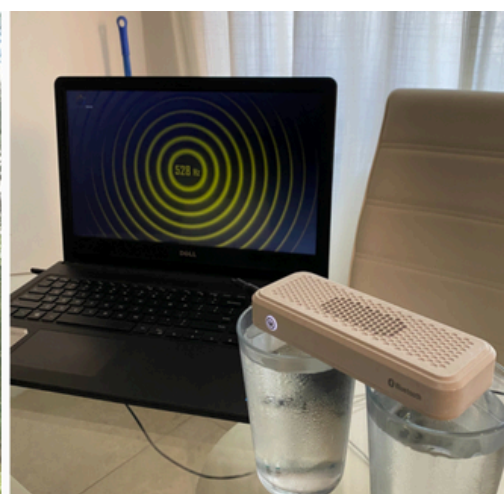


# THE BILLIONAIRE DETOX PROGRAM



Evolve Your Mind  
**The Alkalign Lifestyle  
School**



Nourish Your Body  
**The Alkalign Lifestyle  
Chef**



**SEMPER**  
FIT STRONG  
TRAINING



# OVERVIEW/ PHILOSOPHY

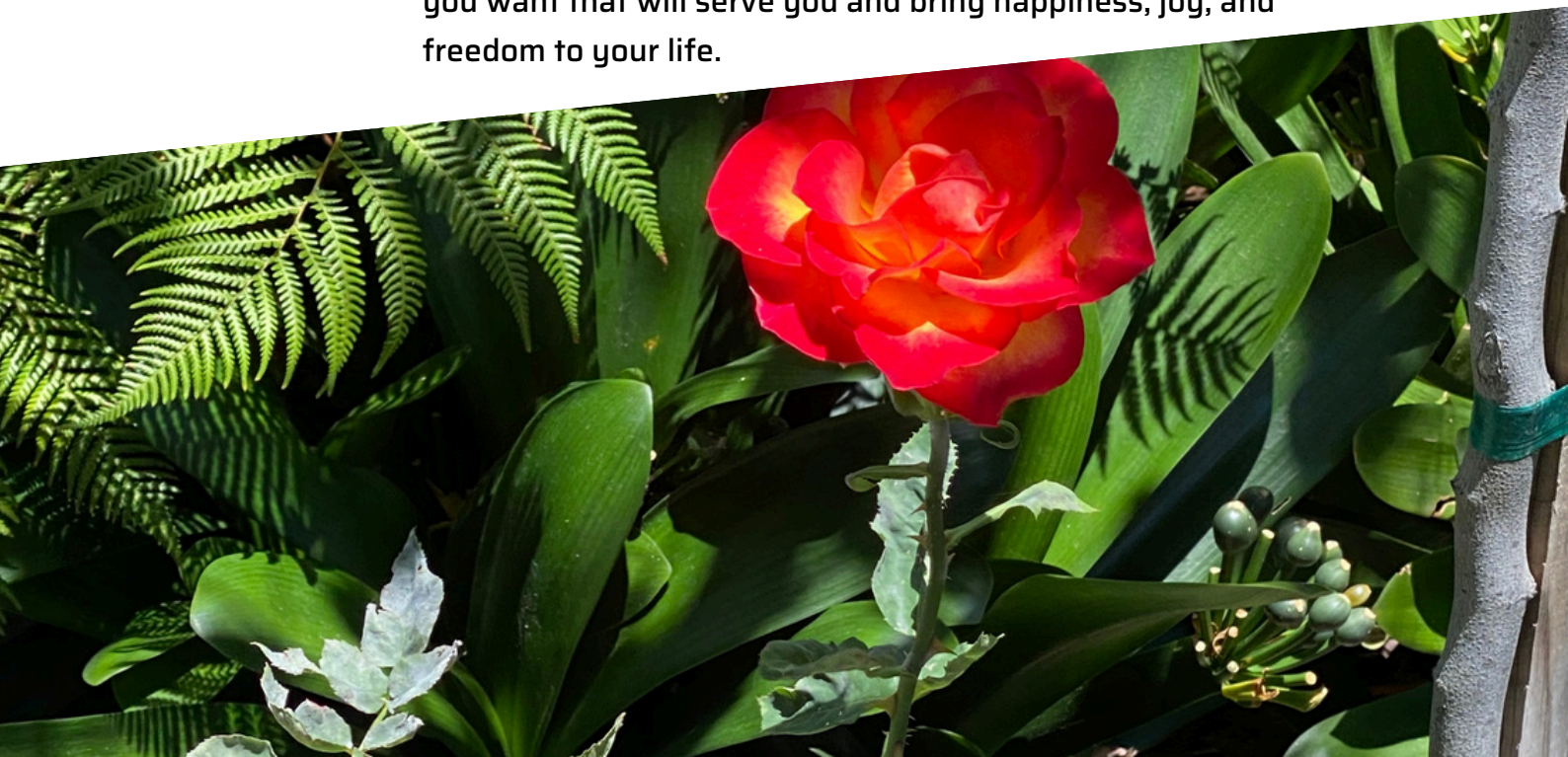
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The Alkalign Lifestyles Billionaire Detox Program was birthed at the crux of understanding that many financially successful and wealthy men and women don't live a healthy lifestyle.

Your body requires a specific pH and alkalized amount of energy in order to thrive and that our diets, lifestyles, emotions, thoughts, environmental toxins, and the energies we surround ourselves with affect our body's pH.

Nearly 90% of all dis-eases are linked to diet and lifestyle factors; only 10% are actually based on genetics. This means you are much more powerful than you've been given credit for. You spent so much of your life achieving financial success, we want you to enjoy the fruits of your labor, not squander it on healthcare costs as a result of bad choices.

You are not a victim, but a victor! You're the creator of your own reality and we're here to help you create a new reality you want that will serve you and bring happiness, joy, and freedom to your life.



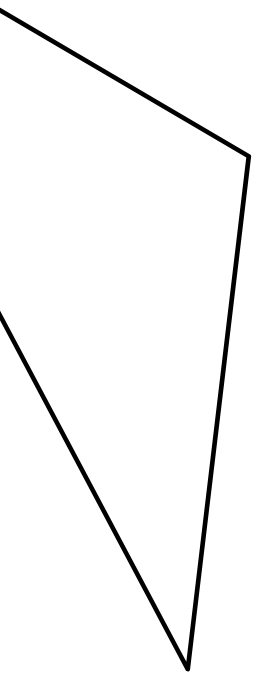
# PLAN OF ACTION

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Based on our initial consultation, we are proposing a custom-tailored game plan to jump start your journey in healing your body and creating the environment to stop causing dis-ease and whatever ailments or autoimmune symptoms you're experiencing. You'll create harmony within you to energize you in achieving your personal & financial goals. As your coaches, we bring you over 18 years of research, application, and experience in creating infinite health from the inside out!

This program is specific for you and your current state of health. Helping you get from where you are (making dis-ease) to where you want to be (stop making dis-ease). We believe everyone has the ability to change their circumstances and heal from any dis-ease they're faced with, and prevent future dis-eases from occurring.

Nearly 90% of all dis-eases are linked to your perceptions, your food and mental diet and your lifestyle; only 10% are actually based on genetics. This means you are much more powerful than you've been given credit for. You are not a victim, but a victor! You're the creator of your own reality and We're here to help you create a new reality we believe you will be very happy with.





# BUDGET, TIMELINE, AND DELIVERABLES

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Your investment of

1:1 Coaching program includes:

- 12, 60-minute 1:1 coaching sessions (virtual or in person)
- Grocery Store Shopping Lists
- 1 in person or zoom call pantry clean-out on
- 10 food prep demos
- Resources for training equipment, vendors, local farmers markets, recipes, local restaurants and how to order food, how to read nutrition labels, educational documentaries/videos, and more!
- 1 digital copy of our I AM Awaken Journal
- 1 set of our Awaken and Replenish Cellular Cleanse and herbal tinctures (for cleansing and alkalizing your cells)
- A 6-week custom meal plan
- Systems for dealing with difficult people, issues, and conflicts
- Email/text/phone support



# WEEKLY PLAN

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**Week 1: Sugar detox, herbal supplement,  
food/journal**

**Week 2: Sugar detox, herbal supplement,  
food/journal**

**Week 3: Sugar detox, herbal supplement,  
food/journal, training**

**Week 4: Herbal supplement, food/journal, training**

**Week 5: Food/journal, train, chakras**

**Week 6: Food/journal, train, chakras**

**Week 7: Food/journal, train, chakras**

**Week 8: Food/journal, train, chakras**

**Week 9: Food/journal, train, chakras**

**Week 10: Food/journal, train, chakras**

**Week 11: Food/journal, train, chakras**

**Week: 12: Food/journal, train, wholeness**

# PAYMENT & SCHEDULING

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Invoices are due in full upon our initial coaching session and payments can be made via:

Wire transfer (Wire transfer information given upon request)

SESSIONS/CLASSES WILL BE BOOKED 2 WEEKS IN ADVANCE - TWO WEEKS AT A TIME AND CAN BE BOOKED THROUGH OUR CALENDLY LINK :

[CALENDLY.COM/THEALKALIGNLIFESTYLE](https://calendly.com/thealkalignlifestyle)

ALL COACHING SESSIONS INCLUDING FOOD DEMOS, PANTRY CLEAN-OUTS, SHOPPING TOURS AND TRAINING CLASSES ARE HELD VIA ZOOM.



# YOUR COACHES

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## FIDELIS ANOKA II- HEALTHY LIFESTYLES COACH/ BMLT MOVEMENT TRAINER/ HOLISTIC HEALTH EDUCATOR

I AM Fidelis Anoka II, a wholistic wellness lifestyle coach, a professional athlete, College Basketball and strength and conditioning coach, intuitive eater, visionary thought leader, and an expert at healing the body from within.

I did my greatest learning from supporting. My mother, ex-wife, and close friends - all who suffered from the negative effects of their lifestyle on their health. I understood from the beginning I can't change them but I can research their conditions and provide them the knowledge and techniques to help them change themselves. I realized through helping my family rid themselves of self-afflicted effects of anxiety, bi-polar disorder, depression, an eating disorder, alcohol abuse, and a very unhealthy lifestyle that I was on to something that will positively impact the world.

I learned how to live a healthy harmonious life without the need of prescription meds and how to keep my body from getting sick and I transferred that knowledge to them. I took the power into my own hands and learned how to live a natural, healthy life aligned with my most natural and authentic self and I am now guiding you to doing the same.



Evolve Your Mind

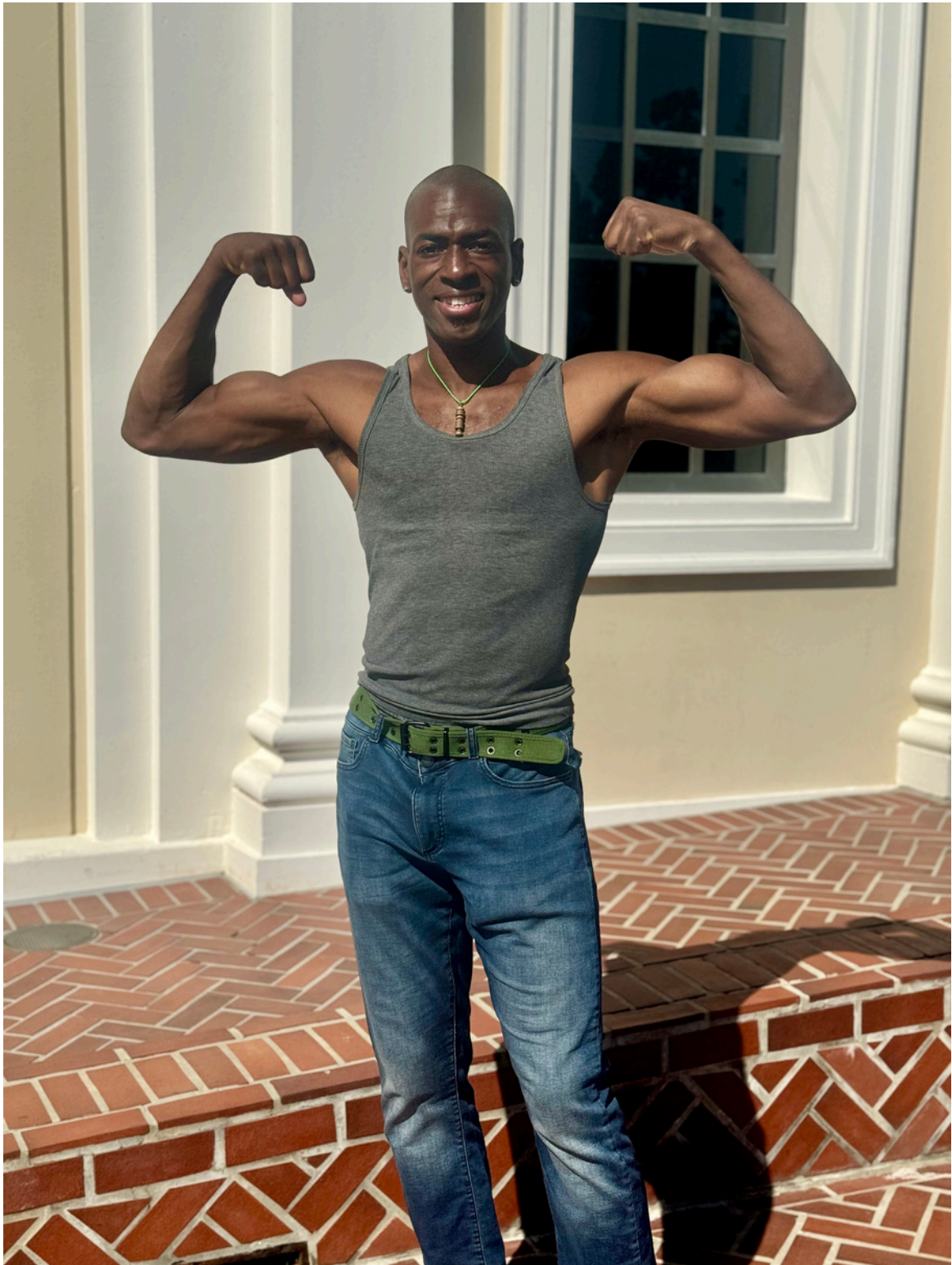
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**Fidelis Anoka II**



# YOUR COACHES

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**Drea Anoka- HEALTHY LIFESTYLES COACH/ BIOELECTRIC PLANT BASED CHEF/ HOLISTIC HEALTH EDUCATOR**

I AM My name is Andrea (Drea) Anoka. I am the head chef and owner of The Alkalign Lifestyle Cafe.

I am a Midwest Native - born in Iowa and raised in Minnesota - and gravitated toward the California lifestyle. I am a foodie at heart who fell in love with nourishing my body, mind, and soul through food.

I am a fitness model, athlete, muse, holistic health and wellness coach, and a professional chef. I founded and operate The Alkalign Lifestyle Cafe. I have an extensive background in health and wellness with a B.S. in Health Sciences from Arizona State University, a Graduate Certificate in Life Coaching from Grand Canyon University, and 18+ years in the food and beverage, catering, and hospitality industries.

I was also the raw vegan chef and health educator at An Oasis of Healing Cancer Care Clinic, helping cancer patients heal from their disease and learn the foundations of a living foods lifestyle.

Born in Cedar Rapids, IA and raised in Mankato, MN, I was accustomed to the standard Midwest diet. I grew up knowing nothing about nutrition or real food and lived off of a diet of highly processed, meat heavy, sugar addictive, acidic, nutrient depleted foods.

"I believe all disease is created from mineral deficiencies in the body by eating an acidic diet and living an acidic lifestyle. All disease can be healed by eating a bioelectric living foods Alkalign diet and living an Alkalign lifestyle. If you follow me, I will show you a new way." - Chef Drea Anoka

I learned how to live a healthy harmonious life without the need of prescription meds and how to keep my body from getting sick and I transferred that knowledge to them. I took the power into my own hands and learned how to live a natural, healthy life aligned with my most natural and authentic self and I am now guiding you to doing the same.



**Drea Anoka**



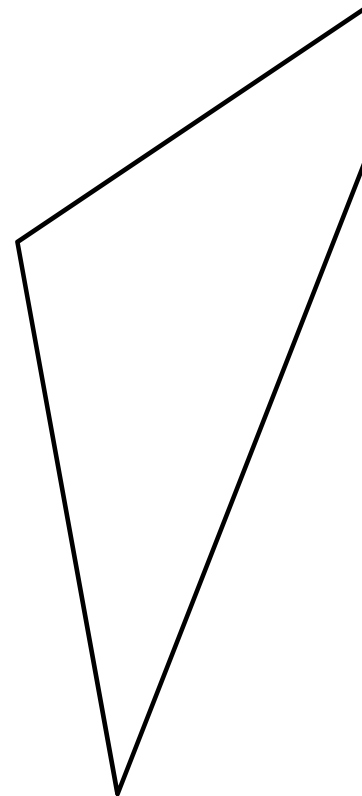
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Once we realized why we were self-sabotaging ourselves and making ourselves sick, we devoted our life to learning the ins and outs of what a truly healthy life feels like. We are now showing you the way!

Now, add diabetes, high blood pressure, mental health disorder, etc. to your list of diagnoses and you'll be spending more time, energy, and finances on conventional band-aid solutions that will manifest into a worse condition over time instead of addressing the root of your problem and learning how to create health for longevity and creation of wealth. You in turn spend less out-of-pocket expenses on the back end and have more time living your life experiences in ultimate freedom.

Your health is your new wealth, and your healthy lifestyle is the best insurance you'll ever have. YOU are the technology; nothing outside of you will bring you the harmony and the joy that you seek. Harmony is achieved from the inside and expressed to the outside.

Not only will your new lifestyle change the trajectory of your health, but your influence will change the trajectory of your friends', family's, and community's health as well.





Knowledge and what you do with that knowledge is powerful. As the saying goes, "Give a man a fish and he eats for a day. TEACH a man to fish and he eats for LIFE." During our time together, you'll not only learn how to fish, you'll be empowered to feed yourself for a lifetime (without the fish!).

**Are you ready to invest in yourself, take the deep dive into a transformational way of living, eating, and thinking, and reap the rewards of your paradigm shift?**



# COACHING OBJECTIVES

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In our first full coaching session, we will establish:

- Your vision for what your life without disease looks and feels like.
- Your immediate and long-term goals & health care plan
- Your level of expertise in the living food diet/lifestyle
- Your level of expertise in mind training and body training

For each area, we'll set monthly personal goals and evaluate your progress weekly.

Our objectives as your coaches are to help you:

- Understand and optimize your health care protocol
- Understand and improve your lifestyle in relation to your dietary needs and dietary habits.
- Understand and address challenges with your dietary and lifestyle changes
- Build on your strengths and improve on areas of difficulty
- Achieve your goals and objectives



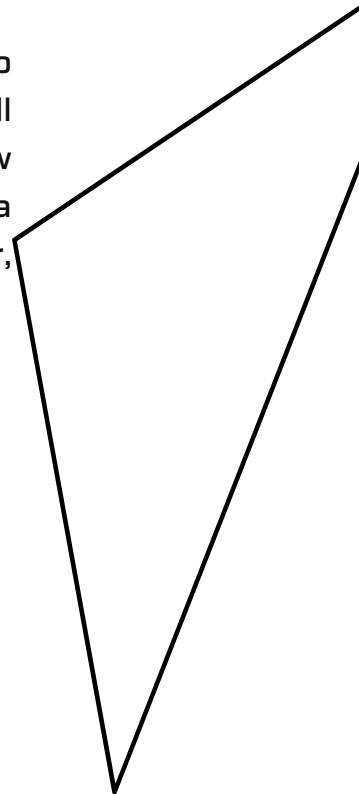
# HOW IT WORKS

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Dis-ease takes time, sometimes years of nutritional and lifestyle abuse to manifest into a symptom. Think of this new protocol as a cellular reset for your body. When our bodies are overloaded by toxicity or sluggishness, we lose the ability to process foods in an optimal way; so we make it a point to maximize the nutrition you get in every meal with raw fruits, vegetables, lean proteins, healthy fats, and alkalizing herbs. Consuming in such high quantities, you'll flood your body with the building blocks it craves. Vitamins, minerals, microorganisms, phytonutrients, and other nourishing components will help cleanse and strengthen every system in your body.

Go with your gut! Your digestive system has a major impact on your immune system and overall health. Normally, digestion takes an enormous amount of your body's energy. If it has more time and support, you can make it much easier so your body can focus on other critical areas and rebuild itself on a cellular level.

After about 2 weeks, the foods you knew are detrimental to your health won't hold the same power they once did. You will establish healthier dietary habits and will be operating on a new frequency thanks to consuming foods (and water) that hold a living vibration. Remineralize, alkalize, detoxify, nourish, repair, transform and allow real, living foods to bring you back to life!





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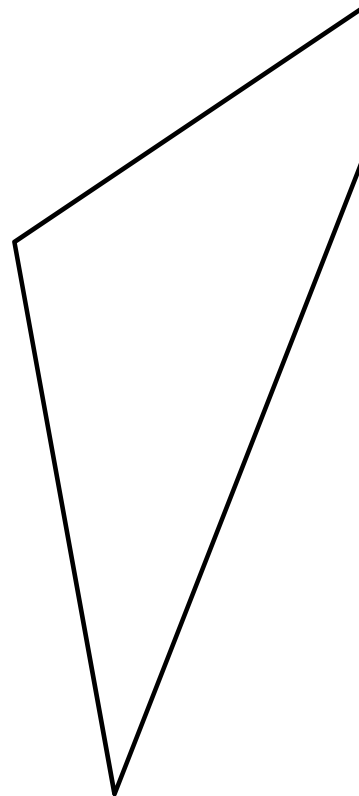
Intermittent fasting will be essential in allowing your body to use up all of the energy you put in and give your digestive system a chance to rest and repair. Your body will work less to digest the food and it won't have to store them as unwanted.

Your new way of eating will not only support you at a cellular level, but you'll also find that you need to eat less than you otherwise would eating a cooked (dead) food, processed diet. More bang for your buck(s)?!

Your body is used to a specific energetic vibrational frequency. What you've been putting in is incomparable to what you will be putting in. When a more dominant energy takes over, the lesser subsides but it doesn't go down without a fight!

With change comes challenges and we coach you through this. Often times, emotional toxins come up and rise to the surface - things that have been suppressed over time. This is normal. Allowing them to surface and learning how to work through them will not only cleanse your cells and alkalize your body, but also create the space for newer, healthier energy to take its place.

Your body may also endure some changes like bloating, diarrhea, gas, increased or decreased energy, headaches, weight loss or weight gain, frequent urination, etc. This is one of those things where sometimes it gets worse before it gets better. This is normal! The new energy you're putting in is clearing out the old energy you were consuming.



## Billionaire \$300,000 In Person

Reverse Disease & Restore Health Program – Billionaire – 12 Module 1:1 Coaching, Transcend yourself into the billionaire version of you! Throughout your program you will receive:

- A 72 fl oz supply of our 'Awaken' & 'Replenish' Cellular Cleanse Herbal extracts
- Your complimentary 'Awaken' Paradigm Shifting Journal
- A video gallery of over 200+ exercises
- 52 weeks worth of workout plans
- 12 in person training sessions
- Customized meal plans
- In Person nourishment coaching
- Email/text support
- One 1 hour weekly group coaching call via Zoom
- Pantry Cleanout
- Lifestyle coaching
- Mindset reshaping
- Conscious relationship and soulful sex
- Conscious language
- Health, lifestyle and spiritual overhaul
- Finding your purpose and turning it into profits
- Daily homework assignments & more!
- grounding mat & cord
- ipod prerecorded with sound frequencies & affirmations
- kangen UK SD 501

## Multi Millionaire \$200,000 Hybrid

Reverse Disease & Restore Health Program- Multi Millionaire – 8 Module 1:1 Coaching Program, Ascend yourself into the multi-millionaire version of you! Throughout your program you will receive:

- A 36 fl oz supply of our 'Awaken' & 'Replenish' Cellular Cleanse Herbal extracts
- Your complimentary 'Awaken' Paradigm Shifting Journal
- A video gallery of over 150+ exercises
- 26 weeks worth of workout plans
- 2 in person sessions
- Customized meal plans
- 2 in home cooking sessions
- Personal nourishment coaching
- Email support
- One 1 hour weekly group coaching call via Zoom
- 1 In Person Pantry Cleanout
- 2 In Person Lifestyle coaching session
- Mindset reshaping
- Daily homework assignments & more!
- grounding mat & cord
- ipod prerecorded with sound frequencies & affirmations
- kangen UK SD 501

## Millionaire \$100,000 Virtual

Reverse Disease & Restore Health Program - 4 Module 1:1 Coaching Program, Enlighten yourself into the millionaire version of you. Throughout your program, you will receive

- An 18 fl oz supply of our 'Awaken' & 'Replenish' Cellular Cleanse Herbal extracts
- Your complimentary 'Awaken' Paradigm Shifting Journal
- A video gallery of over 75+ exercises
- 13 weeks worth of workout plans
- Personal nourishment coaching
- Email support
- One 1 hour weekly group coaching call via Zoom
- Pantry Cleanout
- Lifestyle coaching
- Mindset reshaping
- Daily homework assignments & more!
- grounding mat & cord
- Ipod rerecorded with speeches, sound frequencies and affirmations



# TERMS/CONDITIONS

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## What we provide:

- Services as outlined in the proposal
- All materials related to coaching and assignments
- **A POSITIVE MENTAL ATTITUDE!**

All coaching materials remain the intellectual property of The Alkalign Lifestyle LLC, and cannot be used or duplicated without consent

## What you provide:

- Meeting room/kitchen as required
- Food prep equipment
- Cancellation and modification:
- Cancellation of all or part of this agreement must take place at least two weeks prior to the next meeting. A kill fee of 50% of the total quoted price will be due if cancellation occurs at any time. So stay the course it's less expensive ;)
- Any modifications to the agreement must be approved in writing.
- **A POSITIVE MENTAL ATTITUDE!**



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# NEXT STEPS

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Congratulations on pursuing a life of positivity, changing generational health patterns, becoming a self healer and navigating your way to a healthier, more radiant and vital version of you!

Once you've given your written consent to move forward with working together, we will send you a Coach-Client agreement re-iterating the parameters of our scope of work, timeline, pricing, terms and conditions, and the information for your preferred method of payment.

Once your payment is made in full, we will schedule our first 1:1 coaching session and talk about your personal goals/objectives, discuss the details of your 7-day juice cleanse and schedule your pantry cleanout and grocery store shopping tour. You'll also receive your Nourishment for Life Journal.

Your Awaken & Replenish Cellular Cleanse tinctures will be prepared and made available to you by the start of your second week. You will receive coaching on how use the tinctures in addition to your journal and workbooks and recipe guides.



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