



CREATE YOUR OWN
SUCCESS

TLS COACHES GUIDE

TABLE OF CONTENTS

ACHIEVE COACHING SUCCESS

- 3 Achieve Coaching Success

GETTING STARTED TOOLS

- 7 The 12 week program, plus optional detox
- 7 Week 1
- 8 Week 2–3
- 9 Week 4–6
- 10 Week 7–10
- 11 Week 11–12

TLS 21-DAY CHALLENGE

- 14 Before Your 21-Day Challenge Begins

SENDING EMAILS TO CLIENTS

- 15 Drafting Emails to Send to Clients

DETOX WEEK / LOW-GI EATING

- 16 Detox Week
- 17 Low-GI Eating
- 18 Reading Labels

METABOLISM AND EXERCISE

- 19 Improving Metabolism
- 20 Exercise

HEALTHY EATING HABITS

- 22 Nutrition
- 23 Creating Healthy Habits

BELIEVING IN YOUR JOURNEY

- 24 Believing in Yourself
- 25 Obstacles

LIVING THE LIFESTYLE

- 26 Managing Stress
- 27 Assessing Results
- 28 Your New Lifestyle

WEEKLY QUESTIONS AND ANSWERS

- 31 Q&A: Detox
- 33 Q&A: Low-Glycemic-impact Eating
- 33 Q&A: Reading Labels
- 35 Q&A: Improving Metabolism
- 37 Q&A: Exercise
- 37 Q&A: Planning and Dining Out
- 38 Q&A: Nutrition
- 40 Q&A: Creating Healthy Habits
- 41 Q&A: Believing in Yourself
- 42 Q&A: Overcoming Obstacles
- 44 Q&A: Managing Stress
- 44 Q&A: Assessing Results



TLS COACHING
GUIDE

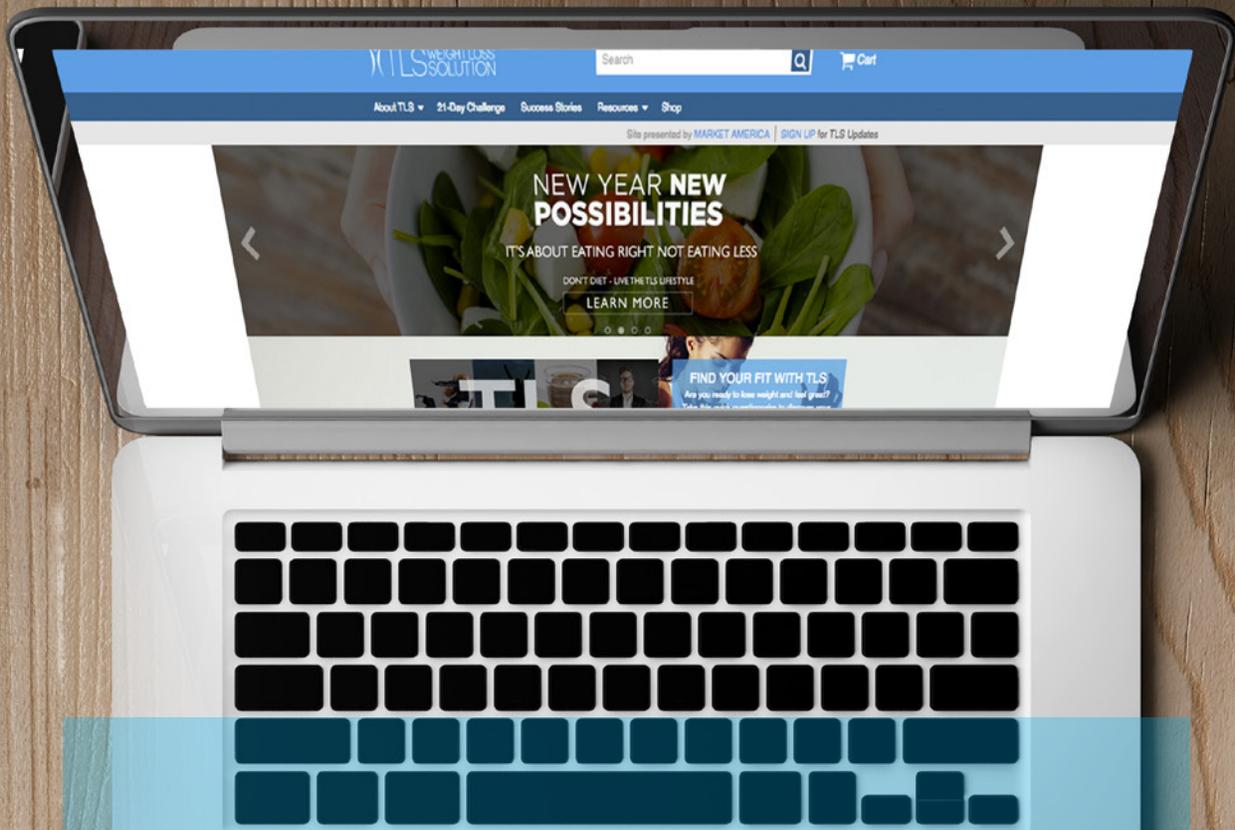
ACHIEVE COACHING SUCCESS

The best way to familiarize yourself with the dynamics of TLS® Weight Loss Solution is to be a product of the product and live the TLS lifestyle. TLS offers a multitude of resources available to you to achieve coaching success. From the tlsSlim.com website, Health Guide and Journal and the TLS Online Party & Coaches Support Facebook page to the TLS certification training and UnFranchise.com, you can start using these resources to coach as soon as you register your Market America UnFranchise® Business.

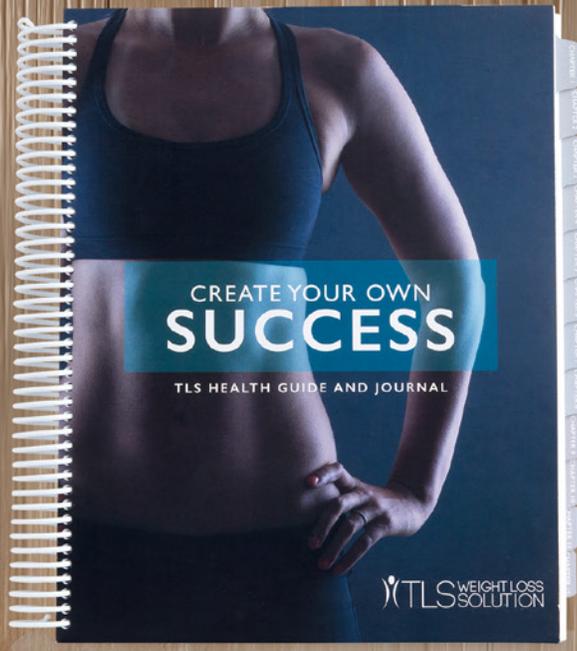
To learn more about the TLS basics including nutrition fundamentals, TLS supplements, how to conduct a TLS overview or create coaching packages, it is recommended that you take the TLS certification training offered in an area closest to you. This coaching guide will provide you with information on steps to follow while coaching. It does not replace the TLS training.

STARTING A CUSTOMER HAS

NEVER BEEN EASIER!



TOOLS THAT PROVIDE SOLUTIONS



GETTING STARTED TOOLS

You may decide to offer the TLS 21-Day Challenge program, a four-week, six-week or full, comprehensive 12-week program. It is up to you!

STARTING A CUSTOMER HAS

NEVER BEEN EASIER!

THE 12-WEEK PROGRAM

To further grow your business and align you with the opportunities to generate more TLS® success stories, TLS product sales, and to mentor other coaches that partner with you, TLS has developed a 12-week guideline to assist you in getting started. You may decide to offer the TLS 21-Day Challenge program, a four-week, six-week or full, comprehensive 12-week program. It is up to you! Starting a customer has never been easier! Begin by simply sending your customer the link for the 10-minute TLS Introduction video or the TLS 21-day Challenge video found on tlsSlim.com.

Then, provide them with either the paper or online version of the TLS Weight Loss Profile. This profile will help you and your customer identify their commitment levels, struggles, recommended science-based supplements and program recommendations. Should you prefer to offer a 1:1, webinar, or group overview, you can easily present the TLS

ONCE YOU HAVE REGISTERED CUSTOMERS, IT IS TIME TO IMPLEMENT THE TLS WEIGHT LOSS SOLUTION PROGRAM

Flipchart/Overview PowerPoint presentation. Finally, enroll interested participants in the program by having them purchase the products they were recommended or a package that you have put together for them. Once you have registered customers, it's time to implement the TLS Weight Loss Solution program. Please note, the below is following the TLS Coaching Strategy which incorporates all menu plans and is a 13-week program, including detox. You may instead start each customer off with the program that was recommended to them on their Weight Loss Profile. Here's how it works:

GETTING STARTED TOOLS:

1. TLS Tape Measure, TLS Banner and TLS-branded shirt (found on UnFranchise.com > Ordering > MA Promotional Items)
2. Scale and body fat analyzer — the Omron and Tanita scales are recommended, and both can be purchased through your SHORCOM site.
3. Be familiar with tlsSlim.com and what it entails as well as being able to navigate around it
4. Small inventory of TLS supplements
5. TLS Menu Plans and TLS Weight Loss Profiles (paper version)
6. TLS Business Guide (Available on UnFranchise.com > Downloads > Support Materials > TLS > Subcategory: Training, or UnFranchiseTraining.com.)
7. TLS Health Guide & Journal
8. Camera
9. Registration cards (need each client's name, address, email, phone number)
10. Decide how (1:1, online, group) and where you will coach your customers (your home, library, fitness center, other). It is recommended not to exceed 75 minutes per meeting, if in a group setting. Please note, unless you are employed through a health care provider's practice, you should not be coaching in one that has a financial alignment to your business — your role as a nutraMetric

Consultant (NC) is to train the staff/coach.

11. Internet access
12. Optional: iTransact. It is highly recommended that each TLS coach has an iTransact account which gives you the ability to accept credit cards for any TLS class fee or product sale from your inventory.

DETOX WEEK: (CLIENTS SHOULD HAVE THEIR PRODUCTS PRIOR TO OR ON THE START OF DAY 1)

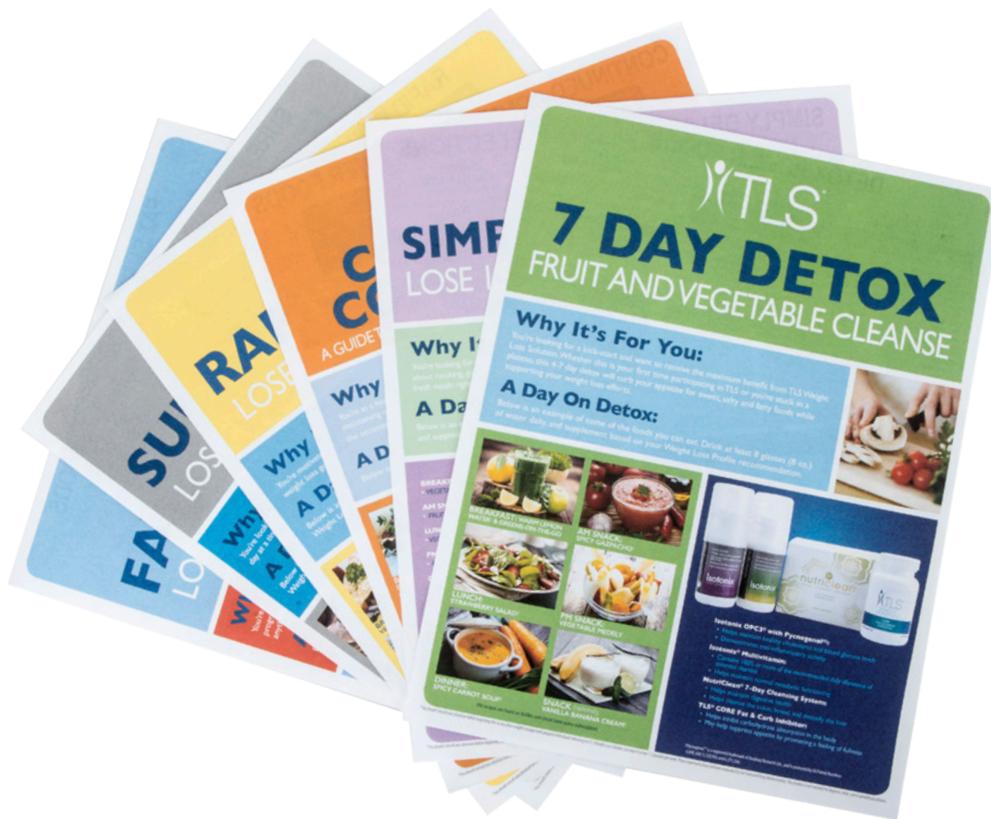
If your client opts into the detox week, then moves onto the 12 week program, their program will run for 13 weeks.

1. Privately weigh and measure each participant (it is recommended to have one coach per five customers). Measurements may consist of chest, waist, neck, hips, biceps, thighs and body fat percentage. You may have your own tracking sheets for this, but be sure to add the measurements into the client's TLS Health Guide & Journal.
 - a. Take front, side and back photos
 - i. Take against a bare wall and use a quality camera
 - ii. Remind them beforehand to wear form-fitting clothing
 - iii. They may take their own pictures at home in form-fitting clothing or bathing suit
 - b. Ensure that the client charts measurements in his or her journal
2. You may play the TLS Detox video (will need internet access), or ask the group to watch prior to class — remind them to read the detox information in their journal
3. Explain program expectations, how to contact you, and go through the TLS Health Guide & Journal and tlsSlim.com site (remind them the videos are available to re-watch)
 - a. Remind them to bring in their journal weekly because you will review it to ensure they're following and eating accordingly
 - b. Journal checks can be time-consuming, which is why it is recommended to have another coach help you or a prospective coach you're mentoring
4. Distribute the TLS Detox Menu Plan and explain how to take supplements
5. Go through the Detox Q&As (pick the questions that you feel are important to address)
6. Allow time to address group questions
7. Consider sending group email with follow-up information and recipe of the week

WEIGH AND CHECK YOUR CLIENTS MEASUREMENTS WEEKLY AND ENCOURAGE THEM TO MEASURE AT HOME TOO

WEEK 1:

1. Weigh and check waist measurement
 - a. Ensure client charts them in his/her journal
2. Check weekly journals
3. Play the chapter 1 video, "Low-Glycemic-Impact Eating 101," or ask the group to watch prior to class — remind them to read chapter 1 in their journals



4. Provide Fat Shredder Menu Plan; they will follow this for the next two weeks (NOTE: If you are coaching clients through a customizable program [i.e. they are following the program that was recommended to them from the Weight Loss Profile], then you will provide them with that menu plan to follow instead of the other plans outlined in this guide)
5. Optional: shake taste-testing
6. Discuss reminders for upcoming week
 - a. Exercise
 - b. Introduce Balance by BistroMD or Chef'd food delivery options
7. Go through the Low-Glycemic-Impact Eating Q&As (pick the questions you feel are important to address)
8. Allow time to address group questions
9. Consider sending group email with follow-up information and recipe of the week

WEEK 2:

1. Weigh and check waist measurement
 - a. Ensure client charts them in his/her journal
2. Check weekly journals
3. Play the chapter 2 video, "Reading Labels," or ask the group to watch prior to class — remind them to read chapter 2 in their journals
 - a. Re-cap how they should read labels
4. Remind them they're following Fat Shredder again this week

5. Discuss reminders for upcoming week
 - a. Reorder supplements
 - i. Discuss add-on products
 - b. Optional: Coupon Code (UnFranchise.com > My Customers > Coupon Admin)
6. Go through the Reading Labels Q&As (pick the questions you feel are important to address)
7. Allow time to address group questions
8. Consider sending group email with follow-up information and recipe of the week

WEEK 3:

1. Weigh and take full measurements, including body fat
 - a. Ensure client charts them in his/her journal
2. Check weekly journals
3. Play chapter 3 video, "Improving Metabolism," or ask the group to watch prior to class — remind them to read chapter 3 in their journals
4. Distribute the Rapid Results Menu Plan and discuss it; they will follow this for six weeks
5. Discuss importance and benefits of supplementation, especially if some people have not re-ordered yet
6. Go through the Improving Metabolism Q&As (pick the questions that you feel are important to address)
7. Ask class to think about goals for the next four weeks
8. Allow time to address group questions

TLS® OFFERS A MULTITUDE OF RESOURCES AVAILABLE TO YOU TO
ACHIEVE COACHING SUCCESS.

9. Consider sending group email with follow-up information and recipe of the week
10. By this time, you are probably seeing some exceptional results that could motivate others. These people may be great coaches. Start discussing this possibility.

6. Go through the Exercise Q&As (pick the questions that you feel are important to address)
7. Allow time to address group questions
8. Consider sending group email with follow-up information and recipe of the week

**REMEMBER TO START IDENTIFYING
POTENTIAL NEW COACHES**

WEEK 4:

1. Weigh and take waist measurements
 - a. Ensure client charts them in their journals
2. Check weekly journals
3. Play chapter 4 video, "Exercise," or ask the group to watch prior to class — remind them to read chapter 4 in their journals
4. Ask them for some of their favorite recipes
 - a. This can encourage the group to eat a variety of foods and try new, flavorful foods
5. Ask them what their favorite exercises are
 - a. Ask how their endurance has improved
 - b. What are they liking best about their shrinking body?
 - c. What new exercise will they try this week?
 - d. Discuss TLS CLA and TLS Thermochrome. Be sure to address the importance of reordering supplements with clients who have not done so. For people who say they didn't budget for that expense, mention that there is a way to get the products at discounted prices and that you are happy to sit down during the week and discuss how. At that time, book an appointment to meet them outside of your TLS group and discuss the Shopping Annuity® and start the beginning discussions with them about the business (prospecting).

WEEK 5:

1. Weigh and take waist measurements
 - a. Ensure client charts them in his/her journal
 - b. Assess weight loss. Rapid results allows for dairy and some people may gain weight or abdominal inches from intolerances to it
2. Check weekly journals
3. Play chapter 5 video, "Planning & Dining Out," or ask the group to watch prior to class — remind them to read chapter 5 in their journals
4. Encourage them to find a new way to cook their favorite unhealthy recipe. Encourage them to go to a restaurant and stay on track. Discuss why alcohol is counterproductive and tips to avoid drinking peer pressure of not drinking while at a social gathering (i.e. order a club soda with lime). Also, you may provide tips on which drinks would be a better choice if they have an alcoholic beverage.
5. Go through Planning & Dining Out Q&A (pick the questions that you feel are important to address)
6. Allow time to address group questions
7. Consider sending group email with follow-up information and your favorite local healthy restaurant to enjoy

WEEK 6:

1. Weigh and take waist measurements
 - a. Ensure client charts them in his/her journal
2. Check weekly journals
3. Play chapter 6 video, "Nutrition," or ask the group to watch prior to class — remind them to read chapter 6 in their journals
4. Have class show you how to read labels
 - a. Optional: Have a handout of a label for them to reference



**WHAT NEW EXERCISE
WILL THEY TRY
THIS WEEK?**

REMIND CLIENTS TO RE-ORDER THEIR SUPPLEMENTS BEFORE THEY RUN OUT

5. Remind them to re-order supplements
 - a. Optional: coupon codes
 - b. Reinforce reason that TLS supplements are important to their weight loss goals
 - c. Optional: Show TLS supplement commercials from tlsSLim.com > Resources > Educational Videos
 - d. Discuss the possibility of hosting a TLS online party. They will get 15 percent back toward free products. If their party sells four TLS 21-Day Challenge Kits, they will earn \$90.00 toward a free product of their choice. For clients who take advantage of this and have a successful party, remind them that there is a business behind the TLS program, and their friends who ordered could now be their customers. Set up a meeting with them to start discussing the UnFranchise Business and Shopping Annuity®.
6. Go through the Nutrition Q&As (pick the questions that you feel are important to address)
7. Allow time to address group questions
8. Consider sending group email with follow-up information and recipe of the week

ASK YOUR CLIENTS FOR REFERRALS FOR YOUR NEXT TLS PROGRAM

- WEEK 7:
1. Weigh and take full measurements, including body fat
 - a. Ensure client charts them in his/her journal
 2. Check weekly journals
 3. Play chapter 7 video, "Creating new habits," or ask the group to watch prior to class — remind them to read chapter 7 in their journals
 4. Ask class what new habits they've already made that they can't imagine not incorporating into their daily routine
 5. Go through the Creating New Habits Q&As (pick the questions that you feel are important to address)
 6. Allow time to address group questions
 7. Consider sending group email with follow-up information and recipe of the week
 8. Ask class what their goals are for the remaining four weeks. Ask for referrals for your next class. Mention that you are expanding your team and are going to mentor two people to coach and help you with your next class.
 - a. For those interested, set an appointment to discuss the TLS business

- WEEK 8:
1. Weigh and take waist measurements
 - a. Ensure client charts them in his/her journal
 2. Check weekly journals
 3. Play chapter 8 video, "Believing in Yourself," or ask the group to watch prior to class — remind them to read chapter 8 in their journals
 4. Ask for referrals for your next class — mention that you are expanding

- your team and are going to mentor two people to coach and help you with your next class
- a. A great way to remain on track is to help others
 - b. For those interested set an appointment to discuss the TLS business
5. Go through the Believing in Yourself Q&As (pick the questions that you feel are important to address)
 6. Allow time to address group questions
 7. Consider sending group email with follow-up information and recipe of the week

WEEK 9:

1. Weigh and take waist measurements
 - a. Ensure client charts them in his/her journal
2. Check weekly journals
3. Play chapter 9 video, "Overcoming Obstacles," or ask the group to watch prior to class — remind them to read chapter 9 in their journals
4. Have class share what obstacles they've overcome during their last 10 weeks and any foreseeable obstacles
5. Discuss plateaus and they can detox again after the end of the program
 - a. Discuss ways to incorporate herbs and spices
 - b. Recommend detoxing no more than every three months with use of the NutriClean® Cleansing System
 - c. Give them Sure & Steady Menu Plan and discuss it; they will follow this until the end
 - i. Some people may choose not to incorporate grains into their diets; they may simply omit them and just add in low-GI starches
 - ii. Some people may feel great and prefer to stay on Rapid Results long term
 - iii. Discuss the importance of journaling as they incorporate in grains as they may not notice a difference for days after eating one

6. Discuss goals and point out differences in weight loss from those using and not using TLS supplements
7. Go through the Nutrition Q&As (pick the questions that you feel are important to address)
8. Allow time to address group questions
9. Consider sending group email with follow-up information and recipe of the week

WEEK 10:

1. Weigh and take waist measurements
 - a. Ensure client charts them in his/her journal
2. Check weekly journals
3. Play chapter 10 video, "Managing Stress," or ask the group to watch prior to class — remind them to read chapter 10 in their journals
4. Discuss ACTS Product; this product may have already been introduced to people individually during the previous weeks
5. Discuss ways to decrease stress
 - a. Exercise is the most underutilized form of stress "medicine"
 - i. Assess their waists and if they feel any GI discomfort (bloat, swelling) since adding grains in
6. Go through the Managing Stress Q&As (pick the questions that you

- feel are important to address)
- 7. Allow time to address group questions
- 8. Consider sending group email with follow-up information and recipe of the week
- 9. Have them take the NutriPhysical™ analysis on your SHOPCOM website — be sure to review their results and offer a free 15-minute phone consult to discuss their recommendations

HAVE YOUR CLIENTS TAKE THE NUTRIPHYSICAL ANALYSIS AND REVIEW THEIR RESULTS WITH THEM

WEEK 11:

1. Weigh and take waist measurements
 - a. Ensure client charts them in his/her journal
 - b. Check weekly journals
2. Play chapter 11 video, "Assessing Results," or ask the group to watch prior to class — remind them to read chapter 11 in their journals
3. Have class refer back to their original goals. Have they met them? If so, great, what are the next goals? If not, ask them to assess and see what went wrong.
4. Discuss goals and point out differences in weight loss supplements and provide optimal health regimens
 - a. TLS Optimal Wellness Kit
 - b. Promote the "sale" price. The "sale" price is simply the retail price it is being offered for. Since it is a kit, Market America discounts the price, which is a great selling point for your clients (e.g., if you buy the CORE, 2 shakes and multivitamin separately, it would cost more than if you take advantage of the TLS Find Your Fit Kit).
 - c. Show them the Wellness 101 video — if you are not prospecting them, simply stop the video when it discusses the business
 - i. Ask if anyone is interested in hosting a Wellness 101 at their house to educate their friends and family
5. Go through the Assessing Results Q&As (pick the questions that you feel are important to address)
6. Allow time to address group questions
7. Consider sending group email with follow-up information and recipe of the week
8. Remind them that they'll be taking their final pictures at the last class and to wear form-fitting clothing or the same outfit as week 1

DISCUSS FUTURE GOALS AND LET THEM KNOW YOU ARE LOOKING TO MENTOR 2 NEW COACHES

WEEK 12:

1. Weigh and take full measurements, including body fat
 - a. Ensure clients chart them in their journals
 - b. Fill out their TLS Diploma on the back cover of their journal — be sure to have a marker to write their names boldly
2. Take "after" pictures (front, side and back).
 - a. Use same wall and distance as week 1
3. Play chapter 12 video, "Living the TLS Lifestyle," or ask the group to watch prior to class — remind them to read chapter 12 in their journals
4. Allow time to address group questions
5. Consider sending group email with follow-up information
6. Ask what their plan is to continue on (if not at goal) or maintain (if at goal)
7. Ask for referrals for your next class starting — mention that you are expanding your team and are going to mentor two people to coach and help you with your next class
 - a. For those interested set an appointment to discuss the TLS business
8. Thank them for being a part of the program and let them know you are available anytime they need you and your website will be available for them for when they'd like to reorder any products
9. Tally up total fat, weight, and inches lost and share with the group what they all lost
 - a. These make great advertisements for your business as well. For people who are interested in your mentoring program, their "before" and "after" pictures are great advertisements for them to start getting a customer base. For those not interested in the business and had great results, ask them if you can use their pictures to advertise for your next program. You can have them sign the waiver located on UnFranchise.com > Downloads > Support Materials > TLS > Subcategory: Forms. Some clients will give verbal/text/email consent. Should you wish to send their success stories to corporate, the waiver must be filled out.
 - b. Ask all participants to submit their results to your tlsSlim.com site > Success Stories.
 - c. Tell all clients you are starting a new program and would welcome any referrals. Consider giving your customer a coupon code as a means of thanks for the referral (UnFranchise.com > My Customers > Coupon Admin). add a new paragraph:

During your last week, you may talk to people about their plans to maintain their weight loss. Talk to them about ways to always stay on track and the need for supplements. This is a great time to discuss moving them from weight loss products to optimal wellness regimens (e.g. TLS® Optimal Wellness Kit). Many coaches re-cap the basic science of the supplements and tips for using them. For example, if a person is going on vacation or out for a dinner where they know they'll eat higher fats and carbohydrates, they'll use TLS CORE because it blocks the excess carbs from being absorbed. Or, if they are going to a party where there will be unhealthy appetizers, they may drink a TLS Nutrition Shake before they go because it is packed with protein and fiber to help them feel full. Thank them for being a part of your group and for allowing you into their lives. Be sure to tell them you will always be available for them, even if it is years down the road.



HAVE YOUR CLIENTS
SHARE THEIR
**SUCCESS
STORY**

EMAILS TO SEND TO CLIENTS

Simply Copy and paste the emails in the following pages to your clients.

Feel free to edit and add anything to customize it. It is recommended to send the beginning emails a few days before your clients start to give them time to prepare and organize. Emails during weeks 2-12 generally can be sent the day before or day of your TLS program

STARTING A CUSTOMER HAS

NEVER BEEN EASIER!

EMAIL TO SEND TO CLIENTS A FEW DAYS BEFORE THEIR TLS 21-DAY CHALLENGE BEGINS

Whether you are using this 21-Day Challenge because you have 5 to 20 pounds to lose, or you are using it for a jumpstart to another TLS® program, these 21 days will help you feel amazing and will help create some lifelong habits! But before you begin, please take some time to read the below steps:

1. Make up your mind to be 100 percent compliant (NO MATTER WHAT). You can do anything you set your mind to — so having your mind made up that you're going to drop the unhealthy habits for 21 days is the first step!
2. Make seven copies of the week 1 food tracking sheet and 14 copies of the week 2 and 3 tracking sheets, which arrived in your 21-Day Challenge Kit. These are also available on tlsSlim.com > Resources > Program Downloads. Be sure to track your foods daily as they will keep you on track and ensure you are getting all of your nutrition in.
3. Clean all the junk out of your refrigerator, pantry and drawers. Don't save it or binge-eat it before you begin. If you eat it all now, you will likely put on more weight before you begin and starting may be more of a challenge. It is recommended to donate the food or dispose of it so you do not get tempted. Also, keep in mind what is healthy for you is healthy for your family – they don't need junk either! Think about the times you have been tempted with food. Ask yourself why you felt you need to binge on bad foods. Many people are addicted to foods and sugars that they feel that they make them full. Mostly, it is because that person isn't eating enough during the day, their blood sugar drops and they're starving — so they just "need" comfort food to help them feel full. Have you ever heard of being hangry (hungry and angry)? With low blood sugars, we get that way. So, the goal of TLS is to regulate your blood sugars — stay full and satisfied, and eliminate those cravings! Remember, TLS (at your goal) is a LIFESTYLE! So, don't say that you can never eat chocolate again — just say you're choosing not eat it now!
4. On the morning you begin, take your "before" picture (front, back, side) and document your weight, body fat (if you have a device such as an Omron body fat analyzer or Tanita scale), waist, thighs, biceps, chest, hips (women), neck (men). Be sure to wear a swimsuit or form-fitting clothing. Black clothing is not recommended. It is hard for many people to take their "before" pictures, but it will be a reminder of where you never want to return again. Watch the short video on how to take before pictures located on tlsSlim.com > Resources >

Educational Videos. Be sure to take your after pictures when you complete your 21-Day Challenge.

5. PHASE 1: Grocery shop for four lemons and the fruits, vegetables, proteins and oils from the list in your challenge booklet. For phase 1 you will be eating lots of vegetables daily, three fruits, two 3-oz. servings of protein and two 3-oz. servings of oils. Follow your tracking sheet to guide you on what and when to eat, as well as when to use your TLS supplements. Only eat the foods located in your challenge booklet. Remember, no junk food, no caffeine/coffee during phase 1 and refrain from strenuous exercise (you'll add exercise during phase 2). On phase 2, you will increase your protein amounts and add in the TLS Nutrition Shakes.

BEFORE YOU START: Go to tlsSlim.com > Resources > Educational Videos and watch the Detox video. This will give you more information for week 1.

6. Remember, this is 21 days. It is regimented – but regimented does not need to be tasteless. You do not need to just eat salads. After the 21 days, you can take the FREE weight loss profile on tlsSlim.com to find out which TLS program would meet your needs after your challenge. However, you can stay on phase 2 for as long as you'd like.
7. Phase 1 is a detox cleanse. You may find that you feel withdrawals from sugar, caffeine, wheat, grains, etc. Some people have experienced headaches or cramping but it tends to last less than three days. Don't give in, and it is recommended to avoid taking anything to alleviate those symptoms. Using the NutriClean 7-Day Cleansing System, you may move your bowels more than usual. The kit helps cleanse the bowels and liver and detoxify the liver.
8. No exercise for phase 1. You may do light walking or gentle yoga but nothing strenuous — your body needs to cleanse, and exercise forces it to recover from the workout which makes it leave the cleanse. With phase 2, it is recommended that you exercise. The American Heart Association recommends at least 150 minutes of cardiovascular exercise weekly. You may do more if you are able and are cleared by your doctor, of course.
9. Remember you are worth it. You can do anything you set your mind to for 21 days.



EMAIL TO SEND TO CLIENTS A FEW DAYS BEFORE THEIR TLS 12-WEEK PROGRAM BEGINS

I am very excited to start helping you on the TLS® Weight Loss Solution program! Make up your mind to be 100 percent compliant. You can do anything you set your mind to — so have your mind made up that you're going to drop the unhealthy habits and stay committed to your TLS journey! Tell your friends and family ahead of time so they won't tempt you.

You will journal in your TLS Health Guide and Journal. Please be sure to read the introduction chapter before you start. You will be journaling in the detox section for week 1. If there are any "to-dos" in the journal, please be sure to fill them out. The journal is designed as a workbook; it provides lots of information as well as thinking points. This journal will be your best friend for the next 12 weeks. Studies show that people who journal lose more weight than people who don't. So, be sure to commit to journaling for your entire TLS program. Also, please familiarize yourself with tlsSlim.com and watch the TLS introduction video under Resources > Educational Videos.

The first 3 weeks are crucial! Here are a few things you will need to have ready to when you begin:

1. Purchase a digital scale. If it is an old scale that you have had for a while, please make sure you check that:
 1. it is calibrated — weigh something that you know is true to weight (example: five-pound dumbbell),
 2. it has batteries.

2. Purchase a flexible tape measure. Although you will check your waist and weight weekly, you will take your full measurements monthly (chest, hips, arms, neck and thighs) because we all lose weigh/fat/ inches differently.
3. Ask someone to take your "before" pictures — front, side, and back. Please be sure to wear a bathing suit or form-fitting clothes. Black clothing is not recommended. Please watch the video on how to take pictures found on tlsSlim.com > Resources > Educational Videos.
4. Find and follow TLS Weight Loss Solution on social media. The handle name is @tlsweightloss. There are giveaways, great tips, success stories, motivation and recipes available to help guide you on your journey!
5. Donate or throw out the unhealthy foods. Do not binge eat them all. It will make starting harder! Changing eating habits should not be too difficult if you realize that you can still eat tasty foods! TLS is a lifestyle and spices, herbs and flavors are recommended!



EMAIL TO SEND TO CLIENTS FOR 'DETOX' WEEK

You have committed to starting the TLS® journey with the TLS seven-day detox. The detox will cleanse both your body and your palate, enabling you to avoid the cravings for high-glycemic foods that have been standing in the way of your weight loss success. The detox period will also help to reset your metabolism and prepare you for the changes ahead. The products and supplements you are using will assist you with your detox week and will help your body.

It is important to keep in mind that detox is more about cleansing your palate and body and preparing your body for future fat loss than it is about losing weight. When you watch the Detox video on tlsSlim.com > Resources > Educational Videos, you will hear the analogy about cleaning your car's oil filter. Your body needs a good cleaning out as well, and this week is the best time to do it! Be sure to read the information on detoxing in your TLS Health Guide and Journal, too.

Here are some reminders:

- Follow your TLS Detox Menu Plan. Ensure that you are eating all of the foods listed. This means unlimited vegetables (but at least 8 cups), three fruits, two 3-oz. servings of proteins and two servings of oils. Also, remember to drink all your water. The easiest way to remember what to eat is "if it's not on your sheet, it is something you shouldn't eat."
- Start your day using your Isotonix® products. Remember to wait five minutes per Isotonix product before you eat. Then, drink your warm water and lemon followed by the Nutriclean 7 Day Cleansing kit morning regimen (1 scoop of fiber powder and 2 of the pills in the blister packs). Be sure to always eat breakfast within one hour of waking. For example, if you are taking 1 capful of Isotonix multivitamin

and 2 capfuls of Isotonix OPC-3, you should wait 15 minutes before eating or drinking your warm water and lemon.

- It is recommended never to go longer than four hours without food while awake, but during detox week and as your metabolism improves, you may be hungry more frequently. It's OK. Just be sure to eat quality foods! No one ever gained weight from eating lean proteins and vegetables!
- Do not engage in strenuous exercise during detox week; moderate activity, such as walking, stretching and yoga are permissible. We want your body to do its job — and this week it is detoxing!
- Aim for eight hours of sleep nightly, working in additional naps wherever possible. Your body naturally detoxifies itself when you are in a sound sleep.
- Drink a MINIMUM of 8 cups of water daily. More is better!
- Eat more raw vegetables than cooked. When cooking, steaming is best. Raw vegetables are already in the digestible form. Although, it is OK to cook or steam some vegetables. It is important to eat them!
- You may experience some detox symptoms such as headache, fatigue or cramping. Generally, it is just your body withdrawing and usually resolves within a few days. As unfavorable as it may be, keep in mind it's working and not to give up or take anything to alleviate those symptoms.

Remember, while detoxing can be a challenge, it's one of the best investments you can make toward your health and weight loss goals. This is where we lay the foundation for future success, so enjoy your detox week — it's the first week in your new healthy lifestyle!



EMAIL TO SEND TO CLIENTS FOR 'LOW-GI EATING' WEEK

By now you should have started to see some results. You should be feeling great and proud of yourself for completing the detox! It isn't the easiest week, but boy does it ramp up your metabolism and do your body good. Weekends tend to be more difficult for some people but you even got through a weekend on detox, and I bet you are not missing those unhealthy treats that you craved Friday night!

Your body is hoping that you are going to continue fueling it with healthy foods, so be sure to eat the required amount of food on your next TLS® menu plan. By eating the recommended amount of low-glycemic foods, your body will be a fat-burning machine. Make sure you continue to eat breakfast within one hour of waking, and be sure not to go more than three to four hours without food while awake.

Be sure to document this week's losses and set a new goal for the upcoming week in your TLS Health Guide and Journal.

Your new TLS menu plan will add in more proteins and other food groups, and may even add in the TLS Shakes and other supplements. If you have any questions regarding the supplements and a medication you are currently taking, please consult with your physician or pharmacist and ask, "Will any of these ingredients interfere with my care?" or, "Are there any ingredients in these products that I need to stay away from for any reason with my care?"

The rest is very simple. Follow the TLS® Menu Plan, continue to journal and add exercise in. Remember, the American Heart Association recommends at least 150 minutes of cardiovascular exercise weekly. If you are able to do any additional exercise is a step in the right direction. If you are not used to working out, start very slow. Don't overdo it. The best results come from doing both cardio and resistance work.

Be sure to contact your healthcare provider before performing any exercise. Schedule it into your day. Many people prefer to wake up earlier and get it done – that way they don't have it lingering over them during the day or have to forgo it if something unexpectedly comes up. Remember, no excuses – fit it into your day.

REMINDERS AND TO-DOS FOR THE WEEK

Watch the Low-Glycemic-Impact Eating video on tlsSlim.com > Resources > Educational Videos Read chapter one in the TLS Health Guide and Journal

No sugar (except natural fruit sugar)

No alcohol
No junk food
No fat, unless it's a healthy oil like olive oil or coconut oil

THE SCOOP ON PROTEIN

We need protein to lose weight, maintain optimal health and build and repair muscle — proteins are truly the building blocks of our entire body. Some studies show that most people do not get enough protein while others show that increasing your daily protein intake will help you lose weight. It is recommended that women eat 4-6 oz. of protein with breakfast, lunch and dinner; and men eat 6-8 oz. of protein with breakfast, lunch and dinner. Snacks can be anywhere from 2-3 oz. or more depending on your activity level. Your TLS Nutrition Shakes have protein and fiber in them too which is why you'll hear, "Protein and fiber with every meal makes losing weight no big deal!"

THE SCOOP ON VEGETABLES

Enjoy your veggies — even if they're not something you have routinely eaten before. Your taste buds are still improving and your body will love you for loading up on them. Depending on your TLS plan, you should eat at least 6 cups of vegetables every day (8 is great). You can sneak it into things. You do not need to just eat salads to be healthy. Have you tried cauliflower-fried rice? It is delicious! Simply pulse/grate/ use a food processor to get carrots, celery and a head of cauliflower to resemble the size of rice. Then mix salt, pepper, low-sodium soy sauce and any other spices you may like and cook with sesame oil. A great kitchen tool is a vegetable spiralizer, which can be purchased on SHOPCOM. Try spiralizing zucchini and use with your favorite low-sugar pasta sauce! See, vegetable eating isn't that bad.

You just finished a great detox week, so don't eat any junk food and continue to drink all of your water! You may be asking if you can have your morning coffee again. Yes, you can, but remember what you put in it matters. Some people use the TLS® ThermoChrome with Advantra Z® instead of coffee in the morning. Since it has natural caffeine, it provides energy and fat burning with its herbs.

Stay focused! It's only been two weeks, so continue to journal and your results will be amazing!

Remember, this is the beginning of your new lifestyle! Changes aren't always easy, but YOU ARE WORTH IT!



EMAIL TO SEND TO CLIENTS FOR 'READING LABELS' WEEK

You should be amazed at the results you are having! Wait until you see yourself at the end of your TLS® program! Continue to schedule in your prepping and exercise. Work, children and family obligations exist, but with preparation, you can handle it all and stay on track.

It's been said that it takes 21 days to form a new habit. Have you turned the healthy changes you have made by following your TLS program over the past few weeks into habits in your life yet? Remember, small, manageable changes will form lifelong habits! This week, you will learn about how to read labels. Most people do look at food labels, but most people don't really know what they're actually looking for to pick one food over the other. Of course, fresh fruits, vegetables and lean proteins don't have labels so grocery shopping can be easy by shopping the perimeter — but you will need to look at labels for anything you are adding to your foods or anything packaged. Be sure to watch the Reading Labels video on tlsSlim.com > Resources > Educational Videos and read chapter two in your Health Guide and Journal.

10 REMINDERS FOR THIS WEEK:

1. Make sure you drink your water. Flush the fat out! Also, cook one new recipe this week. Don't get bored or eat plain foods. Flavorful and tasty foods can still be healthy!

2. Exercise has to be non-negotiable! You are WORTH IT! Plan the time you will work out and stick to it! Remember, house cleaning, gardening, and shopping are great movements but are not structured exercise that get your heart rate up to burn fat!

3. Remember your WHY! Remember your goals! These past two weeks, you have worked hard to improve your metabolism. Let's make sure this is a lifestyle approach and not a three-week diet!

4. Make sure you get in all the foods on your TLS menu plan. No starving yourself here!

5. If you are interested in fresh food delivered to you, visit SHOP.COM and search Chef'd or Balance by BistroMD. You'll find TLS-approved meals based on your TLS menu plans on these sites. But, in order to find them, you must use SHOP.COM to link you to the site. With both of these delicious food delivery stores, you will earn Cashback for eating healthy!

**EXERCISE HAS TO BE
NON-NEGOTIABLE! YOU
ARE WORTH IT!**



EMAIL TO SEND TO CLIENTS FOR 'IMPROVING METABOLISM' WEEK

It's amazing what can happen in a few short weeks. You've accomplished some habits that you will keep forever. Improving your metabolism takes time and is dependent on many factors such as age, hormones and past yo-yo diet history, just to name a few. The good news is you have contributed to this improvement by staying dedicated to following your TLS® menu plan, making time for exercise, and not forgetting your supplements.

Some people feel so great that they can't imagine going back to their old habits while others think a little indulgence won't hurt. Let's set the record straight – it's only been a few weeks, so to continue to improve your metabolism and reach your weight loss goals, having an indulgence is not recommended. Don't worry, TLS is still a lifestyle program and when you are at your goal, an occasional indulgence is permitted — just not quite yet!

SPEAKING OF METABOLISM, LET'S RECAP SOME THINGS YOU'VE DONE TO IMPROVE YOURS:

1. Eating breakfast within one hour of waking
2. Not skipping meals or snacks

3. Eating protein and fiber with every meal (after all, it makes losing weight no big deal)
4. Drinking your water
5. Exercising
6. Taking your TLS supplements (don't forget to re-order before they run out)
7. Eating your vegetables
8. Adding variety and spices (did you know spicy foods (such as red pepper flakes) have been shown to speed up the metabolic process by 20 percent or more for up to a half hour after eating them?)
9. Getting adequate sleep
10. Starting your journey with the TLS Detox

Keep up the great work. You should be proud of yourself and the changes you've made.

KEEP UP THE GREAT WORK. YOU SHOULD BE PROUD OF
YOURSELF AND THE CHANGES YOU'VE MADE.



EMAIL TO SEND TO CLIENTS DURING 'EXERCISE' WEEK

Did you know that exercise is the most under-utilized form of stress/depression/anxiety "medicine"? It releases natural "feel-good" endorphins. It is so important to check your schedules and fit in exercise into your daily routine. The American Heart Association recommends doing a minimum of 30 minutes of exercise five days per week (150 minutes weekly). Most people spend more than 30 minutes browsing social media daily which could be time to fit in a workout. Some people can or prefer to do more than 30 minutes of exercise to get in the shape they want, and of course that will help their body composition improve quicker. Don't forget to stretch (or do yoga), too! Maintaining your flexibility is a sure way to prevent any injuries! Don't forget to watch the exercise video on tlsSlim.com > Resources > Educational Videos and read chapter four in your TLS® Health Guide and Journal.

GETTING STARTED WITH EXERCISE

1. Start by talking with your doctor — this is very important if you haven't exercised or been active in quite a while, if you have health problems or if you are pregnant.

2. Start out slowly. Slow and steady wins the race! If you have not been active, you cannot expect to run a marathon after a few weeks of training. Begin with a 10-minute period of light exercise or a brisk walk several times a week. Gradually increase your intensity and length of time.

3. You can "sneak" additional exercise into your day by:

- Taking the stairs instead of the elevator
- Going for a walk during a coffee break or lunch
- Walk part of the way to work, if possible
- Do housework at a fast pace (regular housework doesn't count)
- Rake leaves and do other yard work
- What other ideas do you have?

4. Sticking with it is what counts! Here are ideas to help you find an exercise program you can and will stick with:

- Choose something you like to do. Make sure it suits you physically as well. For example, swimming is easier on joints, especially on arthritic joints.
- Get an exercise buddy. Exercising with someone else can make it more fun and can also help you to keep your commitment.
- Vary your routine. You are less likely to get bored or injured if you will change your routine. Walk one day, bicycle the next.

Consider other activities like aerobics or racquet sports.

- Choose a good time of the day. What time of the day, if you have a choice, do you have more energy? Are you a "morning" person? An "evening" person? Don't work out too soon after eating. Take into account the temperature outside if you are going to exercise outdoors.
- Don't get discouraged. It can take weeks, sometimes months, before you really begin to notice some of the changes from exercise.
- Get a pedometer or a Fitbit. It will be a challenge to use a pedometer and see how much you are walking each day — even during the course of a normal day — and then challenge yourself to increase that amount over the course of time. It helps to make you very aware of movement. You can track and sync your Fitbit to your tlsSlim.com website!
- Make exercise fun. Read, listen to music or you can even watch TV while riding a stationary bicycle. Find fun things to do — like taking a good walk through a zoo. Take dancing lessons. Go dancing! Take lessons and learn how to play tennis.

5. Make exercise part of your normal routine.

- Stick to a regular time each day so that it becomes a habit
- Create an exercise daily/weekly program — including both aerobic and weight training
- Keep a daily journal of your activities
- Check your progress. Are you walking farther? Faster? Use your pedometer or Fitbit. Are you lifting more weight or adding more exercises into your routine? This keeps you focused AND motivated.
- Hire a personal trainer to write a program out for you. Think about joining a health club, where you will have variety and guidance. Also, sometimes the cost of the membership is a good incentive to show up regularly.

6. Consider the TLSTonalin CLA product. By enhancing lean body mass and reducing overall body fat, this product will really help you and the effects are only enhanced with exercise! Exercise will shape your body. Be sure to schedule it in because you'll love the way it makes you look and feel! Keep up the great work.



EMAIL TO SEND TO CLIENTS FOR 'PLANNING AND DINING OUT' WEEK

This week generally marks the time that you are ready to venture out and frequent your favorite restaurants again. But, keep in mind that when you venture out to these places, you may have to order differently. Almost every restaurant offers healthy options, and they'll only bring you what you order! If you are worried about what you can order, be sure to check the restaurant's website before you arrive. Remember to avoid the bread they bring out first and order a club soda with lime instead of an alcoholic beverage. Keeping the reasons why you want to lose weight or viewing your before picture is a great motivator to stay on track and not feel pressured into eating foods inconsistent with your TLS® menu plan. Most likely you have been planning your weekly meals to ensure you stay on track. Spending a couple of days per week cooking in bulk is a great way to always have food cooked, prepped, chopped and ready to go! A part of prepping may also be planning snacks for when you're on the go or doing errands. When you leave home be sure to always take

water and a snack with you. You never know when you will get delayed. Bringing a TLS Shake with you is always a great and easy option. Some people also keep their TLS supplements in their office and in their home so they won't forget to take them.

For more information on planning and dining out, please read chapter 5 in your TLS Health Guide and Journal and watch the video on tlsSlim.com > Resources > Educational Videos.

TLS is a lifestyle program. Your TLS menu plan allows you to have so much variety and flavor that even if you ate out for every meal, you could still succeed! Keep up the great work and keep continuing to make those healthy choices! Be sure to try some of the great recipes found on tlsSlim.com.



EMAIL TO SEND TO CLIENTS FOR 'NUTRITION' WEEK

As we approach the halfway mark, you've learned so much already! From how to effectively do a detox, to reading labels, supporting your metabolism, the importance of fitting in exercise, dining out, planning ahead and during this all, you've learned about nutrition. However, this week, we get into a bit more information about proteins, carbohydrates, being grain-sensitive, and healthy fats. Nutrition is the foundation of the TLS program and knowledge is power. Without these essential nutrients, your body won't function optimally, so learning about the basics can only add to your success.

You have also learned that your body shouldn't be put last, and putting any weight back on isn't an option with your healthy new lifestyle. At this halfway mark, people are starting to notice and you're feeling great — and that is because of choices you've made and the food you've chosen to eat! Following the TLS lifestyle means you are not "dieting" — this means that you are cooking or ordering out healthy and delicious meals.

People can live the TLS lifestyle for the rest of their lives because they eat a variety of foods and flavors, and never settle for tasteless "diet" foods. Truth be told, you don't need to eat just salads. Many people looking to lose weight feel the only foods they can eat are egg omelets and salad with chicken. Sure, those are healthy, but if someone only eats them, they'll quickly get sick of them. Your old unhealthy favorite meal can easily be transformed to something healthy. You just have to think about it and experiment. Lifestyle eating is the goal here, and learning a bit about nutrition this week is just another notch in your healthy lifestyle belt. Also, don't forget to take your supplements — now is the time to invest in you.

Be sure to watch the "Nutrition" video on tlsSlim.com > Resources > Educational Videos and read chapter 6 in your Health Guide & Journal for more information.



EMAIL TO SEND TO CLIENT FOR 'CREATING HEALTHY HABITS' WEEK

As you sit back and reflect on your weeks since starting your TLS journey, it is easy to wish you did a little better here or added more exercise there. Instead of focusing on the negative, focus on the positive changes you've already made. Those small, manageable changes you made haven't gone unnoticed. The habits you've made can range from remembering to eat breakfast every morning, keeping a water bottle with you at all times or waking up 45 minutes earlier to get your workout in. So, as you reflect on the habits you've created think ahead to some new habits you'd like to create. Challenging yourself and creating sustainable habits will help you live and maintain a healthy TLS lifestyle.

The habits you've created are probably rubbing off on your friends, family and coworkers, too. Look around you and see who else you are inspiring to get healthy. Are your friends ordering healthy foods at restaurants,

too? Are your co-workers walking with you during their lunch break? Are people starting to ask you for tips or asking what supplements you currently use? If the answer is yes, then you have not only improved your health with new healthy habits, but have left your imprint on other people! Many people find that a great way to stay on track is to inspire others as a TLS Coach. There are mentoring programs available should you like to hear more about how you can impact people's lives while owning a business. Since you are already committed to your TLS lifestyle, why not own a business to support it and be able to write-off your wellness? For more information, visit tlsSlim.com > Become a Coach.

To learn more about healthy habits and behaviors, be sure to watch the video on tlsSlim.com > Resources > Educational Videos, and read chapter 7 in your TLS Health Guide & Journal.



EMAIL TO SEND TO CLIENTS FOR BELIEVING IN YOURSELF WEEK

This week generally marks the time that you are ready to venture out. You have heard it all along – YOU ARE WORTH IT! So many people put their career, families, and everyday tasks ahead of themselves. Think of how many times people say they're too busy to journal, or they're too busy to prep their foods? Putting yourself last can lead to a variety of health problems later. If we cannot find time for healthy eating now, we certainly will have to find time for disease later. Life happens, and it is okay to have a busy life, but you should never put yourself last. Believing in yourself and your self-value and health is one of the most important steps in keeping your weight off for good. Plus, when you're healthy, you are setting a positive example for your children, families, friends and co-workers! Knowing that you can, and will, succeed no matter what life throws at you is a great mindset to have. You are stronger than you think you are.

SOME TIPS TO REMEMBER AS YOU GO THROUGH YOUR TLS® JOURNEY ARE:

1. You are worth it. Never settle for less than what YOU want.
2. It is OK to say no to less important things in your life to accomplish what is important to you. People will understand.
3. If you can't change the people around you; change the people around you. Inspire and lead by example. You will be surprised how you can inspire others simply by not giving up, believing in yourself and committing 100 percent.
4. Wake up each day knowing that you can do anything you set your mind to. Nothing is stronger than a made-up mind. Plan ahead also. This can be in terms of food prep, grocery shopping, exercise, or simply relaxation time. People don't plan to fail; they fail to plan.
5. When the going gets tough, remember why you started. Reflect on how far you've come and believe in yourself – because you can AND WILL succeed!



BELIEVING IN YOURSELF.

EMAIL TO SEND TO CLIENTS FOR 'OBSTACLES' WEEK

This may be the one of the most important weeks for you since with life comes obstacles. What have been your obstacles when it comes to eating healthy and staying on track with your TLS® journey? Is it your work? Planning? Grocery shopping? Family? Lack of time to fit in exercise? Craving junk? Not eating enough? Still hungry? Not hungry? Many times, your supplements will help, but have you stopped them or run out and forgot to re-order?

When it comes to obstacles, they are for real. But don't confuse obstacles with excuses. If you come across an obstacle, you can find a way to work through it. It just takes some planning and remembering that you can live healthily and still work, have fun and be with your family.

Perhaps your obstacle is a plateau. A true plateau is a period of no less than four weeks which no weight, no inches and no body fat is lost — if any of these three measurements are continuing to reduce, progress is still being made. As always, the number on the scale is only one out of three reliable indicators of improvement. On the other hand, if you can confirm that you have lost no inches, no body fat and no pounds for a four-week period, then you'll have to ask a few questions:

- Are protein and fiber being incorporated into every meal and snack?
- Are supplements being taken every day?
- Are 8 cups of water being consumed every day?
- Is exercise taking place most days of the week?
- Can all of these things be confirmed from your journal?

If all of these things are in line, it's time to look at other factors like daily stress, lack of sleep, and dietary inconsistencies. If not, it is time to incorporate those things you may have slacked on a bit.

There's no doubt about it: Determination and consistency is what makes results possible. On the other hand, such regimentation and routine has its dark side. It's called boredom, and it can put a halt on progress as easily as anything else by zapping your motivation and making your moments of inspiration fewer and further between.

Luckily, getting a handle on boredom is easy, and is often just as simple as making some changes in the details of your program while retaining the basics. For example, if you find yourself starting to dread your weekly gym visits, try one of these tradeoffs:

- If you typically hit the gym in the evening, try getting up early on a few days and doing your workout then — you'd be surprised at how it puts a shine on the day, knowing the hard part's over!
- If you usually gravitate toward weight machines and cardio equipment, try a low-tech workout that uses only dumbbells, barbells and bodyweight; this feels a lot more like play, and gets the muscles burning and blood pumping just as well.
- If you've been too proud — or paranoid — for exercise classes so far, take the plunge and let someone else design the workout for a change!
- When it comes to your eating, keeping things fresh and exciting is even easier. While your food selection should still come from quality proteins, low-GI carbs and healthy fats, there are limitless flavor possibilities when it comes to individual choices and preparation. Here are a few ideas:
 - If you feel like you've had all the grilled chicken you can handle, take up a protein challenge by making at least one new selection each week from the market.
 - When it comes to spices and seasonings, the list is endless. Read up on recipes, and use cuisine from all cultures to bring new life to your staple foods! tlsSlim.com has many great tasting recipes to choose from.
 - Shop local farmers' markets and let the seasons determine your selections and present new possibilities. Breaking boredom is the practice of using just the right amount of impulsiveness to keep the scenery interesting, all while remaining on the right road.

With the right tools and timing, it's easy to do! Be sure to watch the Overcoming Obstacles video on tlsSlim.com > Resources > Educational Videos, and read chapter 9 in your TLS® Health Guide and Journal.



EMAIL TO SEND TO CLIENT FOR 'MANAGING STRESS' WEEK

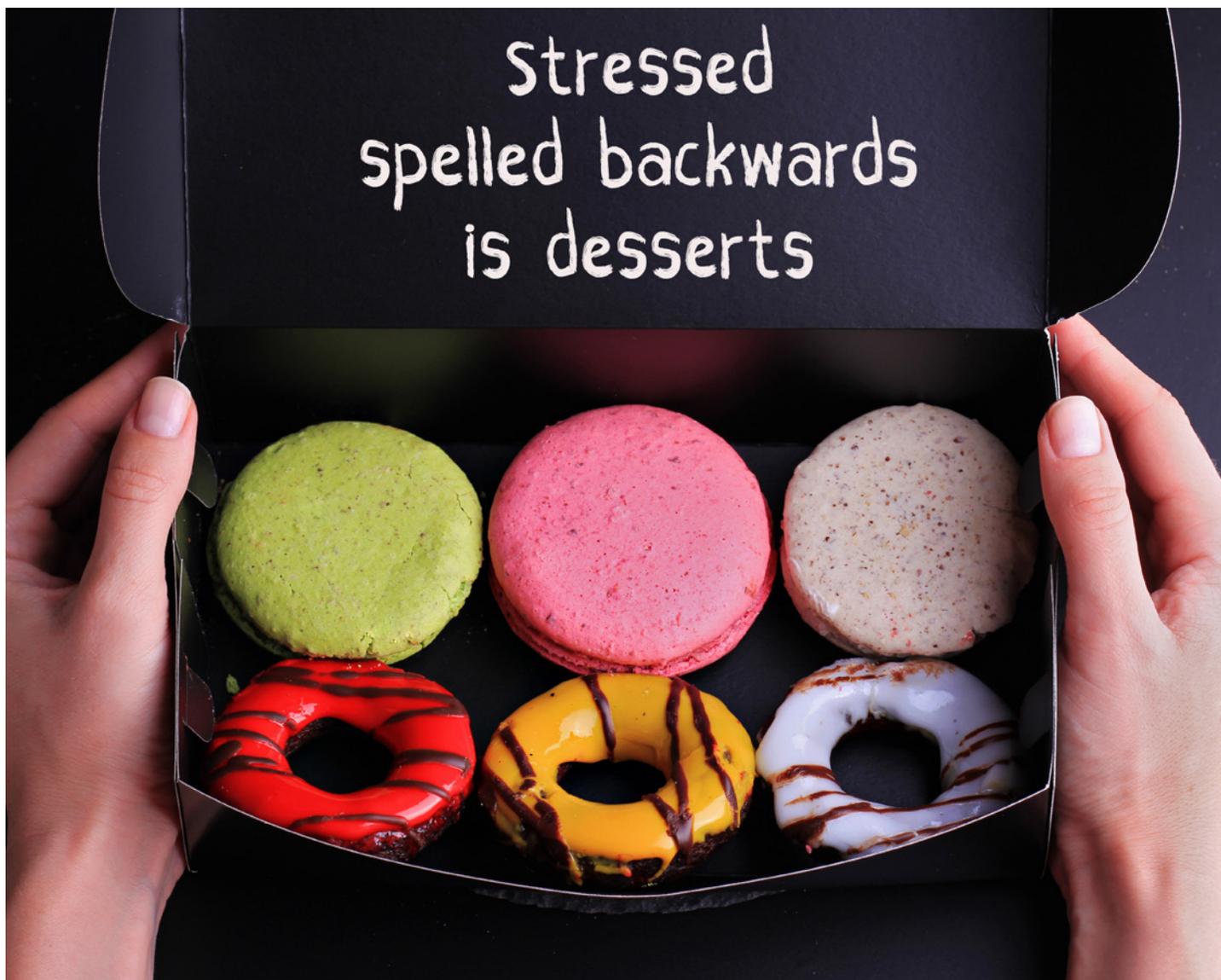
Stress, whether it is physical (being overweight or having inflammation), chemical (taking prescription medications) or emotional (emotional situations), affects different people in different ways. Whether it is pain in your joints from carrying extra weight or craving sugary foods during an emotional time, stress can wreak havoc on your body. Very often, with emotional stress, people crave unhealthy foods such as chocolate, chips, or alcohol. Did you know that STRESSED spelled backwards is DESSERTS? No wonder most people crave chocolate and not spinach when they're stressed out! Unfortunately, whether it is picking unhealthy foods when you're stressed out or not eating at all, your body can store extra fat when you are stressed. Having extra stress in your life can cause your stress hormone, called cortisol, not to be in balance. When cortisol is not balanced, your body can store fat — and unfortunately, it is mostly in the stomach area.

Managing your stress isn't always easy, especially if you are challenged daily. Your body just isn't equipped to handle chronic stress. However, the TLS® ACTS (Adrenal Cortisol Thyroid Stress Support) supplement is formulated with adaptogenic herbs that cannot only help enhance your mood, but help you handle stress without sabotaging your weight loss.

TRY SOME OF THESE TIPS WHEN YOU ARE STRESSED:

1. Exercise. When you exercise, your body releases natural endorphins that help you feel good.
2. Don't forget your TLS ACTS supplement. The herbs in this supplement have a natural calming effect and help support your stress hormones — which can cause you to gain fat, especially around the mid-section.
3. Shut down your mobile devices and social media pages and do something for yourself.
4. Be sure to get your sleep in. Stress may cause you to lose your much needed rest. Keep the room dark and comfortable and if you need some assistance, consider the Isotonix® L-Tryptophan supplement or the Prime Dreamz™ supplement.
5. Find a hobby you like and spend time doing it. Whether it is reading a book, walking your dog, going to the beach, or taking a long shower, these stress-reduction activities can help.

Be sure to read chapter 10 in your TLS Health Guide and Journal and watch the week 10 video on tlsSlim.com > Resources > Educational Videos.



EMAIL TO SEND TO CLIENTS FOR 'ASSESSING RESULTS' WEEK

When you assess your TLS results, be sure to remember how many changes you've made and how far you have come! Those changes you made just a few short weeks ago will now be lifelong habits that you will follow throughout your life. Be proud of where you are at in your journey, but this week, focus on assessing your results from start until now. Reflect back on the goals you set for yourself during your first week on your TLS journey. Were they realistic? If so, have you accomplished the goals up to this point? While some people will hit their goal sooner than others, with consistency and dedication, everyone will achieve their goals with TLS. If you are happy with your TLS progress this far, be proud of the changes you've made. Hitting your goals is so rewarding and you have learned so much about yourself and how strong you really are.

If you thought you would have more success than you are at this point, let's reflect on some basics. First, have you consistently eaten the foods from your TLS menu plan? Have you veered off at all? Have you eaten

the correct amounts of foods and do not skip meals or snacks? Are you exercising? If so, what are you doing and how many days and how long? Which TLS supplements were recommended to you? Which are you currently using? Have you stayed consistent to your supplement regimen? Have you journaled daily? Are you drinking the recommended amounts of water? Are you cheating on foods inconsistent with TLS or drinking alcohol? If you have been consistent, keep up the great work. Be sure to remain consistent and don't go back to your old habits. TLS is a lifestyle. Sure, the beginning may have been a change for you, but with dedication and focus you will improve your body composition and never have to go on another diet again.

If you experienced some bumps along the way, just re-asses your goals and keep going. Never give up. You are worth it. You can't change the past but you can reshape the future. Be sure to read chapter 11 in your TLS Health Guide and Journal, and watch the week 11 video on tlsSlim.com > Resources > Educational Videos.



EMAIL TO SEND TO CLIENTS FOR 'YOUR NEW LIFESTYLE' WEEK

You did it! You have completed your TLS program and are now living your new lifestyle! Whether you are at your goal and will follow a maintenance program or you are still on your journey to achieve your ultimate goal, today is the day to be proud of yourself! When you sign your name on your certificate in the back of your TLS Health Guide and Journal, you should reflect on your journey: the struggles and obstacles you've overcome and the milestones you've achieved! This week is all about you! Celebrate with something you've been waiting for. Perhaps it's that vacation with your family, or a shopping spree since those old clothes may not fit anymore! Just remember never to celebrate with unhealthy foods! Don't reward yourself with foods that were part of the problem in the first place! Be sure to donate all the clothes that no longer fit you. Keeping them is not necessary because you never want to fit in them again. Have them tailored if they are valuable to you — just don't keep them. Be sure to read chapter 12 in your TLS Health Guide and Journal and watch the week 12 video on tlsSlim.com > Resources > Educational Videos.

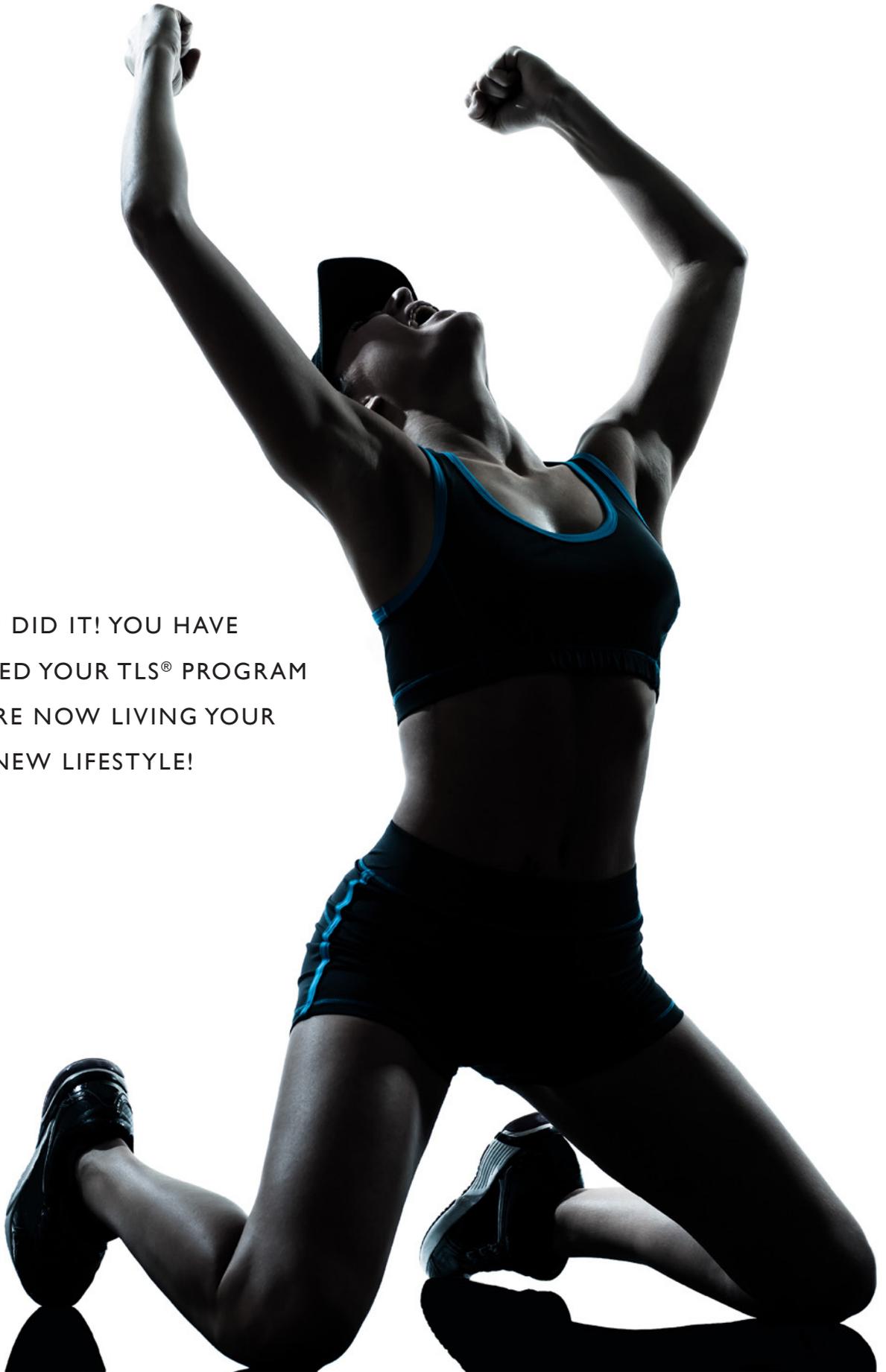
Be sure to take your "after" photos. Compare them to your first pictures. Be sure to keep them to reflect upon and maybe even inspire someone else. Feel free to submit your story to tlsSlim.com > Success Stories.

As you enjoy your new healthier and fit body, remember the education you learned along the way! One of the best ways to not go back to old habits is to continue your journey and get mentored to coach your friends and family. Being a TLS Coach is rewarding in so many ways. For more information, visit www.tlsSlim.com > Become a Coach and talk to your coach!



AS YOUR CLIENTS ENJOY THEIR NEW HEALTHIER AND FIT BODY,
REMINDE THEM, OF THE EDUCATION THEY LEARNED ALONG THE WAY.

YOU DID IT! YOU HAVE
COMPLETED YOUR TLS® PROGRAM
AND ARE NOW LIVING YOUR
NEW LIFESTYLE!



WEEKLY QUESTIONS AND ANSWERS

Pick all or some of these questions to discuss with your clients during your weekly meetings, phone calls or online chats.



Q&A: DETOX

1. Why should you detox before beginning your TLS® lifestyle?
 - Similar to putting new oil into a dirty filter – the new, clean nutrients work better in a clean environment.
2. What is the purpose of detoxing?
 - Start improving your metabolism
 - Help your cravings
 - To allow your taste buds to appreciate the taste and flavors of healthy food
 - Help jump-start your weight loss program
3. What dead foods are we cleansing the body of during detox?
 - Refined grains
 - Starches
 - Sugars
 - Fats

These leave the body nutrient-depleted and feeling tired and hungry, and lead to constant overeating
4. Your _____ system and liver work together to metabolize fat.
 - Digestive
5. What is the colon designed to do?
 - Eliminate toxins and bodily waste
6. What is one of the most serious results of an overworked colon?
 - Toxins and bile sitting around too long – which may cause reabsorption by your body
7. What is one of the most serious results of an overstressed or toxic liver?
 - Liver becomes overloaded and cannot fully metabolize fat — which leads to vitamin deficiencies and poor digestion
8. What suggested food groups are for maximum detox results for the TLS lifestyle and why?
 - Fruits, vegetables, proteins and oils — full of phytonutrients, antioxidants and enzymes to help clean and protect the body while supporting phase 2 detoxification
9. What is the 7-day Detox designed to clean?
 - Your taste buds, your GI and your liver
10. What are the purposes of antioxidants and enzymes?
 - Antioxidants work to combat free radicals in your body that cause damage, disease and illness, and living enzymes found in fresh fruits and vegetables will work to break down the food in your GI tract.
11. What are the primary food groups you should eat from during your TLS detox?
 - Raw vegetables and fruits and lean proteins and oils
12. Why and how much are you limited to?
 - Raw is already in digestive form
 - Unlimited raw vegetables and three fruits per day
 - Two 3-oz. servings of lean proteins
 - Two servings of oils
13. During Detox, why do you need to limit fruits?
 - It takes only three 8-oz. glasses of orange juice to fill your liver glycogen stores. Once the glycogen stores are full – the glycogen cannot be used and is stored as fat somewhere else in the body. During detox week we are trying to use fat as fuel and to clean out storage sites, so eating large amounts of fruit is counterproductive to detoxification.

14. What are some great spices to use during detox to enhance foods?
- Cinnamon, oregano, basil, balsamic vinegar, mustard, Bragg's Liquid Amino Acids
15. What foods should you ABSOLUTELY stay away from during DETOX?
- Caffeine-containing beverages, alcohol, sugar, dairy, soda, artificial sweeteners, JUNK FOOD and caffeinated coffee.
16. What should you continue taking during detox?
- Herbal decaf tea, supplementation and prescriptions
17. What are the 2 kits that help enhance detoxification?
- TLS Detox Kit
 - Complete Detoxification Kit
18. What are some of the potential withdrawal symptoms that you may experience during Detox?
- Tired, headaches, fatigue, cramping, nausea and irritability
19. If you have side effects to the Detox, when and what can you expect to change?
- Within a few days and they should be replaced with ENERGY
20. What & why should you start each day of Detox with this beverage?
- ½ lemon and warm water. As a diuretic, natural detoxification for your gallbladder, minimize GI discomfort and minimize cravings and is a natural alkalizing agent
22. Who should not participate in the DETOX or consult their physician first?
- Women who are pregnant or nursing, and individuals under a physician's care
23. What is included in the NutriClean® 7-Day Cleansing and Detoxification System?
- Fiber Powder
 - HepatoCleanse
 - Release Tablets
24. Why are the release tablets important?
- They help cleanse the colon
 - Help maintain digestive health
 - Help maintain levels of intestinal flora
 - Help relieve occasional constipation
 - Supports healthy nutrient absorption
25. What do the HepatoCleanse capsules contain and what do they do?
- Botanicals and nutrients to support the excretion of toxins in the liver that have accumulated overtime
26. What is the function of the Release Tablets in the blister packet?
- To enhance peristalsis, which is the natural contraction and movement of the digestive tract
28. What should your detox regiment look like if using the NutriClean 7 Day Cleansing System?
- Morning:
 - Isotonix® products (wait 3-5 minutes per product)
 - Drink warm water with ½ fresh squeezed lemon
 - Then the foil encapsulated Release Tablets and 3/4 scoop of Fiber Powder in 8 oz. of water
 - Bedtime:
 - Take contents of clear packet with water
29. What are suggestions if you get hungry during true Vegetable & Fruit Detox?
- Eat MORE Vegetables
 - Drink MORE water, herbal tea and vegetable broth
 - Occupy your time
 - Add NutriClean Fiber between dinner and bed
30. List 3 food groups to avoid during detox?
- Grains
 - Starches
 - Dairy
31. List 7 Points to follow in order to have a successful detox:
- Remember why you want to lose weight and be healthy
 - Eat more vegetables than fruit
 - Don't go hungry
 - Prepare food ahead of time
 - Drink at least eight glasses of water each day
 - Use spices
 - Don't go more than three hours without food while awake
 - Eat breakfast within one hour of waking
34. When are good times to detox in the future?
- When you reach a plateau or seasonally



Q&A: LOW-GLYCEMIC-IMPACT EATING

1. Understanding the glycemic impact of a food affects your _____ and helps you burn _____.
 - Metabolism, fat
2. Eating healthy nutritious foods eliminates highs and lows, gives you more _____ and burns _____.
 - Energy, fat
3. What are some examples of low-glycemic foods?
 - Lean proteins, fruits, vegetables, high-quality fats
4. Stable blood sugar levels will have what benefits?
 - Keep your body balanced
 - Improve energy
 - Improve sleep
 - Improve how you react to stress
5. TLS focuses on low-glycemic-impact eating, which includes both _____ and _____ of foods.
 - Quality, quantity
6. Some foods have a low glycemic index but yet because of the amount you would most likely eating one sitting is considered to have a higher impact on your blood sugar levels. Give an example of such a food:
 - M&Ms
7. Some foods have a higher glycemic index but yet are healthy and have low impact on blood sugar levels because of the AMOUNT you would mostly likely eat in one sitting. Give an example of one such food:
 - Carrots
8. List some of the reasons looking solely at glycemic index is insufficient:
 - Could result in over-consuming total fat and calories
 - Eating insufficient amount of nutrients
9. Does your body need sugar?
 - Yes, each cell needs sugar
10. What hormone does the pancreas release when you eat sugar to transport it into your cells?
 - Insulin
11. What happens when your body consumes more sugar than it needs?
 - Your body will allow the extra sugar to be stored in your liver and muscles in case you need a rush of energy later. However, your liver, muscles and cells can only store so much and then the excess goes to fat
12. Which hormone controls how satisfied or full you feel?
 - Leptin
13. Which hormone tells you that you are hungry?
 - Ghrelin
14. What is it called when you overeat and body cannot tell that it is full until it is too late?
 - Leptin-resistant
15. What three things can leptin resistance cause?
 - Increased blood sugar levels
 - Increased insulin being released
 - Weight gain
16. What is it called when your body's own defense mechanism allows the sugar to kill the cells to prevent further insulin from entering them?
 - Insulin resistance
17. What happens when insulin resistance continues to occur?
 - Blood sugar levels continue to rise
 - Leptin resistance get worse
 - Increased triglycerides
 - Increased cholesterol and blood pressure
 - Eventually, type 2 diabetes
18. With low-glycemic-impact eating not only are your weight loss goals attainable but also your _____ goals.
 - Health
19. With low-glycemic-impact eating:
 - The right amount of foods is eaten for physical activity levels
 - Sugar has a place in your cells
 - Insulin and leptin levels rise and fall in a controlled manner so overeating does not happen
 - You don't have excess sugar or insulin and are healthy and fit glycogen cannot be used and is stored as fat somewhere else in the body. During detox week we are trying to use fat as fuel and to clean out storage sites, so eating large amounts of fruit is counterproductive to detoxification.

Q&A: READING LABELS

1. Name the six areas of a label you should always refer to when living the TLS® lifestyle.
 - Serving size, fats, carbohydrates, fiber, proteins, ingredients
 2. What is the focus of TLS?
 - Low Glycemic Impact Eating
 3. What is the recommended amount of portion size to be eaten on a label called?
 - Serving size
- FATS
4. What are the four fats listed on labels that make up the total fat?
 - Saturated, monounsaturated, polyunsaturated, trans fats
 5. Which part of the label do we skip over when following TLS?
 - Calories
 6. Why should we avoid nonfat foods?
 - Because they can contain more sugar
 7. For a food to be low fat it must be less than how many grams of fat per serving?
 - Less than 3 grams

8. However, according to TLS and low-glycemic impact eating, how many grams of total fat do we recommend per serving?

- 5 or less except for the healthy fats

9. What are some examples of healthy fats?

- Salmon, avocado, nuts, natural nut butters and oils.

CARBOHYDRATES

10. Total carbohydrates listed on the label are made up of what?

- Fiber, sugar, complex carbohydrates, sometimes sugar alcohols and glycerin

11. What is the formula to calculate the Net Carb in a food and what number should you try to limit the net carbs to?

- $\text{TOTAL CARBS} - (\text{less})\text{Dietary Fiber} - (\text{less})\text{Sugar Alcohols} - (\text{less})\text{Glycerin} = \text{NET CARBS}$

12. What does the Net Carb count tell you?

- How much of the carbohydrates you are eating are going to impact your blood sugar levels

13. Ideally, how many net carbs should you have if you were to eat them in a meal?

- Single digit with 0-9 optimal, 10 or more is high

14. Which type of carbohydrate rarely has a single digit net carbohydrate count?

- Grains

15. Consuming starches or grain foods, even if they are low-GI, can slow your weight loss. If your TLS plan allows you to have low-glycemic starches or grains, how much should you consume?

- Only single servings

16. What are the minimum grams of fiber you should look for on a carbohydrate food label?

- 5 grams of fiber per serving

17. What are the MINIMUM grams of fiber per day recommended for most adults?

- 25 grams of fiber

18. What are the two types of fibers?

- Soluble and insoluble

19. What is the reason we do not need to consume fiber before exercise?

- Because it just leaves the body and does not provide energy

SUGARS

20. What are two types of natural sugars?

- Fructose and lactose

21. Which sugar comes from fruit?

- Fructose

22. Which sugar comes from plain milk products?

- Lactose

23. Our bodies need sugar; every cell requires it. However, many people choose the wrong sugar and consume too much. How many sugars should you consume per serving?

- 5 grams or less of sugar

24. Which food source allows you to consume more than 5 grams of sugar?

- Dairy



25. What should you look for on a dairy label to ensure that your item is lactose sugar only?
- There should not be any additional sugars listed in the ingredients list

PROTEINS

26. What label item is essential for metabolism, building muscle mass, and burning fat?
- Protein
27. What is the recommended portion of protein in the TLS® program?
- 4-6 oz. for women and 6-8 oz. for men, three times a day
28. When reading labels, how many grams of protein is equal to an ounce of protein?
- 7 grams = 1 ounce
29. With TLS we do not have to count grams or measure our food. What is a good way to measure the appropriate serving size of protein?
- The palm of your hand
30. What are good sources of lean protein?
- Lean meats, eggs, and poultry without the skin
31. What is TLS adage for losing weight?
- Protein and fiber at every meal makes losing weight no big deal.

INGREDIENTS

32. Which ingredient is most abundant in a particular food?
- The first listed on the label
33. What are some various forms of sugars that can be in the ingredients list?
- High fructose corn syrup, high maltose corn syrup, brown rice syrup, molasses, cane juice, lactose, dextrose, corn sweetener
34. A good rule of thumb is to avoid food that has any sugar listed in the first _____ ingredients?
- 5
35. Also avoid any kind of foods that have _____ fats in them.
- Trans
36. Trans fats can be listed in the ingredients list as what?
- Hydrogenated oils or partially hydrogenated oils should be avoided

REVIEW

37. What are the three areas to look at on a label?
- Serving size, ingredient list, keeping net carbs in single digits
38. Please list the TLS Fabulous Five:
- 5 grams of fat or less per serving
 - 5 grams of sugar or less per serving except the natural dairy products
 - 5 grams of fiber or more per serving
 - 5 grams of protein or more per serving

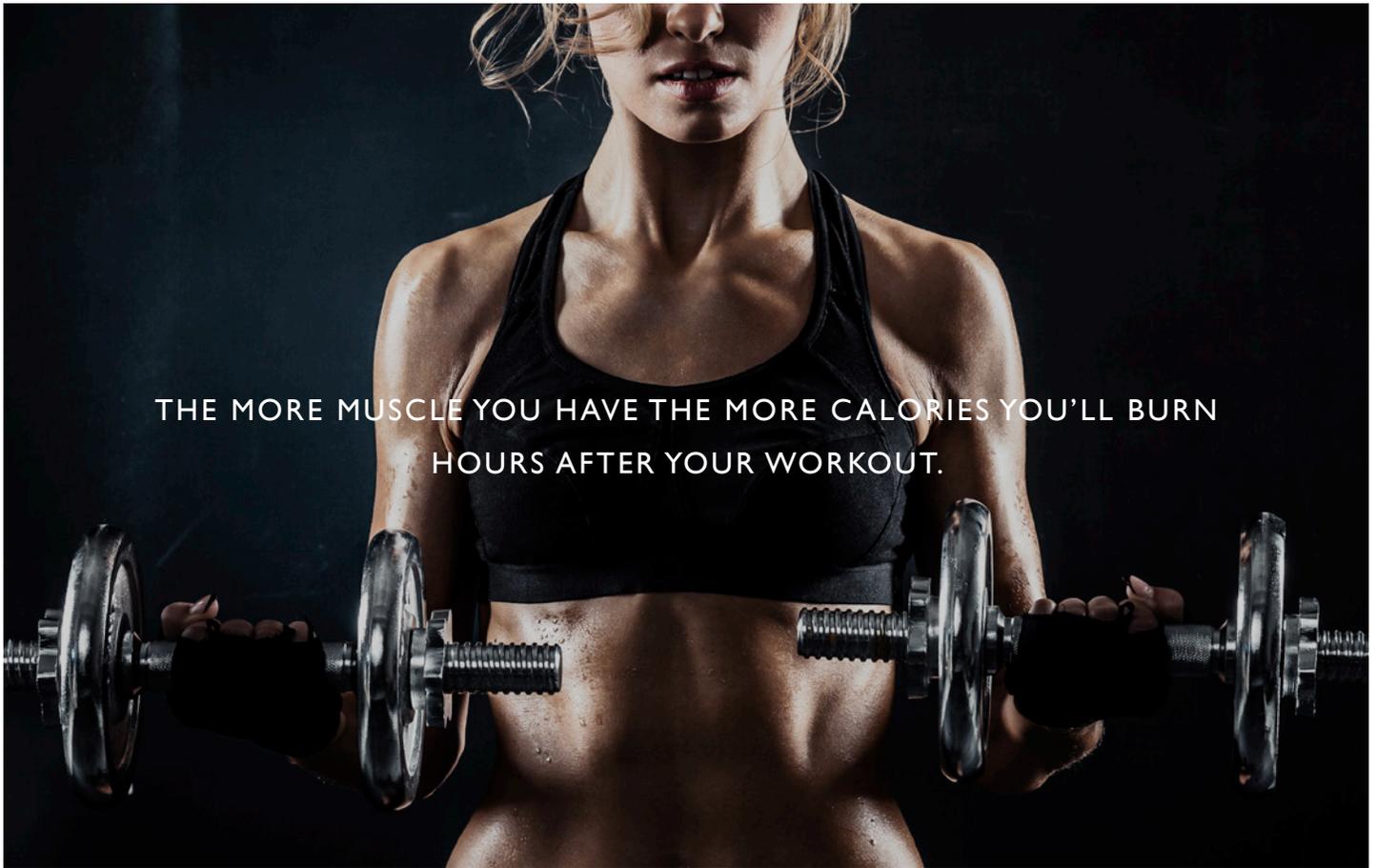
Q&A: IMPROVING METABOLISM

1. Hormones can impact what two things?
- Weight loss and metabolism

2. Your rate of metabolism is affected by what?
- Age, history of dieting, stress levels and genetic makeup
3. What are the three main hormones that can affect your metabolism?
- Leptin, ghrelin, and cortisol
4. What are the two hormone-secreting glands that can affect metabolism?
- Thyroid gland and adrenal gland
5. Which hormone tells you that you need food?
- Ghrelin
6. Which hormone makes you feel full and satisfied?
- Leptin
7. Leptin resistance occurs when you do what?
- Overeat
8. If you have more body fat, you will be more what?
- Leptin resistant
9. Is it possible for your body to heal and become leptin sensitive again instead of leptin resistant?
- Yes
10. Leptin works with which other hormones to help the body figure out how hungry it is and how long it will take to burn off the food you eat?
- Thyroid, cortisol and insulin
11. What is the stress hormone?
- Cortisol
12. What can occur from elevated levels of cortisol from chronic stress?
- Visceral abdominal fat, difficulty sleeping, weak muscles, weakened immune system and bones
13. Having stress can reduce the function of which gland?
- Thyroid
14. Having a reduced thyroid function can cause what?
- Weight gain, dry skin, low energy levels, joint discomfort and mood fluctuations
15. Which glands are located above the kidneys?
- Adrenal
16. What three kinds of stress can affect the adrenal glands?
- Mental, emotional and physical
17. The adrenal glands mobilize your body's response to every kind of stress through hormones that regulate what?
- Energy production, storage, immune function, heart rate, muscle tone
18. What puts you at risk for adrenal fatigue?
- Poor diet, substance abuse, lack of sleep, chronic stress, chronic illness, repeated infections
19. Even if you are eating right and exercising you might not notice any change to your body composition if what gets imbalanced?
- Any hormones which cause stress to the body



20. TLS® uses a four-pronged approach. What are the four prongs?
- Low-glycemic eating, improving body composition with exercise, appropriate TLS supplementation and education
21. What is one of the biggest mistakes people make when following TLS?
- Not eating enough
22. If you do not consume the proper amount of nutrients it will send your body into what mode?
- Survival mode a.k.a. fat storage mode
23. Why are diet sodas not helpful for losing weight?
- Do not trigger a feeling of fullness like food does and contain preservatives and chemicals
24. What kind of training will increase your weight loss because your body will experience an increased metabolic rate for up to 24 hours after the workout?
- High-intensity training
25. High-intensity workouts also increase the levels of which two hormones that target specific receptors that are on the fat cells to increase fat loss?
- Epinephrine and noradrenalin
26. Taking what kind of supplementation can help you achieve your weight loss goals?
- Scientifically based
27. Name several TLS CORE benefits:
- Helps to slow down the absorption of carbohydrates into the blood stream, supports leptin sensitivity to tell us we are full and also decreases cravings, helps maintain blood sugar control, helps stored fat be broken down to be used as energy
28. TLS ACTS stands for what?
- Adrenal, cortisol, thyroid, stress
29. ACTS is an adaptogen which helps the body do what?
- Appropriately respond to stress
30. Name several benefits of TLS ACTS.
- Impacts hormones affected by stress
 - Helps body adapt to stress
 - May help reduce occasional fatigue associated with stress
 - May help minimize certain stress-related issues like weight gain and sleep difficulties
 - Helps to reduce stress placed on the adrenals helping decrease the possibility of adrenal fatigue
 - May help support normal thyroid function, helps promote healthy levels of cortisol
 - Helps maintain healthy levels of serotonin and dopamine
 - Helps enhance and stabilize mood
 - Helps stabilize emotional responses to stress
 - Promotes relaxation without drowsiness
 - Improves mental clarity
31. What does the TLS product CLA stand for?
- Conjugated linoleic acid
32. What are some benefits of Tonalin CLA.
- Helps promote lean muscle mass
 - Helps decrease amount of fat stored in the body
 - Reduction in overall body fat
 - Decrease in the amount of fat stored in the body
 - Targets stubborn belly fat
 - Utilizes body fat as fuel
 - Redistributes fat to fat-burning muscle tissues
33. TLS Green Coffee plus Garcinia Cambogia contains what patented ingredient which makes it superior to competitors?
- Svetol, the most researched brand of green coffee extract
34. List some of the benefits of TLS Green Coffee plus Garcinia Cambogia.
- Helps promote fat loss by utilizing stored fat as energy
 - Helps blood sugar control
35. Name some of the benefits of TLS Thermochrome with Advantra Z.
- Naturally caffeinated to increase energy
 - Promotes increase of metabolism and breakdown of fat
 - Promotes weight loss
 - Helps maintain normal blood sugar levels
 - May suppress appetite
 - Promotes thermogenesis



THE MORE MUSCLE YOU HAVE THE MORE CALORIES YOU'LL BURN
HOURS AFTER YOUR WORKOUT.

Q&A: EXERCISE

1. True or false: You can out-exercise a bad diet.
 - False
2. What are the types of exercise to incorporate in your daily exercise routine?
 - 1. Cardio, 2. Resistance Training (Strength or Weight Training), 3. Stretching (flexibility)
3. True or False: A combination of aerobic and resistance or weight training can burn more fat and calories.
 - True
4. What will aerobic exercise help do for your health?
 - Reduce the risk of cardiovascular disease, prevent the onset of diabetes, help with stress.
5. If you do not refuel your body after vigorous exercise your body will start to break down _____ to use as fuel?
 - Muscle
6. Why is it important to keep or build lean muscle mass through exercise?
 - The more muscle you have the more calories you'll burn hours after your workout. This is called after burn.
7. How does resistance training (weight training) benefit you?
 - Improves your appearance, decreases joint pain, strengthens your bones, increases coordination and balance, prevents loss of your body mass while aging, prevents injuries, strengthens your heart muscles
8. What factors will help you choose an exercise routine that will work best for you?
 - What do you like to do?
 - What worked well for you in the past?
 - When did you last work out regularly?
 - What was your fitness level then?
 - What is your fitness level now?
9. What time of day is best to exercise?
 - Any time that you can schedule it in!
10. What are some ways you could incorporate movement into your day?
 - Take the stairs, park farther away, walk, walk to a co-worker's desk instead of using email, carry a grocery basket instead of a wheeled cart
11. What is 20/20/20?
 - While watching TV during commercials, do 20 reps each: 20 push-ups, 20 sit-ups, 20 squats, 20 jumping jacks — pick exercises you like.
12. What else could motivate you?
 - Get a partner or buddy to exercise together!

Q&A: PLANNING AND DINING OUT

1. Will you ever be able to eat out again?
 - Absolutely!

2. Will you be able to stay on track while traveling or going out to eat?

- Yes, with planning!

3. What are some things you can do to support your healthy choices when dining out?

- Choose what you will eat before going out by checking the internet for a menu
- Plan ahead
- Drink a TLS® Shake before going out — 18 grams of fiber
- Enter with the mindset that you will order a lean protein with a veggie
- Order a healthy appetizer instead of sharing an unhealthy one
- Order first out of the group before everyone else to avoid them influencing your choice — you may influence their choices instead
- Remember your goals and why you started on this journey
- Remember you have a choice

4. What are some snacks for emergencies you could have ready?

- Whey protein shake
- Choice bars
- Almonds
- Apple
- Snack bags
- Cooler in car for emergency foods

5. When it comes to dessert ask yourself, “Do I really want it? Do I really need it? Am I in control? “What is the “three-bite rule”?”

- First and last bites are the best, and the middle is mindless eating.

6. Why is alcohol metabolized differently than other food and beverages?

- Because it absorbs faster and is processed before other foods in the liver
- Carbs and sugar in alcohol are changed into body fat for permanent fat storage

7. What are the other reasons I would want to avoid alcohol while getting to my goal?

- Wreaks havoc on metabolism
- Inhibitions lowered so you make poor choices

c. Sleep, appetite and health are adversely affected by alcohol

d. Liver has to work harder to detox

e. Dehydration

Q&A: NUTRITION

1. List four important varieties of food groups that we should eat?

- Proteins, carbs, fiber and fat.

CARBS

2. What is your main source of energy?

- Carbohydrates

3. What do carbohydrates dictate?

- Energy, Mental alertness, how full you feel.

4. Are carbs good or bad for you?

- Both

5. Where do we get our good types of carbohydrates?

- Plant foods that deliver nutrients and fiber to our body. Vegetables, fruits, beans, whole grains

6. What are the bad carbohydrates?

- Processed grains like white bread, other grains, processed foods, and starches that contain little fiber and nutrients

7. Where should you get the fuel your body needs from carbohydrates?

- Fruits and vegetables

GRAINS

8. What are the three major types of grains?

- Whole grains, refined grains, enriched grains

9. What happens to refined grains?

- Finer texture, prolongs their shelf life, removes important nutrients such as fiber and iron, increases the glycemic index

10. How do you know if a grain has been refined?

- Cracked, crushed, rolled, extruded and cooked





11. What does enriched mean?

- Some of the nutrients were lost in the processing so they had to be added back in. B vitamins are added back in but fiber is not added back in.

12. What are some grain products?

- Wheat, rice, oats, corn meal, barley, any other cereal, breads, pasta, oatmeal, breakfast cereals, certain alcohols, tortillas. Whole grains are preferable to refined or enriched grains. More vitamins like E, B, and folic acid. And rich in fiber; lowering the GI index.

13. What words do NOT indicate whole grains?

- Multigrain, 100% wheat, seven-grain, stone-ground, bran or cracked wheat.

14. Can whole grains impair your weight loss goals?

- Yes; some people have issues with grains, even the quality ones

15. What is a major symptom of grain sensitivity (carb sensitivity)?

- Excess of insulin and glucose in the body. Can have when you have yo-yo dieted. Retain water easily, especially around the mid-section. Fluid retention and inflammation, belly swelling, hand swelling, fatigue, bloating.

16. What is an easy way to find out if you are grain sensitive?

- Measure your waist. Go three days eating only lean meats and veggies. Measure waist again. If you see a reduction: it is safe to say you are grain sensitive. Carbs may not be your best friend.

17. What are symptoms of gluten sensitivity?

- Fatigue, depression, abdominal and bowel complaints, joint aches, bone pain

18. True or False: Gluten sensitivity has been linked to Celiac but is it the same as Celiac Disease.

- False

19. How long can it take to notice sensitivity to wheat?

- Can take up to a couple of days. It is an immune-related response.

20. When and if you consider adding grains back into your diet what grains should you consider first?

- Gluten free, wheat free grains like quinoa. BE SURE TO JOURNAL the next 24-48 hours. Then introduce barley and rye, which are wheat free. Then lastly introduce wheat products. Each introduction should take one to two weeks.

21. What can you use to help your body metabolize grains more efficiently?

- TLS® CORE and exercise.

FIBER

22. The average person consumes how many fiber grams daily?

- Less than 10 grams

23. How many grams of fiber per day are recommended for most adults?

- 25-35 grams

24. What are some benefits of fiber?

- Helps you feel full longer and helps with your digestive tract. Moves your stool and harmful carcinogens. Without fiber you feel constipated and sluggish. Can decrease your risk of colon cancer.

PROTEINS

25. What are proteins important for?

- Your metabolism, increasing muscle mass, recovery after a workout, injury and illness.

26. Antibodies are proteins that help protect your body from?

- Disease and illness

27. What will happen to your body without proteins?

- Your blood sugar will drop! You will feel tired, you will become malnourished and your metabolism will be affected.

28. Protein and fiber equals?
- Feeling more full longer and burn more calories
29. What are examples of complete proteins?
- Meats, poultry and fish, milk, and cheese
30. What are examples of complimentary proteins?
- Nuts, bean and tofu
31. What percentage of your diet should include protein?
- 12-week study showed dieters who increase protein to 30 percent of their diet lost 11 lbs. more than dieters that didn't consume more protein.

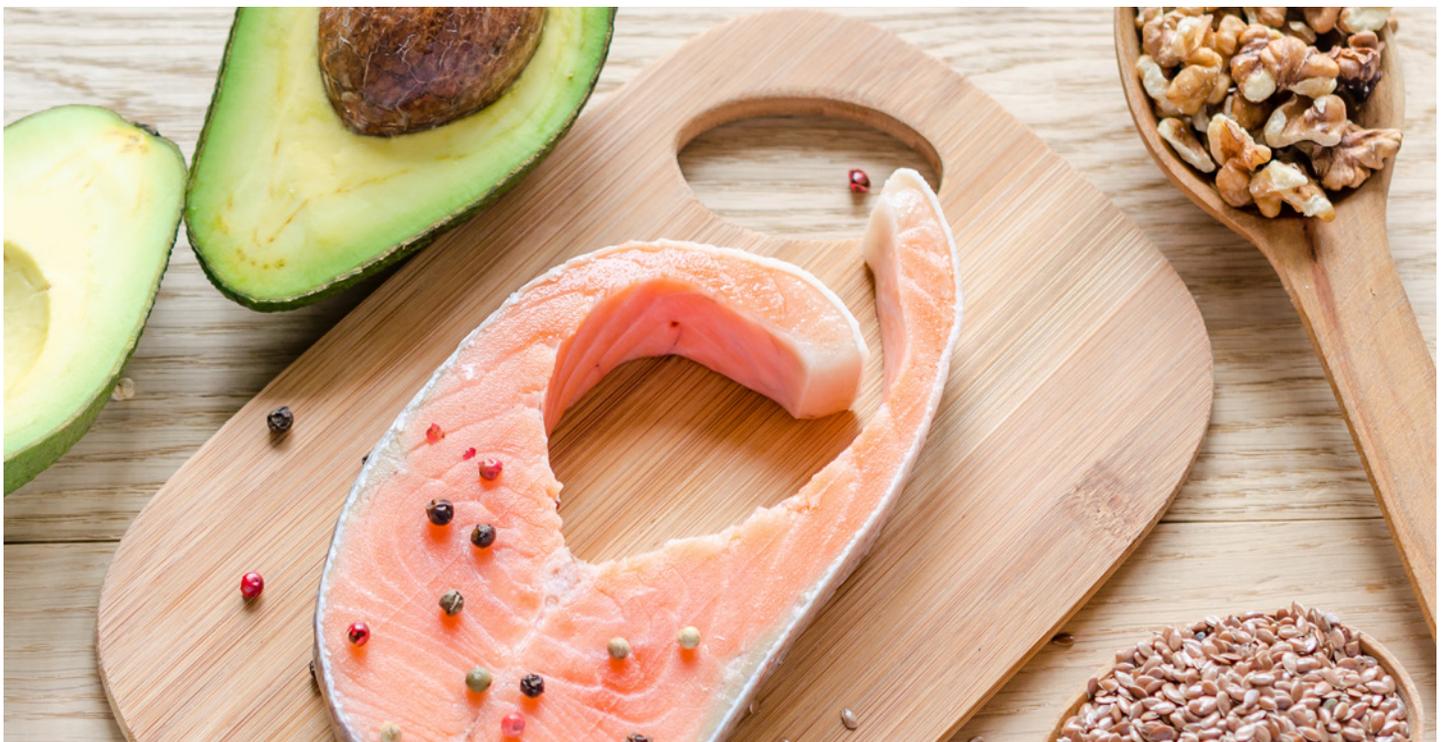
FATS

32. What are the four classification of fats on food labels?
- Saturated, monounsaturated, polyunsaturated and trans fats
33. What fats are solid at room temperature?
- Saturated
34. In what foods are saturated fats typically found?
- Meats, dairy and processed foods
35. Which fats are liquid at room temperature?
- Unsaturated fats – monounsaturated and polyunsaturated
36. What are samples of polyunsaturated fats?
- Omega 3 and Omega 6
37. What TLS® product promotes muscle and reduces body fat?
- CLA
38. Where are mono-unsaturated fats (the best fats of all) found?
- Salmon, avocado, olive oil
 - nuts and seeds

39. What are the unhealthiest, most damaging fats?
- Trans fats, hydrogenated oils
 - partially hydrogenated oils
40. Why do manufacturers hydrogenate fats and use them?
- They are added to keep foods moist, to maintain their form and to keep them shelf-stable for long periods of time
41. Why are trans fats so damaging to the body?
- They lower good cholesterol and contribute to heart disease and cardiovascular problems

Q&A: CREATING HEALTHY HABITS

1. What do habits do?
- Make you who you are
2. The key to controlling habits is?
- Controlling the unhealthy ones
3. What do habits begin with?
- They begin with a number of beliefs
4. Weight control is all about what?
- Creating the number of beliefs you live with
5. Incorporating small changes = Healthy lifestyles that will lead you to what?
- Your goals
6. What are two healthy habits that will improve your lifestyle?
1. Improving your nutritional behaviors
 2. Sustaining consistent exercise
7. How many days does it take to create a new habit?
- 21 days





LIFE HAPPENS, AND IT IS OKAY TO
 HAVE A BUSY LIFE, BUT YOU SHOULD
 NEVER PUT YOURSELF LAST.

- 8. What does it take to make this change?
 - Consistent effort
- 9. What is an example of consistent effort?
 - Going to the gym every day for the first 30 days
- 10. What three consistencies create a habit?
 - a. Same time of day
 - b. Same place
 - c. Same circumstances
- 11. A short ritual you perform before a habit creates a trigger. What is an example of a trigger?
 - Putting your cap on when it's time to go to the gym
- 12. When making new habits, replacing lost items can be referred to as bait and switch. What is an example of that?
 - Replace soda with carbonated water
- 13. When creating healthy habits look for progress, not perfection. What word creates a change of thought?
 - BUT – I don't like veggies BUT I know they will make me healthy.
- 14. What does writing down your new healthier behaviors do?
 - They define clarity, what the change means to you
 - Keeps you committed
- 15. Who should you spend more time with?
 - Good, successful role models — birds of a feather flock together
 - If you can't change your friends, change your friends
 - Be aware of your surroundings and what influences you
- 16. Steering your new habits will help you achieve what?
 - Your goals
- 17. How can you leverage yourself?
 - By making a commitment and giving someone \$100 that you get back when you have stayed committed

- 18. What is another way of being leveraged?
 - By making a public commitment
- 19. Reward yourself with what kind?
 - A healthy reward
- 20. YOU can do anything you set you what to?
 - Your mind
- 21. YOU have the power to what?
 - Change
- 22. What is the best way to keep track of your goals?
 - Write them down on paper
- 23. Who has the power to make change in your life?
 - YOU

Q&A: BELIEVING IN YOURSELF

- 1. Think of everything you have overcome in life.
 - The human brain allows us to what? Move on
- 2. Many times people have a difficult time moving on with what?
 - Weight loss
- 3. What do you have to learn to do?
 - Believe in yourself
- 4. What does overcoming obstacles help you become?
 - Stronger
- 5. What happens when you begin to believe that your children, spouse or job are more important than yourself?
 - You do not take time for yourself
- 6. You have found TLS® to be realistic and working for your personality, your goals, your needs. By believing in yourself, how do you see yourself today?
 - With a new energetic light

7. What are the benefits of journaling?
- Keeps you in check with your eating
 - You show less distress
 - You feel less depressed
 - You have an overall better mood
8. Journaling also helps you see how strong you really are and how many obstacles you have already overcome. What are some of those obstacles?
- Preparing food
 - Trying to find recipes for entire family
 - Fitting in an exercise routine
9. What are some new things you shouldn't be afraid to try with TLS®?
- Recipes
 - Exercises
 - Clothes
10. What are two examples of ways you can replace negative thoughts with positive thoughts?
- "I will never lose weight" replaced with "I am so excited about my progress"
 - "I can't do it" replaced with "I am proving to myself I can do it"
11. In making short-term and long-term goals for the next six months, what are three areas to include?
- Make a list of reasons you want to be healthy
 - How you look when you are healthy
 - Where you see yourself when you are healthy
12. How often should you read your goals?
- Daily
13. What else could you do to make your weight loss goals desirable?
- Take a picture of yourself and post it on the refrigerator or hang a ribbon to represent the number of inches you have lost
14. Make a list of difficult things in the past that you were able to complete and who believed in you:
- Examples: your college degree/parents, career change/spouse
15. Believing in yourself gives you what benefits?
- Personal growth
 - New friends/acquaintances
 - Explore new territories
 - Create new boundaries
16. When you think about giving up or slowing down, reflect back to WHY you started (see "Why" handout). Share your "why."
- Nothing tastes better than your health. Your future will be bright once your course is set. Remember you are your life's architect. You can design a masterpiece.

Q&A: OVERCOMING OBSTACLES

1. Can you predict all of life's obstacles?
- No
2. Why are your goals important to remember when you encounter an obstacle on your weight loss journey?
- Because they remind you of your "why" and that you want to be healthy and have a fit body
3. Change takes what?
- Action
4. What are some of the obstacles that you will have to overcome?
- I don't have time to cook
 - I don't like to sweat
 - The rest of my family would never eat that
 - Procrastination (I'll start on Monday)
5. Obstacles can turn into what?
- Opportunities for success



JUST BE SURE TO NOT
CONFUSE OBSTACLES WITH
EXCUSES. IF YOU COME ACROSS AN
OBSTACLE, YOU CAN FIND A WAY
TO WORK THROUGH IT.



6. What is the key to success?
 - Consistency
7. If you experience boredom, evaluate your journal to determine the cause. What are some ways to overcome the boredom?
 - Eliminate what is causing the boredom
 - Change it up: new recipes, go to the farmer's market
 - Do it anyway and realize it is good for your health
 - Work out with a buddy
8. What does food do for us?
 - Provides us energy to operate and function
9. Does the quality of the food have anything to do with the quality of body function?
 - Yes
10. What are some weekend obstacles?
 - Family celebration
 - Weddings
 - Graduation parties
11. What are some steps to take to overcome a setback/weekend obstacle?
 - Own your error: Admit it, avoid making bad habits your habit
 - Reflect back to your journal: Why did you fall off track, what triggered it
 - Fail proof your environment: Take your supplements, a shake before a party, order first
 - Choose the right influences
 - Forgive yourself
12. What are some examples of friendly enemy comments?
 - They are worried about you
 - You are losing too much weight
 - Let's go out for a drink
 - Don't you want seconds? I made it especially for you
13. What are some strategies you can do with those friendly enemies to gain support?
 - Sit down with them and let them know what this means to you and that you expect their support
 - Reassure them that your relationship with them will not change
14. What can you do if you cannot change the people around you?
 - CHANGE the people around you
15. Setbacks and detours should be viewed as what?
 - Challenges, a natural part of progress, an opportunity to grow
16. Overcoming your setbacks leads to what?
 - True strength
 - Character
 - Discipline
 - Determination
17. What is the biggest motivational killer there is?
 - Plateau
18. What are the signs of a true plateau?
 - Four consecutive weeks with:
 - No weight lost
 - No inches lost
 - No body fat lost
19. We should be focused on what two things instead of weight loss?
 - Inches and body fat
20. What are five suggestions to help you break through a plateau?
 - Journal. Are you paying attention to what you are eating?
 - Supplement. Are you using the TLS supplements on a regular basis?
 - Exercise. Are you exercising? You might need to increase intensity.
 - Detox. The TLS detox is recommended two to four times a year
 - Take inventory of other causes. Stress? Medication? Lack of sleep?



THOSE CHANGES YOU MADE JUST A FEW SHORT WEEKS AGO WILL NOW BE
LIFELONG HABITS THAT YOU WILL FOLLOW THROUGHOUT YOUR LIFE.

Q&A: MANAGING STRESS

1. Stress can affect your weight loss. Mostly due to a hormone called:
 - Cortisol
2. Chronic stress can lead to:
 - Adrenal fatigue, weight gain, increased fat, fluctuations of blood sugar levels
3. What are the three types of stress?
 - Emotional, physical, chemical
4. True or False: If you eat healthy during stressful times, there's no way you'll gain weight.
 - False
5. List ways to manage stress:
 - Journaling, don't skip breakfast, exercise, identify your stress foods and keep them out of the home or office, meditate, TLS ACTS, music, get adequate sleep, ask for support from a friend
6. What does the TLS ACTS product stand for?
 - Adrenal Cortisol Thyroid Stress Support Formula

Q&A: ASSESSING RESULTS

1. What are ways to assess your results?
 - Energy, waist, fat, clothing, emotions, skin
2. What are some things to do to assess your results if you haven't met your goal?
 - Have you drunk all your water daily? Have you journaled? Used all recommended supplements? Eaten enough? Not skipped meals? Exercised? Eaten a variety?
3. You should do what until you reach your goals?
 - Journal
4. What are some components to assess your wellness?
 - Energy level — do you have sustained energy all day? What's your stress level most days of the week? Quality of sleep — are you tossing and turning? Self-esteem — do you feel confident?

A woman with her hair in a bun, wearing a grey long-sleeved shirt and black leggings, is in a starting crouch on a paved surface. She is wearing white earbuds. The background shows a railing and a cloudy sky. A semi-transparent blue rectangle is overlaid on the center of the image, containing white text.

CREATE YOUR OWN
SUCCESS

TLS COACHES GUIDE

 TLS WEIGHT LOSS
SOLUTION