

# Suggestions for People Plateaud on Green Weight Loss Program

## 8 things to do immediately when someone says they are STUCK!!!

1. Cut out all carbohydrates for three days. (No white sugar, white flour, pastas, breads or fruits!)
2. Add a third shake with 1 TBSP of the Formula #1 and have in the afternoon around 3pm.
3. At breakfast and lunch – if taking Total Control 2xday, take 2 tablets 2xday; if taking Ephedra Free Green & Beige, take 2 to 3 Greens and one Beige 2xday.
4. Take 6 Yellow's a day. 2 at breakfast/lunch/dinner.
5. Increase Herbal Concentrate to 1 tsp in hot water and drink at breakfast, lunch and 3pm. Hot tea really helps your dietary metabolism to speed up even more.
6. Add Carbo-Guard – do 1 to 2 tabs 3xday at meal times – this helps a lot with the cravings and hunger!!!
7. Increase Aminogen to 2 tabs 3xday.
8. If they are drinking at least 64oz of water a day – increase Celluloss to 2 tabs 3xday.

## Helpful Hints

1. Appetite control is less than 8 = increase
  - + Total Control
  - + Green & Beige
  - + Herbal Concentrate (make sure they are having at least ½ tsp. 3xday & drinking in within 5 – 10 minutes at breakfast, lunch and 3pm)
  - + Yellow's at least 2 tabs 3xday
2. Energy is less than 8 = increase
  - + Total Control
  - + Green & Beige
  - + Herbal Concentrate (make sure they are having at least ½ tsp. 3xday & drinking it within 5 – 10 minutes at breakfast, lunch and 3pm)
  - + NRG's if they have them
3. If they are sleepier now than they were before they got on the program = decrease
  - + Green & Beige
  - + Herbal Concentrate
  - + NRG's
  - \*\* This is usually due to an over stimulated system – which simply shuts down versus producing more of an energized feeling – so you need to decrease.
4. If they are on medications, if they smoke, or if they drink alcohol now or have done so in the past:  
Their systems are most likely clogged up and the products then don't have the ability to work full force in their bodies, plus their villi are usually compromised so they don't absorb as much of the tablets as they could – increase:
  - + Cell Activator at least to 3 tabs 3xday
  - + 21-day Cleanse is extremely helpful – remember they can remain on the AM's forever, just do the PM Formula every other month.
  - + Aloe, Aloe, Aloe – at least 3 oz 3xday