

NODITE©Method

The NODIET Method reduces everyday stress due to constant diet; You eat with your family, no special dietary food is necessary.

You are using our NODIET Rules

- Portion control
- Time control
- Food combinations

This way of eating, the easiest way to eat is to get thin and stay lean.

Read through the NODIET Method and your TenaZ NODIET eBook, make sure you follow the rules. Use your TenaZ Products' Food Chart.

If you have any questions or need help, TenaZ is just a WhatsApp away from you!

Change your perception about your weight and diet forever with TenaZ's NODIET Method.

TenaZ Greetings! ❤️