

Ten Steps to Success!



independent distributor

- 1 READ all the way through this document.
- 2 BE PREPARED by making your meal plan, going to the grocery store with the Healthy Shopping Guide, and preparing the right foods, etc. Cooking before you need to will make things easy, cut down on undesirable snacking and help keep you on track!
- 3 Follow one of our recommended plans. Use Xyngular's free Body Transformation app or set an alarm on your phone to remind you when it is time to do something until it has become habit forming! Stay close to and keep the person who sponsored you updated with any questions or concerns.
- 4 Drink 128 oz. of water per day. It will help flush toxins from the body and is the #1 fat burner in the body.
- 5 Avoid these three white foods (even on eating days): flour, salt, sugar.
- 6 Eat high fiber foods on eating days: salads and vegetables are great for this. Avoid high carb foods like peas, rice, starches and even whole wheat breads.
- 7 Eat enough food. Not eating enough will KILL your metabolism and hold on to fat.
- 8 IMPORTANT: Take your before picture (front, side and back) AND take your measurements following the measurement guide document. Do NOT skip this step!
- 9 Limit your exercise during the 8-day due to your low calorie intake. You are encouraged, however, to follow the exercise routine recommended on our plans.
- 10 Commit and you will succeed!

WHY DRINK WATER?*

The Miracle of Water — What it Does for the Human Body

Water prevents loss of memory as you age

Dehydration taxes the heart by causing it to pump faster to get sufficient oxygen to the muscles

Water is essential for the body to sweat and release toxins

Water cleanses toxic waste from various parts of the body and carries it to the liver and kidneys for removal

Water lubricates joints and lessens discomfort from arthritis and back pain

Water slows the aging process and makes skin smooth

Water lessens addictive urges, including caffeine, alcohol, and certain drugs

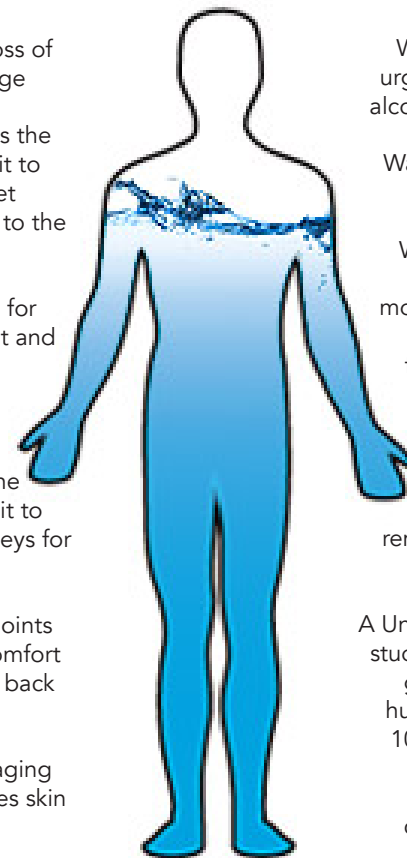
Water allows for efficient cell repair

Water allows red blood cells to carry oxygen more efficiently, resulting in better muscular function and increased mental acuity

Without the flow of water, there's insufficient water to remove waste and toxins through your stool

A University of Washington study discovered that one glass of water stopped hunger pangs for almost 100% of studies dieters.

75% of Americans are chronically dehydrated



DRINK MORE WATER

*source: stayinghealthy.org

Look better. Feel better. Live better

created by an independent distributor and not an official corporate Xyngular document