



My 2 main memories of when I got rid of my Pot belly was -

1. I did the Weight Loss with 3 colleagues from work, weighing ourselves Daily and writing down our progress. This was highly motivational, and helped me to not be tempted by the sight or smell of other food.
2. We stopped, as a group, because the lady member had reached her goal of trimming down 2 dress sizes for an upcoming engagement - and this was despite several breaks she took to have burger or pizza nights.

I lost 18 kg / 40 lb and was determined to stay taught and trim.

SUMMARY - PRACTICAL WEIGHT LOSS TIPS

1. Make up and have a bowl of SUPERFOOD ready in the fridge.
2. PLAN ahead of what you are going to eat for the day.
3. Have SMALL bowls and plates ready to use.
4. Wear BRACELET 24/7 - to ensure that you are getting all NUTRIENTS extracted from the food you eat - can go for a long time between meals without getting hungry - and are having TOXINS and FAT broken down, even while you sleep.
5. WEIGH yourself daily to stay motivated.
6. If possible, find one or more friends to join your Regime.
7. Maybe after a few days, have a BREAK DAY - and see if you have lost or gained weight. If still lost some Weight after indulgences - shows that BRACELET is really working - and PREVENTING FAT and TOXINS accumulating in Fat tissue. This means that you should be able to maintain Normal Weight, once you reach your goal.
8. STAY Positive and Motivated - knowing that now YOU can control your Health.