



Frequent Program Updates, Tips, and Recipes
by Danny Johnson

Hello everyone,

6/15/09

Hello everyone, just a quick note to see how everyone is doing with their weight loss program? Please reply and let me know if you are doing well with it, successes, difficulties, tips & suggestions for others, or have any questions we are here for you! Contact me at danny@rightwayenterprises.net

Here are some more tips that can help you reach your goal.

- 1. Are you having difficulty with hunger?** If so try some of the Momentum products. These products contain Green Tea Extract or EGCG. Green Tea Extract is really good for curbing your hunger, and also for giving you energy¹. The Momentum products contain 100mg of Caffeine and 90 mg of Green Tea Extract and they come in a variety of flavor infusers (which you just add to your bottled water) and also in Shakes, cappuccinos and lattes. Note; according to the TSFL experts, you should not consume over 300 mg of caffeine a day for two reasons. One since you are on a low calorie program this may increase your sensitivity to caffeine and additionally too much caffeine can upset hormonal levels and offset the hormonal balance that the TSFL program is intended to improve¹.
- 2. Did you notice that you have a strong breath, strange taste in your mouth, or dry mouth?** According to the medical staff of TSFL, this is normal and is caused by your body metabolizing fat stores, and the ketone by-products can cause a slight breath odor, dry mouth or funny taste in your mouth.
- 3. Are you hooked on sodas?** If so now is the time to do away with them even if they are diet, or contain artificial sweeteners. To overcome the sensation of drinking carbonated beverages try purchasing Perrier or San Pellegrino mineral waters and add a slice of lime or lemon to them. Serve on ice for best taste. These mineral waters are carbonated and loaded with essential minerals. For more information you can visit <http://www.sanpellegrino.com/index.html> or <http://www.usa.perrier.com/> and will help you get through the soda addiction. Also if you are having a nice lean and green meal with your family at a restaurant, ask for this as your beverage.
- 4. Exercise?** The experts at TSFL recommend the following:
 1. If you are already exercising when you start your program, continue to do so but for the first two weeks reduce your workout by 20%. The reason for this is that you are trying to change your metabolism by consuming 6 meals a day and heavy exercise at first may counteract this by inducing more stress on the body.
 2. After 2 weeks if you wish and with the approval of your physician you may gradually begin your exercise program. If you are interested in a custom exercise program to suit your own personal needs, contact me at danny@rightwayenterprises.net (I'm a certified fitness instructor and I can construct a program for you at a affordable price, and also it will coincide with your Medifast for optimal results.



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5. **What is the Be Slim Club?** If you are happy with your results and want to continue you're your program we suggest you join the Be Slim Club. By doing so you are entitled to a progressive discount structure 5%-12% in which the longer you stay on the program the greater the discount. Don't be alarmed you can still stop the program at any time. When you join you will get 2 free weeks of meals, a free book, "The Secret is Out", Free shipping on orders over \$200.00 and will obtain reward point which can be redeemable for awards and prizes.

Recipe Suggestion

This tip came from our good friend Janice Thompson whom is on the program and having great success. She has purchased an ice shaving machine in which she uses shaved ice with the Momentum Flavor Infusers which makes for a great refreshment when she works out in her garden or on a hot day.

Lastly, beginning July 20th we will start conducting free webinars about the TSFL program, The Be Slim Club and also career opportunities of becoming a health coach. These webinars will be free and you can check the schedule and sign up for the webinar at <http://www.rightwaywellnessprograms.com/webinars.html>

Below, you will find some helpful links should you want to read more about the diet.

Our Take Shape for life web site:

<http://www.rightwaywellness.tsfl.com/esuite/home/rightwaywellness/> or
<http://www.rightwaywellnessprograms.com/diet.html>

Our BMI and Calorie Calculator: <http://www.rightwaywellnessprograms.com/healthtools.html>

Our Facebook page for Take Shape for Life with Discussion Board

http://www.facebook.com/pages/Trenton-NJ/Rightway-Wellness-Programs/60550583079#/pages/Trenton-NJ/Rightway-Wellness-Programs/60550583079?v=app_2373072738&viewas=657977681

Keep up the good work and contact me with any questions at danny@rightwayenterprises.net or 706-657-7879.

¹These statements have not been evaluated by the Food and Drug Administration. These statements are not intended to diagnose, treat, cure, or prevent any disease.