

bodySOLUTIONS | RX

COSMETICS

You may use any oil free product. You can Google the internet and find many products as well. Some acceptable products are listed below:

1. NA-PCA. Walgreens may carry this. If not look on the internet
2. Sephora
3. Clinique
4. Nutragena
5. Alba
6. Zia—Whole Foods carries this-- Moisturizers for face and body
6. Any powder product
7. There are no suggestions for lips.

SWEETNERS

1. Stevia...Found in health food stores as well as www.stevitastevia.com for a good variety.
2. Xylitol
3. Truvia....This is new and does not have an “after taste” like Stevia www.truvia.com.

GUMS AND MINTS

1. Go to www.Bfreshgum.com. They have an assortment of allowable gums and mints.

CONSTIPATION

1. Citrucel, 1000 mg. per day. This can be found in any grocery store.
2. 3 Ballerina Tea Extra Strength Dieters Tea. This can be found in health food stores as well as on line. I found this on Amazon.com. It is very inexpensive.

MIXING INSTRUCTIONS FOR HCG

Please read this thoroughly before you mix your hcg.

CHANGES TO DIET

1. We have added Turkey, Broccoli and Cauliflower.
2. Do not stop taking your injections during your cycle. Continue straight through.
3. Do not stop taking any medication that your primary care physician has ordered for you.
4. The less beef you eat, the more weight you may lose.