

LEANING IN TO THE VITALITI ZIPPI

www.vitalitiwellness.com

We know many of you are super excited to get started with your Zippi Cleanse!

So, as a warm-up, here are some principles and tips to give you something to "Lean Into" over the next few days.

All of this information (and much more) is also in the Zippi Materials.

We review the Zippi protocols on Module One and Module Two of the Audio Modules available with your materials.

(See the schedule in your registration details).

Preparing Your Home

Research shows that when we create mental images of, or make eye contact with, favorite foods, beverages, restaurants signs, etc., we actually wear down our will power and make it much harder to control our cravings.

So, get ahead of the game by cleaning out your home and your office of any foods, beverages, menus, etc. that you find irresistible and that in any way "call out your name." Be sure that all non-Cleanse worthy food is out of your eye contact and reach. Do not waste your willpower obsessing about things that you will not be eating or drinking. Get it out of sight and out of mind.

If you can, enlist family members or co-workers to do the Zippi 14-Day program with you. This makes it so much easier! We have a Family Member Discount for the second ticket in the same household.

Fill your pantry, fridge, and freezer with whole foods (salad mixes, frozen veggies, clean / lean proteins, etc.), Zippi "Easy Buttons" (listed below) and Cleanse worthy beverages.

THE ZIPPI PRINCIPLES IN ACTION

LESS OF THIS: *Reduce to Eliminate:*

- coffee (substitute Arbonne Fizz Sticks, and caffeinated teas – best choice is organic green tea),
- soda (regular and diet)
- fruit juices
- alcohol
- red meats (including pork): reduce portion sizes of any animal products consumed and limit to only cage-free, free range, wild (see guidelines in Food Resource table in Zippi Materials)
- wheat protein, gluten, found in bread and many other products
- dairy – cheese, yogurt, milk, butter etc.
- vinegar, including sauces or spreads that contain vinegar like mustard and some salsas
- processed foods, including all snack foods
- sugar, including dressings and sauces that contain sugar in any of its forms (fructose, honey, etc.)
- fake sugars (Splenda, sucralose, NutraSweet, aspartame, saccharine),
- peanuts

- processed soy products (soy milk, soy bars, soy protein powders, soy fake meats, etc.).
- high glycemic load fruits except for as part of your Recovery Drink after a workout

MORE OF THAT: LEAN into the following habits (follow as much as you can):

- Eat more Low-Carb Veggies in every meal (think greens, salad veggies, broccoli, cauliflower, zucchini, etc.)
- Have small servings of Starchy Carbs like sweet potatoes, brown rice, quinoa or low glycemic load fruits like berries or green apples (See Zippi Portion Guide - generally 1/4 cup for women and 1/2 cup for men).
- Incorporate small amounts of raw vegan healthy fats in each meal, but don't cook with them. Portion sizes: 1 serving=5 grams of fat; approximately 1 Tbsp raw nuts/seeds; 1/4 avocado; 1-2 tsp nut butter; 1 tsp oil (better to choose whole foods over oil for fats)
- Drink more liquids: shoot for 1/2 your body weight in ounces of water and approved Cleanse worthy beverages, teas, etc. in between meals. Focus on increasing your consumption of PaleoGreens.
- Change the timing of your eating: Eat only every 4-6 hours and do not snack in between meals. Have your first meal within an hour of waking up (unless you are working out in the morning) and finish eating dinner by 7 pm.
- Notice how you are eating: be as conscious as possible during your meals; sit down and pay full attention to the experience of eating (no TV, working, reading, driving etc. when possible)
- Start to go to bed earlier. "Lean in" to being in bed by 10 pm.

Get Prepared, Organized and Accountable:

- Find an outfit that does not fit right now (particularly in the waist). Try it on and make notes.
- Buy a digital scale that gives you a consistent measurement.
- Weigh yourself immediately so that you have a starting weight (first morning weight is always the best for consistency). During The Zippi Accelerated 14-Day Cleanse, we suggest you weigh yourself once per week.
- Take circumference measurements (see Weekly Measurement Tracker in your Zippi Materials: smallest point on your waist, belly button, and 2-inches below belly button).
- Take some starting photos now (front, back and sides).

Start writing down everything you eat or drink and the time; also note your exercise and sleep

- Below, you'll find more information about optional "Easy Button" Products you can order as well as some helpful questions to start getting your thinking on track.-----

"Easy Button" PRODUCTS USED on the 14-DAY ZIPPI CLEANSE

Please find below a discussion of the recommended (yet optional) supplement products to accompany the Vitaliti Zippi Program. All the details are below. These are discussed in the Online Modules for more information and are referenced in your materials.

We suggest ordering these products now if you would like to have them on-hand for when you begin the Zippi Program.

RECOMMENDED PRODUCTS

Below is a list of **RECOMMENDED PRODUCTS** by Designs for Health that we suggest using on the Vitaliti 14-Day Zippi Program. We find that these high quality supplement products are often used by clients who want to maximize their results. Please note, however, you can choose to use them or you can do the Program using only natural, whole foods.

WHY DO WE USE SUPPLEMENT PRODUCTS?

There are a few reasons why we recommend these particular supplements on the Zippi Program.

They are designed to accelerate weight loss, assist in detoxification, accelerate results (including energy increase and an enhancement in mental clarity, among others) and help enable your body to “reset” its metabolism to a more effective level.

The other key reason is they can make life a lot easier! In fact, we like to refer to them as our “Easy Buttons” since they’re packed with all kinds of nutrition in a quick and easy to use format so that mealtime preparation is fast and simple.

DESCRIPTIONS OF RECOMMENDED PRODUCTS

We recommend using the following list of nutritional supplements by Designs for Health as part of the 14-Day Zippi Program. These products are discussed in more detail on the Audio Call Modules as well as in your materials.

* 1-canister of PurePea Vanilla protein powder - A natural pea protein that offers a high level of functionality and nutritional benefits as a true vegan protein with high bioavailability and excellent digestibility.

* 1-canister of PaleoFiber unflavored powder - The ultimate comprehensive fiber that contains 12 different types of fiber and none of the allergenic proteins or harsh, irritating components commonly found in other fiber products. Designed with the features of the Paleolithic diet in mind, with which human physiology may be most adapted. PaleoFiber™ could be a useful tool to help support proper weight management, glucose levels, and lipid levels.

* 1-canister of PaleoCleanse powder – Helps the liver to reset the body’s metabolism. This is a rice protein powder containing nutrients and herbs that fuel detoxification and promote optimal liver function. Contains a full multivitamin/mineral and antioxidant complex. The liver is the key organ in detoxification and fat metabolism.

* 1-bottle ColonRx - Uses two proven ingredients and can be used for short periods of time as a fast acting mild laxative for occasional constipation, or as a daily bowel tonic.

* 1-canister of PaleoGreens, comes in flavors: lemon lime (most people’s favorite), mint or unflavored - Pure freeze-dried alkalizing green drink made from the highest quality green foods including spirulina, chlorella and kale. This product is one of Vitaliti’s favorite “Easy Buttons!” Use it throughout the Zippi Cleanse to get your veggies. Mix it in water or protein shakes (1/2 tsp = 1 serving of vegetables).

* 1-box Detox Support Packs – Recommended for anyone whose had their gall bladder removed, has more than 20 lbs to lose or feels they are “addicted” to some food or beverage item such as sugar, fat, salt, coffee, alcohol etc. (Please give consideration to your personal situation as to whether or not you think you may need Detox Support Packs.)

ORDERING PRODUCTS

All Designs for Health products can be ordered from our website at VitalitiWellness.com under the Nutritional Products tab by clicking on “Shop for Vitaliti Nutritional Products” or by using [this link](#).

For a short time, as is available on our website only, you can get 20% off your order when you use the discount code:
tisum20