



Dear Friend,

Over the last few years I have been blessed to assist 100's of people as they journey towards better health. Many times their focus was to release unwanted weight. Not only to look better, but also to feel sexy, vibrant and more like themselves!!! The Liv Sxinney products have made a REAL difference when it comes to creating a healthy lifestyle! Releasing weight and keeping it off comes from alkalizing your body. That's the power of drinking Liv Sxinney!

I have witnessed people who have incredible results and they are the ones who embrace the basics of an alkaline lifestyle. I have created an Alkalize For Weight Release guide for you to follow. I ask that you follow these guidelines twice a week. Commit to this "diet" 2 days a week and experience accelerated weight release. You'll realize you feel better, have more energy and more motivation to move your body (exercise).

Many times people will look at the foods to avoid and become concerned that they do not know what to eat. The alkaline foods are extremely simple to add in to your diet and for those 2 days a week - you're not eating a lot of calories. If you would like recipes to expand your meal plans, I recommend you check out my alkaline recipes at www.healthylivingwithjoline.com.

The Liv SXinney lifestyle is easy. Drink Liv SXinney every day! Focus on alkaline foods and behaviors for 2 days a week. Incorporate the Liv products that help you cleanse your digestive system, curb your cravings, and build lean muscle. Be ready to embrace the new you!

To your health!

Joline Wondergem

Alkalize For Weight Release

Avoid These Acidic Foods

Soda-All Carbonated Beverages

Alcohol

Microwaved Foods

Sugar - including artificial -i.e. Sweet'N Low, Equal, NutraSweet, Aspartame, Splenda

White Bread

White Pasta

White Rice

Soy

Tobacco



Include These Alkaline Foods

Greens: spinach, kale, romaine lettuce, red and green lettuces

Vegetables: carrots, celery, cauliflower, cucumbers, broccoli, sweet potatoes, fresh corn

Fruits: blueberries, strawberries, blackberries, mangos, oranges, kiwi, grapes, apples, cherries, pineapples, pears, melons

Avocados

Olives

Brown and/or wild rice, quinoa, millet

Green & Herbal Tea

Oatmeal - not the microwave versions



Life Changing Lifestyle



Acidic Behavior

Lack of sleep
Anxiety
Over working
Worry
Over exercising
Unrelieved stress



Alkaline Behavior

7-8 hours of sleep
Affirming life
Loving relationships
Sense of community
Feelings of peace
Feeling safe

Tips for Success

- Drink Liv SXinney throughout the day. Consume 1 stick in 32 ounces of water by noon. Consume 2nd stick in 32 ounces throughout the day.
- Work towards a 80-20% ratio of alkaline foods to acidic foods.
- Think of "adding" good behavior and foods to your life versus what you're "taking away."
- Pre-plan your meals and use 1 day a week for prepping your food. Ex. Pre-wash and store your lettuces for salads. Cut up veggies for snacking.
- Eat small meals throughout the day instead of 2 big meals and heavy snacking at night. Consume your first meal within 1 hour of waking.
- Visualize your "best self" and appreciate your powerful body!!!

