



What You Need to Know

GUIDELINES, FAQ, DAILY TIPS

<p>1 SmartShake 2 Scoops per shake</p> <hr/> <p>Avoid protein from soy</p>		<p>2 Pro Omega Oil 3-6-9 2 Pumps per shake</p> <hr/> <p>3-4 pumps per shake if hunger or fatigue persist after week 2</p>
<p>3 Proper Hydration Drink 1/2 of body weight in ounces daily (min.)</p> <hr/> <p>HYDRATE: 1-2 capsules per day with food</p>		<p>4 Consume Protein every 4-5 hours</p> <hr/> <p>If hunger or fatigue persists, increase Omega Oil by 1 pump per shake</p>
<p>5 NO WEIGHING / MEASURING DAILY - ONLY WEEKLY</p>		

FAQ



Why do we need to take salt? - Our bodies need macronutrients such as sodium and potassium for optimal water absorption. When you are on this program, your body will flush your kidneys more often than before. We take salt to absorb more of that water.

How will Omega Fats help me? - Omega Fatty Acids have been proven to help with heart health, skin health, joint health, and also to help increase your mood. Omega Fatty Acids are considered an ESSENTIAL Fatty Acid, meaning that our body doesn't naturally produce them, so we must take them in other forms.

What is Ketosis? - Ketosis is also known as Ketogenic State. What this means is that your body is no longer producing a higher level of Insulin; it's now more prominently producing Glucagon. Glucagon encourages fat burning, which yields Ketones. Ketones are what your body uses for energy, and it will help your body burn the unwanted fat.

Why do I need to drink so much water? - Water is a key factor in our lives that we cannot live without. Our body is made up of about 60% of water. Water helps deliver nutrition when needed, and take away waste when not needed. It helps with most bodily functions as we go throughout our day.

How do I get rid of headaches? - Taking Sea Salt and Potassium is a big reliever for headaches. These two substances promote a more hydrated body. Having that effective hydration helps your body relieve the inflammation that is causing your headache.

Can I chew gum? - It is recommended that you not chew gum on the WiO Program. Most gum on the market use alternative and synthetic sugars; which are not good for you. Even those that say sugar free will have sugar alcohol in them, which is 1/3 the value of sugar.

Can I have it if it says sugar free? - There is a fine line between sugar free and TRULY sugar free. Look to see if there are sweeteners such as Aspartame or Acesulfame-K in them; these are highly frowned upon if you want to be in a high level of fat burning.

DAY 1

Consume 3 SmartShakes and 1 one protein with vegetable meal daily (see approved foods on Phase 1, Week 1 handout) Eat protein every waking 4-5 hours and drink half your body weight in ounces of water daily. The body will be transitioning from burning carbs as its source of energy, to burning fats as its primary source of energy. Consuming the recommended amount of salt and WiO Omega 3-6-9, will maximize your energy levels.

DAY 2

Consume 1-2 cups of vegetables for lunch and dinner; lettuce is unlimited (see approved foods on Phase 1, Week 1). Vegetables are an excellent way to stay regular and satisfy the need to “chew” on something. If using any of the approved milks (i.e. Unsweetened ONLY - Almond, Cashew, Coconut milk), consume only 4 oz. (1/2 a cup) per SmartShake. Confirm the milk label reads <3 grams of carbs or LESS. If it reads more than 3 grams, it's sweetened and is NOT APPROVED for Phase 1.

DAY 3

Days 3-4 will most likely be the days of the most fatigue and weakness, however this is GOOD news! This means the glycogen storage (stored glucose [energy]) is about empty and the body is about to enter ketosis and burn the stored FAT. From this point on, the body will be in ketosis (burning stored fat as the primary energy source). Days 3-4 may be the days with the most hunger; it WILL pass. Hold fast and abstain from eating carbs. You may have up to 3 extra SmartShakes (6 total - per day) if you feel you need them (first week only!).

DAY 4

If headaches are an issue, this is a symptom of dehydration, lack of sodium or coming off a caffeine addiction (if you used to consume sodas, energy drinks or coffee). Double check the water consumption required each day. By now, frequent urinating is a common occurrence, because the WiO MetFlex Protocol has put the body into a glycogen state (rather than an insulin state). The body is flushing out all the stored sodium. The Sea Salt intake MUST BE INCREASED. It's OK to increase the sodium intake; because it is essential for the body!

DAY 5

By now, healthier energy levels will become more noticeable. If you are still feeling weak, remember the following:

- Eat every 4-5 hours (protein, SmartShake)
- Drink the required amount of water
- WiO Omega 3-6-9 Oil daily (2 pumps each shake)
- Consume min 1/2 tsp. Sea Salt daily

These aspects work in unison and give you the energy needed. If the above has been followed and you still feel tired, double the amount of WiO Pro Omega Oil daily.

DAY 6

Many changes will be occurring; you will likely love them all. Be comforted in knowing these changes are good and part of resetting the body for long-term health and vitality. Eating carbs may be tempting, but DON'T DO IT! Remember, the body can ONLY burn body fat if there are NO carbs (glucose) in the body. Eating just 1 slice of pizza will move the body back 2-3 days. Do the math: 3 Smart-Shakes per day X 3 days = 9 SmartShakes at ~\$5/meal = \$45. What slice of pizza is worth THAT? Hang in there and don't cheat!

DAY 7

Today is your REVIEW DAY. The toughest week of the WHOLE program is over! From here on out, it's easier and you will start feeling AWESOME. Hopefully you've made some notes and have a good support system in place. It's tempting but don't weigh or measure yourself before the 7th day. On day 7 weigh yourself and use the tracking sheets to record your measurements and progress. We're confident you'll be pleasantly surprised with the results! Be sure to watch the weekly coaching video if you haven't already. Share your results with others so they can celebrate with you and help keep you on track for the rest of the protocol.