

## **Weight Loss Help for the New Year**

Are you looking to lose weight in the New Year? While exercise and nutrition are a key part of success with this, here are some things you can try in addition to these modes to help increase your likelihood of success.

To get things started, it is a good idea to start with a clean system by following a detox program. Contact us for more information on a 10-day detox program, but here is a great meal replacement or snack drink idea to kick things off:

2 scoops [Pea](#) or [Whey Protein](#)

2 scoops [NutriClear](#)

1 scoop [NitroGreens](#)

1 tbsp. [Bio-MCT](#) (fast-absorbing MCT oil for quick energy)

¼ cup frozen berries

1-2 cups water, coconut milk, or coconut water

½ cup ice

[NitroGreens](#) is a great whole-food source including broccoli, cauliflower, carrot juice, kale, oat grass, and more! If you use this throughout the day instead of eating out or eating nothing at all, it will go a long way towards aiding your weight loss goals.

By taking some [Beta-TCP](#) with each meal as well, you will support everything from normal cholesterol to bile acid conversion and healthy bile flow. These products can help bring out toxins in their body.

These products in addition to a sound fitness and nutrition program will help you achieve the results you deserve for all of the effort you are putting out. Please contact us with any questions.

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