



CONGRATULATIONS! You have arrived at Week 6 of your weight loss journey!

For many of you, this may be a week that was highlighted on the calendar, because several of the eating plans from TLS® Weight Loss Solution make this the week where grains can be reintroduced into your daily eating. Great news – or is it?

Before you decide to dive back into the pasta bowl or make a trip to the bagel shop, ask yourself a couple of questions about how you've been feeling these past few weeks (and refer to your journal for answers):

- How have my energy levels been?
- How has my digestion been?
- How well have I been sleeping?
- How has my mood changed?

If you've noticed improvement in any of the above, this is a first sign that you may have a sensitivity to grains. Remember that not all grains are created equal, and refined white flour is not the only version of grain to be cautious about. Many people also display sensitivities to gluten and wheat, which can not only stall weight loss, but actually contribute to weight gain.

For a more complete explanation, be sure to watch "Grains and Your Health" on [tlsSlim.com](https://tlsSlim.com). Should you decide to reintroduce grains, we make three main recommendations:

- 1) Start with gluten-free, wheat-free grains, then add those with gluten, and finally those with wheat. Some great low-GI choices include quinoa, brown rice and oatmeal.
- 2) Be sure to journal, and record your response during each successive stage.
- 3) Keep up regular use of TLS CORE.

As with all the other stages of this journey, this is an opportunity to LEARN. By finding out for yourself what effect – if any – grains have on you, you will be one step closer to living a permanently lean lifestyle.