



30 Day Detox

Accountability is the KEY to Success!

WEIGHT LOSS TROUBLESHOOTING

If you have a client who has weight to lose and is not losing, here are some things to ask:

- 1) Are you drinking at least $\frac{1}{2}$ your body weight in ounces of WATER each day?
- 2) How many times per day are you eating? (should be 4 if not exercising, 5 if they are)
- 3) How much Fiber Boost are you using? (should start with $\frac{1}{2}$ scoop per day and increase up to 1-2 per day as long as bowels are happy)
- 4) How many bowel movements per day are you having? (want them to have 2)
- 5) Is there anything in the program that you don't understand or are not following? (some ppl take creative license or decide they aren't going to comply with part)

FOOD JOURNAL

If they are in close compliance with the program, it may be time to do a food journal for 2 days (if they don't workout every day, make sure one day they record is with a workout and one is without). We generally don't want to encourage calorie counting, but most people tend to not eat enough and the food journal quickly illuminates this. Clients should never go below 1200 calories per day without a Doctor's supervision. I like to use the myfitnesspal app as it already has the Arbonne products entered and can be configured to allow others to view the entries.

BOWEL MOVEMENTS

If your client is having troubles having bowel movements, discuss water and fiber and then recommend they try the following:

- 1) Stay hydrated: Drink enough water so you use the bathroom once every hour.
- 2) Eat fiber-rich foods: Include leafy green salad, beans, aloe juice, warm lemon water, or green vegetable juices.
- 3) Move it: Do some movement and exercise. Walking and light yoga work great.
- 4) If you have it on hand, Arbonne's Herbal Colon Cleanse is great for this. Start with one pill and see how it works overnight, then take 2 more if needed. If you can't get this product quickly enough, I recommend Natural Calm. This magnesium citrate supplement helps restore healthy magnesium levels and increases calcium intake to encourage natural stress relief and healthy bowel movements. Purchase it at your local natural food store.

If all of these items are taken care of, encourage your client to be patient. There are some people who just hang on to weight longer. No matter what, they are doing a good thing for their body!