

Weight Loss Tips

- 1) **Are you drinking enough water?** It is important to drink plenty of water while on the 12in24 lifestyle plan, over and above what you normally drink. Drinking the water with the functional beverages is simply not enough. Water is essential for flushing out the toxins. If you are not drinking enough water, your body will hold onto the fat, instead of releasing it. Water, Water, & more water!!!
- 2) **Are you eating enough?** Even though this plan works to suppress your appetite, it is very important that you make sure that you are consuming enough food throughout the day. If you are not, your body will go into starvation mode & hold onto the stored fat. If you are not a breakfast eater, become one! There is a reason it is said to be the most important meal of the day! Strive to have a well balanced food plan to help set up your metabolism for success.
- 3) **Are you getting enough fibre?** Fibre helps to sweep away fat & toxins and helps with overall health. A fibre supplement with Psyllium might help speed things up a bit.
- 4) **Are you getting enough healthy fats in your daily diet?** Healthy fat helps the body absorb vitamins A, D, and E, and they are vital for your nervous system. People have seen better results with consuming healthy fats such as: olive oil and olives, canola oil, almonds, cashews, peanuts, peanut butter, sesame seeds, avocados and coconut oil. It has been suggested that consuming 1 to 2 TBSP a day will aid in overall weight loss. Suggestion – add Coconut Oil to your morning SlimRoast.
- 5) **Are you using a dairy creamer in your SlimRoast?** It has been suggested to use a non-dairy creamer in your SlimRoast. It has been reported that slower weight loss results have occurred while using a dairy creamer. Try Almond Milk instead or another non-dairy alternative.
- 6) **Is your water too hot?** It has been reported that the water should not exceed 200C. If water does come to a complete boil, let stand for 5 minutes before adding to your SlimRoast.
- 7) **Are you consuming your functional beverages fast enough & with the right amount of water?** It has been suggested that you consume the beverages within about 10-15 minutes and should be consumed in 12-16oz of water for best results.
- 8) **Are you taking the 7th day off as suggested?** The 7th day is critical to take off.... TRUST ME. Yes, it may not seem like you 'need it' but your body does. LOTS of changes happening internally, and your body needs to "RESET" your metabolic set point to avoid the traditional 'yo-yo' syndrome typically associated with caloric restriction and/or fad diets.
- 9) **Do you have Candida Albicans (yeast overgrowth)?** <http://www.mindbodygreen.com/0-8376/10-signs-you-have-candida-overgrowth-what-to-do-about-it.html> Also, see page 3.
- 10) **Are you getting enough sleep?** <http://www.mindbodygreen.com/0-22853/the-1-thing-derailing-your-weight-loss-a-doctor-explains.html>
- 11) **Are you deficient in the mineral magnesium?** <http://www.huffingtonpost.com/dr-mark-hyman/magnesium-the-most-powerful-b-425499.html>
- 12) **Other tips that have been suggested when experiencing plateaus or lack of loss:**
 - a. Drink 2 TBSP of Apple Cider Vinegar a day (Organic kind from the health food store, such as BRAGG'S)
 - b. Drink Aloe Vera
 - c. Take 200-400mg of Magnesium Citrate or Glycinate
 - d. In the morning, consume 2 cups of warm water with ½ squeezed lemon, wait 10 minutes, then have your SlimRoast
 - e. Put lemon wedges in your water throughout the day. (Great for helping the body release toxins)

#12in24 Reminder:

SLIMROAST - fat burning ingredients and appetite suppressant, combats free radicals, premature aging, helps balance immune system, and helps carry sugar into muscle cells where it is stored. Assists in managing carbohydrate cravings and weight management. It decreases the number of calories absorbed, promoting weight loss, multi-flavonoid compound helps in the prevention of cardiovascular disease and in the reduction of high blood pressure. Contains 2-4% caffeine known to improve function of brain messengers; contains antioxidants which help protect the heart and blood vessels. It is a powerful thermogenic fat burner. Decreases absorption of dietary carbohydrate and provides antioxidant and anti-inflammatory benefits. Most of all "mountain coffee" -beautifully fragrant, sweet and round, with a slight and pleasant acidity, with just a hint of bitterness.

TRIM - fat burning ingredients and appetite suppressant, proven to reduce fatty buildups in and around the liver known to be a main contributor to early liver disease. Promotes production of Adiponectin - a protein lacking in most who suffer from obesity and even Type 2 Diabetes, has been known to treat headaches, sore throat, tumors, Combats free radicals, increases the body's ability to produce insulin and fend off diabetes and aids in raising metabolism - body breaks down the fat in foods more quickly. Helps balance sugar levels and helps you to feel more satisfied with less food.

IMMUNE - contains a high volume of vitamins A, C, E, Folic Acid, B1, B2, B6, B12 and high in amino acid and fatty acids. Boosts the immune system with polysaccharides and reduces inflammation. A powerful antioxidant and mood enhancer. Supports cardiovascular health, known to increase bone strength and health, brain function, combat free radicals, fight immune deficiencies, a powerful antioxidant that promotes overall health, immunity function and also ousted as an energy boost!

I JUST WANTED TO REMIND EVERYONE THAT WE HAVE GREAT PRODUCTS HERE! JUST REMEMBER THE BENEFITS OF ALL THE PRODUCTS AND WHAT THEY ARE DOING FOR YOU. IT CAN TAKE 90-180 DAYS TO BRING BALANCE TO YOUR BODY. I BELIEVE 100% IN ALL OF THE BENEFITS! IF YOU ARE SEEING YOUR HEALTH IMPROVE AND YOUR EXTRA WEIGHT AND INCHES COMING OFF, FANTASTIC....IF YOU ARE SEEING YOUR HEALTH IMPROVING AND SLOWER RESULT... BUT RESULTS....FANTASTIC! KEEP GOING, THE PRODUCTS ARE DESIGNED TO HELP BRING BALANCE BACK! MAKE SURE YOU MESSAGE ONE OF US IF YOU NEED EXTRA SUPPORT! WE ARE HERE TO HELP YOU WITH YOU JOURNEY!!



You may have Candida if you are experiencing any of the following symptoms:

- Severe itching sensation of the skin
- Dry mouth and tongue, cracked tongue, bleeding gums
- Recurrent urinary tract infections (UTIs)
- Painful and frequent urination
- Vaginal burning, itching, or painful intercourse
- Vaginal discharge with a white, cheesy appearance
- Unusual menstrual cramping
- Difficulty swallowing
- Indigestion or heartburn
- Abdominal pain, bloating, or gas
- Constipation, diarrhea, or mucus in the stool
- Depression, anxiety, sudden mood swings, lack of concentration, headaches, drowsiness, or fatigue
- Muscle and/or joint pain and swelling
- White patches in the mouth and fissures at the corners of the mouth (i.e. thrush)
- Skin irritation in the folds of the skin, such as in the groin area or under the breasts; white pustules may be present
- Ulcers
- Fever

Simple test you can do at home (The Saliva Test) to check for candida;

First thing in the morning, before you put ANYTHING in your mouth, get a clear glass and fill it with water. Work up a bit of saliva, then spit it into the glass of water. Recommended to do this over a 6-day period.

- a) Check the water after a moment or within 2-3 minutes, then within every 15 minutes.
- b) If you have a candida yeast infection, you will see strings, like cloudy legs (this is the same “branching pattern” medical professionals will look for under a microscope), traveling down into the water from the saliva floating on the top, or “cloudy” saliva will sink to the bottom of the glass, or cloudy specks will seem to be suspended in the water.
- c) If there are no strings, and the water is as clear as it was before you spit in the glass and the saliva is still floating after at least one hour, you are probably candida yeast free!
- d) However, the more strings and cloudiness there is and the faster it develops, the greater the overgrowth!

If you discover that you have Candida, it is recommended that you do a Candida cleanse. See your sponsor for more information. Also check out: <http://www.nationalcandidacenter.com/Self-Test-1-My-Diet-s/1827.htm>

The following factors might increase the likelihood of a Candida overgrowth occurring:

- Ingestion of antibiotics from meat and animal products
- Taking a round of antibiotics that kill off too many friendly bacteria
- Eating a diet high in refined carbohydrates & sugar
- Taking oral contraceptives
- Diabetes mellitus
- Consuming alcohol
- Mercury from mercury amalgam dental fillings
- Chlorine from drinking and bathing/swimming water
- Living a high stress lifestyle

