



DAY 6

Your Day 6 'Flare Tools' Guide

Before we begin, we need to go through a couple of disclaimers.

1) We're clearly not Doctors and don't claim to be. In fact, we don't want to be... although we used to be very sick and now we're not, that doesn't qualify us to be medical professionals. That said, everything we share with you in this product should not be, and is not considered medical advice.

2) And at the same time you need to use your best judgment about your health. If you're somebody who's having a severe diarrhea flare-up and your having bloody diarrhea 15 times a day and you're very, very ill, you need to make sure that you seek medical advice. Go to the hospital if you need to and don't rely on this product in place of that. Use your best judgment there.

Now, with that taken care of...

Welcome to Day 6 of Flare Support

We're going into the home stretch and we hope that by now, you're really experiencing a dramatic shift in your symptoms. If you're not, please don't get discouraged.

Even cutting your bowel movements in half is a big win for us right now.

We want to congratulate and acknowledge you for that and thank you for sticking with us during this week. Again, we've got your back; we're giving you these flare tools to use every day.

Today we're talking to you about stress. How many times has your doctor said, "Oh, your flare is caused by stress and you just need to reduce your stress."

What does that mean, to reduce your stress?

It can be really challenging.

For example, I have two little kids under five, I have a wife, I have a full-time job, and I do SCD Lifestyle. How can I reduce stress?

What I'm focused on today is doing something simple every single day to reduce your stress.

There's a lot of things in your life that cause you stress, for example maybe your job or your family or your health. All these things may feel like you don't really have a choice about... but what you do have a choice about is taking control of your stress every day.

Your Day 6 'Flare Tool'

Do one thing, just one thing, every single day to reduce your stress.

So far during Flare Support, you've been doing these 20 minutes of meditation a day, so two 10-minute sessions. And you've also done a couple other things like walking or yoga, napping, watching a funny movie. Those are all really cool ways to reduce your stress.

The 'Flare Tool' for Day 6 is to make a choice to take control of your stress every single day.

Remember, we're trying to drain your bathtub this week, but we're also trying to give you 'Flare Tools' to avoid putting water back in your bathtub and.

There's a lot of stress triggers in our lives we feel like we don't have control over and our bathtub's just going to keep filling up, yet it seems like we can't do anything.

The truth is, you have a choice every single day and you can spend ten minutes and do something differently to control your health.

My challenge for you at this point of Day 6 of Flare Support is for you to do ten minutes of stress reduction you choose every single day. That might be the yoga. That might be the meditation you've already been doing. That might be napping; it might be watching a funny YouTube video for ten minutes.

One more thing...

I'm going to challenge you to do it in the morning because willpower is strong in the morning and it dwindles throughout the day as life happens, as we get cut off on the way to work, as Bob breaks the copy machine or whatever happens 'to us'. We lose our willpower throughout the day.

So first thing in the morning you have the strongest willpower and you can choose to do your stress reduction flare tool in the morning when you know it's more likely to get done.

And we have a surprise gift for you as a thank you for joining Flare Support.

We have a product called Makeover Your Morning that we recorded live for a bunch of people to help them reduce stress every single day.

There's an in depth Members Area and we normally charge \$97 for it, but we're going to gift you that because you're in Flare Support and I'd like you to take the gift of Makeover Your Morning, to reduce your stress every single morning.

So the challenge for you today is to choose one of those things that you're going to do every single morning for at least ten minutes going forward as your flare tool.

Explore some of the tools we gifted you in Makeover Your Morning to reduce your stress first thing in the morning.

Register for your FREE access to Makeover Your Morning using this secret URL:

--> <http://www.makeoveryourmorning.com/members/index.php?/register/DGPfin>

Thank you again for being part of Flare Support and we acknowledge you for all the work you're doing this week. We'll talk to you again real soon tomorrow in Day 7 of Flare Support.

- Jordan and Steve

P.S. – One more time, please make sure you read these disclaimers...

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