



Frequently Asked Questions

These are the most commonly asked questions that we see on the 24 Day Challenge

1.) I'M BLOATED AND/OR NOT HAVING DAILY BOWEL MOVEMENTS: WE WILL ASK YOU THE FOLLOWING QUESTIONS...

- How much water are you drinking?

Should be 1 gallon at a MINIMUM, 1.5-2 gallons is BEST! We will ask how do you know you are “really” getting in a gallon. Are you measuring? If you are saying well I am drinking a ton or “I think I am drinking enough” is not going to be good enough. You don't know if you're not measuring... plain and simple. PERIOD. Water is needed to flush the elevated level of toxins from the blood. It takes approximately 3-4 days to get your body properly hydrated and it's your job to maintain it. So keep up your hydration as much as possible. 1 gallon is 128oz so get a 1 gallon jug or 64oz jug to make sure!

- How much fruits and veggies are you eating?

If you are constipated then we will need to increase your fruit servings.

- Have you missed any supplements like your meal replacement shake or cleanse tablets at night? Don't miss! If you miss, take it when you remember...

- Were you regular before you started the cleanse?

If not then we recommend additional Probiotic Ultra OR if we can't get you some that day then we will have you start the probiotic in the cleanse now instead of day 4. We can also add Thermoplus which helps with bowel movements.

- Are you eating any additional things like bread, sugar, pasta, crackers, sauces, saturated fat, processed food, eating out?

It is important for people to know that: The body is always creating waste and processing that waste through the small and large intestine. When you are cleansing.. you are pushing “extra waste” though the intestines and waste is also being removed from the walls of the intestines. It is your job to get it out and if you do not drink enough water or eat clean cleansing foods then the process will be slowed and you will get bloated. Bloating does not mean that the cleanse is not working...it means you are not working it correctly.

2.) I'M NOT LOSING WEIGHT: WE WILL ASK YOU THE FOLLOWING QUESTIONS...

- Tell me the times that you are eating?

Blood sugar level plays a vital role in your weight loss. If you are going longer than 3 hours without eating or eating again in less 2 hours at ANY point during the day you will



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be affecting your progress. We need to get your digestive track on a regimen of digesting food every 3 hours. Even if you are not hungry it is important to eat and eat as much as you can. This gets your digestive track to realize that it WILL be fed every 3 hours.

- Are you weighing your portions and eating all it says to eat?

Many people eat too much or not enough and we are teaching you the right amount to eat for your weight to lose weight and strengthen metabolism. Even if you are not hungry or you feel full, you need to eat all that you can. In a couple weeks you will start to feel hungry on the same amount! If you are feeling “really” hungry, I guarantee you are not eating enough. USE A DIGITAL SCALE!

- Are you taking all of your supplements?

Your Advocare regimen is filling in the gaps so you receive optimal nutrition. Your body is able to “absorb” nutrition at higher level because of active ingredients in the right amounts! Everything in your body happens faster and more efficiently. There are also plant extracts and botanicals in the products that you “cannot” get from food. These botanicals help you to retrain hormones and enzymes in your body to burn fat instead of store it AND help you to control your cravings and food choices. Having control is very important and if you are malnourished or starving or have cravings you are not in control. Take your products consistently each and every day!

- Are you eating extra?

Don't eat less than 2 hours after your meal...if you are hungry first make sure you ate enough at the last meal and if you did then you can: Eat more green leafy vegetables Drink a spark...it has a mild appetite suppressant Drink a large glass of water.

Sometimes hunger is mistaken for dehydration

Have tea or chew sugar free gum.

- Are you exercising?

A pound of fat consists of 3500 calories. If you burn an extra 500 calories a day that is an extra pound per week.

- Are you eating a lot of sodium?

A little sodium is not bad, but excessive sodium will make you retain water and sodium can be hidden in many foods. Non fresh, processed food must have added sodium to preserve it. Chicken breast for example: Precooked is very high in sodium. I want you to look at the nutritional information on the back of different fresh chicken breast. Foster farms have 75mg of sodium per 4 oz. chicken breast and Safeway brand has 375mg of sodium...BIG DIFFERENCE!

- (women) Are you at that time of month?



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For women, during your menstrual cycle you will be retaining water and will not see the weight loss on the scale as much. However, if you are following the plan, don't worry, fat is still being burned. Stay on track!

- Are you stressed at work or home?

Stress can affect your body's ability to let go of stored fat. A suggestion would be to add in A-supreme stress adaptagen formula in your next order.

3.) I AM NAUSEOUS OR HAVE A HEADACHE... WHY? POSSIBLE REASONS...

- Toxin release... You are pushing toxins into your bloodstream and they have to get out. If you have a headache you need to stay on the plan, but drink more water to flush the toxins out. It is not the cleanse giving you a headache...it is the cleanse working to push toxins out of your organs and rid them from your body. Most people do not experience a headache, but some do.

- Carbohydrate, fat or caffeine withdrawal. If prior to starting you had been eating a lot of high glycemic carbohydrates and/or saturated fats and you stop cold turkey your body has a withdrawal period that may cause an uncomfortable feeling. This is the same with caffeine. It is perfectly normal and will go away.

- Caffeine, niacin or B vitamin sensitivity. Everybody is different. Just like some are allergic to oranges or nuts, a percentage of us are sensitive to caffeine, niacin or b vitamins. If you feel too much energy from the spark, try ½ of a Spark to get the nutrition in with less caffeine. The MNS max 3 has ½ the caffeine of the MAXE and the Thermo Plus has ½ of the caffeine of the Max3. Niacin makes your body feel warm; some people do not like this. Some people are sensitive to b12 and it makes them tired, where most people b12 and b6 give them great energy. You need to see what is perfect for your body.

- High level of nutrient absorption – body is adjusting. WAITING TOO LONG TO EAT Everybody is different; fast vs. slow absorption. Your body is adjusting to an increased level of active ingredients entering the bloodstream at once. Some people take a couple of days to adjust to this once starting the MNS3. These are designed to be taken with food so make sure you are eating no more than 30 minutes after you take them. If you want less absorption, you can choose to eat sooner as your body is adjusting. The mns3 is made for ages 12 and older and should be where everyone starts. After 30 days if you feel the need for even more energy you can switch to the MAXE or if you want more appetite control then switch to the MAX C. I AM FULL...DO I HAVE TO EAT ALL THIS



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FOOD? YES! If you are full then your metabolism is very slow and we are strengthening it through good nutrition in the right ratios at the right times.

4.) I AM TIRED POSSIBLE REASONS...

1. Carbohydrate withdrawal – Ask them if they ate lots of breads, crackers, chips, pasta, pastries and/or sugary foods and drinks prior to starting. If yes then the body goes through a carbohydrate withdrawal and it will go away. If it doesn't go away, add a carb serving to meal 2 and 4 in addition to meal 3 on the cleanse and have them do the meal replacement shake every morning on the burn phase instead of just on refuel days.

2. Low Blood Sugar – Ask them to tell you the times they are eating and if they have any large gaps of more than 3 hours then remind them “A large part of your weight loss success is making sure your blood sugar does not have large spikes and drops. Large spikes and drops will also make you tired so make sure no matter what you are prepared to eat every 2 to 3 hours and that you stay away from high sugar foods and drinks” Take your Spark, Slam and Thermo Plus for additional energy.

5.) I AM HUNGRY POSSIBLE REASONS...

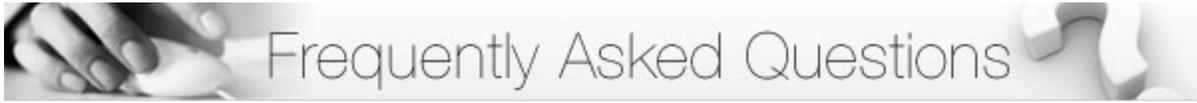
Are you weighing your ounces of protein and other foods? Are you skipping any meals? Are you working out more than 1 hour per day? Are you getting in a fat portion at 2 meals per day? Are you getting in all your water? Are you taking your supplements on schedule? If yes to all: See if they have tried the tips from the day 10 follow up call. Add an ounce of protein as a last resort. Another great trick is if you are still hungry after eating...drink a full glass of water and start chewing gum. The hungry should subside in less than 5 minutes!

6.) I HAVE ALLERGIES –

Every BODY is different. Advocare is a condensed form of food and just as many people are allergic to nuts or oranges or seafood, there are also specific vitamins and sometimes plant extracts or plant botanicals that some have allergies or sensitivities to. If you know of any allergies or sensitivities you have we need to double check your products for them.

7.) I HAVE MEDICATIONS TO TAKE –

Take medicine at a different time than your supplements so that they do not fight each other for absorption. Both will absorb efficiently when taken at least 2 hours separate



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timing. If you cannot have a specific vitamin or mineral or have been instructed to take more of a nutrient by your doctor, make sure you consult your doctor with the ingredients in your Advocare or check them yourself. We are not doctors and cannot make any medical claims.