version.](#)
- \* [Recipes PDF](#)
- \* [Meal Planner PDF](#)
- \* [Shopping List Planner PDF](#) and [Sample Shopping List Planner](#)

But this isn't the last time you'll be hearing from me. We are in this together for the full 7 days, so keep an eye out for your daily email tips.

I know it's easy to ignore them when you get busy, but a HUGE part of this program is about carving out some time for YOU to become educated and empowered about your health.

**So please, don't cheat yourself out of receiving this extra bit of email support. Make reading them a priority each day.**

Also watch for an invite via email to join the Facebook group where you can post your questions and share ideas with other like-minded (and health-minded) people.

In the meantime, please email us at [office@doctordoni.com](mailto:office@doctordoni.com) if you have any questions.

Who's excited? Let's get started.

Wellness wishes,  
Dr. Doni and Team

P.S. Expect one more email from me today with some super-helpful Stress Remedy grocery shopping tips.