

ABOUT KIMBERLY

I am the author of *Share the Joy: 52 Weeks to Abundant Health*. I'm a wife to the complete love of my life and a mom to two amazing little boys who keep me running all of the time! I'm a woman on the go with mad passion and drive for the amazing life God has set before me. I've had the opportunity to learn from some of the best throughout the course my life! I graduated Phi Beta Kappa with Highest Honors from the University of NC at Chapel Hill in Communication Performance. Upon graduation, I was hired by Ernst & Young, LLC as a consultant in their Change Management Practice. After working for E&Y, LLC, I decided to pursue my passion as an actress of stage and screen, eventually working my way into the unions (AEA and SAG/AFTRA). During my theatre years, I developed a passion for teaching aerobics and earned my certification through AAFA. In 2006, my son was born. Baby weight and G.I. issues followed me in 2007. In 2008 I stepped away from acting to pursue a career as the COO of my home! That same year baby #2 arrived, I became a personal trainer and started learning how to "eat clean." I was determined to no longer self-sabotage my efforts at the gym with poor diet! I consulted an amazing holistic integrative medicine doctor in Atlanta, Dr. Clayton Gibson, III, who pinpointed the root cause of my G.I. issues and I immediately fell in love with studying food as a means of Health Care. I graduated from the Institute for Integrative Nutrition in NY in the Spring of 2017. I've been able to help many men and women streamline their eating habits, learning what foods are right for "them." You see, every person on this planet is biochemically unique. You are uniquely you! I bring you this practice because I was tired of the vicious cycle of detoxing (Master Cleanse/Juice Smoothies/Expensive Products) just to find myself back to my old, destructive habits, needing to detox again! *Gut Check 21* is the key to detoxing safely and learning how to make clean eating a lifestyle. Let's end this destructive "yo-yo" cycle. You will gain an amazing knowledge of how food affects your health and wellness! Through your commitment to *Gut Check 21*, you will experience increased energy in your mind and body, producing clarity of your purpose and passion!



CONTACT

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LOOKING FOR MORE PERSONALIZED SESSIONS
WITH KIMBERLY JOY MORGAN?
SHE IS AVAILABLE FOR PRIVATE CONSULTATIONS.

DO ALL THINGS WITH JOY

presents



WWW.DOALLTHINGSWITHJOY.COM

WHAT IS GUT CHECK 21?

Are you ready to shed poor eating habits and the extra pounds, sluggishness and toxicity that came along with it?

LET'S USHER IN THE NEW, SUPER-ENERGIZED, AND ZEALOUS VERSION OF YOU!

Do All Things With Joy's 21-day whole foods detox practice is fun, fresh, and exciting. More importantly, it's safe and sustainable. You will not only detox your entire body in a healthy way, you will learn healthy ROCKIN' habits that last a lifetime!



COACHING VIDEOS

- 21+ RECIPES
- DETOX GOAL SETTING
- UNDERSTANDING THE DETOX PROCESS
- MEAL PLANNING/SHOPPING LISTS
- CLEAN EATING/QUALITY & QUANTITY FOODS
- KITCHEN AIDES

GUT CHECK 21

This practice is designed to provide you with specific guidelines, massive inspiration and critical information. You can tailor it to be as basic or gourmet as your heart desires. My goal is to teach the information, but give you the "control" once you understand the guidelines. What makes this practice unique is the elimination of specific products and the integration of whole foods to detox.

Sign Up Now **"I WANT IN!"**

WWW.DOALLTHINGSWITHJOY.COM/GUT-CHECK-21



GUT CHECK 21

- Monthly guided sessions start the first Monday of each month
- Live Coaching Calls: It's like having a health coach on retainer
- Lifetime Access
- Check the website for more details and payment options at www.doallthingswithjoy.com



PRICE \$500.00 USD

- Inspirational & Informational videos
- Private website access to course material and videos
- Daily inspiration and motivation
- New monthly recipes
- List of restricted foods and shopping lists
- 2 Live Q&A sessions a week with Kimberly



SWEETEN THE DEAL...

Kimberly has a new Course Affiliate Program. If interested, visit www.doallthingswithjoy.com with the subject "Affiliate." It's nice to get money back when you promote a program to others.