

The

# Secret Weapon

The 2 minute Morning Bio-Hack  
to unleash your Inner Power

**Roz Ware**

# Secret Weapon

Introduction



Welcome to my Secret Weapon and my morning routine, that not only ensures my gut is in optimum health, but is also nourishing my brain and nerve cells. With both my mind and my gut working in harmony, it allows me to show up unashamedly as myself, every single day. This is part of my training I provide to my clients, so you are getting a glimpse into how I work.

So, what is my 2 minute trick that I swear by?....

**Roz Ware**

[www.rozware.com](http://www.rozware.com)

# Secret Weapon

## 2 Minute Morning Routine

The 'Secret Weapon' is a burst of probiotics, prebiotics and fats. This combination will; **NOURISH** your mind, body and muscle to the extreme **AND** send incredibly **POSITIVE** signals from your gut to your mind. This will allow us to build a foundation for strong mind power.

I want you to do this on an empty stomach every morning before breakfast/coffee so that we can get maximum benefit of the nutrients on offer.

### Secret Weapon:

#### PREBIOTICS:

1x small cup of Green Superfoods  
(see below)

#### PROBIOTICS:

1x small cup of Kefir  
(never buy flavoured. The more sour/fizzy this is, the better!)

#### FATS:

1x shot of COLD PRESSED Extra virgin olive oil  
(cold extraction only as heat destroys nutrients)

### Supergreens:

Supergreen powders are going to give you really good positive energy, esp once we have removed all the toxins from your gut and healed the lining.

#### PRODUCTS:

UK: Bioglan Superfoods - equivalent to more than your 5 a day of some of the best superfoods on the planet. Shop online for deals

<https://bioglansuperfoods.co.uk/product/411/>

USA: Dr Axe Green Superfood - has over 35 superfoods to fight inflammation and boost metabolism and energy

<https://store.draxe.com/collections/popular-products/products/greens-superfood>

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## 2 Minute Morning Routine

There's so much more I want to teach you about how to live more and stress less, so you can finally step into the life you're meant to live and deeply connect to your true purpose.

If you enjoyed this guide, then you'll love my program, where I personally design a program based around your needs as a fierce, woman in business. This will be the greatest adventure of your life. So, get your skates on, what are you waiting for? Hurry, the program has limited availability but in the mean time, I am doing free sessions with each of you individually to see how we can apply my Secret Weapon to your life now. Book your session now by going to this link: <http://www.meetme.so/RozWare>

Now, I know for a fact, you are a bad-ass boss lady, I KNOW this. I know you have read to the end of this guide because you are fierce, and you want more now. And I really mean this when I say: If I can do this, you can do this. I believe in you, and I'm here to help you every step of the way.

All my love,  
Roz



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