

HEALTHY LIVING FAQs

1. WHAT IF I'M HUNGRY?

- Make sure you get a fist size of protein at every meal along with complex carbs and healthy fats.
- If your protein source is a shake, make sure you eat an abundance of non-starchy vegetables.
- Make sure you are drinking enough water.
- Eat your snacks to help keep your blood sugar level throughout the day.

2. WHY AM I NOT LOSING WEIGHT?

- Some people will not lose weight until the 3rd week – stay with it!
- Eat the right composition of non-starchy vegetables, protein and fat at each meal.
- Be sure you aren't loading up too many calories in your shakes.
- Add more water to your daily intake, at least half of your body weight in ounces.

3. WHY DO I FEEL BLOATED AFTER MY SHAKES?

- Reduce the amount of Fiber Boost you are using. (Remember to start with 1/3 or 1/2 scoop & work up)
- Make sure you are taking your Digestion Plus packet each day.

4. WHAT IF I'M LOSING WEIGHT BUT I DON'T WANT TO?

- Add more Protein, healthy fat and veggies to your shakes.
- Eat any fruit you desire.
- Add a starchy carbohydrate to your meals (brown rice).

5. WHAT IF I'M CONSTIPATED/EXCESSIVE GAS or NAUSEOUS?

- Make sure you are drinking at least 64 oz. of water a day or half your body weight in ounces.
- Add ground flax seed to your shakes.
- Try Nature's Vitality CALM Magnesium Powder & add to shakes or Detox Tea.
- Make sure you're using Digestion Plus everyday.

