

Recommended For Weight Loss:

- D3 & K2
- Hibiscus Tea
- Dr. BioCare
- Moringa
- Magnesium
- Saffron
- Nello SuperCalm
- In a 30 oz cup add Nello Supercalm to Hibiscus Teato taste. I make 12 oz of tea and add water to fill the cup. Be sure to drink all the tea AND 12 oz of water (at least) daily. Recommend ending intake of soda all together. Just drink this tea or water.
- Take the above supplements daily
- Walk everyday: recommend 6000 steps daily to start - wear a pedometer to stay accountable