

TRACKING YOUR PROGRESS

Focus on getting **healthier**, not just a number on the scale. With your phone take a picture of your body and also a close-up on your face. Email them to yourself so you have your starting point and date.

WEEK	1	2	3	4	5	6	7	8	9	10
Neck										
Bust										
Waist										
Hips										
Bicep										
Thigh										
Calf										
Weight										

Success Tips

- ✓ Weigh yourself every morning right after you've used the restroom and before you get dressed.
- ✓ Record your measurements once per week.
- ✓ Take a full-length photo of yourself and a close-up of your face. Wear clothing you'll be comfortable showing off in your SLIMMER before/after pics!
- ✓ Commit to taking SLIMMER consistently. Set an alarm on your phone right now so you won't forget!
- ✓ When you begin to feel energetic, add more activity to your day. Take a walk!
- ✓ Start your days right with a protein-based breakfast to fuel your body.
- ✓ Make choosing healthier options easy by removing junky, processed foods from your pantry & desk.
- ✓ Drink at least 16 glasses of water each day and eat sensibly.
- ✓ Get at least 7 to 8 hours of sleep each night.

For More Information:

Name _____ Phone _____

Consultant ID # _____ Web Address _____

Heart & Body Naturals products have not been evaluated by the FDA and are not intended to treat, diagnose, cure, or prevent any disease. They are not intended as a substitute for the advice or medical care of a qualified health care professional. Seek the advice of your health care professional before undertaking any dietary or lifestyle changes.

Heart & Body Naturals, LLC • Morrow, OH 45152 (513) 274-2110 • HBNaturals.com



RECEIVE THE EDUCATION, TOOLS, SUPPORT & ENCOURAGEMENT TO LOSE THE WEIGHT AND KEEP IT OFF!



HBN Getting Started With
HEART & BODY NATURALS

The 3 Keys To Success

For Your Maximum Weight Loss, Please Do the Following:

1 Slimmer

Start with one serving of SLIMMER in the morning for the first three days.

This gives your body time to get used to the product, balance your blood sugar, and decrease your sugar cravings.

If you have a substantial amount of weight to lose, it might be beneficial to drink SLIMMER at breakfast and again at lunch.

The key to success with SLIMMER is consistency and persistency.

2 Water

One of the simplest and most dramatic ways you can increase your weight loss is to drink more water.

Drinking, or rather sipping, more water is not necessarily about preventing dehydration as much as it is about replenishing and replacing the fluid in our body, keeping our cells hydrated, and keeping our blood alkaline.

"Water before a meal is nectar. It replenishes fluids and encourages juicy digestive organs. Small sips during a meal is honey. It helps turn the food into a sauce. Water after a meal is poison because it dilutes stomach acids."

~ Dr. Vasant Lad

Directions

Blend, shake, or stir 1 teaspoon (1 scoop) of SLIMMER into 8 fluid ounces of water, ideally 30 minutes before meals.

SLIMMER can be taken up to 3 times per day.

Before Breakfast Before Lunch Before Dinner

Caution: Because this product may lower blood glucose, consult your healthcare provider before taking this product if you are taking blood glucose lowering medication.



Drink Up, Buttercup!

8 am 9 am 10 am 11 am
 12 pm 1 pm 2 pm 3 pm
 4 pm 5 pm 6 pm 7 pm

 Drink 12 Cups of Water Each Day

3 12-Hour Fast

The body sends the signal to go into deep detox mode approximately eight hours after your last meal. Then the body needs another four hours to do a deep clean.

The 12-hour fast is your new normal. This is how you will eat every day so that your body will always have time to divert energy to functions other than digestion.

Example: You eat dinner at 8 pm. You would not eat again until at least 8 am.

Make your health a priority

Take charge and follow this easy **real food** plan for a month. The secret to this plan is smaller portions, increased protein and vegetables six days per week, and then on day seven, enjoy a healthy cheat day.

1. Six days a week eat three meals and two snacks per day, eliminating foods in the "Foods To Avoid" chart.
2. Add foods from the "Free Foods" chart to your menu without worry!
3. Enjoy one healthy cheat day.

Ask the person who shared this brochure with you for information on joining our Facebook group & downloading the **Win With HBN** app to track your food and exercise and help you stay motivated to achieve your weight loss goals! Plus you'll enjoy free meal plans & recipes!!

Deep Cleansing Takes [a night's] Time



FREE FOODS (eat all you want)

- Artichoke
- Artichoke hearts
- Asparagus
- Baby corn
- Bamboo shoots
- Bean sprouts
- Beans (green, wax, Italian)
- Beets
- Broccoli
- Broth or bouillon
- Brussels sprouts
- Carrots
- Cauliflower
- Celery
- Cucumber
- Eggplant
- Flavored sugar-free gelatin
- Garlic
- Green onions or scallions
- Greens (collard, kale, mustard, turnip)
- Hearts of palm
- Herbs (fresh or dried)
- Horseradish
- Hot pepper sauce
- Jicama
- Kohlrabi
- Leeks
- Lemon juice
- Mixed vegetables (without corn, peas or pasta)
- Mushrooms (fresh)
- Mustard
- Okra
- Onions
- Pea pods
- Pickles
- Radishes
- Rutabaga
- Salad greens (lettuce, romaine, chicory, endive, escarole, arugula, radicchio, watercress)
- Sauerkraut
- Spices
- Spinach
- Squash (summer, crookneck, zucchini)
- Sugar snap peas
- Swiss chard
- Tomato (fresh or canned)
- Turnips
- Vinegar
- Water chestnuts
- Worcestershire sauce

FOODS TO AVOID

Corn, fruit juice concentrates, gluten, packaged cakes & cookies, peas, refined sugar, regular pasta, soda, sweeteners, trans-fats, vegetable seed oils, and white rice