

De-tox for Weight Loss

Medications, pollutants, pesticides (average person consumes 1lb per year), food additives (3,000 are used in U.S. alone, we eat 14lbs per year), poor nutrient content of diet, high sugar and highly processed foods, junk fats, indoor lighting, lack of sleep, stress and little exercise = RECIPE FOR DISASTER

Liver is your de-tox organ

- Breakdown, eliminate and neutralize toxins
- Needs antioxidants, enzymes and multiple nutrients to do it's job
- All fat is metabolized through liver

Lymph System

- Secondary circulatory system
- Rids toxins, bacteria, heavy metals, ded cells and fat globules

Liver Support

- **GR2 Thermogenic Enhancer**- stimulates at cellular level not central nervous system
- **Formula IV Multi-vitamin or Active 40+** with essential fats and minerals
- **Enzyme digestive** aid for proper bile production, metabolic breakdown and liver support.
- **Acidophilus** supports de-tox in bowel
- ½ lemon juiced in 8oz warm water first thing in morning

Lymph Support

- Exercise that includes “up and down” motion such as walking, jogging, re-bounding, stair-master or elliptical
- Massage therapy
- Unsweetened cranberry juice cocktail; unsweetned cranberry juice such as Knudsens. Combine 4oz. cranberry juice with 28 oz of water and drink 2 of these per day. (you can add in Stevia to sweeten)

EFA's- **Tre-en-en and Salmon Oil Plus**

- Regulate water retention, sodium balance and fat metabolism
- Omega 3's raise metabolism, flush water, lower tryglycerides, Increase activity of carnitine which helps your body burn fat.
- Omega 3's burned off faster than any other fat during dieting

- Omega 6's stimulate your thyroid, thus raising metabolism, activate brown adipose tissue to burn fat more efficiently, increase mitochondria activity.

ENEMY OF GOOD FAT

- High sugar
- Alcohol
- Smoking
- Antibiotics
- Stress
- Vitamin deficiencies

PROTEIN

GR2 Protein Powder 1-2 servings per day

- Blood sugar regulator
- Muscle fuel
- Replaces sugars and carbs
- 8oz per day for average women (72 grams)
- Cooked proteins can increase size of pancreas

FIBER

- 25-35 grams daily for proper de-tox
- Satiety
- Prevents re-absorption of toxins
- Slows carbohydrate metabolism
- Food for Acidophilus

GNLD All Natural Fiber, Appetite Reducer

SLEEP

- Ghrelin is a trigger for appetite
- Leptin is satiety or fullness hormone
- Ghrelin is higher during lack of sleep, Leptin lower
- Craving of carbohydrates goes up when Leptin is low