

HOW to  
**THRIVE** with  
**VITALITY**  
AND  
**POWER**

A collaboration by  **Kerry Dell & Marlene Pretorius**

**THRIVE VITALITY**  
*Empowering Cancer Patients & Survivors*

Master Health Coach Kerry Dell, Life Transformation Specialists  
Marlene Pretorius, Cancer Survivor & Advocate

# THRIVE WITH VITALITY

is an Annual Subscription for weekly support, accountability and action taking



- Receive consistent guidance, motivation, and encouragement throughout the year and address your concerns, answer your questions, and keep you moving forward.
- Stay on track with your goals through regular check-ins and progress monitoring.
- Don't just get inspired, take action! Thrive with Vitality provides practical tools and strategies you can implement each week.

*"Living **FOOD** into a Living **BODY** creates a Longer **LIFE**."*

*- Master Health Coach Kerry Dell*

## Additional Resources that you will receive :

- Nutritional Guide
- Recipe Books
- Meal Plans
- Manifesting Book
- Body Systems Guide and Food Support

*"We've seen the Future of Cancer Research and the Future is Food"*

*by Dr Mitchell Gaynor*

*(Director of NY Strang Cancer Prevention Center)*

## Creating a Holistic Approach

These resources, used together, create a holistic approach that nourishes your body, mind, and spirit. They empower you to take an active role in your healing, aiding your body's natural healing abilities and promoting a smoother journey back to health.



*"Let Food be thy Medicine, Let Medicine be thy Food"*

*- Hippocrates*



image source: GetIt Lowveld Magazine

*I felt like my body, mind & soul almost shut down, as I started carrying more weight (partly due to the treatment, surgeries and medication and partly due to my extreme high cortisol levels).*

# Marlene Pretorius

*- Triple Positive Breast Cancer Survivor*

In 2018, I received the dreaded news that most people fear their entire lives - **"YOU HAVE CANCER"** Immediately my mind took over, and I felt lost, defeated, old, sickly and as if I was facing death head-on.

No one can prepare you for the words YOU HAVE CANCER and we have this idea on how we will react to a cancer diagnoses, but you never really know how you will react.

I felt like my body, mind & soul almost shut down, as I started carrying more weight (partly due to the treatment, surgeries and medication and partly due to my extreme high cortisol levels).

*Kerry reached out to me...*

and offered me help & guidance in terms of food planning and over-all health.

I was a little skeptical at first, but trusted Kerry, as we are friends for years, and decided I have nothing to lose to try this program.

*At first, it was a massive change in my way of life, and I soon realized that I have been granted a second leash on life*  
***- and IT FELT SO GOOD!***



## I TOOK CHARGE!!

I shifted weight (slow at first) but a year into the program, **I lost a total of 33kgs!!**



I slept well, even on treatment (*Tamoxifen is known for insomnia*),

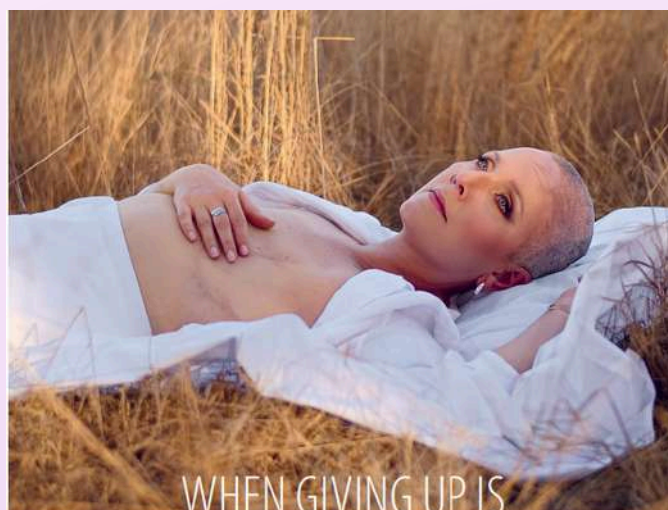
***my skin looked fantastic and I felt so good.***

With increased energy levels, I returned to my daily exercise routine, and my depression completely left my mind, body & soul.

The feeling of taking charge of my health and taking charge of changing my lifestyle, making decisions for my *body, mind & soul*, ***STANDING IN MY POWER***, makes me feel like I am not just a survivor, but that

I decided what to eat, what not to eat.

This program taps in on all levels - emotionally, mentally, physically & spiritually and the realization that I had total freedom, at the end of my program, actually brought my to tears.



**NOT AN OPTION**

*I've tried 100s of programs in the past, but after 6 years, I am still on the "THRIVE WITH VITALITY" program.*

**THRIVE WITH VITALITY** is a fabulous support program that keeps you accountable, and the community and amazing people on this journey became friends - who support me, and my journey.

I am ***THRIVING AS A SURVIVOR!!***



Marlene Pretorius and her darling daughter, Nakita

I accept the oncology plan from my doctor, but I feel like I gave my body a fighting chance, making the right decisions for ME and knowing that...

*Living Food goes into a Living Body...*

**THANK YOU TO THE  
THRIVE WITH VITALITY  
CANCER PROGRAM FOR  
MY PROGRESS & SUCCESS!**



The Pretorius family will always stand together

Releasing EASTER!

**TWICE THE WARRIOR**  
*Christian Devotional for Breast Cancer Warriors*

*Fighting with Body and Soul*

Kaci Sintek

Featuring Marlene Pretorius

Available in paperback and eBook on Amazon

I have a *Living Body* and I have a second chance to change my lifestyle and feel fabulous...



# THRIVE WITH ENERGETIC BODY

These next 3 months is dedicated to getting your body back into balance. We are going to support you to reset your factory settings. Calm the body down when systems have been overworking and overactive.

You will get to enhance the systems that are underworking and underactive. When the body is in balance, it will heal itself – it is made this made.

## **We will be covering the following topics in our weekly coaching calls:**

- **Food Energy – Let Food be Thy Medicine**
- **Digestive System and how your food is absorbed**
- **Leaky Gut Syndrome and Gut Microbiome**
- **Cellular Cleansing and Healing**
- **Liver and Gallbladder Detoxing**
- **Living Food into a Living Body to Live Longer**

Our bodies heal daily and we need to create the right environment to allow this to happen. We will get to implement foods that fight off pathogens and make you stronger. We will teach, support and coach you to maximize your healing, regain your energy and allow every cell to function to its full potential.



You will be implementing a 12 week nutritional program during this time alongside all these calls.

# THRIVE WITH ENERGETIC MIND

You will be discovering just how powerful the mind really is. The mind is responsible for all our 70000 thoughts per day. Most of these we are totally unconscious to them.



They play a massive part in the way we think about ourselves, our body and our life.



You will learn about the brain and how it is connected to the gut and when our gut is clean, our intuition and gut feel is super strong and trustworthy. When we tune into our internal guidance, we are always in our flow.

Life is good and life works out for us.

We are going to step by step allow you to understand the function of our thoughts, connect them to our intentions of being healthy and allow our flow to naturally release thought patterns that don't serve us in our new healthy body.

- **Negative Self Talk vs Positive Self Talk**
- **Limiting Beliefs vs Thriving Beliefs**
- **Subconscious Thoughts**
- **Self Sabotaging Patterns**
- **Benefits of Visualization**
- **Activations and Tools for Thriving Mindset**



We will be implementing clarity around our **Wellness Wheel** and how to ensure our wheel is balanced by our thoughts.



# THRIVE WITH ENERGETIC FEELINGS

Our heart is our feeling organ and it also has a magnetic vibe. What we feel is what we attract. We will be learning to balance our emotions and attract only good things into our life.

You will receive tools to implement daily or weekly to allow you to feel into your best life possible.

- **Breathing and Oxygen**
- **Delicious Water**
- **Dirty Blood Syndrome**
- **Organs that store emotions**
- **Visualizations to heal emotions**
- **Releasing toxic feelings & thoughts**



We will be experiencing a very deep cellular cleanse during this time, to ensure that there is clarity around every cell, every tissue, every organ in our body.

The healing of our physical will continue while we heal the emotions and release old stuck emotions from deep in our organs.



You will discover tools to release old trauma's without collapsing emotionally but rather standing in your power and strength.



# THRIVE WITH ENERGETIC SOUL

It's time to regain faith in yourself, in God, in the Universe, in Nature, in your natural body, in the supportive structures that life has offered us, but we have ignored. Without deep faith, we cannot fully heal. Without deep trust in yourself, you cannot fully live your best life possible.



- **Connecting with your Higher Self**
- **Trust in yourself**
- **Faith**
- **Impact of Nature's energy**
- **Forgiveness and Self Love**
- **Feeling Joy Daily**

You will discover tools to tap into your deepest love and joy and live from a place of peace, love and calm.

It's time for you to take full control over your health, your life and your future.

There will be massive support and you will have daily cheerleaders to help you succeed.

We are here for you, every step of the way. If you can dream it, you can live it.

We will give you the information, experience and tools to make your new healthy body sustainable for years to come.







## Meet your Coaches

# Kerry Dell

### Natural Wellness Practitioner Life Transformation Specialist

Over 20 years ago, I was told by two specialists that I wouldn't be able to conceive children naturally. This started my deep dive into finding natural solutions for myself and I didn't stop until I found ways to heal my body. I have 6 formal qualifications along with numerous certifications. I did indeed have my children naturally, who are now teenagers.

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I have over 20 years' experience assisting people and companies to exceed their performance expectations by ensuring they are healthy and balanced. While in South Africa, I received numerous awards, was featured in magazines and newspapers, had a TV show as well as my own radio show. I am passionate about creating Vitality Goddesses and Warriors, teaching deep wisdom on creating optimum health, wealth and joyful lifestyles to millions of people.



# Marlene Pretorius

### Global Hero of Hope - The Cancer Association of South Africa & Health Coach

When my mom got diagnosed with cancer, I was 28 years old. I still remember the feeling of disbelief and anxiousness...IS MY MOM GOING TO DIE? WHEN WILL I GET CANCER? WILL I GET CANCER?

I come from a corporate background, and decided to work for a cause instead (CANSAs was my first choice).

I have been involved with CANSAs (The Cancer Association of South Africa), employed as a Community Mobiliser, and then when I moved to the Lowveld, I signed a Volunteer Partnership Agreement with CANSAs to assist with Fundraising and creating awareness. I was chosen as one of The Global Hero of Hope in South Africa and have the asked to Chair the Survivor's Support Group in the Lowveld.

I was featured on the October 2022 GetIT Lowveld magazine to promote breast cancer awareness and did a follow up story with a Flat Aesthetic Shoot during Oct 2023 - This is my passion! I want every patient out there, to feel beautiful and live their best life!



**SCAN QR TO REGISTER**

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w/ Master Health Coach Kerry Dell  
& Marlene Pretorius

