

5 DAY DROP

A CLOSER LOOK



5 DAY DROP+

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Description

**The 5 Day Drop Plus
is made up of two parts.**

**The first 5 days are designed to
increase the bodies ability to:**

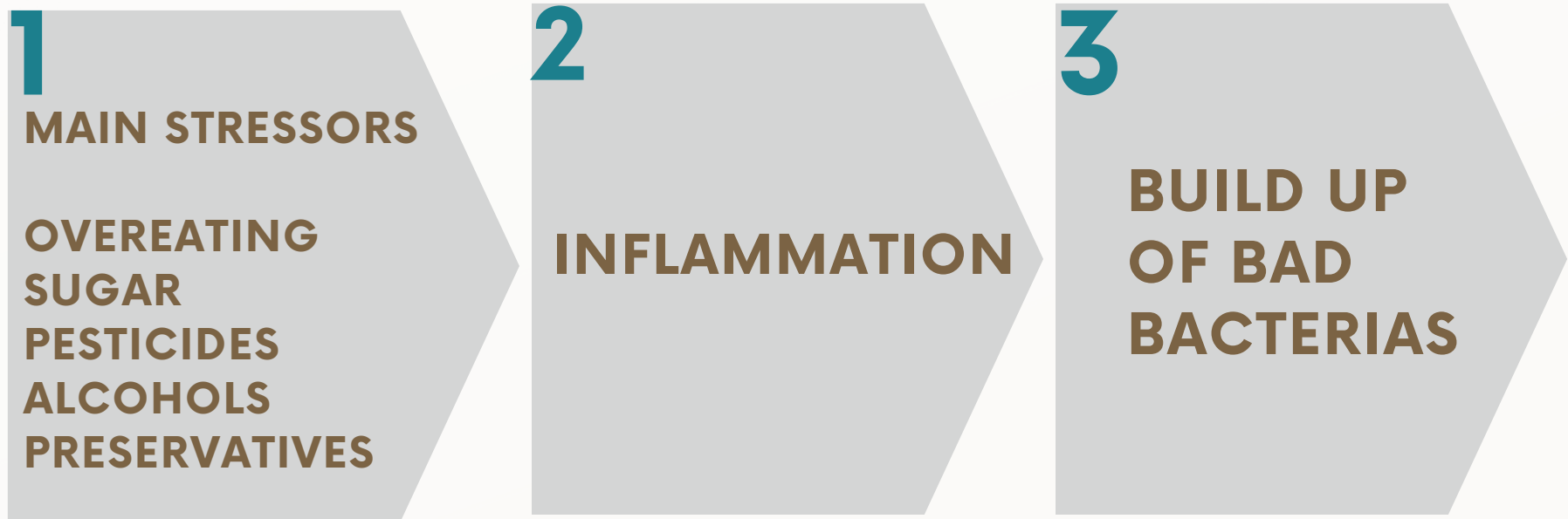
- breakdown and utilize nutrition**
- strengthen the immune system**
- increase recovery.**



DAY 1: THE “DIRTY” FAST

We fast from food to give the digestive system time to rest, heal and eliminate waste. This first 24 hours from dinner to dinner takes the stress off the digestive track and decreases inflammation, impacting everything connected to the gut.

WHY WE NEED IT



WHAT IT DOES

Decreases inflammation and reestablishes a starting point allowing probiotics with better bacteria's to grow improving the breakdown and utilization of good macronutrients we will consistently eat throughout this program. Expect an increase in **gut health, decrease in insulin sensitivity, better breakdown and absorption, increase in immune system, increase in recovery, decrease in stress, clearer thinking, better cardiovascular health, and of course weight loss.**

THE PROGRAM AND PRODUCTS:

- **BIOCELL PURE** HELPS WITH PRODUCTION OF HYALURONIC ACID INCREASING NUTRIENT RICH FLUIDS AND DECREASING SWELLING ESPECIALLY IN THE GUT.
- **REVITALIZE** ADDS MINERALS TO YOUR BODY AS WE INCREASE WATER LOAD INCREASING THE BODY'S ABILITY TO COMMUNICATE FROM CELL TO CELL.
- **LEMON** IS A NATURAL ANTI-INFLAMMATORY FOOD
- **PROBIOTICS** TO REESTABLISH GOOD BACTERIAS DESIGNED TO BREAKDOWN AND ABSORB HEALTHY FOODS
- **CARBONATED WATER** TO CREATE A FULL FEELING IN A TIME WHERE IT MIGHT BE UNCOMFORTABLE TO FEEL HUNGRY
- **PHYTOS** INCREASE ALKALINITY WITHIN THE BODY AND DECREASES ACIDITY. THE MORE ALKALINE THE LESS CHANCE OF DISEASE AND SICKNESS TO TAKE PLACE WHEN STRESSING THE BODY IN ANY WAY.



THE PROGRAM AND PRODUCTS:

- **FATTY PROTEIN|FAT** REFUELS THE BODY. FATS TAKE THE LEAST AMOUNT OF CALORIES TO BREAK DOWN, SUPPLY THE MOST AMOUNT OF CALORIES TO REENERGIZE, AND INCREASES CELLS LIPID LAYER HEALTH ALLOWING BETTER TRANSPORTATION OF NUTRITION INTO THE CELL AND WASTE OUT OF THE CELL.
- **VEGGIES** TO INCREASE METABOLISM (BECAUSE IT TAKES MORE CALORIES TO BREAK DOWN VEGGIES THEN WHAT ARE IN THEM) AND ALSO CREATES ROUGHAGE TO SLOUGH OFF AND PUSH OUT WASTE AND BAD BACTERIA THAT GROW. ALSO FEEDS PROBIOTICS
- **SEA SALT** IS A GOOD MINERAL TO MAINTAIN HYDRATION BALANCE
- **DIGESTIVE ENZYMES** HELP BREAK DOWN MEATS MAKING IT EASIER TO ABSORB UTILIZES AMINO ACIDS FOR INCREASED LEAN BODY MASS AND THE REBUILDING OF SOFT TISSUES
- **DECAF GREEN TEA** IS SHOWN TO INCREASE FAT BURNING AND METABOLISM.



Day 2-4

Introduction of all macronutrients (protein, veggies, starch, fruits, fats) because all food groups provide nutritional benefits, and also prepares the body to know how to best use those nutrients.



Example, if we used a Keto diet people would lose weight, but then the body becomes hyper sensitive to carbs. If carbs are reintroduced insulin levels spike and the body goes into storage mode. Instead, we are creating a calorie deficit with this plan, and keep all good foods and nutrition present to feed optimal health and increase long term results and benefits.

**5 DAY
DROP+**

Day 5

We increase calories from day 2-4 by increasing veggies for more roughage in the digestive track and also fats to increase lubrication. If you are noticing a decrease in #2-- back off the nuts and use more oils and avocado instead.



Common Benefits:

- Weightloss
- Inches Lost
- Decreased Bloating
- More Energy
- Increased Confidence



10 Day Ignite Phase

Program utilizes carb cycling. It consists of high protein consistently for increased lean body mass fluctuating three days to low carb high fat to help the body find and convert stored fat as energy. Every third day a high carb low fat to keep metabolism high and insulin response healthy. This will result in your body turning into a fat burning machine increasing longterm results.



- **Trim** is made up of CLA which blocks fat absorption, and decreases fat mass.
- **Burn** increases metabolism and stabilizes blood sugar levels
- **Go** is a natural caffeine that keeps heart rate stabilized and gives energy through cognitive function feeding the brain with nutrition for mental energy vs heart rate spikes. If both heart rate and or blood sugar spikes your body is more likely to use food energy vs convert stored energy.

