

## **THE START CAN BE THE HARDEST**

### **How To Navigate The Initial Days Of A Diet And Ensure Long Term Success**

The start of any new nutrition plan often brings with it an initial period of change.

This period is where your body is transitioning from readily burning carbohydrates as an energy source to primarily burning fat as an energy source.

Did you know that toxins are stored in your fat stores?

When you start burning stored body fat, you also release these stored toxins into the bloodstream?

Once in the bloodstream, these toxins can cause you to experience some side effects below:

- *Headaches*
- *Tiredness*
- *Lethargy*

Don't be concerned... this is common and it is exactly what we want.

Unfortunately, many people will give up in this initial phase and that is why they will never see the amazing results that you are about to see. Giving up is the only way you can fail. **DO NOT GIVE UP!**

Once you get through this initial phase your body will start to respond to your new eating and training in the ways that it is meant to.

After the initial period you can expect to experience:

- Enhanced energy levels,
- Better digestion,
- Improved mental focus and clarity,
- Improved immune system functioning,
- Better sleep,
- Faster fat loss and Improved fitness levels,
- Lean muscle gains with less body-fat.

**DON'T  
GIVE UP!**