



# 7-DAY "PLATEAU" FAT FLUSH



**Keep your weight loss success going with the 7-Day Fat Flush!**

**The 7-Day Fat Flush is for people who sometimes hit that dreaded "plateau" during the weight loss process.**

The Suddenly Slim! weight loss programs have been designed to help release excess fat into the blood stream. This powerful "lipolysis effect" can also release a great amount of toxicity. Unless this excess fat and toxicity is flushed from your body, it can impede your weight loss progress or cause the "plateau" effect. The flush helps to make adjustments to your body, to rejuvenate and to promote a powerful anti-aging result.

After you have been on the Suddenly Slim Program for eight weeks, do the 7-Day Fat Flush for one week. As long as you are on any of the weight loss or maintenance programs, the 7-Day Fat Flush can be done every ninth week.

If you have lost all the weight you want to lose in less than eight weeks, you should do the 7-Day Fat Flush for one week to help maintain your exciting new weight loss. Thereafter, you should repeat the 7-Day Fat Flush every ninth week.

## DIRECTIONS:

1. Continue to follow your current Suddenly Slim weight loss program. However, during the 7-Day Fat Flush, you will **eliminate use of Slim 'N UP! Original/Xtreme** for that week.
2. Each day, take one heaping scoop of **TrimboLic 3 times per day** with an 8 oz glass of water 30 minutes before each meal.
3. Each evening, before bedtime, take a serving of **Fit to a Tea** (steep for 10 minutes).
4. During the 7-Day Fat Flush, take **Reneú** only in the morning.
5. Each day, take 3 **LipoMax** with breakfast, and 3 with dinner.

NOTE: Be sure to check with your health practitioner before starting this or any health improvement or weight loss program. These statements have not been evaluated by the Food and Drug Administration.