

Improvements resulting in change of BMI >30 to <25

Migraines
57% resolved

**Pseudotumor
Cerebri**
96% resolved

**Dyslipidemia
Hypercholesterolemia**
63% resolved

**Non-Alcoholic Fatty
Liver Disease**
90% improved
steatosis
37% resolution of
inflammation
20% resolution of
fibrosis

**Metabolic
Syndrome**
80% resolved

**Type II
Diabetes Mellitus**
83% resolved

**Polycystic
Ovarian Syndrome**
79% resolution of hirsutism
100% resolution of
menstrual dysfunction

Venous Stasis Disease
95% resolved

**Quality of Life -
improved in
95% of patients**

Depression
55% resolved

**Obstructive
Sleep Apnea**
74.98% resolved

Asthma
82% improved
or resolved

**Cardiovascular
Disease**
82% risk reduction

Hypertension
52-92% resolved

GERD
72-98% resolved

**Stress Urinary
Incontinence**
44-88% resolved

**Degenerative
Joint Disease**
41-76% resolved

Gout
77% resolved

Mortality
89% reduction in
5-year mortality

28 DAY TLS DETOX/FAT SHREDDING SYSTEM

CHECK WITH YOUR HEALTH PROFESSIONAL BEFORE MAKING DIET AND LIFESTYLE CHANGES.

WEEK ONE RESOURCES

Get the good foods in: The foods listed on Detox list
Get the bad foods out – processed, white flour, sugars and toxic fats
Take a before photo
Take a weight and waist measurement
Read the TLS Health Guide pages 4-61
Read and sign START WITH THE END IN MIND [page 4]
Get your head in the game

THESE ARE THE FOODS YOU SHOULD ALWAYS EAT – ORGANIC

Could an apple a day really keep the doctor away? Maybe -- but it may also be coated in pesticides. The health benefits of fruits and vegetables are, without a doubt, a known fact. But the potentially darker side of fruits and vegetables is centered on concerns about their pesticide loads. Pesticides, antibiotic and hormones have been linked to possible health problems, particularly among women who are pregnant and children. Eating just 5 servings of the TOXIC foods [even after they have been peeled and washed] will contaminate you with about 14 different pesticides. On the flip side, choosing foods from the "Clean 15" list will slash the pesticide volume by more than 90 percent.

So when organic foods typically carry a higher price tag, what's a frugal shopper to do? Load up on the CLEAN foods - and buy ORGANIC versions of the DIRTY FOODS sparingly.

ALWAYS BUY ORGANIC VERSION OF THESE DIRTY FOODS:

Apple, Celery, Strawberries, Peaches, Spinach, Nectarine [imported], Grapes Imported, Sweet Bell Peppers, Potatoes, Blueberries, Lettuce, Kale – collard greens, Dairy products Fatty Meats, Coffee, Wine, Chocolate

THESE FOODS CAN BE PURCHASED CONVENTIONALLY:

Onions, Sweet Corn, Pineapple, Avocado, Asparagus, Sweet peas, Mango, Eggplant, Cantaloupe (domestic), Kiwi, Cabbage, Watermelon, Sweet Potatoes, Grapefruit, Mushrooms.

AFFIRMATIONS TO GET AND KEEP YOUR HEAD ON TRACK

I'm on my way to being fit **MY BODY BURNS FAT LIKE A FURNACE!**
Protein and fiber for breakfast each day. **MY BODY BURNS FAT LIKE A FURNACE!**
I balance my sugar one meal at a time. **MY BODY BURNS FAT LIKE A FURNACE!**
I balance my sugar one snack at a time. **MY BODY BURNS FAT LIKE A FURNACE!**
Lean protein and fiber at each meal. **MY BODY BURNS FAT LIKE A FURNACE!**
I drink lots of water – 8 plus cups a day. **MY BODY BURNS FAT LIKE A FURNACE!**
I savor my meals mindfully. **MY BODY BURNS FAT LIKE A FURNACE!**
I breathe out stress and breathe in joy. **MY BODY BURNS FAT LIKE A FURNACE!**
I move and stretch my body each day. **MY BODY BURNS FAT LIKE A FURNACE!**
I rest at night and savor my dreams. **MY BODY BURNS FAT LIKE A FURNACE!**
I savor my supplements faithfully. **MY BODY BURNS FAT LIKE A FURNACE!**
I don't let cravings determine my snacks. **MY BODY BURNS FAT LIKE A FURNACE!**
I'm determined to live long and well. **MY BODY BURNS FAT LIKE A FURNACE!**

DETOX WEEK TWO

DETOX GAZPACHO

3 cups tomatoes, red ripe, seeded and diced
2 cups red bell pepper, diced medium
2 cups red onions, diced medium
1/2 cup celery, diced medium
2 cups cucumber, diced medium
1 teaspoon garlic, minced
1/4 cup red wine vinegar
2 cups organic vegetable juice
A pinch cayenne
1 teaspoon cumin

Directions

Mix diced tomato, peppers, red onions, celery and cucumber together in a medium bowl. Divide the mixture in half and separate in two bowls. Add garlic to one of the bowls and empty into blender. Add vinegar to the blender and puree until smooth. Add the vegetable juice, cayenne and cumin to the blender. Blend. Add the puree to the bowl of diced vegetables. Refrigerate overnight. Garnish with lemon and cilantro.

DETOX CABBAGE SOUP

Organic Vegetable Juice, Low Sodium, 24 oz
Organic Vegetable Broth, 3 cup
Onions, raw, 2 cup, chopped
Green Peppers (bell peppers), 1 cup, chopped
Celery, raw, 1 cup, diced
Asparagus, fresh, 2 cup
Cabbage, fresh, 6 cup, shredded
2 cans diced tomatoes, w/ basil, garlic, & oregano;
Carrots, raw, 1.5 cup, chopped (remove)
Water, tap, 1 cup (8 fl oz) (remove)
fresh garlic to your taste...
fresh herbs to your liking

Directions

Using some olive oil spray, spray stockpot and saute onions and garlic until translucent. Then add all other vegetables, canned tomatoes, broth, vegetable juice and water. Bring soup to a boil and then add lemon juice and your choice of herbs. Allow to simmer until vegetables are tender. Makes 14 - 1 cup servings

SLIM DOWN DRINK

Before every meal, try Dr. Oz's secret swimsuit slim down drink of a choice
– a mixture of grapefruit juice and apple cider vinegar.

Simply mix 1 cup of grapefruit juice with 2 tablespoons of apple cider vinegar, stir, and enjoy.

The juice is loaded with vitamin C, which will help you burn fat faster, especially during exercise. In fact, a study showed that people with adequate vitamin C levels burned 30% more fat during moderate exercise than individuals low in vitamin C. Meanwhile, the acetic acid contained in the vinegar may switch on genes your body needs to pump out fat-burning proteins. If you find the drink a bit tart, add 1 teaspoon of honey, which only adds 20 calories, for sweetness. Drink Dr. Oz's secret slimdown drink before every meal and you'll literally burn away your fat while enjoying a citrusy delight.

SLIM DOWN SALAD

After you've washed, dried, and torn 1 bunch dandelion greens into bite-sized pieces combine them with 1 cup of cubed watermelon and top with finely chopped, fresh parsley.

On top of tasting great and being filled with healthy protein, dandelion greens stimulate your body's bile flow, which is vital for breaking down fats. They also act as a mild diuretic, allowing you to reduce water weight. Additionally, the salad's watermelon is rich in the amino acid arginine, which might promote weight loss, according to a new animal study.

Researchers supplemented the diets of obese mice with arginine over 3 months and found that doing so decreased their body fat gains by a whopping 64%. Finally, the parsley will add a subtle layer of flavor to your salad, while simultaneously removing water from your body and reducing bloat. When it comes to dressing your salad, skip the fatty ranch and go with a homemade dressing of 2 teaspoon olive oil, a half teaspoon of lemon juice, and a dash of salt and pepper.

GREEN SMOOTHIE

Handful of kale with stalks
4 stalks celery
1 cucumber

2 apples or one ruby red grapefruit

[Enhance with an Isotonix. Suggestions: Opc3, Resveratrol, activated B or Calcium plus]

RAPID RESULTS WEEK

THE KEY POINTS

Eat lean protein, lots of veggies and a couple servings of fruit.

Don't obsess over details.

Eat moderate amounts of real food 3 times a day [and a healthy snack twice a day.]

Eliminate foods you are sensitive to: Dairy, gluten, corn, eggs etc.

EYEBALL METHOD for PORTION CONTROL MEALS:

Look at your plate!!!! Does it have 'roughly' the following? If so, you are okay.

- 1/4 your plate is lean protein
- The rest full of non-starchy vegetables [starchy would be potatoes, winters squash, pumpkin]
 - A fist full of starch OR grains
 - A spritz a fats and/or a sprinkle of seeds/nuts

BEVERAGE IDEAS

- water with lemon
- herbal teas sweetened slightly with stevia, agave

SNACK IDEAS

- A handful of fruits, nuts, lean proteins.
- 1 cup of veggies - low fat Greek yogurt dressing for dipping
- 1 cup of berries with walnuts
- An orange with palm size of raw seeds and nuts
- Apple slathered with 1 tablespoon natural nut butter
- A slice of nitrate-free Turkey with tomato [sprinkle with seasoning salt]
- Extendsnacks [Chips, Bars and Shakes can be purchase on TLS site.]
- TLS Shake with blueberries TLS Pizza

BREAKFAST IDEAS

TLS Shake with berries

3 Egg omelet [1 yellow - 3 whites] with 1.5 cups of chopped veggies

6 oz of Cottage Cheese [low fat] with 1.5 cups of veggies [tomatoes, olives, red peppers]

Slice of low fat cheese, 1 slice of tomato melted on slice of Ezekiel Bread [made from sprouted grains]

A WORD ABOUT BREAKFAST: - Eat it within 45 minutes of getting up. If you wait longer your body begins to break down lean muscle fiber. - Make sure you do not SPIKE your blood sugar first thing in the morning. It will make it hard to keep things under control all day long. - Start your day with lemon in your water. It will help with liver function and blood sugar balance all day long.

LUNCH IDEAS

- TLS Entrees
- Palm size of baked chicken breast no skin, steamed broccoli, 1/2 cup lentils
- Palm size Salmon [tuna] with low fat salad dressing, chopped onion, celery, carrots, red peppers and ½ cup Black beans

- Two 1/2 inch slices of Tofu grilled with 2 cups lightly stir fried veggies [seasoned with cumin, garlic and sea salt]
- Palm size grilled chicken breast on arugula and salads with balsamic vinegar, olive oil and spices

DINNER IDEAS

- TLS Entree
- 2 veggie burgers with coleslaw and broccoli
- Palm size grilled salmon with mixed greens salad and small sweet potato
- 1 cup of white chicken chili with a salad on the side
- Palm size of grilled fish with steamed asparagus and mushrooms
- Bowl: Black Beans topped with Salsa, dollop of Greek Yogurt and TB of Guacamole

FOODS THAT INCREASE FAT-BURNING

Fat burning foods, or thermogenic foods, help shake your metabolism into high gear.

Burning fat isn't just exclusive to performing invigorating workout routines.

With these 15 fat burning foods, you can surely burn belly fat faster.

- * Peppers – These are probably the most popular fat burning foods around.
- * Garlic – These powerful bulbs of spice add a kick to any meal and help burn fat.
- * Ginger – This is another fat burner that can easily be added to your favorite beverages and meals.
- * Parsley – It's good for your circulatory system. Keeps your breath nice and fresh, too.
- * Berries – They satisfy your taste buds while controlling calorie absorption.
- * Cabbage – Considered a high-fiber longevity vegetable, cabbages make perfect sandwich fillers.
- * Lemons –will help you control your cravings and insulin levels.
- * Brussels Sprouts – Filled with vitamins and fat burning properties that boost your metabolism.
- * Cauliflower and Broccoli - These all-time veggie faves are full of calcium as well.
- * Green Tea –It will help in the digestion of your food and fat-burning.
- * Apple Cider Vinegar – Lose the fat and gain a lot from apple cider vinegar's weight-loss benefits.
- * Mustard – It's fat burning properties are simply unbelievable.
- * Cinnamon – Balanced blood sugar! You've got yourself a fat burningly healthy yet tasty dessert.
- * Vinegar – It speeds up your metabolism and can even be used in metabolic disorder therapy.
- * Water –While your body warms up the cool liquid, you're also burning some calories.

You can find these thermogenic foods almost anywhere. Before you drive to the supermarket to buy some, make sure you don't already have them in your kitchen. Take advantage of these fat burning foods and start eating your way to a smoking hot body.

25 Ways To Add Movement To Your Day

- Don't use the nearest bathroom. Use one that requires you to walk a bit, preferably up or down stairs.
- Balance on one foot while brushing your teeth. Balance on the other foot while combing your hair.
- Park in the furthest space.
- Move with your kids. Instead of just watching soccer practice, walk up and down the sidelines. Join in your child's karate class. At the playground, get off the bench and swing, climb, hang and slide.
- Hide your TV remote, so you have to get up and walk across the room to push the buttons.
- Never take an elevator fewer than three flights, take the stairs.
- Get rid of your electric can opener and use a manual one.
- Turn your coffee break into a walk break. Walk to a distant vending machine, cafeteria or coffee shop to get your snack.
- Stretch or walk while you're talking on the (cordless) phone, preferably with a headset.
- Set an "activity" timer or program your computer to remind you to take periodic walking and/or stretching breaks.
- Take a five-minute walk before you sit down to eat.
- Walk or bike to do errands instead of driving.
- Take a minute to stretch your arms, legs, back, shoulders and neck whenever you get up from sitting or lying down.
- Sweep your floors, patio and/or front walk every day.
- During TV commercials, get up and walk or get down and stretch.
- Socialize actively. Instead of sitting and talking, go for a walk with family and/or friends. Or go bowling, play Ping-Pong, basketball, bocce ball or line dancing.
- Put your favorite mug on a very low shelf, so you'll have to squat down to get it out and put it back.
- Take your dog for a walk every day. If you don't have a dog, borrow your neighbor's, or just walk your "inner dog."
- Practice "aerobic shopping" by taking a lap around the mall or grocery store before you go into a store or put an item in your cart.
- Avoid "drive-thrus." Park your car and walk in.
- Practice good posture when you're forced to wait in line. Stand firmly on both feet and try to raise the top of your head to touch an imaginary hand held a quarter-inch above you. Let your spine extend, stomach lift, shoulders relax and arms fall at your sides.
- Don't automatically drive. If the dry cleaner is across the parking lot from the bank, walk there. (Wear decent walking shoes or keep a good pair in your car.)
- Install a chin-up bar in a convenient doorway, then use it often to chin-up, pull-up or simply hang.
- Try musical housework. Put on dancing music and sweep, vacuum or wash windows to the beat.
- Every time you hear a bell ring (phone bell, doorbell, church bell, etc.) take a deep breath and smile. Think of it as "mouth yoga" that relaxes hundreds of muscles in your face. And it's contagious, so pass it on.

FITNESS RECCOMMENDATIONS

Do not sit for more than 6 hours a day [decreases fat-burning and leads to early death.]

30 minutes of walking each day.

Stand as much as possible during the day.

Work out [strength bearing] 3 times a week.

Join an exercise class or get a personal trainer. Ask your coach for recommendations.

VALUABLE LINKS

www.mendosa.com – lists and recipes and lifestyle hints

www.tlsslim.com recipes, community, journaling

www.bbcgoodfood.com [check out healthy recipes section]