

ASAP – Your Weight Loss Answer – Success Tips!

NUTRIFYING YOUR BODY WITH THE PROPER SUPPLEMENTATION IS OF THE UTMOST IMPORTANCE. SEE BELOW FOR RECOMMENDATIONS

You will need:

- ✓ Bathroom scale that weighs in 0.2 pounds
- ✓ Food scale that weighs in grams/ounces

WEIGH yourself at the same time every day! -- print the *“Weight Release Log”* and *“Inches Release Log”*

TAKE YOUR MEASUREMENTS at the beginning – follow all areas to measure – Very Important! Record your measurements weekly, and at the very least at the beginning and end.

Take a picture – You may be reluctant, but you will be glad you did! This is your BEFORE picture!

Journal or track everything you eat everyday including times. If you have any “stall” in your weight loss progress, this will help you identify what might be creating it.

Log what times you take ASAP and how much water you drink as well.

Never CHEAT - not even once! Decide ahead of time – this is a 3 week or 6 week program and 3 weeks resetting. The 3 weeks maintenance with **Slender Fx™** is just as vital as the initial **ASAP Program**.

Supplementation is Essential – We cannot say enough about the importance of this! See the information below.

Drink Lots of Water! – Toxins are stored in FAT cells – You must drink water to flush out toxins

We recommend no topical oils on skin, or cooking oils on your food – see *“Beauty & Hygiene Products”* document for recommendations. Read all labels of products you use.

Supplementation is recommended for optimal nutrition

For maximum nutrition support, it is important to take the Healthy Start Pack, The 90 for Life Program, which includes **Beyond Tangy Tangerine®**, **Osteo-fx Plus™**, and **Ultimate™ EFA Plus™** to supplement your nutrient profile.*

Beyond Tangy Tangerine®™ – Contains a base of Plant Derived Minerals blended with vitamins, amino acids, and other beneficial nutrients to make a balanced and complete daily supplement.*

Osteo-fx Plus™ – Formulated to support healthy bones and joints, Osteo-fx Plus™ is a highly absorbably liquid supplement featuring calcium plus co-factors to support optimal calcium uptake. Osteo-fx Plus™ is loaded with key nutrients to support healthy bones and joints, including Vitamin D3, calcium, phosphorus, magnesium, MSM, glucosamine, and more! Mix with a few oz. of water.

Ultimate™ EFA Plus™ – features a proprietary blend of essential fatty acids derived from flaxseed oil, fish oil, and borage oils. Delivering a healthy balance of Omega 3, 6, and 9s, Ultimate™ EFA™ is a must-have for people who want to derive the benefits of a full range of essential fatty acid benefits.*

OTHER RECOMMENDED SUPPLEMENTS:

FucoidZ™ - Contains 100% sea vegetables featuring Certified Organic fucoidan. A growing body of scientific research suggest fucoidan may provide potent immune and antioxidant support.*

Supralife D-Stress™ - Prolonged stress can have a negative effect on the immune system. D-Stress™ provides nutrients known to be involved in a healthy stress response cycle.*

Majestic Earth® Plant Derived Minerals™ – Our bodies need a steady stream of minerals – many in trace amounts – to function properly. Our Plant Derived Minerals™ products are liquid concentrates containing more than 70 minerals from prehistoric plants in their unaltered colloidal form.*

Ultimate™ Enzymes® - Supports good health by helping the body break down and absorb macronutrients such as carbohydrates, proteins, and fats.*

Ultimate™ Selenium™ - Provides 100 mcg of the essential trace mineral selenium plus a wide range of other trace minerals, vitamins, and other nutrients to support good health.*

Ultimate™ FloraFX™ – This proprietary blend of probiotics is formulated to support healthy digestion and nutrient absorption.*

****The person who told you about this ASAP product can assist you in getting your nutrition listed above.***

Do's

- Weigh yourself daily, Measure weekly -- print the "Weight Release Log" and "Inches Release Log" on website.
- Drink lots of water
- Juice of one lemon daily is allowed for all purposes
- Seasonings: salt, pepper, vinegar, garlic, sweet basil, parsley, thyme
- Fruit or breadstick/melba toast may be eaten between meals

Don'ts

- Don't use lotion, oils or lubricants. This includes oil based cosmetics. Topical oils, cooking oils, creams, lotions and ointments applied to the skin are absorbed and interfere with weight reduction by ASAP just as if they had been eaten. The body may slow its ability to burn fat and digest these oils instead. Stay away from these while on this program. Mineral oil (baby oil) may be used if needed. Lipsticks and powders are fine. For best results use the Youngevity Mineral Makeup (see "***Beauty and Hygiene Products***" document.)
- Don't add any foods of any kind that are not on the food list.
- No sugar or starch! Read all your labels on seasonings and food.
- No gums or mints
- No diet drinks (diet sodas, diet/sugar-free powdered drinks)

"Stall" Breakers – if weight loss slows, "stalls" or plateaus

1. Increase water intake
2. Try adding a glass or two of green tea to your day
3. Vary your fruit selection rather than eating the same fruit for your 2 fruit servings
4. Cut down or eliminate beef
5. Check all condiments for any form of sugar.
6. If having trouble with constipation, try Smooth Move tea or Green tea, or coffee – most people find this very effective.
7. Leave out one or both breadsticks/melba toast
8. Stop eating out.
9. No diet drinks or "cheating"

"Time Saving Tips"

- Pre-cook about 3-4 days' worth of meats. Whether it's using your George Foreman grill, outside grill, or slow cooker it is a good idea to have food ready at all times. You never know if you might be in a hurry at meal time.
- Keep Iced Fruity Green Tea and/or Lemonade in fridge ready to satisfy a sweet craving.

Sweeteners and Seasonings

- Sweetleaf® Stevia Sweetener -- Health professionals have been telling us for years that saccharin (Sweet'N Low®) sucralose (Splenda®), and aspartame (NutraSweet® and Equal®) are very toxic. Sweetleaf® Stevia Sweetener is a natural sweetener and has been around for centuries. It has 0 calories. For more information visit www.stevia.com Use it in your recipes for dressings, teas, on top of fruit, etc. Available in many flavors and is highly recommended. Stevia is very strong so start with 1 drop and go from there. Truvia® is a great stevia product that is a safe sugar substitute without any aftertaste.
- No MSG
- Tony Chachere's Original Creole Seasoning does not have sugar in it and is quite good. It is a little spicy. Even spicier is "Chinese 5 Spice" seasoning, but is also a good option. McCormick® brand has quite a few seasoning blends with no sugar or oils.

"Eating Out"

Eating out is sometimes necessary or unavoidable. Here are some suggestions:

- Good Times has meat with no hormones-antibiotics etc. Try to eat ORGANIC whenever possible as chemicals could slow down the weight reduction process. Order 1 pattie with lettuce on both sides and mustard.
- McDonald's® grilled chicken Caesar salad, take off all cheese and carrots and don't use dressing or croutons. Bring your own dressing or squeeze on lemon juice
- Mexican style restaurants – choose a salad with no cheese/no beans/ no rice. Chicken must be boneless and skinless. Use pico de gallo, hot sauce, or salsa for dressing
- Grilled chicken or fish is typically a safe option, then ask for a side of tomatoes or lettuce.
- In-and-Out Burger- Hamburger protein style with lettuce, onion, tomato (no cheese, sauce or pickles)

Additional Notes from ASAP Program "Graduates"

Typically you will have lots of Energy

Typically you are NOT hungry

Women typically drop ½ lb. – 1 lb. a day; Men typically drop 1 lb. – 2 lbs. a day

You are not alone

Find a buddy to work with – check in everyday by phone or email

Exercise is not required to lose weight

There will always be a special event of some kind – just get started

Massage is not recommended and actually discouraged

You can do this and travel – plan it out and take your scale

If you run errands, take your food with you

Eat organic whenever possible, this enhances your health and weight removal

Eat different things each day to enhance weight removal

Constipation – drink more water – Smooth Move Tea – coffee – Magnesium Citrate if it's been days and days

This journey is body – mind – spirit

It appears for most that it changes your thoughts, desires and cravings around food

To enhance your success – call or email the person who introduced you to ASAP with any questions or simply for support.

Get ready for the new you!