

REV™ 90 SUCCESS TIPS

Your Weight Loss Answer

YGYBETTERHEALTH.COM



WHAT YOU WILL NEED:

A bathroom scale that weighs in 0.2 pounds and a food scale that weighs in grams/ounces.

WEIGH yourself at the same time every day!

Print the “Weight Release Log” and “Inches Release Log”

TAKE YOUR MEASUREMENTS at the beginning

– follow all areas to measure – Very Important!

Record your measurements weekly, and at the very least at the beginning and end.

TAKE A PICTURE You may be reluctant, but you will be glad you did! This is your BEFORE picture! Journal or track everything you eat everyday including times. If you have any “stall” in your weight loss progress, this will help you identify what might be creating it.

Log what times you take REV™ and how much water you drink as well.

NEVER CHEAT - Not even once! Decide ahead of time – this is a 3 week or 6 week program and 3 weeks resetting. The 3 weeks maintenance with Slender Fx™ is just as vital as the initial REV Program.

SUPPLEMENTATION IS ESSENTIAL – We cannot say enough about the importance of this! See the information below.

DRINK LOTS OF WATER – Toxins are stored in FAT cells – You must drink water to flush out toxins

We recommend no topical oils on skin, or cooking oils on your food – see “Beauty & Hygiene Products” document for recommendations. Read all labels of products you use.



SUPPLEMENTATION IS RECOMMENDED FOR OPTIMAL NUTRITION

For maximum nutrition support, it is important to take the Healthy Start Pak, which includes Beyond Tangy Tangerine®, Beyond Osteo-fx™, and Ultimate™ EFA Plus™ to supplement your nutrient profile.*

Beyond Tangy Tangerine®™ - Contains a base of Plant Derived Minerals blended with vitamins, amino acids, and other beneficial nutrients to make a balanced and complete daily supplement.*

Beyond Osteo-fx™ - Formulated to support healthy bones and joints, Beyond Osteo-fx™ is a highly absorbable liquid supplement featuring calcium plus co-factors to support optimal calcium uptake.*

Ultimate EFA Plus™ - Delivering a healthy balance of Omega 3, 6, and 9s, Ultimate EFA Plus™ is a must-have for people who want to derive the benefits of a full range of essential fatty acid benefits.*

Ultimate D-Stress™ - Prolonged stress can have a negative effect on the immune system. D-Stress™ provides nutrients known to be involved in a healthy stress response cycle.*

Majestic Earth® Plant Derived Minerals™

- Our bodies need a steady stream of minerals - many in trace amounts - to function properly. Our Plant Derived Minerals™ products are liquid concentrates containing more than 70 minerals from prehistoric plants in their unaltered colloidal form.*

Ultimate™ Enzymes® - Supports good health by helping the body break down and absorb macronutrients such as carbohydrates, proteins, and fats.*

Ultimate™ Selenium™ - Provides 100 mcg of the essential trace mineral selenium plus a wide range of other trace minerals, vitamins, and other nutrients to support good health.*

Ultimate™ FloraFX™ - This proprietary blend of probiotics is formulated to support healthy digestion and nutrient absorption.*

The Rev 90 Pak includes:

FitShake™ - Banana Cream - packed with lean protein and a powerful probiotic and enzyme blend.

Slender FX Rev™ - Supports your body to mobilize and metabolize fat stores.

Super Greens™ - Nutrient dense, easy-to-mix powder made from the world's most powerful superfoods with real, organic whole fruits, vegetables, and herbs.

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

“STALL” BREAKERS – IF WEIGHT LOSS SLOWS, “STALLS” OR PLATEAUS

- Increase water intake
- Try adding a glass or two of green tea to your day
- Vary your fruit selection rather than eating the same fruit for your 2 fruit servings
- Cut down or eliminate beef
- Check all condiments for any form of sugar.
- If having trouble with constipation, try Smooth Move tea or Green tea, or coffee. Most people find this very effective.
- Leave out one or both breadsticks / melba toast
- Stop eating out
- No diet drinks or “cheating”

"TIME SAVING TIPS"

- Pre-cook about 3-4 days' worth of meats. Whether it's using your George Foreman grill, outside grill, or slow cooker it is a good idea to have food ready at all times. You never know if you might be in a hurry at meal time.
- Keep Iced Fruity Green Tea and/or Lemonade in fridge ready to satisfy a sweet craving.

SWEETENERS AND SEASONINGS

- Sweetleaf® Stevia Sweetener -- Health professionals have been telling us for years that saccharin (Sweet'N Low®) sucralose (Splenda®), and aspartame (Nutrasweet® and Equal®) are very toxic. Sweetleaf® Stevia Sweetener is a natural sweetener and has been around for centuries. It has 0 calories. For more information visit www.stevia.com Use it in your recipes for dressings, teas, on top of fruit, etc. Available in many flavors and is highly recommended. Stevia is very strong so start with 1 drop and go from there. Truvia® is a great stevia product that is a safe sugar substitute without any aftertaste.
- No MSG
- Tony Chachere's Original Creole Seasoning does not have sugar in it and is quite good. It is a little spicy. Even spicier is “Chinese 5 Spice” seasoning, but is also a good option. McCormick® brand has quite a few seasoning blends with no sugar or oils.

"EATING OUT"

Eating out is sometimes necessary or unavoidable. Here are some suggestions:

- Good Times has meat with no hormones-antibiotics etc. Try to eat ORGANIC whenever possible as chemicals could slow down the weight reduction process. Order 1 pattie with lettuce on both sides and mustard.
- McDonald's® grilled chicken Caesar salad, take off all cheese and carrots and don't use dressing or croutons. Bring your own dressing or squeeze on lemon juice.
- Mexican style restaurants – choose a salad with no cheese/no beans/ no rice. Chicken must be boneless and skinless. Use pico de gallo, hot sauce, or salsa for dressing
- Grilled chicken or fish is typically a safe option, then ask for a side of tomatoes or lettuce.
- In-and-Out Burger- Hamburger protein style with lettuce, onion, tomato (no cheese, sauce or pickles)

ADDITIONAL NOTES & HELPFUL HINTS FROM REV PROGRAM "GRADUATES"

- Typically you will have lots of energy
- Typically you are NOT hungry
- Women typically drop ½ lb. – 1 lb. a day; Men typically drop 1 lb. – 2 lbs. a day
- You are not alone
- Find a buddy to work with – check in everyday by phone or email
- Exercise is not required to lose weight
- There will always be a special event of some kind – just get started
- Massage is not recommended and actually discouraged
- You can do this and travel – plan it out and take your scale
- If you run errands, take your food with you
- Eat organic whenever possible, this enhances your health and weight removal
- Eat different things each day to enhance weight removal
- Constipation – drink more water – Smooth Move Tea – coffee – Magnesium Citrate if it's been days and days
- This journey is body – mind – spirit
- It appears for most that it changes your thoughts, desires and cravings around food

To enhance your success – call or email the person who introduced you to REV with any questions or simply for support.

GET READY FOR THE NEW YOU!