



Your patient is a participant in **The Next 56 Days**. This is **NOT** a traditional “diet” or “weight loss” program. We are passionate about giving our participants the tools they need to take control of their health for life.

No counting points, weighing items, or confusing macros!

Our program's low glycemic lifestyle, alongside a Physician approved exercise regimen, may decrease risk / slow progression of Diabetes, Heart Disease, and other comorbidities.

As of 2021, we have had thousands of participants throughout the US & Canada and are continuing to grow! In addition, we partner with several Healthcare Providers that refer their patients to The Next 56 Days and are currently in Clinical Trials at Iredell Health System in Statesville, NC.

The Next 56 Days focuses on 4 vital areas of our health:



Balance Blood Sugar

Our blood sugar determines how we feel, whether good or bad. A balanced blood sugar provides an increased level of energy, in addition to controlling hunger and sugar cravings.



Detox the Body

Toxins are stored in the fat in our bodies from years of emotional stress, environmental pollutants, and eating processed foods. Detoxing allows us to release these harmful chemicals from our bodies.



Lessen Inflammation

When our bodies get sick, it's our cells that get sick and inflamed. The most effective method for healing the body is to approach healing on a cellular level. Understanding the ingredients we feed ourselves is the key to reducing inflammation.



Release Fat

Balancing blood sugar, detoxing the body, and reducing inflammation will not only give our bodies a surge of energy and increase our mood...it ultimately leads us to a place of health in which our bodies begin to naturally release fat.

The Next 56 Days believes in the importance of educating participants to make healthy, sustainable, life choices through weekly classes and cooking demos available online and in person. In addition, Participants are assigned a personal coach as an added layer of individualized support and accountability related to....

- Setting and meeting goals for their overall health
- Educating to healthy nutritious food options and how to prepare them
- Educating to the importance of reading food labels
- Educating to simple techniques to eat out “56 Day style”

If you would like more information on our program, please visit our website at www.thenext56days.com or email us at info@thenext56days.com.