



It all starts here. This week, we begin with Detox – the optional jumpstart to your TLS® success!

The Detox period consists of a seven-day fruit and vegetable “fast” that will cleanse both your body and your palette, enabling you to avoid the cravings for high-glycemic foods that have been standing in the way of your weight loss success. The Detox period will also help to reset your metabolism and prepare you for the changes ahead.

While you should be familiar with the rules of Detox Week, here are some reminders:

- Diabetics and women who are pregnant or nursing must consult with their healthcare professional before considering Detox Week.
- Do not engage in strenuous exercise during Detox Week; moderate activity, such as walking, stretching and yoga are permissible.
- Aim for eight hours of sleep nightly, working in additional naps wherever possible.
- Drink a MINIMUM of two liters of water daily. More is better!
- Limit fruit to three servings daily; the vast majority of your eating should consist of vegetables.
- Eat more raw vegetables than cooked. For cooking, grilling or steaming is best.
- Although protein intake should be minimal during Detox, 2-3 oz. of lean protein (chicken, fish) is permissible as needed to help satisfy cravings and hunger.
- The TLS Detox Kit can be a great asset for making Detox more manageable and successful.

Remember, while Detox can be a challenge, it’s one of the best investments you can make toward your health and weight loss goals. This is where we lay the foundation for future success, so don’t sell yourself short! Above all else, do this for YOU, because you ARE worth it!