



## *Sensible Weight Loss*

By Dr. Mike Van Thielen

### WEEK 6

#### **LASTING RESULTS**

---

- Continue to implement the 5 steps above, and continue to improve upon them! Soon, old habits will be broken and healthy new habits acquired!
- Take a picture (front and side view) every 4 weeks.
- Continue until you reach your desired, optimal weight.
- Take your FINAL 'after' picture and submit 'before' and 'after' pictures along with your SWL record and testimonial to Ultra International (not required).
- You can opt to discontinue the meal replacements, but ONLY if you commit to stay healthy: continue to eat alkaline foods and use the Soul super foods! However, most participants fall in love with the Body meal replacement and continue...forever?
- Due to the continuous on-slaughter of toxins on our body, you need to continue the detoxification practices outlined in week 5.
- In order to successfully rejuvenate your body, I recommend to add the Mind Super drink to your daily regimen. The Mind is the most powerful antioxidant product in the world. It promotes longevity and keeps you free of disease.
- Become a LIVE testimonial and encourage other people to enroll in the SWL! You will get rewarded financially in your ULTRAGLOBAL Business!

For the REASONING behind the above instructions, visit your ULTRAGLOBAL back-office for a DOWNLOAD and watch the SWL youtube video - WEEK 6.