

Weight Loss

Diet

- No sugars
- No processed grains
- Eat lots of raw vegetables and fruits
- Drink water as often as possible
- Freshly squeezed juices are good but eliminate all other drinks i.e. sodas, coffee, teas, energy drinks, etc.

Nancy's Smoothie: You can mix the following together in water, fresh juice, milk substitute or your favorite fruit smoothie. Take twice a day (can be used as a meal replacement).

Nutritional Essentials: 6 Tablespoons a day

Barleylife or Whole Foods: 3 Teaspoons a day

Mega Omega: 2 Tablespoons a day
Green Product (Whole Food of Barleylife): 1 tablespoon

Supplements

Multiple Digestive Enzymes: five with each meal. Take five or more, two to three times a day, on an empty stomach.

Probiotic Blend: First bottle - 10 in the morning and night on an empty stomach - one hour away from food. Second bottle - five in the morning and night. Third bottle - two in the morning and night. Once third bottle is completed, the dose can be reduced to two or more at night, increased when needed.

Fat cells store toxins(drugs, preservatives, heavy metals). It is the body's protective mechanism to store them and keep them from doing any more damage. When there is not enough tools for the body to move these toxins out, it will not let lose of the fat cells no matter how much you diet. To move the toxins out and break up the fat cells:

Take four *Cellulase Enzymes* (binds toxins and moves them out) with four *Lipase Enzymes* (breaks up fat), three to four times a day on an empty stomach. These can be taken with the *Multiple Digestive Enzymes* (empty stomach dosage).

There are things that cause weight gain and also inhibit weight loss. Knowing these things may help you in your weight loss efforts.

Suggested Reading: "What Inhibits Weight Loss". Ask Nancy for a copy!