

## *Sensible Weight Loss*

By Dr. Mike Van Thielen

### WEEK 5

#### **BODY DETOXIFICATION TO-DO LIST**

- Start drinking at least xxx ounces of water/day. Xxx equals your body weight in ounces divided by 2. For example: if you weigh 160 pounds, you need to drink at least 80 ounces of pure water/day. Tip: you can squeeze some lemon in your water to improve taste and help alkalize your body.
- Start buying organic foods and whole foods, try to avoid all processed and canned fruits and vegetables. Visit your nearby farmer's market!
- Make sure to add the Super Cleanse to your program (if you didn't already). This supplement will help cleanse your colon.
- Make sure to add the Soul super food to your program (if you didn't already). This supplement will provide the essential nutrients for your body, and the grasses and grains help detoxify your body naturally.
- Discontinue soda and soft drinks gradually, and also beverages containing high fructose corn syrup. ELIMINATE them if possible. If you are addicted, use the soda as reward for not drinking it for a certain time. For example: if you don't drink soda for the whole week, reward yourself with a soda on Saturday!
- Tighten up 'The Alkaline Way' program and try to eliminate more acidic foods, especially fried foods, processed meats, white flour products and white sugar.
- Replace sugar with raw honey or blue agave.
- Discontinue milk at all cost. If you use milk with cornflakes or cereals in the morning, try to use almond milk. It's sweeter and you will get used to it after a few days!
- Record successfully integrated detoxification practice on 'MY SWL Record' under the Behavior Modification section.

For the REASONING behind the above instructions, visit your ULTRAGLOBAL back-office for a DOWNLOAD and watch the SWL youtube video - WEEK 5.