

# Best Tips for those starting out!

ANGEL FLETCHER-SUNDAY, APRIL 30, 2017

For those that question:

◆ Where do I start? ◆ How can I get max results? ◆ Do I need to follow a meal plan? ◆ Do I need to exercise?

Here are some tips for the journey: 🧐 Everyone is different, so results will be different but if you follow the tips you will see results 🍌

☯️1 - Take your TruVision every day. Consistency is the KEY!! Put an alarm on your phone to remind you. We can't expect results if we tend to skip doses along the way. You take 1 blue and 1 orange in the am before breakfast with a large glass of water and 1 blue and 1 orange again before lunch. I suggest to not have the lunch tablets after 2pm but everyone is different. Find what works for you on your schedule. If you have a sensitive stomach, be sure to eat while or before you take them.

☯️2 - This product wasn't designed for a specific meal plan or exercise. But of course, results are greater if ones are implemented. Remember be sure to eat! You don't want to put your body in starvation mode by not eating... You will feel sick if you are not putting in enough food for your system to work.

☯️3 - Water intake is tricky. Too much water can slow you down and too little water can cause you not to lose. The best way to determine this is watch your urine. The clearer the better. Stay hydrated as this is helping you shed those toxins in your system. Heart and hydration is another great fluid to keep hydrated.

☯️4 - Support and motivation is a must. This group was created to help you. We all like having someone to turn to or go to even with just some inspiration. Don't be afraid to ask. Not losing weight can be very frustrating but maybe by asking I can see what you are doing that may cause you not to lose weight.

☯️5 - Protein is a huge factor in helping your body. It feeds your muscles and keeps your metabolism going. It leans you out causing you to tighten your skin. Always try to get protein in your meals. Fill up on that more than just the sides. Watch what you eat. If you tend to eat bad foods, the product is taking longer to fix your system. Lower your carb intake and sugar intake. Make small goals and changes. You will succeed greatly! The supplements will definitely help you to make wiser choices!!

☯️6 - Don't panic if you gain weight. We will fluctuate. With the energy creating you to be more active you are building your muscles. Ladies we will fluctuate during the times of the

month. This is not a setback in your journey. Sometimes we see that we gain 3 lbs and then a week later we drop 5 lbs. This does happen as your system is trying to rebel against the changes.

☯7 - Don't panic when you have a cheat meal. If we try to change things our body is use to right off the bat we can set ourselves up for failure. Let the product work for you. If you drink a soda and it tastes nasty, take this as a hint the product says you don't need it. If your body craves certain food, there is a reason. Our bodies have gone a long time and picked up on the routines we have developed. It was an addiction. We are breaking those addictions with our products.

☯8 - Detox is the number one factor why people quit the products too soon. There are several remedies to help speed this process up. Epsom salt baths are a huge help. The Epsom salt can be purchased from the shops. Take 1-2 cups and put it in a warm to hot bath. Yes you will sweat as this is removing the toxins in your system. Soak for 15 minutes - no longer though as your body will start to reabsorb the toxins. The more you do it the more you won't have detoxing effects if any. Even soaking your feet in Epsom salts can help. Most don't even experience this, however reach out if you do.

☯9 - As the TruFix is going through our system to regulate it we will see changes. This could be effecting your menstrual cycle ladies and it will level out. We also could be seeing more urine production. All these changes will level out just remain consistent.

☯10 - Remember to take pictures and measurements. A lot of times we can't see the changes until we compare with our starting point.

☯11- Exercise is up to the individual. If you can't, don't stress too much, but do move more! Whether it's getting outside and doing things or parking the car a little further away from your usual park. Find little ways to extend yourself each day.

Enjoy the clean energy without the crash and cravings. Remember that we are here to help you on your journey.