

## Training Points:

### Are you eating enough protein at all of your meals?

If you are not, you may experience a slowdown in your lifestyle/ metabolic training. Protein is very important for detoxification and the feeling of being full and satisfied.

### Are you drinking enough water?

Good clean water is essential to flush toxins out of your body more quickly.

### Are you eating foods with chemicals, hormones, or additives?

If you are, this will slow down your progress.

### Are you getting enough sleep?

Inadequate sleep can affect detox/size loss. If your answer is no, increase your night support lotion by adding one or two pumps as needed.

### Are you eating the same foods every day?

Planning ahead and enjoying combinations of a variety of foods will assist metabolism and comfort levels.

### Are you having one to two bowel movements per day?

If your answer is no, increase the Cleaning Instructions until you find your comfort level.

### Are you getting some exercise?

Those that add refreshing (walking/stretching) exercise to their day maintain a higher average of success.

### Are you a female experiencing hormonal fluctuations?

If yes, please consider taking the Thriving Woman product.

### Are you living a high stress lifestyle?

If you are, implementing a stress reduction program can significantly assist in overall well-being and desired results.



**“These products are so great.  
Lost a lot of size and love how I feel.”**

**“Wow, a company that really gets it.  
A company that understands today.”**

**“I love working with this company.  
The people are so kind and knowledgeable.”**

**“Truly pleased with my results...I can walk away from  
carbs and sugar quite easily. This is really big for me.”**

**“I now have a better understanding of how to  
eat healthy and feel good for my choices.”**

**“It is brilliant knowing that you can have a carb at night.  
I find it so settling to know that I have the choice.  
Most of the time I don't want it.”**

### **Nature Offers the Benefits; We Follow the Design**

Herbal and plant synergistic blends  
Thousands of years of safe, proven usage  
Whole plant based selected from indigenous  
regions of the world  
Handled with great care and respect

# Lose-N-Live

Lifestyle Training



Metabolic Modification for the Modern Era

Detox-Size-Weight Management



Let's begin by asking a few questions...

1. Is your health a top priority?

2. Are you feeling toxic and sluggish?

3. Do you find you need more energy?

4. Are you confused about detox/size management?

Now let's continue with a few answers...

Lose-N-Live is a metabolic adaption program that addresses the modern day reality of functional health, energy management, and detox/size/weight control. Let's first understand that our world has changed dramatically in the last 50 years. We now have increasing levels of pollution, microbes, EMF, devitalized foods, fast-pace expectations, and emotional turmoil. These factors contribute to the stress that then contributes to inflammation that our systems need to balance on a moment-by-moment basis. This Lifestyle Training program connects to nature's reality of what works to assist with the adaption towards a more enjoyable life.

**"This program is very easy to follow and felt great while doing so"**

**"My sugar cravings are under control, WOW"**

**"I have enjoyed the detox without heavy symptom patterns"**



## Lose-N-Live

### Lifestyle Training Kits

The Foundational Lifestyle Training Support Kits include the following: Day Support Spray, Night Support Spray, Cleaning Instructions Capsules and Fiber Function Capsules.

### Directions:

For Day Support – Upon arising spray 3 sprays into mouth and hold for 30 seconds, and then swallow. At lunch spray 3 and hold for 30 seconds, and then swallow.

30 minutes before dinner, take 3 Fiber Function with 8 ounces of water.

For Night Support – 10 minutes before bed and for the first 3 days begin with 4 sprays into mouth and hold for 30 seconds and then swallow. Increase up to 7 sprays if needed for a deeper sleep.

10 minutes before bed, take 1 to 3 Cleaning Instructions. The number of capsules taken will depend upon your comfortable transit time.

## Change Your Food; Change Your Mood

### Detox/Size Lifestyle Training Food Suggestions

The following food suggestions provide examples of foods that match daily energy rhythms.

**This is a guideline for understanding Macronutrient choices.**

Do not skip meals and do not count calories. Consume enough at each meal to be satisfied.

At dinner please eat your protein and fat first followed by carbohydrate (approx. 20% of meal)

### Macronutrient Timings

Breakfast = A protein focused meal

Lunch = A protein and healthy fat focused meal

Dinner = A protein, healthy fat, and a small portion carbohydrate focused meal

### Preparation is Primary:

Meal planning creates a comfort and a pattern for making good decisions

<b>Protein Suggestions</b>	Tenderloin	Beans, Green & Wax	Sprouts
Buffalo	Top sirloin	Bell peppers (all)	Swiss chard
Chicken	Tuna	Bok Choy	Tomatoes
Cod	Turkey	Brussel sprouts	Turnips
Crab	Wild game	Broccoli	Watercress
Eggs	Yogurt Non-fat,	Cabbage Green	Zucchini
Filet	Greek style	& Red	<b>Carbohydrate</b>
Flank steak		Carrots	<b>Suggestions</b>
Flounder	<b>Fat Suggestions</b>	Cauliflower	Black beans
Ground top sirloin	Avocados	Celery	Kidney beans
Haddock	Butter	Cilantro	Lentils
Halibut	Cheese	Cucumber	Lima Beans
Lobster	Coconut oil	Fennel	Oatmeal
Mahi-Mahi	Cream	Greens	Peas
Monk	Nuts	Hearts of Palm	Pinto beans
Mussels	Olive Oil	Jalapeno	Quinoa
Ocean Perch	Olives	Jicama	Rice – brown and wild
Orange Roughy		Lettuce	Spaghetti squash
Protein powder	<b>Vegetables at</b>	Leek	Sweet Potatoes
Red snapper	<b>any meal</b>	Mushrooms	Yams
Salmon	Artichoke	Onions	Lemon
Sea Bass	Asparagus	Parsley	Lime
Sea scallop	Arugula	Radish	
Shrimp	Bamboo shoots	Spinach	

Please note: If you choose fruit (other than lemon or lime) as your carbohydrate choice, you may experience a slower desired result.

### Beverages and Spices

Perrier or Pellegrino water  
All unsweetened teas  
Coffee

3 alcoholic drinks per week

### Suggested sweeteners

Stevia  
Xylose

### Seasonings, Spices, Condiments and Preparation of Food:

Seasonings may be used in fresh or dried form in desired amounts. Mustard, horseradish, vinegar, chicken broth, beef broth, and vegetable broth can be very tasty and helpful with preparation. Be aware and read labels for msg., sugar, and high fructose corn syrup.

**You are what you eat  
so don't be fast,  
cheap, easy, or fake!**