

THERMO TIPS

1. Take your Thermojetics **CONSISTENTLY!!**
2. Drink at least 72 ounces of water day.
3. Eat three meals a day! (Or 5 – 6 small meals). A shake counts as a meal.
4. Decrease your fat intake.
5. Cut back on breads, pasta, and rice. If your body does not use these immediately, they are converted to fat almost instantly.
6. Do not consume dairy products – they inhibit weight loss and most adults have trouble digesting lactose.
7. Use Formula #3, Cell Activator, to dramatically enhance your body's absorption rate.
8. Use Herbal Aloe and/or the 21-Day Cleansing Program to clean out your system.
9. If you experience a headache, it is probably because you are not eating enough. You should also double-check your water intake to be sure you are not dehydrated.
10. Call us immediately if you are not losing weight.
11. If you have too much energy add one Beige tablet, or cut back on your Greens by one tablet. You can add the Thermojetics Yellow so you will not slow down your weight loss.
12. Diarrhea? If it occurs in the first 3 – 5 days, no problem. Your body is cleaning out all the “junk”. If you experience this in your 3rd or 4th week, cut back on your Green tablets by one. Again, you may wish to add the Yellow at this point.
13. Constipation? Drink more water and add Florafiber or Active Fiber to your program
14. Use the Advanced Energy Guide to help you choose foods lower in fat.

Remember: Alcohol, medications of any kind, dairy products, smoking, and even second hand smoke, will slow your ability to absorb Thermojetics and reduce its effectiveness. Be sure to let us know if you are a smoker and/or any medications you may be using, so we may adequately adjust your program for you. If you smoke, you should absolutely be using the Schizandra Plus and the RoseOx.

Exercise while taking Thermojetics will increase weight loss. Walking is a terrific form of exercise.

The people who call us every week with an update are the people experiencing fantastic results on their program. We cannot help or adjust your program if we do not know what is happening!