



## TIPS & TRICKS FOR INCH LOSS

You shouldn't have to buy the ugly sweater when you really want to buy the cute shirt just because you're trying to hide your body. I have been there. I have walked out of the house like I had no style, because it felt more comfortable than to wear what I would have, before my body changed.

Information included in this document is for educational purposes only. This should not take precedence over your own research, a doctor, or nutritionist's advice. You should seek medical advice before starting or trying any new supplement. Do not attempt to take any supplement while breastfeeding or while pregnant without thorough research or seeking your doctor's advice.



## QUICKEST CHANGE

Body contouring has saved millions of women and men. It has helped with insecurities, self doubt, and everything in between. I always say that it is 50% the specialist, and 50% the client. Both parties have to do their part.

## SHH.. SECRET

Come on now.. you know Water is first on the list, especially if you combine it with body contouring treatments. It will flush you out, and hydrate you. That's very very important.

Here are some supplements you can take to accelerate results or to get some results on your own at home.

**#1: White Coffee Bean Extract** - You can get this on amazon. This supplement blocks or stops your body from absorbing all the carbs/ starches from your meal. This supplement has been a game changer. It has allowed a lot of people to be able to eat some carbs while dieting and detoxing and reap the benefit of a no carb diet.

**#2: L Carnitine** - This supplement has so many benefits but we are using this for weight loss support, and energy.

**#3: Walking Daily:** Studies have been conducted and shown that walking 30 minutes a day can prevent people, especially women from gaining more visceral fat which is the fat that surrounds the organs. This fat can only be lost with exercise and healthy eating. The fat that can be reduced from body contouring is the subcutaneous fat. Best ways to see subcutaneous fat fall off is through exercise or/and body contouring. Walking will prevent your body from accumulating more visceral fat if done for at least 30 minutes a day.

### Repair Your Gut

*While taking the steps necessary to feel better in your body, healing your gut is a must. This will help with bloating, brain fog, excessive fatigue, and more. Healing your gut can become extremely complex. While I am not a licensed doctor, or nutritionist, these are not recommendations. This information is for educational purposes only. It is always advised to double check by conducting your own research and checking with your doctor to ensure you are ok to take these supplements.*

**#4: Slippery Elm** - Let me tell you something. I might be your best friend after this! If you don't care about your gut health, but you want to stay slippery, wink wink.. this herb will do that for you. Great for women with menopause who are now feeling dry down below, or young women who don't get as moist. But, let's focus, this herb will help repair and soothe your gut lining. Read and follow the instructions for the Slippery Elm you choose to purchase. I like the powder, but that's just me ;)

**#5: Aloe Vera Juice** - Many herbalists and nutritionists recommend Aloe Vera Juice to be 100%, cold pressed, nothing added. Again, verify with your doctor or nutritionist.

**#6: Pre-Biotic** - We like to add the probiotic but we don't think about the prebiotic. Hun, the probiotic sometimes eats all the prebiotic and then you have another imbalance. If you go get tested by a nutritionist, they may be able to tell you if you need one, the other, or both.

**#7: Pro-Biotic** - Let's get things going with a probiotic. I'm sure most people are familiar with these by now.

### Rapid Healthy Weight Loss

**#8: Smoothie Cleanses** - Besides body contouring, you can see a nice fast reduction in your weight with natural juice cleanses. These cleanses are best done by buying the ingredients and blending the shakes at home. These cleanses should last either 7 or 14 days and should never exceed more than 14 days at a time. If you need help finding recipes or more information on the best cleanses, send an email to [services@tribeofbeauti.com](mailto:services@tribeofbeauti.com)

I hope this document provided you with at least one new option to try to get your body and mind where you desire it to be.

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