

# FREQUENTLY ASKED QUESTIONS

livinglean

## Q. MY DETOX SYMPTOMS ARE SEVERE.

Detox symptoms usually occur on day 2 or 3 and are an indication that toxins are leaving the body. This process will result in weight loss. Persevere as these symptoms should last no longer than a day or two. Take Nurofen or Panadol as required.

## Q. I AM EXPERIENCING AN UPSET STOMACH, NAUSEA OR VOMITING.

These symptom can be a sign that the detoxification process is occurring too rapidly for your body to manage. If this is the case, reduce the intake of sachets to 1-2 per day. One additional sachet should then be included per day until the desired 4 sachet (per day) goal is achieved.

## Q. I CAN'T DRINK THE NUMBER OF PRESCRIBED LITRES OF WATER.

Drinking the number of prescribed litres of water is vital to your success on this program. Make small increases in your daily consumption until you reach your prescribed amount (i.e. day 1 aim for 3 litres, day 2 aim for 3.5 litres etc).

## Q. MY PH STRIP HASN'T INCREASED TO 8 (BLUE) BY DAY THREE?

This will happen if you do not drink the desired amount of water. **If you are drinking the desired amount of water and you are not exceeding 7.4 on the pH scale, contact the hotline immediately on 1300 131 235.**

## Q. I CAN'T STOP GOING TO THE TOILET.

The body needs time to adjust to the extra fluids being taken in. Initially you will visit the bathroom more regularly. This will, however, settle over time.

## Q. THE SCALES ARE FLUCTUATING.

This is quite normal. The scales will consistently decrease over time but you will have days where they go the other way. Persevere, don't lose heart as they will usually drop significantly 24 hours later.

## Q. I AM HUNGRY.

You can eat as much food as you like so long as it comes from the 'Approved Food' list. This program is not about starvation but ensuring the foods we consume are not causing a build up of acid and therefore fat.

## Q. I NEED SOMETHING QUICK AND EASY TO EAT

A good tip is to visit the baby-food section of your supermarket and purchase 100% organic pouches of 'Approved Food' vegetables. These handy packets have no additives other than 'approved' vegetables and are incredibly handy. Only use these when stuck for time... do not make this the norm!

## Q. I HAVE DIARRHOEA OR AM CONSTIPATED.

Diarrhoea is occasionally experienced and should last no longer than a day or two. If diarrhoea continues longer than a day or two or you are experiencing constipation please call the hotline

## Q. WHAT CAN I EAT?

Anything that appears on the 'Approved Food' list. Remember that it must be in a soft, mashed or pureed state.

## Q. CAN I EAT WHOLE FOOD?

You will achieve greater weight loss results by consuming only soft, mashed or pureed food. However, you can eat whole food, provided it appears on the 'Approved Food' list.

## Q. WHAT IS THE DEFINITION OF SOFT, MASHED OR PUREED?

Food must be in a soft, mashed or pureed state at the time of swallowing. If food is consumed this way then it is considered Living Lean approved.

## Q. HOW MUCH CAN I EAT?

There are no restrictions to the amount of food you can eat provided it appears on the 'Approved Food' list.

## Q. WHY DOES THE FOOD NEED TO BE IN A SOFT, MASHED OR PUREED STATE?

When we consume food this way we ensure that the naturally occurring salts within the body stay inside the cells and bones. This process assists in the alkalising process of the body and enables us to increase our pH level thereby leading to rapid weight loss.

## Q. WILL I ACHIEVE SUCCESS IF I CONSUME APPROVED FOOD AND DONT DRINK THE WEIGHT LOSS FORMULA?

No. Your body will not achieve significant weight loss by simply following the nutritional plan. The Living Lean Natural Weight Loss Formula is the key to success and therefore must be consumed to achieve optimal results.

## Q. HOW MUCH WEIGHT WILL I LOSE?

Individual results will vary.

Note: The Living Lean program is not suitable for those intending on falling pregnant, are currently pregnant or are breastfeeding or have high blood pressure.