



THE M'LIS WEIGHT LOSS PROGRAM



DAY	1	2	3	4	5	6	7	8	9	10
DATE										
INSTRUCTIONS	2 qts. water eliminate meat, dairy, refined sugars & flours Weight Loss Combo. Detox. Group #1	2 qts. water eliminate meat, dairy, refined sugars & flours Weight Loss Combo. Detox. Group #1	DETOXIFY Detox. Group #1	DETOXIFY Detox. Group #2	DETOXIFY Detox. Group #3	2 qts. water fresh fruit & veggies Weight Loss Combo. Detox. Group #1	2 qts. water fresh fruit, veggies, and whole grains Weight Loss Combo. Detox. Group #1 Body Wrap & Massage	continue as day before add yogurt, stm. veg- gies, lean protein (fish, poultry, egg) Weight Loss Combo. Detox. Group #1	continue as day before	continue as day before may add nuts, seeds and other sensible foods Weight Loss Combo. Detox. Group #1

DAY	11	12	13	14	15	16	17	18	19	20
DATE										
INSTRUCTIONS	continue as day before (see day 10)	continue as day before	continue as day before	continue as day before	continue as day before	continue as day before	continue as day before	continue as day before	continue as day before	continue as day before

DAY	21	22	23	24	25	26	27	28	29	30
DATE										
INSTRUCTIONS	continue as day before (see day 10)	continue as day before Body Wrap & Massage	continue as day before eliminate meat, dairy, refined sugars & flours	continue as day before eliminate meat, dairy, refined sugars & flours	continue as day before eliminate meat, dairy, refined sugars & flours	DETOXIFY Detox. Group #1	DETOXIFY Detox. Group #2	DETOXIFY Detox. Group #3	2 qts. water fresh fruit & veggies Weight Loss Combo. Detox. Group #1 Body Wrap & Massage	follow day 7; in subsequent days, gradually introduce foods as above (see days 8-10)

WEIGHT LOSS COMBINATION			
HERB	AM	NOON	PM
CALCIUM	2		2
CELL-U-RID	2	2	2
DAILY	1		1
EVENING PRIMROSE OIL	3		3
FLAX SEED OIL	3		3
PROBIOTIC	3		3
SLENDER AID	2	2	2
VITAL	1		1
ENZYME	Take 2 with each meal, or with M'lis Instant Meal		
INSTANT MEAL	Take up to 2x daily		
MAINTAIN	Use on sore muscles & joints following every bath or shower		

Exercise for a minimum of 20-30 minutes 5 times/week, and drink at least 8 glasses of water daily. To maintain wellness, continue to provide the body with 100% nutrition with M'LIS DAILY and M'LIS CALCIUM supplements, along with a well balanced diet. M'LIS recommends DETOXIFICATION 3-4 times each year for overall health.

DETOXIFICATION HERBS - GROUP 1		
HERBS	AM	PM
CLEANSE	2	2
DETOX	2	2
FIBER	8	8
DETOXIFICATION HERBS - GROUP 2		
HERBS	AM	PM
CLEANSE	2	2
DETOX	3	3
FIBER	8	8
DETOXIFICATION HERBS - GROUP 3		
HERBS	AM	PM
CLEANSE	2	2
DETOX	4	4
FIBER	8	8