


# SHAPE ReClaimed

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 [shapereclaimed.com/reclaim-your-life/how-shape-reclaimed-program-works](https://shapereclaimed.com/reclaim-your-life/how-shape-reclaimed-program-works)

## How the SHAPE ReClaimed Program Works

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The SHAPE ReClaimed program is a health transformation plan that is customized to meet your goals. To begin, you'll [find a practitioner](#) and have a meaningful conversation about your health challenges and your long-term health goals. Your practitioner can explain how the SHAPE ReClaimed program can help you reach these goals.

When you begin your SHAPE ReClaimed journey, you will receive *The Complete Patient Guidebook* and a bottle of [SHAPE Nanomolecular Dietary Supplement](#). Your practitioner will also do a baseline [urinalysis](#).

The SHAPE ReClaimed program is organized into three phases.

### Phase I

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The purpose of this phase is to cleanse and detoxify, release excess weight, reduce inflammation, balance brain chemistry and help you redefine your relationship with food. You'll follow the nutrition guidelines from your guidebook, take the SHAPE supplement, do regular urinalyses and make adjustments as needed, per your practitioner's recommendation. You'll be in Phase I for a minimum of three weeks, or until you reach your health goals.

### Phase II

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The purpose of this phase is to stabilize your brain chemistry and metabolism, learn more about your relationship with food and discover food intolerances. You'll stop taking the SHAPE supplement and begin adding back foods you eliminated in the previous phase. You'll be in Phase II for exactly three weeks.

### Phase III

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The purpose of this phase is to live according to the knowledge you gained in the first two phases to create healthy long-term habits. You can take the SHAPE formula on a regular basis as a supplement, or you may choose to do periodic 21-day cleanses. When you make the SHAPE ReClaimed program a priority, it becomes a lifestyle. You can stay in Phase III forever.

Contact a SHAPE ReClaimed practitioner today to find out if our program is right for you.

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ReClaim Your Life

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Benefits of SHAPE ReClaimed