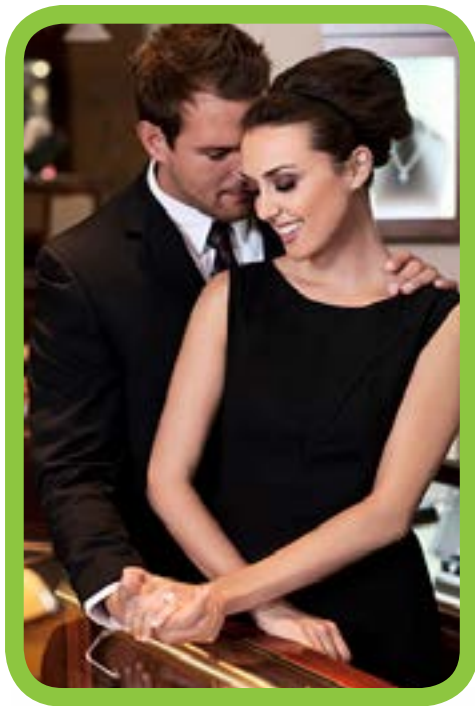




## MY JOURNAL

### & PROGRESS GUIDE



**Creating A NEW YOU!**



## WELCOME AND CONGRATULATIONS

Congratulations! You have selected one of the most effective and comprehensive weight-loss, cleanse, and wellness programs available today. The LeptiTrim6 SYSTEM with Colostrum has been specially designed to take off inches and weight and keep it off. It is also formulated to repair your body and rebuild your health back to its optimal state.

MY JOURNAL AND PROGRESS GUIDE is a guide with instructions, recommendations and helpful suggestions. It is dedicated to those who have struggled with weight or poor health. Both issues have been found to have a direct correlation to depression and fatigue, but we're proud to say that Anovite has helped alleviate these symptoms in many users. Many of our users have expressed joy and elation at the effects of Anovite:

"You don't know what it is like being this heavy most of your life. I have tried everything and it has failed me. You don't understand how discouraging life becomes when you are this heavy. Someone told me about Anovite and they said that just by taking this product my life would start changing. It has! And it is only the beginning. Thank you Anovite!"

Sometimes, we need a miracle to allow hope to come back into our lives again. We believe that Anovite is that miracle of hope for thousands, if not millions, of people who not only want to lose inches and pounds, but also who desire to live a life of optimal health.

**LeptiTrim6 SYSTEM with Colostrum is designed to support the body's ability to:**

- Safely lose unwanted inches by burning excess fat
- Safely lose unwanted pounds
- Cleanse and detoxify harmful impurities
- Build lean muscle mass
- Naturally reduce appetite and cravings & increase the desire to eat healthy
- Absorb balanced nutrients & increase energy levels

We are excited about the incredible results that people are seeing from being on the LeptiTrim6 SYSTEM with Colostrum. We would love to hear from you! Once you've tried the LepiTrim6 System and have seen results, email us at [info@anovite.com](mailto:info@anovite.com) with both your story and your before and after pictures. Your success can help change lives— one moment at a time – one person at a time!

We appreciate and applaud you and your efforts and wish you ultimate success.

Your Anovite Team

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# PRODUCTS

## CLEANSE

This formula is based upon a blend of vitamins, minerals, amino acids, enzymes and fiber. It not only helps to cleanse your system, it also fortifies the area where we are constantly bombarded by negative invaders: our bowel. This formula contains the building blocks we are looking for to help regenerate our system from within.

## DAYTIME FORMULA

This formula consists of a medley of beneficial nutrients. Primary are seven nutrients that not only burn fat and produce energy, but also regulate the appetite. Additionally, there are four nutrients that aid the nervous system. The last three amazing nutrients boost the immune system while containing all the benefits of Colostrum with all its natural growth factors, plus trace minerals and proven thermogenic herbal ingredients.

## SHAKE (Low Carbohydrate and High Protein)

This shake is designed to fuel your body while burning fat, reducing inches, and toning muscle. It contains 47 nutrients, 13 of which are focused on energy production, 12 of which support your immune system, 10 which assist the fat burning process, 8 which promote lean muscle, and 4 that aid the thyroid. Each shake meets 20% of your daily needs of vitamins and minerals. Comes in Chocolate or Vanilla.

## LIMUZ

This special brown seaweed formula is designed to work simultaneously on four major systems in the body: aging, the immune system, and the nervous and endocrine systems. The LimuZ formula does this while also working on balancing pH, removing toxins and shrinking belly fat.

## NIGHTTIME FORMULA

This collagen protein works with your body's natural sleep cycles to enhance fat and inch reduction while you dream. While you are sleeping, the formula releases protein into your system. This protein will dominate your metabolism and will allow for a more balanced insulin level, thereby encouraging the body to burn fat and increase lean muscle mass throughout the night. The NightTime formula may even put your body into ketosis (the fat burning process) overnight.

## COLOSTRUM

Used along with LeptiTrim6, Colostrum6 Pineapple Lozenges are the most powerful, dynamic anti-aging inch loss, muscle-toning, immune boosting, essential vitamin and mineral wellness supplement available today. Several universities and prestigious institutions have validated its health benefits. Not only are our Pineapple Lozenges enormously effective, but they taste great and are sure to satisfy your sweet cravings!



# SUCCESS STORIES

## BAGGY CLOTHES AND LOVING IT!

The LeptiTrim6 system has given me a whole new concept of myself! I tried not to have any expectations when I started using the LeptiTrim6 system - I just followed the program faithfully. Quite frankly, the changes were so subtle at first, that I didn't pay any attention. My eating habits gradually shifted away from sweets and junk foods, to more healthy foods. I also began to notice more energy and greater endurance, but nothing too astounding - at least not at first. Then, almost overnight, the inches began to fall away. I woke up one morning and my clothes were really baggy! After 4 months, I have dropped 3 dress sizes and lost 35 pounds. But more importantly, LeptiTrim6 has given me a whole new concept of myself. I feel so good about ME! My outlook has completely changed and I am doing things I never would have done before - like enroll in a fitness class. I feel healthier, I look healthier, and I am definitely eating healthier. WOW!  
~ Megan R.



## TAKE A LOOK!

This is a picture of Matt A, and in 20 weeks, with the aid of the LeptiTrim6 system, he not only lost 32 pounds, but more importantly, he lost a total of 72 inches! Matt was only 14 when he joined the challenge.

## STILL GOING STRONG

"I want to thank you for all you and your company have done for me in my quest for health and fitness. There aren't enough words to express how appreciative I am to you for helping me. I look forward to being a living testimony to the effectiveness and importance of the LeptiTrim6 system in achieving weight loss success" (Victoria has been on the LeptiTrim6 products for 9 months now and is still going strong.)  
~ Victoria R.





## GETTING ALL THE COMPLIMENTS!

In 8 weeks I have lost 18 lbs. and 3 inches off my belly, I feel great! I don't have the fat around my neck, my clothes are baggy and I am getting compliments all the time. What is even better is my blood pressure has gone from 140/90 to 123/83, fantastic.

~ Hal H

## PAIN FREE

I have lost 17 lbs., 3 ½ inches off my midriff, 3 inches off my waist, and 4 inches off my bottom and I am pleased to say I went from a size 9/10 to a size 4 Petite in just 8 weeks. I have also suffered from a painful problem called "Trigger Finger" that affected both of my thumbs for an entire year. After 2 weeks of being on the product, I was able to bend freely both thumbs without any pain. This is a Wellness, Anti-Aging and Inch Loss product all formulated together to give results fast!

~ Teresa H.



"Down 2 dress sizes" ~ Mary C.

"Over the past TWO weeks I've lost 8 REAL pounds and also, (more noticeably) nearly 2 inches off of my formerly expanding waist line."

~ Rich F.

## THE EXTRA WEIGHT FROM HAVING CHILDREN - FINALLY LEAVING!

I have 3 young children. I always intended to lose the extra weight I gained with each one but some how it never happened. Over the last 9 years, I have probably put on an extra 60 pounds. However, in just 2 months on Lep-tiTrim6, I have gone from a size 24 to a size 12 and I have been able to lose 18 lbs. I was shocked the other day when I got on the scales and saw how much I had lost - without dieting. I have noticed that I have less of an appetite and the other thing is that I am actually drinking the amount of water I need. I was never much of a water drinker because it never appealed to me, but now I have a healthy thirst for water instead of carbonated drinks.

~ Trish K.



## HUGE AMOUNTS OF ENERGY AND GREAT SLEEP

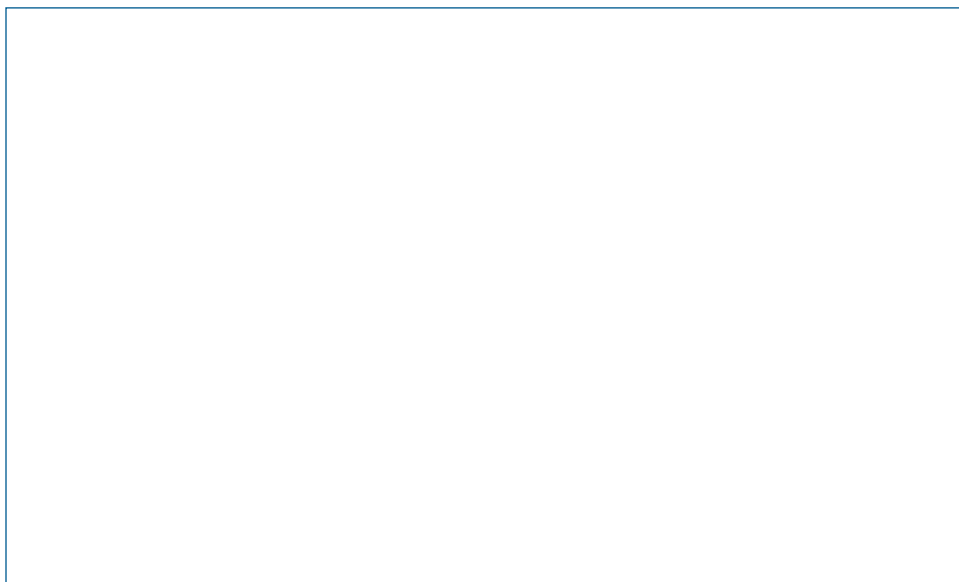
My blood sugar would drop very low and I was told by my doctor that I was hypoglycemic, this is opposite of diabetes. The protein shake helped to balance my blood sugar and it took away my cravings for all the wrong foods and has given me huge amounts of energy. Plus I sleep great and I go all day like the energizer bunny. Everyone who knew me when I was much larger and then they see me now asks me "Wow what are you doing to look so great?" I am so happy to tell everyone about these wonderful products. I have now lost 45 inches and nearly 50 pounds on the Lepti-Trim6 system. I will never give up these products, because I look and feel like I am 45 years old and I look younger, I have no wrinkles and I feel great! They have built up my immune system and I have not been sick at all since I started using Colostrum and LeptiTrim6.

~ Marge H.

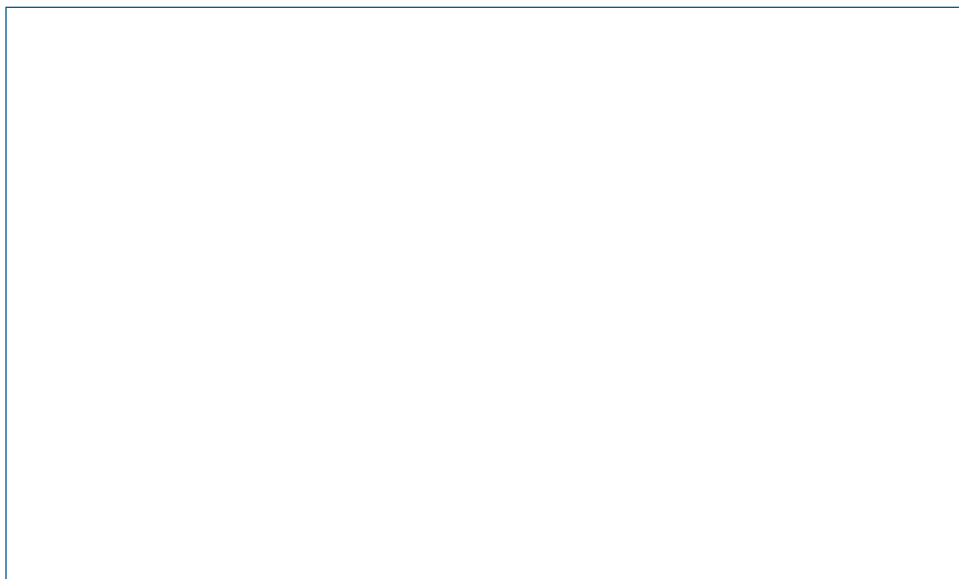


# MY BEFORE AND AFTER PICTURE

MY BEFORE PICTURE



MY AFTER PICTURE





# 11 STEPS TO YOUR PERSONAL SUCCESS

## FOLLOW THESE 11 SIMPLE STEPS TO ACHIEVE YOUR WEIGHT LOSS GOALS

1

### **Bring In A Buddy!**

The buddy system is a great way to provide yourself with the support and assistance you need to attain the goals you have set for yourself. Having a friend accompany you on your weight loss journey is a great way to help you on your path to success. Plus, you'll both have fun—guaranteed!

2

### **Fill out Your Measurement Chart and Take Your Weight!**

Record all your body measurements and record your weight to establish a baseline for your program.

3

### **Fill out My Personal Analysis!**

This analysis is only for your reference. It is common to forget the pain and difficulties that we used to experience before we finally find a place of healing and restoration. So, it is very important for you to record your conditions before you start the LeptiTrimó system so that you have an established baseline for your “measuring stick of success”.

4

### **Take a Picture of Yourself!**

This step will probably be one of the hardest steps for you to do, yet it will be valuable for your future with Anovite. Because we don't like to see ourselves in a place that is less than desirable, we tend to not want to record reminders (like pictures) for posterity. However, your before and after pictures are important, as they will inspire you and others you choose to share them with. Your photos will be one of your greatest self-motivating tools!

5

### **Find a Buddy: YES, it's That Important!**

Choosing a buddy, coach or mentor is essential for your success! Starting anything new, especially when it involves changing your life, is easier when you have someone to help you. Choose your best friend, find a family member, or locate a sponsor. When you come up against a weak moment, you will have the moral support you need to keep you accountable to your goals.

6

### **Get Rid of All Junk Food!**

Gather up all the junk food and drinks in your house and throw them away (cookies, candy, chips, all sugar drinks and especially diet soda). These foods are made only as a short-term fix, and bring long-term consequences. Make a commitment to yourself to not bring any more of these types of foods home. Ask your family to help you keep to your decision.

***We highly recommend that you always do your grocery shopping on a full stomach. Your desire to purchase healthy foods will increase dramatically. You'll be much less tempted to buy unhealthy foods!***

7

### **Drink Enough Water!**

Water is essential to a healthy lifestyle. Most Americans drink only a fraction of the amount of water that the body needs to remove toxins and assist in a leaner body and healthy lifestyle. Besides keeping us healthy, keeping hydrated also helps curb our appetites! Dehydration makes us believe we are hungry. Here's a rule of thumb when it comes to water consumption: Divide your body weight by two. That number is approximately how many ounces of water per day you should be drinking. Your intake should be spread throughout the day and evening.

8

### **Exercise Daily—Which doesn't mean going to the gym!**

Exercise a minimum of 20-30 minutes three times per week. If you aren't used to exercising, try something as simple as an afternoon or evening walk. Exercise not only boosts your metabolism, but also assists in the removal of toxins, stimulates your endorphins, reduces sensations of pain and discomfort, and influences positive emotions in the brain.

9

### **Diligently Follow Your Daily Calendar!**

If you were an employer, with several employees and production deadlines, you would vigorously consult a calendar, and you would conduct regular evaluations to make sure everything was still on target. You are the boss of your weight loss program. Because you are the one in charge, we have provided you with a Daily Calendar to help keep you on track to your goal.

10

### **Embrace the Diminishing Meal Size Principle!**

Plan to eat your largest meal in the morning (eat like a king), less for lunch (eat like a queen) and save your smallest meal for dinner (eat like a pauper). Also try to eat the majority of your carbohydrates in the morning. Eat vegetables and proteins in the afternoon.

11

### **Know Your Calorie Count!**

Create a free account at [www.myfitnesspal.com](http://www.myfitnesspal.com) and track your intake of EVERYTHING for one week! Be honest, don't leave out foods or cut out calorie counts. This will help you determine your calorie baseline. This application is convenient, free, and works across multiple wireless devices.

Did you know that 1 pound of weight is 3,500 calories? The average person consumes between 2,250 to 2,800 calories per day. If you reduced your calorie intake by JUST 500 calories per day, you would lose one pound per week!

If you ever have moments where you drift off your path of success, don't despair. Take a breather and be honest with yourself—do you truly want to break old habits and create new ones for success? Remind yourself that your answer is yes. Any time you pick an unhealthy food, eat too much, or exercise too little, take a moment to pause and ask yourself if you are honoring your weight loss program. Do you want to give in to the temptation of the moment or do you want to honor your new self? If you're still struggling, reach out to your buddy to ask for some support!

The difference between the impossible and the possible lies in a person's determination! Be firm but gentle with yourself. You are worth it!



# INCH-LOSS MEASUREMENT CHART

## WOMEN

- 1) Match these numbers to the numbers on the chart.
- 2) Make sure you measure at the same time of day, preferably in the early morning.
- 3) Record your results in the chart as indicated. Total inches and weight at the bottom of the column.
- 4) Watch the weight and more importantly the inches drop off.

Measurements	Prep Day	Day 3	Day 7	Day 15	Day 30
1. Neck					
2. Bust (fullest part)					
3. Upper Arm (L)					
4. Upper Arm (R)					
5. Rib Cage					
6. Waist					
7. Abdomen (6" from Waist)					
8. Upper Thigh (L)					
9. Upper Thigh (R)					
10. Buttock (9" from Waist)					
11. Calf (L)					
12. Calf (R)					
13. Upper Knee (L)					
14. Upper Knee (R)					
Total Inches					
Total Inches Lost					
Total Body Fat %					
Total Body Fat % Lost					
Total Weight					
Total Weight Lost					

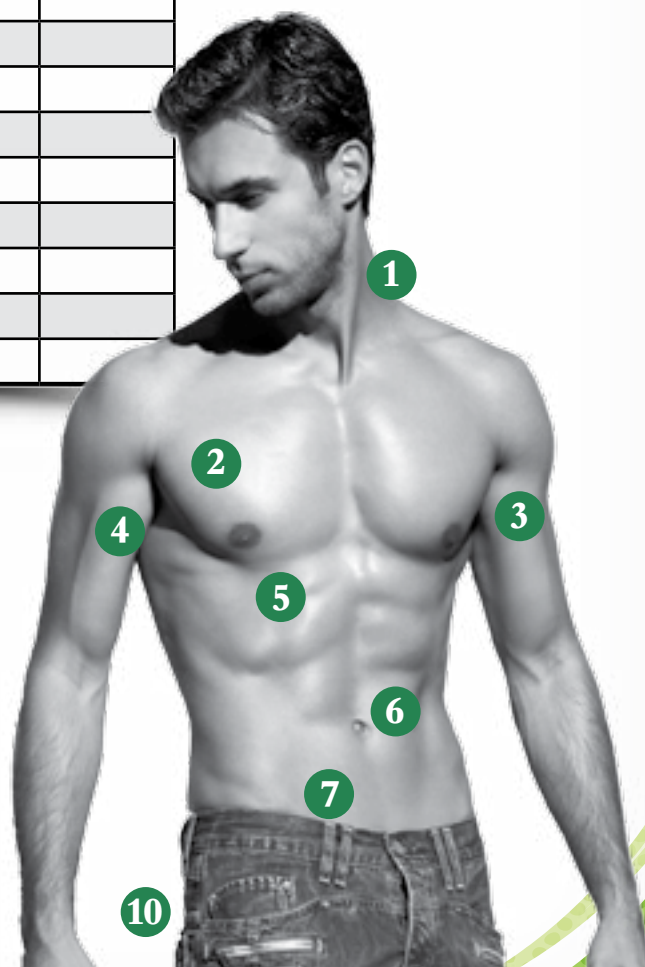


# INCH-LOSS MEASUREMENT CHART

## MEN

- 1) Match these numbers to the numbers on the chart.
- 2) Make sure you measure at the same time of day, preferably in the early morning.
- 3) Record your results in the chart as indicated. Total inches and weight at the bottom of the column.
- 4) Watch the weight and more importantly the inches drop off.

Measurements	Prep Day	Day 3	Day 7	Day 15	Day 30
1. Neck					
2. Chest (at armpit)					
3. Upper Arm (L)					
4. Upper Arm (R)					
5. Rib Cage					
6. Waist					
7. Abdomen (6" from Waist)					
8. Upper Thigh (L)					
9. Upper Thigh (R)					
10. Buttock (9" from Waist)					
Total Inches					
Total Inches Lost					
Total Body Fat %					
Total Body Fat % Lost					
Total Weight					
Total Weight Lost					



# MY PERSONAL ANALYSIS

Date \_\_\_\_\_

## 1. Current Lifestyle. How often do I consume the following per week?

	Never	Rarely	Sometimes	Always
Alcohol	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Caffeine	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cigarettes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Diet Drinks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fast Food	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Junk Food	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sugar Drinks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Refined Sugar	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
White Bread	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## 2. Current Symptoms. I am currently experiencing the following:

- Allergies; what kind: \_\_\_\_\_
- Arthritis; where: \_\_\_\_\_ severity: 1 -10 (10- worst) \_\_\_\_\_
- Head aches; how often: \_\_\_\_\_ what kind: \_\_\_\_\_
- Constipation; how often: \_\_\_\_\_
- Depression; how often: \_\_\_\_\_
- Acid reflux; how often: \_\_\_\_\_
- Other digestive problems; what: \_\_\_\_\_ how often: \_\_\_\_\_
- Irritable Bowel Syndrome: \_\_\_\_\_
- Skin problems; what kind: \_\_\_\_\_
- Fatigue; \_\_\_\_\_ how often: \_\_\_\_\_
- Metaphase; list symptoms: \_\_\_\_\_
- High blood pressure
- Low blood pressure
- Diabetes
- Achy joints
- High stress
- High cholesterol

## 3. Inability to do the things I desire; List them:

## 4. Where do I rank myself on a scale 1-10 (1 = poor and 10 = ideal), and how strong is my commitment?

Mental Outlook _____	Commitment to Improvement _____
Physical Health _____	Commitment to Improvement _____
Inch Loss _____	Commitment to Improvement _____
Weight _____	Commitment to Improvement _____
Energy Level _____	Commitment to Improvement _____
Vision on health _____	Commitment to Improvement _____

## 5. On a scale 1-10 (1= low and 10 = high), how important is it for me to be responsible to improve my health and well-being?

1 2 3 4 5 6 7 8 9 10

# LeptiTrim6 SYSTEM INSTRUCTIONS

Date: \_\_\_\_\_

Meal Instructions: 3 Days ON; lowering our calorie count to 1,200 per day; 4 Days OFF; keeping calories between 2,000 to 2,250 for 4 days!

## DAY 1 ON - PREP DAY:

**Morning** – Measure & weigh. Record results on your Inch-Loss Measurement Chart.

**Breakfast** – 1/2 Grapefruit or (1) Costco grapefruit cups with juice (76 calories), (1) Slice of Wheat Toast (89 calories), (2) Tablespoons of Peanut Butter (188 calories), Coffee or Tea (10 calories): total calories 363

**Lunch** – 1/2 cup tuna (85 calories), (1) Slice of Wheat Toast (89 calories), Coffee or Tea (10 calories): total calories 184

**Dinner** – 3 oz of lean meats (1 oz of chicken breast without the skin contains 34 calories, and lean turkey provides 32 calories per ounce), (1) Cup of Green Beans (31 calories), 1/2 Banana (51 calories), (1) Small Apple (78 calories) and (1) Cup Vanilla Ice Cream (274 calories): total calories 536

**This gives you a total of 1,083 calories!**

*We NEVER want to fall below 1,200 calories, so supplement with healthy Snacks! ♣ Snack*

## DAY 2 ON:

**Breakfast** – (1) Hard Boiled Egg or (1) Scrambled Egg (80 calories), (1) Slice of Wheat Toast (89 calories) and 1/2 Banana (51 calories): total calories 220

**Lunch** – (1) Cup Cottage Cheese low-fat (164 calories), (1) Hard Boiled Egg (80 calories) and (5) Saltine Crackers (65 calories): total calories 309

**Dinner** – (2) Hot Dogs/without buns (180 calories), (1) Cup Broccoli (34 calories), 1/2 Cup Carrots (50 calories), 1/2 Banana (51 calories) and 1 Cup Frozen Vanilla/Chocolate Shake (Made with Almond Coconut Milk or your substitution) Ice Cream (163 calories): total calories 478

**This gives you a total of 1,007 calories!**

*We NEVER want to fall below 1,200 calories, so supplement with healthy Snacks! ♣ Snack*

## DAY 3 ON:

**Breakfast** – (5) Saltine Crackers (65 calories), (1) Slice Cheddar Cheese (113 calories) and (1) Small Apple (78 calories): total calories 256

**Lunch** – (1) Hard Boiled Egg (80 calories) and (1) Slice of Wheat Toast (89 calories): total calories 169

**Dinner** – (1) Cup Tuna (85 calories), 1/2 Banana (51 calories) and (1) Cup Frozen Vanilla/Chocolate Shake (Made with Almond Coconut Milk or your substitution) Ice Cream (163 calories): total calories 299

**This gives you a total of 724 calories!**

*We NEVER want to fall below 1,200 calories, so supplement with healthy Snacks! ♣ Snack*

Your largest meals should be consumed in the morning; the size of your meals should decline throughout the day.

**MEASURE & WEIGH After Day 3!** Before getting dressed, weigh, measure AND, if possible, check your Body-Fat. Then record your results.

## HOW TO TAKE THE LeptiTrim6 SUPPLEMENTS ALONGSIDE YOUR ON AND OFF DAY MEALS!

Each “Body” works differently. Yes, you will see the instructions on the bottles, but you may need to “tweak” the times you take the LeptiTrim6 family of products like: Daytime, Shakes and Cleanse! Many people struggle in the late afternoon or evening. This change is designed to help during those times of the day and overcome the struggle.

### DAYS 1, 2 & 3 ON:

**Pre-Breakfast** – On an empty stomach (30 minutes before Breakfast,) take your Colostrum and LimuZ. The less water with the LimuZ the more potent it becomes!

**Breakfast** – Per the ON cycle days.

**Or** Substitute a LeptiTrim6 Meal Replacement Shake.

**Breakfast** – 2-3 scoops of Shake in 10-12oz of Coconut Almond Milk but add lots of fruit and ice to make a smoothie! Also add two rounded teaspoons of the LeptiTrim Cleanse.

**Mid-Morning Snack** – 1 scoop of Shake in 6oz of Coconut Almond milk or ♣ Snack.

**Lunch** – Per the ON cycle days.

**DAYTIME** – Take 3-4 of the Daytime Capsules with 4 - 8 oz of water (Roughly @ 2:00 – 3:00 PM).

**Mid-Afternoon Snack** – 1 scoop of Shake with 6oz of Coconut Almond Milk or ♣ Snack.

**Pre-Dinner** – Take 2 - 3 of the Daytime Capsules 30 minutes before eating, with an 6 oz glass of water. (Roughly @ 5:00 - 6:00 PM)

**Dinner** – Per the ON cycle days.

**Post-Dinner Snack** – ♣ Snack (Eat your snack no later than 7:00 PM).

**Bedtime** – Take 1 scoop of the NightTime Formula on an empty stomach mixed with 4 oz of water or juice. Make sure NOT to eat 3 hours before bed.

### DAYS 4, 5, 6, & 7 OFF:

**Pre-Breakfast** – On an empty stomach (30 minutes before Breakfast,) take your Colostrum and LimuZ. The less water with the LimuZ the more potent it becomes!

**Breakfast** – For the OFF cycle days; No more than 800 calories!

**Or** Substitute a LeptiTrim6 Meal Replacement Shake.

**Breakfast** – 2-3 scoops of Shake in 10-12 oz of Coconut Almond Milk but add lots of fruit and ice to make a smoothie! Also add two rounded teaspoons of the LeptiTrim Cleanse.

**Mid-Morning Snack** – 1 scoop of Shake in 6 oz of Coconut Almond milk or ♣ Snack.

**Lunch** – For the OFF cycle days; No more than 700 calories.

**DAYTIME** – Take 3-4 of the Daytime Capsules with 4-8oz of water (Roughly @ 2:00 – 3:00 PM).

**Mid-Afternoon Snack** – 1 scoop of Shake with 6oz of Coconut Almond Milk or ♣ Snack.

**Pre-Dinner** – Take 2-3 of the Daytime Capsules 30 minutes before eating, with an 6 oz glass of water (Roughly @5:00 to 6:00 PM).

**Dinner** – For the OFF cycle days; No more than 500 calories.

**Post-Dinner Snack** – ♣ Snack (Eat your snack no later than 7:00 PM).

**Bedtime** – Take 1 scoop of the NightTime Formula on an empty stomach mixed with 4 oz of water or juice. Make sure NOT to eat 3 hours before bed

MEASURE & WEIGH on Day 7!

Before getting dressed, weigh, measure AND, if possible, check your Body-Fat. Then record your results.

# YOU WILL NOT STARVE!

## ❖ SNACK

Whenever you see this symbol (❖) you may have an optional snack. Snacks may consist of, but aren't limited to, any of the following:

- Unsalted Dry-Roasted Almonds (12)
- Soy Nuts (34)
- Apple (1)
- Brazil Nuts (34)
- Banana (1)
- Cashew Nuts (12)
- Celery (2 stalks)
- Cantaloupe (1/2)
- Cottage Cheese Low Fat 2% (1 cup)
- Cucumber
- Hardboiled Eggs (2)
- Pink Grapefruit (1/2)
- Orange (1)
- Lettuce & Leafy Greens (2 cup)
- Watermelon (1-2 cups)
- Lean Low Calorie Meats (2-3 oz)
- Broths (1-2 cups)
- Yogurt (Low Fat)
- Tomatoes (2-3 oz)
- Asparagus (1 cup)
- Broccoli (1 cup)
- LeptiTrim6 Shakes

## BREAKFAST SUGGESTIONS:

1. Omelet made from 2 egg whites, 1/2 cup chopped broccoli, 1 oz. low-fat cheddar cheese; 1 sliced apple, 1 English muffin, toasted, spread with 1 Tbsp. light butter.
2. 1 cup dry oatmeal cooked with water & mixed with 1 scoop LeptiTrim6 Vanilla/Chocolate shake (mixed in after oatmeal is cooked); 1 packet sugar substitute (Stevia) if desired, 8 oz. orange juice.
3. 2 hard-boiled eggs; 1 whole-wheat bagel spread with 1 Tbsp. creamy and natural peanut butter.

## LUNCH/DINNER SUGGESTIONS:

1. Tuna sandwich with 1/2-cup albacore tuna in water (drained) mixed with 1 Tbsp. light mayonnaise, 1 Tbsp. relish, 1/4 cup chopped celery, on 2 slices whole-wheat bread; 1 oz. mini pretzel twist, 1 snack box raisins.
2. 3 1/2 oz (raw weight) skinless chicken breast grilled & topped with 2 Tbsp. barbecue sauce; 1 medium baked sweet potato topped with 1 Tbsp. light sour cream & light butter; 2 cups of green salad with 2 Tbsp. reduce-fat Italian dressing.
3. 4 oz of beef (grilled); 1 cup of steamed organic brown rice; 3 cups of steamed vegetables or 2 cups of Greek or Caesar salad; 1 cup of berries or 1 pear or apple.





# HEALING CRISIS

Most people who follow our program will experience a healing crisis of some sort (read "Understanding the Healing Crisis" found in the Healthy Horizons Newspaper). Most bodies hold years of accumulated toxins that are buried deep within the fatty tissue. If you are not experiencing weight loss or inch loss within the first 30 days, don't be alarmed, your body takes some time to first remove toxins, after which you will begin to lose weight.

# HAVE YOU HIT A PLATEAU?

If you consistently go beyond four hours without eating, your body will revert to FAT STORING MODE. This means that you are hitting a weight-loss plateau, your body will store fat instead of burning it. If this happens we suggest you do the following:

1. Drink plenty of water! Many people mistake being thirsty with being hungry and a glass of water (4 oz) typically subsides food cravings.
2. Increase your daily diet by 200 calories.
3. Remember to eat most of your carbohydrates before noon. Eat more vegetables and protein for your afternoon and evening meals. Your largest meal should be breakfast with each meal thereafter diminishing in size.
4. Stop the program for five (5) days and allow your body to "reset" itself.

Once you have reached your desired body size, we recommend you continue with the Shake once per day and take your Daytime Formula twice per day. We also recommend taking the NightTime formula every evening. The Cleanse should be taken for 3-5 days at the beginning of every month during your maintenance period. (If you desire to stay on a mild cleanse for every day of the month, we recommend cutting the dose down to 1 tsp. daily).

We know you will enjoy how you will begin to feel on the LeptiTrim6 SYSTEM with Colostrum. Your friends and family will start noticing a more vibrant, younger-looking, and happier you! You are well on your way to improving your life!



## FREQUENTLY ASKED QUESTIONS

~ **I don't need to lose weight, but want to slow down the aging process & have more vitality what should I take?**  
LimuZ and Colostrum6 are our most recommended products for helping with pain, slowing the effects of aging, and boosting your immune system. They will also help keep you feeling youthful and energized.

~ **Why do you recommend drinking so much water daily?**

Hydration is a key element to eliminating harmful impurities as you cleanse. It helps your body function more efficiently. You need a minimum of 8 glasses of purified water per day. Ideally, however, you should be drinking the equivalent of half your body weight in ounces each day. So if you weigh 160 lbs, you should drink 80 ounces (0.6 gallons) of water daily.

~ **What foods should I avoid while I am on the LeptiTrim6 SYSTEM?**

Avoid alcohol, processed foods, artificial colors and sweeteners, hydrogenated oils, white flour products and sugar-free sodas.

~ **Can I add fruit to my Shake?**

Yes, and we highly recommend it! Both fresh and frozen are fine.

~ **Should I start on Anovite's products if I have diabetes, heart disease, or other medical complications?**

Ask your physician before taking our products so that he or she can monitor your progress and adjust any medications while your health is improving.

~ **How long should I stay on the LeptiTrim6 SYSTEM?**

You can stay on it forever. As you achieve the results you are looking for, simply customize your products and their dosage.

~ **What if I'm pregnant or nursing?**

Ask your Doctor or medical professional prior to taking any prescription drugs, over the counter medicines, or herbal and nutritional supplements.

~ **How can Colostrum help me lose weight?**

Colostrum contains IGF-1, the most important growth factor in our bodies. Without adequate amounts of IGF-1, our bodies during times of fast (diet), will burn muscle protein before they burn fat (catabolism). The only means to increase IGF-1 levels in the body is through daily aerobic exercise or Colostrum (preferably both).



# DAILY CALENDAR

Date: \_\_\_\_\_

Inspiration doesn't start the process ~ YOU DO! Commit to your lifestyle changes.

**Commit to Honoring A New You!**

Rank yourself: A = excellent, B = average, C = needs improvement, Suppls.= Supplements, OTE = Overall Total Effort

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