



## Frequently Asked Questions

### GETTING ACCEPTED IN THE PRIVATE FACEBOOK GROUP?

If you have not been accepted in the private facebook group and it has been over 24 hours since your request, Please email our team at [support@danettemay.com](mailto:support@danettemay.com)

Link to get accepted in the Private Facebook group:

#### First Steps for your Success!

- 1. Introduce yourself in the private group! The more involved you are, the more successful you will feel. Say hi, where you're from, and your deep "why" that you made you sign up for the 30 Day NEW YOU Challenge!*
- 2. Please take your Before picture and measurements. Trust me, You will be so glad you did when you see all the results at the end! Click here to turn in your starting measurements.*
- 3. Read All Your Emails! I will be emailing you 2-3x/week, helping you stay successful. Every Friday, you will receive your new meal plan, workout and meditation for the week. Check spam, junk or even promotional folders for these emails.*
- 4. Here is the health disclaimers for this program: <http://danettemay.com/health-disclaimers/>*

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### WHAT PRODUCTS ARE USED AND RECOMMENDED?

\*You can switch out any meals that you want and use the exchange list to substitute foods that you do not like or cannot get easily. You do not have to buy any of these products listed below to be successful, but I personally use them to enhance recipes and make my life a whole lot easier.

Spring of Life Whey Protein Powder (*Only ships in the US*): [Click Here](#)

Biotrust Whey (*ships outside the US*): [Click Here](#)

Spring of Life Plant Based Protein Powder: [Click Here](#)

Spring of Life Greens Powder packed with 70 superfoods: [Click Here](#)

1 month free + 25% off your first order + free shipping <http://thrv.me/DanetteMay1m25p>



OTHER SOURCES OF CLEAN PROTEIN: Vega, Vega One, Jay Robb, Nutiva, Bone Broth, Shakeology and Garden of Life. \*If you aren't using one of these approved brands and you aren't sure if it's a good/clean source you can post a picture of the ingredients (not the nutrition label info) and tag Chelsea May, Danette or use #mentor in that picture.

- Ingredients you want to avoid in products are: Wheat, Soy, Sugar, sugar substitutes/fillers such as; Maltodextrin, Sucralose, Aspartame, Splenda. If you're not sure about a product take a picture of the ingredients and tag a #mentor

**Frequently Asked Questions:** Danette's Website: [Danettemay.com](http://Danettemay.com)

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## WHY DON'T I HAVE ANY EMAILS FROM DANETTE?

Make sure to check your Spam/Junk email folders.

Click below for white-listing instructions >> <http://goo.gl/YOvRKn>

You can also star or mark Danette's emails as "important" (so you don't miss anything).

If you are a Gmail user or any other web-based email user, "drag" any emails from "Danette May" into your Priority Inbox.

How to whitelist your emails: <http://www.eatdrinkshrinkplan.com/email-whitelist.html>

If you are still having issues email [Support@danettemay.com](mailto:Support@danettemay.com)

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## WHO CAN I REACH OUT TO FOR TECHNICAL OR SUPPORT ISSUES?

Please email one of our Client Happiness Specialist at [Support@danettemay.com](mailto:Support@danettemay.com)

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## WHO CAN I TAG OR REACH OUT TO FOR HELP WITHIN THIS GROUP?

There are a few veterans to this program, we call them Mentors. Feel free to tag them or use this symbol in your post: **#mentor**



## HOW DO I MAKE SURE MENTORS/SPECIALISTS SEE MY QUESTIONS?

If you tag a mentor and their name doesn't highlight put an @ symbol in front of their name and it should tag them so they are notified and directed to your post/question. You can also put #mentor in your post/comment to get your questions answered more quickly.

### What are the Rules to Be in the Private Facebook Group

1. *No negativity! If you have a concern, please reach out to our support team at [support@danettemay.com](mailto:support@danettemay.com) We are here to support one another, so if you need guidance, motivation etc we are here for you. Absolutely no slandering the program or anyone in the group or you will be removed from the group.*
2. *No marketing of any type to group or group members. Anyone who is perceived to be marketing for a product or business of any type will be removed from the group.*
3. *. Forming "side groups" or any additional Facebook groups with other members of this group is strictly off limits. Danette has your best interest at heart here and wants to be sure if you are in a group of people who are on her programs that you get direct support from Danette and her mentors. She feels it will cause misinformation that could slow or prevent you from reaching your goals.*

*Anyone who is found to have created their own separate group for 30 Day Challengers in this group will be asked to delete the group or leave this group.*

4. *Have fun and be open to receiving all of the love and support for the many changes your body, mind and spirit are about to enjoy!*

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## BELOW ARE THE TOP FAQ'S AND LINKS FULL OF INFORMATION FOR YOU:

**ACV (Apple Cider Vinegar): What is the "mother" in ACV?**

<http://danettemay.com/apple-cider-vinegar-and-the-big-deal-about-the-mother/>

**Will ACV give me heartburn?**

<http://danettemay.com/2-acidic-foods-that-are-actually-good-for-heartburn/>



**What do we drink Dandelion tea?**

<http://danettemay.com/4-reasons-to-sip-dandelion-tea/>

**Why do we put Cayenne with our ACV?**

<http://danettemay.com/heat-up-your-health-and-weight-loss-with-cayenne-pepper>

**Why do we drink so much water and is it safe?**

<http://danettemay.com/how-much-water-should-you-really-drink-every-day/>

**What can I do if I'm bloated?**

<https://www.facebook.com/TheDanetteMay/videos/1371278342946777/>

**What exactly is "clean" eating?**

<http://danettemay.com/what-exactly-is-clean-eating/>

**Why don't we count calories in this lifestyle?**

<http://danettemay.com/forget-counting-calories-count-these-instead/>

**If I can't buy everything organic what are the best foods to get organic?**

<http://www.organic.org/articles/showarticle/article-214>

**Why are we to avoid Soy/Tofu?**

<http://danettemay.com/4-reasons-why-i-wont-touch-tofu/>

**Why can't we have carbonated drinks?**

<http://danettemay.com/avoid-this-common-drink/>

**What kinds of sweeteners can I use and what's the difference between sugars?**

<http://danettemay.com/honey-sugar-or-agave-heres-the-scoop-on-sweeteners/>

**What is the difference between Whole wheat and Sprouted wheat/grain bread?**

<http://danettemay.com/sprouted-grains-versus-whole-wheat/>

**What If I can't find Ezekiel/Sprouted grain bread or tortillas?**

**Make your own sandwich rounds:** <http://danettemay.com/sandwich-rounds/>

**Make your own tortillas:** <http://danettemay.com/tasty-trim-tortillas/>

**Make your own bread:** <http://danettemay.com/6-simple-steps-to-make-your-own-bread/>

**What do I do if I overindulge?**

<https://www.youtube.com/watch?v=WJGC7Wg8Fw4>



**What do you suggest if I'm traveling?**

<http://danettemay.com/tips-for-eating-healthy-while-on-vacation-what-not-to-do/>

<http://danettemay.com/5-tips-for-making-smoothies-on-the-go/>

**Now that I've cleaned my system from the inside what products do you recommend for my skin?** <https://www.annmariegianni.com/danette>

**Is this program safe if I am breastfeeding or pregnant?**

-Always consult your doctor if you have concerns. If you are pregnant or breastfeeding, skip the detox and start on day 4 and repeat days 4-7 until the next week starts

**Can men do this program?**

- Yes men, can do this program with great success. Double 2 main meals/day. Keep all snacks the same.

**Can I drink coffee and wine on this program?**

- You can drink my superfood coffee starting on Day 4, but I recommend waiting until day 7.

Here's the link: <https://www.youtube.com/watch?v=1YC9hAhCfhM>

- You can drink 1 glass of wine/week starting after Day 7

**Why am I drinking dandelion tea and is it safe to drink after the 30 Day challenge?**

<http://danettemay.com/4-reasons-to-sip-dandelion-tea/>

**Is Maca Powder/Cacao Powder and other "health foods" safe even if they have a warning label?** [http://navitasnaturals.com/prop65\\_cacao.html](http://navitasnaturals.com/prop65_cacao.html)

**How do I order Danette's Shirts?**

[www.sunfrog.com/danettemay](http://www.sunfrog.com/danettemay)

**Follow Danette on her social platforms**

