

# TLS Detox Week

The video with Hannah goes over the bottom list—that the product kits have been updated.

In the Daily Essentials is:

OPC, Multi Vitamin, Activated B and Calcium.

This is 8 ounces of water—wait 20 minutes.

Most are recommended to also add 2 more OPC's (OPC3 or Beauty Blend) - if you do that—wait 30 minutes.

1. Do not engage in strenuous physical activity, even if you are used to it. Instead, participate in yoga or gentle stretching.
2. Get plenty of rest and sleep. You may feel more tired than usual the first few days of detox. By the end of the week, you should feel energized.
3. Use spices and herbs, small amounts of low-sodium soy sauce, salt, pepper, vinegar and mustard.
4. Choose raw, or lightly steamed vegetables
5. Do not skip meals! This is a great time to meditate, listen to relaxing music and engage in other stress reduction activities.
6. Think about the commitment you are making to yourself, what you stand to gain and how accomplished you will feel.



AM	AM Snack	Lunch	PM Snack	Dinner	Night
Journal	Journal	Journal	Journal	Journal	Journal
2 Caps OPC	2 cups veggies	Shake	2 cups veggies	Shake	Detox Pills
1 Cap B	Apple	2 cups veggies	Apple	2 cups veggies	Dreamz
Multi-Vitamin	Digestive Enzymes	Apple	Digestive Enzymes	Apple	
20 minutes	Aloe	Aloe	Aloe	Aloe	
Aloe	Core		Core		
Detox Pills					
3 ounces protein					
3 cups vegetables					
NO FATS					
Digestive Enzymes					

**Rules of Detox:**

1. No alcohol
2. No coffee, soda or other caffeinated beverages
3. No grains or starches
4. Water (minimum of 10 cups per day)
5. No sugar (other than those found naturally in fruits and vegetables) or artificial sweeteners

\* Includes products from maximized kit.  
 These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

### Suggestions:

The 10 glasses of water throughout the day. (more if over 200 pounds)  
 ADD: **fiber** drink, and **greens** are NOT listed above.

IF you must have coffe—we recommend instead—  
**trim café**, **trim tea** or **mochatonix** (3 flavors)

As soon as you wake up:

- Daily Essentials & Extra OPC \* (see above)
- Wait 20—30 minutes.
- ONE 8-ounce glass of warm water with 1/2 a lemon

After drinking that 8 ounces:

You may have your **mochatonix**, **trim café**, **trim tea** now

Breakfast: SKIP the protein during detox—  
 or have 3 ounces of protein and 3 cups of veggies  
 Take the 2 **detox** pills that are in the push packet  
 May take the 8 ounces of **fiber** now—or wait till AM snack

After breakfast: **Aloe & Enzymes**

AM SNACK: If you did not take the fiber yet (it's sweet) -  
 you may add that to your **protein shake**  
 You may also mix the **fiber** and the **greens**

### Comments:

Your preference on timing for Mochatonix (may have AFTER Isotonix and AFTER lemon water) during AM breakfast or during any snack—this one isn't based on timing. It's your preference.

The fiber drink is early in the morning—can be done before breakfast or am snack.  
 There's a lot to drink in the morning— So, work this in as it fits best.

The rest in the chart is pretty clear— there are many options in the morning—it warranted more details.

IDEALLY—drink the aloe 5 times a day (after the 5 meals)  
 Other supplements like ACTs/Thermochrome—etc, use as directed on the bottle.

Month 2 & 3: Use the Stay Fit Kit. (12 weeks)

- 3 Options:
- 1 (both shakes)
  - 1 (chocolate)
  - 1 (vanilla)

