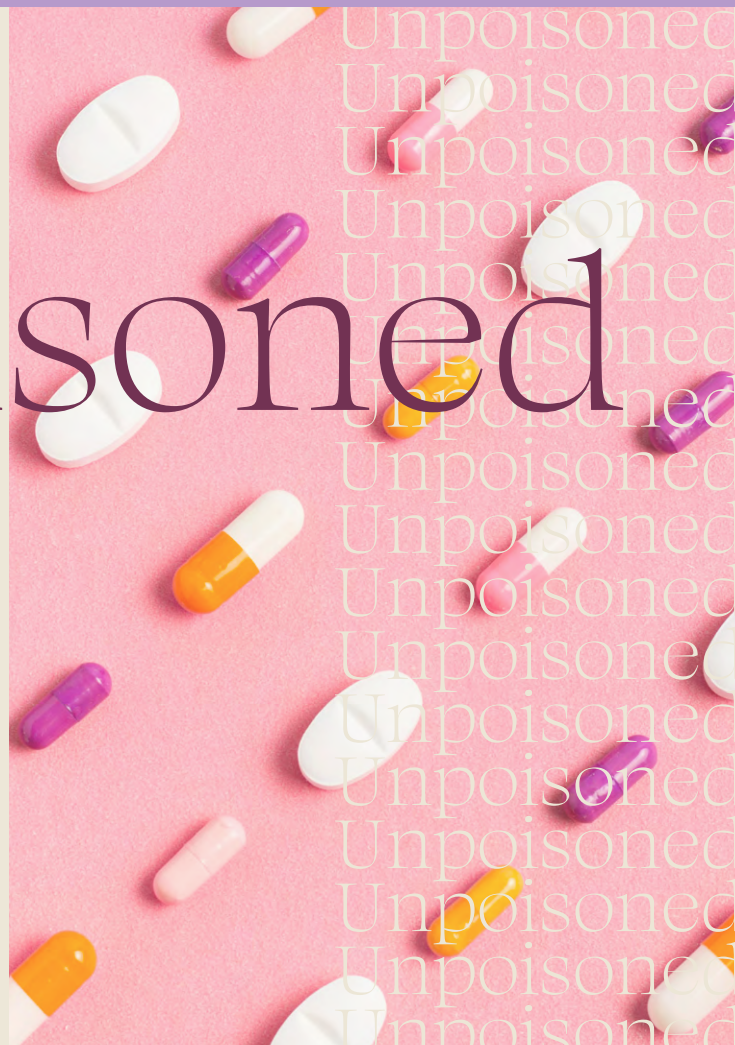


Unpoisoned

How I escaped the medical industry, went medication free, and how you can do the same!

BONUS: *Includes 14 day symptom journal!*

KERRIE
LEGGETT



“We are being slowly poisoned
and we’re buying into it –
literally – paying to be poisoned.”

KERRIE LEGGETT

Kerrie has been where you are...

She knows what it's like to:

- *look for answers and feel frustrated*
- *push through pain searching for solutions*
- *fight the limitations of mainstream medicine that too often relies on prescriptions.*

After being let down by the mainstream medical industry, Kerrie Cleggett founded her natural health business from her parents' garage, and in the 15 years since this has evolved into a thriving business in Bordertown that has helped thousands of people flourish across Australia.

A process that starts with unlocking where you are at, Kerrie is great listener and communicator, she leads a business that does more than provide natural products.

Her story gives you a blueprint; a way for you to step through your search for answers.



Darkness & disregard

“You’re totally in crisis.”

Those were the words spoken to me at approximately the lowest moment in my life.

I was in my mid-20s, but already I’d fought a battle that had gone on too many years, and I was exhausted. Physically I had endometriosis, but my losing fight with this painful condition had gone far beyond my body by now and had left me at my wit’s end emotionally and mentally.

On this day, when someone called out the obvious - that my health was in total crisis - I had a leaky gut, fatty liver and high cortisol levels. For years I consumed painkillers. Even as a teenager I was going through a box of Panadol or Nurofen every couple of days. *I had Nurofen everywhere - my car, my handbag, my work bag*. The pain was just excruciating in my lower pelvis and lower back. It was relentless.

All the painkillers I was taking eventually caused gut ulcers, and a surgery for my 'endo' made me worse. I dreaded the onset of my period, and doctors dismissed my concerns or seemed bewildered as to why prescriptions drugs and surgery hadn't provided all the solutions. Once, in an attempt to map everything I'd been through, all my symptoms

and treatments, in a last ditch effort to find answers from the medical industry, I compiled my entire medical history in excruciating detail. It was painstaking work in itself, but the doctor totally disregarded it.

Mentally - without going into all the details - I went to some very dark places.

“Is it all in my head?”

“Am I going mad?”

“Do I have a low pain threshold?”

“Am I wrong?”

These thoughts accused me.

Despite the dark place I was in, a thought kept presenting to me -

**"There HAS to be a better way.
This isn't going to be MY life."**

I found a Naturopath and drove 2 hours to see her. She was the one to tell me *"you're in total crisis"* and believe me I have never felt so seen and heard.

From that moment on she was completely invested in getting my health back on track. My diet changed, I stopped eating gluten and dairy and herbs were my saving grace in many ways.

*It took years but eventually I was completely medication free.
I now feel better than I could have ever hoped and YES you can
do the same!*



‘No more’
‘No more’
‘No more’

When I said,

“It’ll get better.
It’s normal.”

“Once you have kids,
it won’t be like that.”

That’s what the
doctors said to me!

Doctors seemed like they never wanted to get to the root cause. Or maybe they thought I was complaining too much. I’ll never know why. All I know is, I had to live with the consequences.

But I had a breaking point. After all the medication, intervention and side-effects, it came during a conversation that shocked me to action. *Once you have kids, it won't be like that...* A specialist advised the next course of action would be injections that give you all the symptoms of menopause. Like I say, I was in my mid-20s.

I DIDN'T DO IT.

That was my moment. I'm not doing this anymore.

Keeping it to myself

Being your own advocate isn't easy.



My Mum was diagnosed with breast cancer when I was in year 12, and that was an emotional rollercoaster. We also lost my grandmother that year, it really was the hardest year of my life. Mum away with treatment, trying to complete year 12, missing my grandmother and trying to deal with my own health challenges all at once too its tole.

Naturally, I kept all my personal medical difficulties to myself more than I probably should have. One of the barriers to advocate for our own health is that we don't want to be a burden others also doing it tough, however I want you to remember that finding an informed listener will be the best thing you can do for yourself.

The power of the informed listener



When I found someone who listened to me, it was like a whole new world opened up.

Today people are bombarded with information that is conflicting and often overwhelming. In my case though – all those years ago, I could not find ENOUGH information.

I think in both circumstances - scant information or too much information - finding an informed listener can help. Someone who wants to understand before they suggest a solution.

This is what I aim to do today.

On my journey to becoming healthier, I also launched my own natural health business to help others find their way back to health. My business offers premium products and services, but more importantly I help my clients find answers to the questions they have about their health. We don't just provide products that will help, we educate clients on why it happened in the first place.

So remember:

- *From a place of darkness there is hope*
- *You're not going crazy*
- *Be your own advocate*
- *Find an informed listener.*



Elevate health. Sidestep sickness.

Overwhelmed by information but
'not getting better'? [Start here...](#)

Wellness Map - Where are you?

Step 1. Let's plot you on my Wellness Map to see where your health is currently at. I have constructed a 20-question quiz to get a deep understanding and overview of your life. Once you have completed the quiz you will book in a 30-minute consult with me to further discuss your current health and more importantly where you want your health to be. After our consult you will be emailed your wellness map report and a 3 step plan to guide you on your way to health.



Get off the sickness merry-go-round. Start with a Wellness Map and consult. Chat to someone who's been there and can help guide you back to health.

After we map your wellness, let's do better together

Step 2 - Has two options, everybody is different and therefore needs support differently.

Replenish

Nourish yourself and replenish your home with premium products plus a 30-minute consult that leverages your Wellness Map and your path forward. Build your knowledge and receive firm guidance on your next steps.

Your customised Replenish Hamper includes:

- A kitchen & bathroom cleaning product
- A skin care product
- 4 snacks
- A cooking product & drink product
- 4 recipe cards

Resilience

This is a tailored 10-week Health Coaching program specifically individualised for you. I will personally guide you through the fundamental principles of health, empowering you to take command of your well-being naturally and sustainably into the future, including:

- 10 x 30 min consults weekly
- A 3-step plan following each consultation
- Monday - Friday support & guidance
- Custom Healthy Hamper
- Recipes & Meal planners to help guide you
- Exercise program tailored to your fitness goals assessable via mobile app

Trust your body. *What's it telling you?*

	Date	Time	Food, Medicine or Activity	Symptom
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				

**Bonus
Symptoms
Journal**
14 Day



Get off the sickness merry-go-round

Start with your Wellness Map and consult

Chat to someone who's been there and can help guide you back to health!

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