

FLUID

RULES: You are not allowed to drink when you eat. You need to drink ½ an hour before dinner and during dinner and also ½ an hour after eating nothing.

LIQUID CALCULATOR: Your body weight in kilogram divided by ten giving number of glasses of liquid per day! $Kg/10 = \text{glasses fluid per day!}$

CUTTING TIME: You should aim to drink your Liquid during the first 12 hours of your day. But you are allowed to drink after 12 hours too, the reason for this is to improve deep sleep and toilet habits.

HOW TO USE LIQUID ON FOOD CHART:

There are 16 squares on your Food Chart. This is where you tick off your fluids that you use. Please use. one cube per glass of liquid. Use your Food Chart for at least 3 days until you have learned your NODIET Method.

DID YOU KNOW?

WATER – can suppress your appetite, boost your metabolism and make exercise easier and more efficient.

The more water you drink, the faster you will lose weight!

Do you want to look like a SUCCULENT or a WATER LILLY 💧💧

Coffee, Tea and Diet Soft Drinks are allowed. REMEMBER: When you drink Diet Drinks, Soda or Coffee and Tea in the place of Water, your kidneys must first clean the water before the Weight Loss process can begin.

LOSE WEIGHT FASTER WITH PURE WATER.

WATER is like GASOLINE

A car cannot drive without Gasoline. All metabolic processes take place in water. The more water you drink, the easier your car start and drive!

Enjoy your Water! TenaZ Greetings