

A Message From Who-ville...



You CAN Enjoy Your Holiday Meals While You Detox!

Holiday Guidelines

to "*De-Grinch*" Your Detoxification Program

- "Ho Ho Hold" Off the **Bad Things!**
- Drink your **Medical Food Shake** before leaving home
- Take Your **Clean Sweep Caps** (*Undo the naughty!*)
 - One cap before your meal and one cap after your meal
- Partake of your favorite holiday dishes, **using good common sense**
- Try to favor your **designated food list** when making choices
- **WALK before and WALK after** your meals/party gathering
- **Increase your Water intake**
- Eat no more than what you are willing to **burn in calories that day**
- "*Gobble Up*" the **Good Things!**

*Love,
Cindy-Lou Who*