

REVISED & UPDATED

QUICK START GUIDE

**QUICKLY GET STARTED WITH THIS
STEP-BY-STEP OVERVIEW**

QUICK START

So, you've decided to take the leap to naturally manage your condition! We couldn't be more thrilled for you!

To get started on your journey toward a life with perfect health, we've provided some fundamentals as you embark on this new chapter.

Instructions:

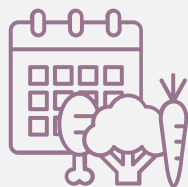
1

Start By Reading "The TRUTH About Fat Loss" Book

This helpful guide will provide you with some background and context that you may find helpful:

- Part 1: The Problem
- Part 2: The Solution

If you are trying to get started today and don't have the time to read whole book, skip ahead and READ: Part 2: The Solution.



EAT RIGHT



SUPPLEMENT



VISUALIZE

2

Book An Appointment With Your Doctor

Before you start any new diet, meal plan, or attempt to start this Program, you should consult your doctor or primary health care provider to ensure that you have approval, support and medical supervision so you can improve your life safely.

IMPORTANT: If you are on any medication, do not stop taking it or attempt to make any changes without your doctor's approval. Work with your doctor to adjust dosages with medical supervision.

Remember: It's also a good idea to measure your body and take before and after pictures. That way you can see the transformation you're about to go through.

3

Prepare Your Kitchen To Get Started

Organize your kitchen for success. If you get hungry, chances are you'll eat the first thing you see. Make sure it's a good meal by stocking your kitchen with healthy options. That means throwing out or giving away everything that's not in the program.

I know, this can be tough, but I ask you to commit for at least 12 weeks. I'm confident you'll never look back.

Do your best to get your family on board. This type of eating is healthy for everyone. If not, just organize the food so that the worst food is hiding in the back of the fridge.

Also, go through some of recipes and pick some out that you think you might like. Then, head to the grocery store and get everything you need. You don't want to go hungry at any time. When you're hungry, you make bad decisions.

Note: Make sure you have enough of the supplements to complete the program. It's a good idea to have some extra so you can continue to take it after the 12 weeks to keep your health in check.

GET STARTED

So, you've familiarized yourself with the basics and you've received the "all clear" from your doctor to start the program. It's time to get started.

Do Your Best

- Follow the diet" as closely as possible and use the recipes included
- Take the supplement as directed on the bottle
- Take 20 minutes each day to visualize your success
- Check in with your doctor to monitor progress through the program

We guarantee that you'll feel like a whole new you in just a few short weeks, we promise it's well worth the effort.

You can do this!

We can't wait to hear about your awesome results!