

## Do's and Don'ts



### DO'S

- Weigh yourself daily, Measure weekly. Print the "Weight Release Log" and "InchesRelease Log" on website.
- Drink lots of water.
- Juice of one lemon daily is allowed for all purposes.
- Seasonings: salt, pepper, vinegar, garlic, sweet basil, parsley, thyme.
- Fruit from the Healthy Weight Loss Menu or breadstick/melba toast may be eaten between meals.

### DON'TS

- Don't use lotion, oils or lubricants. This includes oil based cosmetics. Topical oils, cooking oils, creams, lotions and ointments applied to the skin are absorbed and interfere with weight reduction by REV™ just as if they had been eaten. The body may slow its ability to burn fat and digest these oils instead. Stay away from these while on this program. Mineral oil (baby oil) may be used if needed. Lipsticks and powders are fine. For best results use the Youngevity Mineral Makeup (see "Beauty and Hygiene Products" document).
- Don't add any foods of any kind that are not on the Healthy Weight Loss Menu.
- No sugar or starch! Read all your labels on seasonings and food.
- No gums or mints.
- No diet drinks (diet sodas, diet/sugar-free powdered drinks).

