Your Guide to the 10-DAY Celebrity Transformation

Learn the SECRETS of Models, Actors, Athletes & Aspiring Stars

Eat GREEN Get LEAN

Kick Start Your 2013 Are YOU Up for the Challenge?

Koya Webb - Fitness Model
One of the many stars coached by David Sandoval
Meet Nutritional Coach of the Stars: 

David Sandoval

“I only have 10 days to get ready for ...”

I hear it over and over and over. Every few months. Sometimes every few weeks. “I got your name from my (agent, manager, friend) and he/she said that you could get me in shape for my big (photo shoot, audition, pageant, fight, worldwide tour). I really need to get in shape fast! I need to lose weight without losing energy. I don’t want to do anything dangerous or extreme. I just want to shed the pounds and look the best I’ve ever looked in my life.” It seems like they always have less than two weeks. And sometimes, this is their big break, the opportunity that could change the course of their career. Now understand, these people could afford to go to any spa, any gym, any personal chef or nutritionist on the planet. They were coming to me specifically because of word-of-mouth recommendations from other industry insiders who had success with their own transformation. The word throughout Hollywood was that there was something new ... a new way ... a “clean and green” way to lose weight and break food addictions. A program that no one else had. A simple way to transform your body in just 10 days. That’s the origin of my 10-Day Transformation Pack and 10-Day Transformation Cleanse.

And now it’s in your hands!

You can enjoy the same program that I use with beauty contestants, actors, fighters and music stars. But you don’t have to be a supermodel to enjoy amazing results in 10 days. In fact, the reasons these celebrities were coming to me in the first place, was that I had helped thousands and thousands of people without Hollywood pedigrees. People of all shapes, sizes and ages.

Now it’s your turn! Lose 5-15 pounds in the next 10 days.

Why wait 90 days for the same results you can get in 10 days? You can lose 5-15 pounds in the next 10 days. That’s 9 times as fast as the most popular weight loss programs in the market. Plus, my 10-Day Transformation program goes way beyond weight loss. By eliminating all processed foods during your Transformation, your body will re-set itself, and you will train your cells to seek nutrition instead of calories. This means you can maintain a healthier weight AND a healthier lifestyle AFTER the 10 days are over.

I have provided the plan, but you must follow it!

Your body can live without a lot of calories, but it can’t live without a lot of nutrition.

The concept behind the 10-Day Transformation is really quite simple. I use nutrient-dense superfoods, slow-burning carbs and highly-digestible protein. All vegan. All natural. You will be consuming only a few grams of sugar and a relatively low amount of fat every day. Importantly, you will not be consuming ANY processed, irradiated, denatured or synthetic ingredients. You will not be consuming any meat, cheese or dairy.

Your body is going to love it!

Your brain might fight you a bit the first few days. It’s like going on a 30-mile bike ride and the first few miles are uphill. But once you start going downhill, you will feel a clean energy unlike anything you’ve experienced since you were a child. And if you need something to munch on, we’ve even provided a short list of “flex foods” to help you get through the first few days of "brain rebellion", if that happens to you. And if you need further motivation, I created a very unique Transformation Challenge. If you are one of the 9 winners, you can join me (with a spouse or partner) at my 160-acre Rejuvenation Retreat called “The Oasis”.

Before you start, do these 3 things:

1. Take your "Before" photo
2. Weigh and measure yourself
3. Log on and go to our site: www.transformationenrollment.com to enter to win a trip to my Rejuvenation Retreat

Congratulations on making the decision to start your 10-Day Transformation. I hope you make the most of it! We are here to support you every step of the way. And maybe I’ll see you at my Retreat in a few months.

David Sandoval is the Author of the ‘Green Foods Bible’
David Sandoval’s
TRANSFORMATION
pack.

Expect to lose 5-15 pounds in just 10 days!
PLUS re-set your metabolism and break your addiction to food.

Pack Includes:
• Power Shake (1065 g)
• Master Amino (150)
• Apothe-Cherry (16 oz)
• Shaker Bottle
• 10-Day Celebrity Transformation Gym Bag
• 10-Day Celebrity Transformation Tape Measure
• Easy-to-follow Transformation Guide

Eat green. Get lean.

David Sandoval’s
TRANSFORMATION
cleanse.

Expect to lose 5-15 pounds in just 10 days!
PLUS detox your body and clean your digestive tract.

Pack Includes:
• Power Shake (1065 g)
• Master Amino (150)
• Apothe-Cherry (16 oz)
• Herbal Fiber Cleanse (180 count)
• Daily Fiber Blend (500 g)
• Shaker Bottle
• 10-Day Celebrity Transformation Gym Bag
• 10-Day Celebrity Transformation Tape Measure
• Easy-to-follow Transformation Guide

Your Success Strategies

Use the tools.
Listen into a conference call. Watch the instructional video. Read the emails and text messages. This information will keep you motivated and on track.

Get support.
Declare your intentions to the people around you and ask for their help. You can do this … and once you have done it, you will be really glad you did!

Go for it! It’s impossible to leap a 20-foot chasm with two 10-foot jumps. In other words, jump in with both feet! Take on this Transformation with your heart and spirit as well as your body and mind. Get clear on what you want. Exactly how much weight do you want to lose? What foods do you want to eliminate from your diet after you successfully complete your Transformation? The bigger your “why”, the easier the “how”. The more you focus on the results, the easier it will be to change your habits!

TOOLS & RESOURCES

Your Support
We are here to help you every step of the way. We KNOW you can do it, because thousands and thousands of people have enjoyed success with a Purium Transformation over the years and hundreds and hundreds of people are doing what you are doing right now, in 2013!

Instructional Video
David Sandoval reinforces all of the key concepts for a successful Transformation. Part education and part inspiration, this video will help you get on track and STAY on track.

Text Messages
Just text the word “transformation” to 55678 and you will receive daily text messages from David as well as members of our Purium Celebrity Team.

Email Messages
You should already be receiving emails from David and the Celebrity Team. If not, please email puriumconcierge@gmail.com and we will get you set-up in less than 48 hours.

Support Calls 2x per day
Daytime Call-in 1:30 P.M. EST / 10:30 A.M. PST
Evening Call-in / 8:30 PM EST / 5:30 PM PST
Join David Sandoval and members of the Purium Celebrity Team
(712) 432-1917 PIN: 92126#

Facebook
Share your experience with others. Support others. Repeat.

Ask our Naturopathic Doctor

Doctor Michael Wohlfeld
If you have specific health challenges or food allergies, email Dr. Mike. If you have specific food/drink addictions you are trying to break or need a second opinion on how to accomplish your Transformation goals, email Dr. Mike. Dr. Michael Wohlfeld is on call for you: askphpdoc@gmail.com

Take the 10-Day Celebrity Challenge!
You could win a fabulous Wellness Retreat with David Sandoval and some of the Purium Celebrity Team. 4 days and 3 night filled with healthy food, stimulating activities, impactful education and top-notch entrainment. See Page 7 or www.transformationenrollment.com for the rules and the rewards.
## YOUR DAILY SCHEDULE

<table>
<thead>
<tr>
<th>Time</th>
<th>Transformation Pack</th>
<th>Add for Cleanse</th>
<th>Add for &quot;Flex&quot;</th>
</tr>
</thead>
<tbody>
<tr>
<td>7 AM</td>
<td>18 oz of room temperature water (5) Master Aminos</td>
<td>(3) capsules of Herbal Fiber Cleanse</td>
<td>(1) Flex Item</td>
</tr>
<tr>
<td>9 AM</td>
<td>Power Shake with (2) scoops in 12-18 oz. of cold water</td>
<td></td>
<td></td>
</tr>
<tr>
<td>11:30 AM</td>
<td>18 oz of room temperature water (5) Master Aminos</td>
<td></td>
<td>(1) Flex Item</td>
</tr>
<tr>
<td>2 PM</td>
<td>Power Shake with (2) scoops in 12-18 oz. of cold water</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4 PM</td>
<td>18 oz of room temperature water (5) Master Aminos</td>
<td>(3) capsules of Herbal Fiber Cleanse</td>
<td>(1) Flex Item</td>
</tr>
<tr>
<td>6:30 PM</td>
<td>Power Shake with (2) scoops in 12-18 oz. of cold water</td>
<td>Daily Fiber Blend (1 scoop) in 6-8 oz. of room temperature water</td>
<td></td>
</tr>
<tr>
<td>9:30 PM</td>
<td>Apothe-Cherry (1 oz) in 6-8 oz. of room temperature water</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### The Flex Option

If you want to “go for it”, then your Transformation Pack or Transformation Cleanse, plus water, is all that you will need for 10 days. We call this the “PURE” program. This is the Transformation that almost all of the celebrities choose. Expect to break your addictions to gluten, caffeine and other unhealthy eating/drinking habits. The stronger your addictions, the tougher it will be, but most everyone who finishes a PURE Trans-
formation is overwhelmed by the results. It might feel like your body (the good guy) is fighting your brain (the bad guy), but eventually your body will surely win! And, depending on your body type, you can expect to lose 1.0-1.5 pounds per day! That’s 10-15 pounds during your Transformation.

If you want a “milder” Transformation, then we have created our “Flex” Plan. You follow the same daily regimen as the PURE program, but you are allowed up to 3 Flex eating/drinking opportunities per day from the list of pre-approved “Flex Options” below:

#### Flex Foods
- One half of an apple
- Small banana
- One half of an avocado
- (1) cup of watermelon

#### Flex Drinks
- 8 oz of Almond Milk
- 8 oz. of Coconut Milk
- 8 oz. of Unsweetened Tea
- Any Purium Green Drink
Guyla A.
Lost 14 lbs (In 6 Days)
I am truly surprised at how quickly my body has changed! I feel younger and healthier than I have in years. In the first six days I lost 17.5 pounds and my husband lost 10 pounds! The biggest benefit is that I actually want to play with my 11 kids instead of being an observer in their lives. I had been so unhealthy for so long that I just accepted my fate. I have struggled with my weight and blood pressure to the point I was really worried about what might happen to me. Now I have hope. I want to inspire others to know that it is not too late to make positive changes wherever and whoever you are. I have a long way to go, but my biggest success is that I now believe anything is possible.

Tin Tin P.
Lost 52 lbs (In 60 Days)
"I lost 52 pounds during my 60-day Transformation! I feel like a new man. I am calmer. I feel lighter. I look better. My clothes fit. My eyes are clear. I've gotten back out on the water with my boogie board. The whole process wasn't anything like I expected. After a few days, I wasn't hungry at all. I had no desire for other foods, it was a real trip! This program really, really works. In fact, I have been telling all of my neighbors on Kauai about the benefits of green foods.

Freida B.
Lost 20 lbs (In 90 Days)
I used to live on coffee and junk food ... Before David Sandoval introduced me to eating clean and green with Purium superfoods, I really wasn't in bathing suit shape. After just 10 days I knew I had found a new lifestyle. My transformation had begun. Within 90 days I had lost 20 pounds and came in 3rd place in a prestigious fitness contest.
David Sandoval’s
TRANSFORMATION challenge.

Win a Trip to David’s Oasis Wellness Retreat

The Challenge Qualifications

To Become a Challenge Qualifier:

• Submit your online Challenge Contest Form (www.transformationenrollment.com)
• Choose a Challenge Contest Period (see the website for the official Challenge Calendar)
• Lose a minimum of 5 pounds in 10 days
• Lose a minimum of 3 inches in 10 days
• Submit Before/After photos with noticeable changes
• Submit a Testimonial
• All Qualifiers receive a certificate for their successful Challenge completion!

To Become a Challenge Winner:

One winner will be randomly chosen from all of the successful Challenge Qualifiers each Challenge Contest Period. Winners will receive the prize package as outlined on page 6 of this brochure. No substitutions or cash value for this prize.

9 Challenge Winners Receive a Package Including:

A complete wellness retreat experience with David Sandoval and Purium celebrities as your hosts. Every day will be filled with healthy food, stimulating activities and impactful education. Every night will include entertainment, laughter and once-in-a-lifetime experiences.

• Airfare
• Ground Transportation
• Retreat Room
• Healthy Gourmet Meals
• Excursions
• Entertainment
• Education
• Photo / Video Shoot

All Challenge winners may invite a spouse or partner.

To Enroll, Please Visit:

www.transformationenrollment.com
It doesn’t work to leap a 20-foot chasm in two 10-foot leaps. If nothing ever changed, there’d be no butterflies. This is for me. The important thing is this: To be able at any moment to sacrifice what we are for what we could become. Only I can change my life ... no one can do it for me. I deserve this. Things don’t change, I make them change. The self is not ready made, but something in continuous formation through of action every day.

**Change is a Beautiful Thing.**

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**The 10-Day Celebrity Transformation Pack** is absolutely perfect for **Maintenance** too.

Take 1 Power Shake every day as a substitute for a breakfast, lunch or dinner (30-day supply)
Take 5 Master Aminos to support lean muscle and endurance (30-day supply)
Take 1 Tablespoon of Apothe-Cherry for antioxidant health and sleep support (30-day supply)

**Item #1121**

Order yours today!  **(888) 747-6733**

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Making Healthy Cool

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