

Permanent
Weight Loss
With
Gina Carr



Before



After
Down
40 Pounds!

Food

Used to be for Survival

Then became Sustenance

Now - Entertainment & Emotional Crutch

Food Addiction

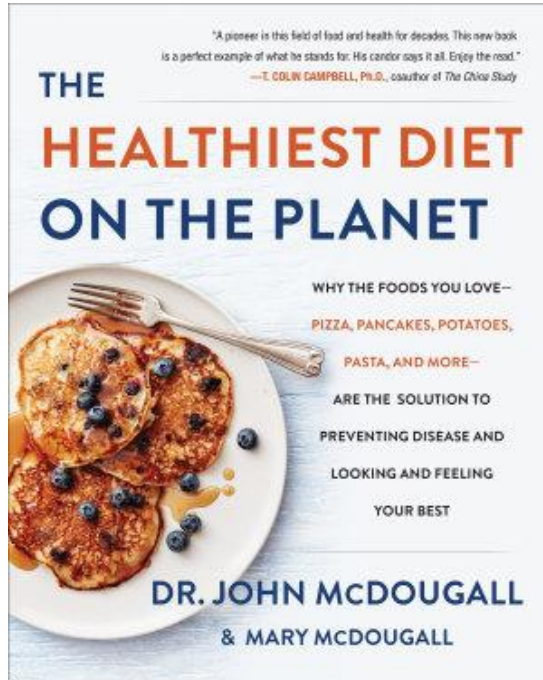
Salt

Sugar

Fat

Meat

Cheese



Consider that the primary purpose of eating is to obtain enough energy to function throughout the day.

~ Dr. John McDougall

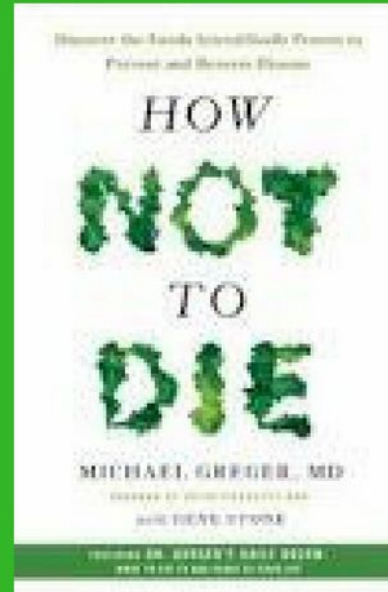
Food

Most of today's chronic conditions
are a result of lifestyle.

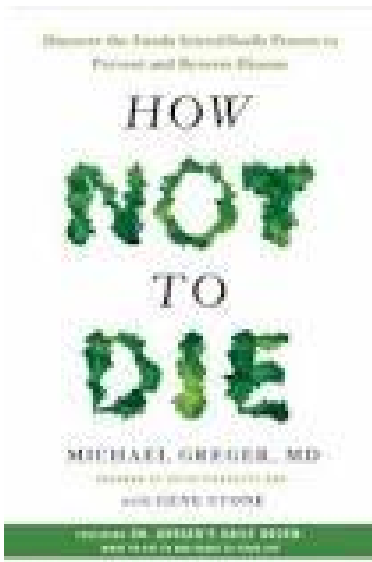
Deadly & Debilitating

"For the majority of Americans who die suddenly from heart disease, the very first symptom may be their last."

~ Dr. Michael Greger
in "How Not to Die"



15 Leading Causes of U.S. Deaths



Heart Disease
Lung Disease
Brain Diseases
Digestive Cancers
Infections
Diabetes
High Blood Pressure

Liver Diseases
Blood Cancers
Kidney Disease
Breast Cancer
Suicidal Depression
Prostate Cancer
Parkinson's Disease

Iatrogenic Causes (medical errors)

Discover the Foods Scientifically Proven to
Prevent and Reverse Disease

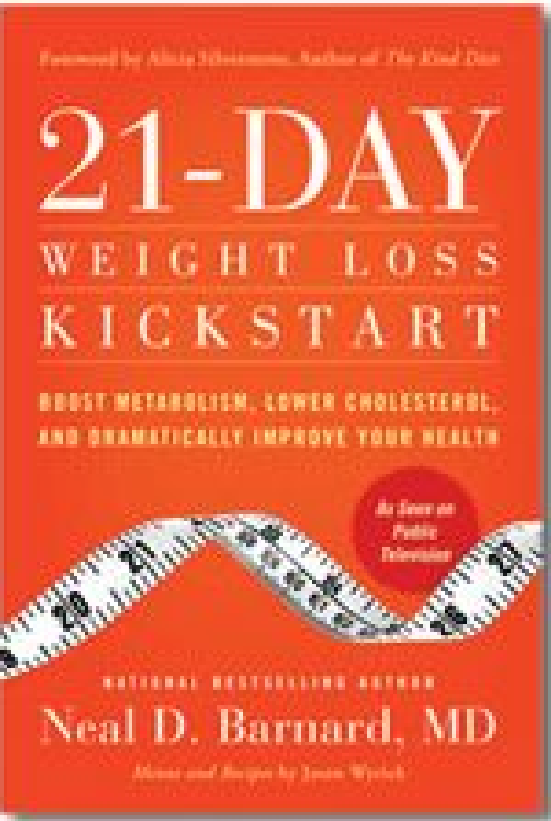
HOW
NOT
TO
DIE

MICHAEL, GERBER, MD

Author of *How Not to Eat and Die*

and *How to Live*

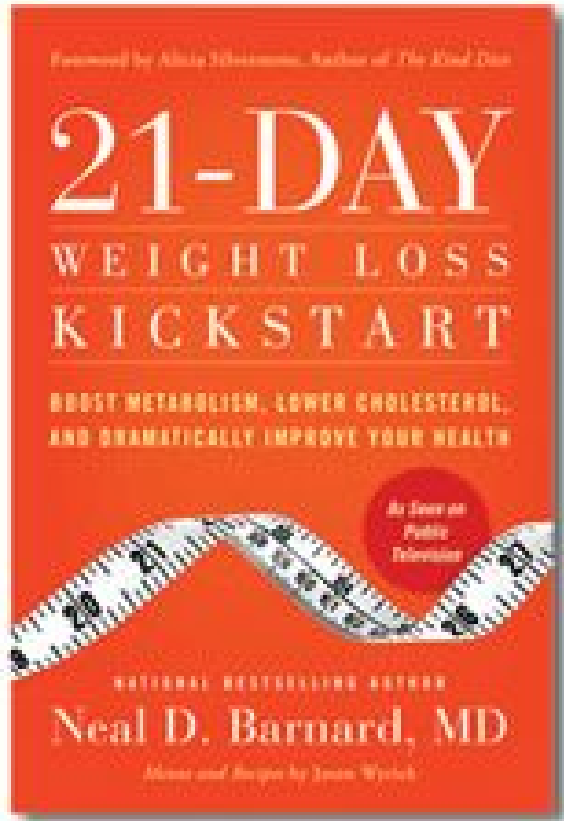
THE ONLY DIET YOU DON'T HAVE TO DIE
ON TO GET YOUR HEALTH BACK



Reprogram Your Body

Appetite Reduction
Metabolism Boost
Cardio Protection

Loose Weight



Dr. Barnard's 21-day program will change the way you eat and live. The research is cutting edge, the recipes are delicious, and the eating plan is simple as can be. This book is the kickstart you need to finally lose weight and get healthy."

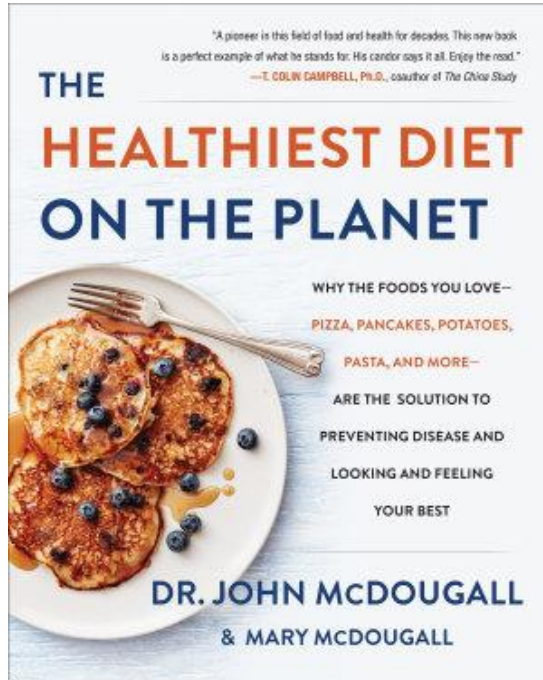
~ Rory Freedman,
#1 NYT's bestselling author of *Skinny Bitch*

Why Detox

Jump Start to Weight Loss

Clears the Body

Clears the Mind



Consider that the primary purpose of eating is to obtain enough energy to function throughout the day, and the body's preferred source of this energy is carbohydrate.

~ Dr. John McDougall

Caloric Engines of Human Civilization



3 Day Starch Detox

Choose from
Corn, Beans, Rice, Quinoa

No added toppings
Eat as much as you want

Starches





3 Day Potato Detox

Any type

Cooked any way except fried in oil

Eat the **WHOLE** potato

No added toppings

Eat as many as you want



3 Day Fruit & Veggie Detox

Any Fruit - except dried fruit & avocados
Any Vegetables

No Animal Products

No Oils

No nuts

No Highly Processed Foods

What to Drink?

Water - minimum 64 ounces

Herbal Teas

Coffee - 1 tsp sugar, nut milk

Club Soda - limit to 2 per day

No alcohol

No soft drinks

What to Drink?

Water

Lemon

Cucumber

Mint

Alkalizing Detox Tea

Water

Lemon

Cayenne Pepper

Black Pepper

Turmeric

Supplements



Vitamin B12

Omega 3s - NOT fish oil

Vitamin D

All Vegan - Arbonne Recommended

www.ginacarrorlando.arbonne.com

Exercise

Do What You Are Already Doing

Walk

Yoga

Pilates

Clean Out Kitchen

Toss out
Highly processed foods
Animal products

Freeze Nuts

What we will do

Eat our fill of
Healthy,
Nutritious,
Delicious
Whole Foods
Plant-Based

What we won't do

No Deprivation - except first 3 days

No calorie counting

No carb counting

No drugs

No pills, potions, or shots

No guilt

To Do

Go Shopping

Order 21 Day Weight Loss Kick Start

Clean out Kitchen

Connect at www.facebook.com/ginacarr

Facebook Group

Check in Every Day

Post Your Weight - if you want
Extra help and accountability

Next Up

Check out the FB Group - Tomorrow

Q&A Call - Thursday at 12 pm ET