

Advocare Nutrition Team,

If you are interested in science... you'll find this helpful...

As new customers or distributors, sometimes we try to "over-customize" a regimen for ourselves or someone else... we can tend to isolate problems and provide a product for each particular problem... there is any easier way...

What we've repeatedly found, is that **THE 24 DAY CHALLENGE** helps a host of health issues, therefore making it the right fit for about 90% of people whom you start on products.. and it keeps our job very simple in terms of helping the **MAJOR ISSUES** people face...

Arthritis, Excess Weight, Type 2 Diabetes, High Cholesterol, Gastro Intestinal Issues, Hypoglycemia (low blood sugar), High Blood Pressure, Fatigue...

Lets take a look at how **THE 24 DAY CHALLENGE** can play a part in HELPING those issues...

Disclaimer: we don't claim to completely solve these issues, yet we do believe in our personal power to do all we can on our end to pursue health, and we believe in your right to be informed from multiple sources - we're simply one source. Make the best decisions for you with the support of your doctor & personal information gathering.

Arthritis

- Reduction of inflammation may be helped by following the 10 day cleanse nutrition program, which eliminates foods that are known to be inflammatory to many people (wheat, coffee, dairy, alcohol, yeast, soda), and by adding more foods and supplements that may help reduce inflammation (Omega 3's, fruits, veggies, water)
- Advocate Omegaplex provides Omega 3's that have helped many people reduce aches & pains (Some see O 3's as aspirin!)
- The program emphasizes hydration throughout the day, which tends to reduce joint pain, while removing pain stimulating drinks such as coffee, soda, and alcohol

Excess Weight

- The 10 day cleanse regimen helps break negative food habits and addictions (chocolate, beer, bread, etc), & allows for a new beginning with normalized taste buds
- The program keeps carbohydrates in check, which keeps insulin levels low, which minimizes fat storage and encourages your body to properly burn fat (Advocare Spark, Meal Replacement shakes both have a minimal affect on Insulin, thus supporting "the fat burning lifestyle")
- "Energy precedes weight loss"... and the energy you get from Spark and MNS Max 3 tends to keep appetite down and your desire to work and move up
- MNS Max 3 provides appetite control at fat burning support with herbs such as oolong tea, green tea, cayenne powder, cinnamon, and much more

******Efficient fat burning can take place when Advocare products are combined with a low insulin lifestyle!***

Type 2 Diabetes

- Again: Insulin is the bad guy here... LOWERING INSULIN by keeping carbs minimized will positively affect every health system in your body
- Eating and supplementing in a way that allows you to minimize insulin will allow your cells to burn stored fuel and fat properly, which gives your insulin system a greater chance to function properly again
- Due to the low sugar/carb content, Advocare Spark and Meal Replacement shakes both have a minimal affect on Insulin, thus supporting "the fat burning lifestyle")

High Cholesterol

- When insulin levels are elevated (via excess carbs), your liver produces cholesterol internally (HMG Co A Reductase)... many health professionals aren't aware that elevated cholesterol is often the result of an excessive carbohydrate diet versus ingested cholesterol... a couple times per week I'll eat 4 eggs per day w/ yolks... my cholesterol is 150... my wife's cholesterol went from over 200 to 160 by increasing her healthy fats while learning to keep her carb grams under 100 per day...
- Omega 3's have been proven to lower overall cholesterol, increase HDL's, and lower LDL's (we've seen this repeatedly on the lab results of our clients)

Gastro Intestinal Issues

- Digestion improves b/c the simple food plan follows food combining laws that, for many people, allow for proper digestion and reduction of acid reflux
- The same foods that cause inflammation can also "back you up", the foods that reduce inflammation are the foods that typically encourage regular bowel movements
- Omega 3's via Omegaplex often help stimulate regular bowel and lymph movement
- The Probiotics included in the Herbal Cleanse and MNS Max 3 help facilitate proper digestion and elimination by counteracting yeast and other negative bacteria

Hypoglycemia (low blood sugar)

- Carbohydrate management is often the answer... increasing protein and healthy fats (avocado, olive oil, omega 3's, nuts/seeds) allows for balanced blood sugar and insulin levels
- Eating / grazing throughout the day, and training your body to get used to that, will aid steady blood sugar levels
- Burning fat and utilizing fat as fuel will feed your body in addition to the glucose in your blood stream... our MNS Max 3 aids in this process of you metabolism operating via "mixed fuel" (versus being a cyclical "sugar burner")

High Blood Pressure

- Salt may be a slight contributor, but many progressive health practitioners don't believe salt is the major issue here...
- Omega 3's are a natural blood thinner, thinner blood (versus gluey) means lower blood pressure
- Omega 3's are a natural vasodialator (opposite of constriction), which means there is more room for blood to flow, which lowers blood pressure
- Elevated insulin levels increase blood pressure... so I'll say it again... learning to minimize and manage your carbs will likely BLESS YOUR LIFE!

Fatigue

- Everything affects everything else... eliminating the above issues will likely increase your energy
- Spark provides energy in many ways, one of which is CHOLINE, which enhances neurotransmitter activity in your brain... you'll notice that other "energy drinks" don't provide choline, a key for mental focus
- Thinner blood (Omega 3's) allows for greater oxygen delivery, which = greater energy
- Our Sci/Med Board puts a host of incredible nature's best nutrition in our MNS Max 3 (Ginger, Peppermint Leaf, Garlic Powder, Vitamins, Minerals, Omega's, Probiotics, and so much more) that fills in the gaps and allows us to live at our full potential and energy

Disclaimer: In regard to current medications and programs... we believe you have a right to inquire, and hopefully you're with a progressive doctor who's desire is to see you reduce meds where & when possible...

So what about AFTER the 24 DAY CHALLENGE?...

- We recommend staying on MNS Max 3; it's 6 products in 1, a total wellness solution
- We take 1 Omegaplex capsule for every 25-30 LBS of ideal weight
- Utilize tools such as Meal Replacement Shakes and Bars to support a low Insulin lifestyle
- Customize based on your individual goals with products such as Spark, Rehydrate, Catalyst, Muscle Fuel, O2 Gold, Joint Promotion, etc

[THE 24 DAY CHALLENGE INFO CAN BE ACCESSED HERE:](#)

LIVE WELL!