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## The worst day of my life (and how it benefits you)

1 message

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I still remember it as clear as day...

I'd been patiently waiting for my new baby boy to arrive for nearly 9 months. I was severely sick for most of my pregnancy, but that didn't even matter. I was just excited to be a Mom.

The night before he was born, I felt something "off" in my body. I couldn't put my finger on it, but something didn't feel right.

Unfortunately, growing up I was taught to ignore my emotions and "push through the pain", instead of trusting my intuition.

So I did.

I woke up the next day with strong contractions. My intuition was screaming at me to get to the hospital. I got there, panicked, and they hooked up the baby monitors.

And then came the worst sentence I've heard in my life...

*"Danette, I can't begin to describe how hard it is to say this...  
but there's no heartbeat."*

I couldn't take it. I burst into an uncontrollable, hysterical cry and felt like my entire world had been ripped apart.

And then came the worst part...

**I still had to give birth to my lifeless, sweet little baby boy.**

I know it sounds strange, but when the doctors lay him on my chest I still remember crying but feeling an immense sense of peace. I felt as if he were watching over me and still do.

On the ride home, I kept staring at the empty car seat, screaming to myself in my head, "It's all my fault." I was completely riddled with guilt.

The next three months were the darkest months of my life. My body physically wanted to take care of a baby, but couldn't. My mind and soul screamed to see my baby boy, but he was gone. I didn't leave the house for 3 entire months.

**As horrible as that all sounds, I feel it was the turning point of my life.**

During a walk, I felt the world open up around me. In an instant, everything became clear and it was as if my soul began to finally release the darkness that had surrounded me the past few months. A voice told me it was time to

start healing myself, and this time, I listened.

Over the next few months, I began focusing on healing foods, healing movements, and a healing mindset. All the negative aspects of my life began to fall away. My broken marriage fell away, my old eating habits died off, and my mindset shifted from one of being a victim to one of taking control of my life.

I began telling my personal training clients everything was happening and experimented having them do the same. They immediately began having similar, massive transformational experiences like I went through, and my personal training business exploded!

Eventually, I realized that my true calling in life was to experience this concept of healing foods, movement, and mindset, and at this point, we've now influenced over a MILLION women across the world!

### **So why share this traumatic story?**

Because it reminds me of you.

So many women are haunted by what's happened up until now. They guilt themselves into thinking it's their fault for being overweight.

But that's a lie.

The truth is, it's not your fault.

If you're like the vast majority of my amazing community, you've tried 1... 3... 5+ different methods for achieving your dream body.

Yet nothing has worked.

Here's why...

Most fitness experts are focused on what to eat and how to move your body. They're obsessed with following specific (e.g. strict) rules, forcing you to eat certain foods and do certain workouts.

Considering most women are NOT successful losing weight, following a strict diet is CLEARLY not enough.

### **I've discovered your MIND is the key to lasting weight loss.**

If you believe "food sticks to your hips if you just look at it" or you aren't worthy to be sexy, your subconscious mind will sabotage ALL your weight loss efforts - REGARDLESS of what program you're following.

Couple that with a focus on healing foods and healing movements (with plenty of wiggle room so it's easy to follow) and you can see why it's so powerful!

This is why we have so many success stories from women who have failed on other programs, from women in their 20's... all the way up to women in their 70's!

Yet I realize that you've likely been told "this is different" before, which I've decided to give you the entire DVD for FREE.

### **You can get it here.**

It's the perfect solution if you want to stop dieting, skipping meals, and want to drop a few pounds without starving yourself.

If you're looking to put your life back together and stop feeling overweight and ashamed every time you get dressed (or undressed), I highly recommend taking a look at how easy and simple change can be.

### **Go here to get it now for free.**

Sending you all my love,

Danette May

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And of course if you no longer want to receive my newsletters with important updates on health, fitness, and fat loss, I will be sad to see you go, but you can [unsubscribe here](#).

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