



12 REAL SECRETS TO RELEASE WEIGHT & HOW TO IGNITE YOUR FAT BURNERS!

1. Weigh & measure yourself (especially around your belly). You will have a starting point. Everyone's weight will fluctuate so weigh in once a week only and continue to measure if you'd like.
2. Drink water. Work your way up to your perfect amt. -1/2 oz per pound of body weight per day. I don't recommend tap water and refrain from drinking sugary juices or sodas.
3. Eat slower by chewing each bite 30 times. Try putting your fork down while you are chewing so that you won't eat as quickly. Also try placing your food on a smaller plate, it helps.
4. Eat food the way Gramma grew it. For example, eat an apple instead of canned applesauce; a carrot with the green top on - baby carrots are old carrots milled down
5. Run from WHITE...no white sugar or flour. In other words avoid pies, cakes pastries and pizza.
6. Lubricate your body with healthy oil. Use olive oil & balsamic vinegar with fresh herbs for salad dressing. This is much cheaper than bottled dressing!
7. Find some new sources of protein instead of meat. Meat can be hard for many people to digest, and can rot in your stomach. Hemp hearts have more protein than eggs or meat and you can pour them into your mouth & chew as you go.
8. Eliminate all low fat foods. Teach yourself to read labels and see how many chemicals are listed. Chemicals hold weight.
9. Practice Breathing. Every cell needs oxygen and most of us don't breathe deeply enough.
10. Make it a point to get fresh air & exercise. Do what you love to do and it won't feel like work!

11. Plant love in your brain and it will drop into your heart.

12. Take Baby steps. Baby steps turn into lifestyle changes, bloom where you are.
Planted.

Start Today

Tune Your Triangle and achieve a balanced mind, body & spirit!!!

For more information on weight release, contact Lynn McIntosh by visiting www.yourhealthteam.net or calling 604.538.2247.

