

## Contract with myself

Date: \_\_\_\_\_

Place: \_\_\_\_\_

With all the use of my mental faculties, I, \_\_\_\_\_  
willingly declare, that this is an agreement between myself and my advisor, the  
main purpose of this agreement with myself is to improve my health and  
consequently have better nutrition, which will lead me to achieve all my personal  
goals and thereby have better health. I agree to continue. All the rules and  
regulations that must be followed to safeguard the detoxification process of the  
body, I will guide myself and execute the recommendations of my advisor.  
Likewise, I am aware that this is a personal work, that it will be difficult to develop  
it and that you put a lot of your own will, it is for this reason, I will give my best  
and this time I will do it for the love I have for myself.

**So be it, it is so, and it shall be.**

Signature: \_\_\_\_\_

*Jesús*  
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