

YOUR RESPONSIBILITIES TO YOURSELF

- Download Dr. Simeons manuscript from Internet or my website
- Read the manuscript
- Understand the strict Diet and its Phases
- Print out Diet-Menu page 2 copies, (manuscript page 21) from my website
- Display one in your kitchen and carry the other with you always
- Get a digital bathroom scale
- Get a digital kitchen scale accurate to 1 gram
- Get STEVIA with no additives - check it out that it is totally natural
- Get rock salt e.g. Himalaya salt or natural unrefined sea salt
- Get a salt-grinder to grind the salt if it hasn't one
- Get the spices Dr. Simeons allows
- Get the allowed skin care products, no oil-based ones, only mineral based
- Use no make-up, only lipstick or powder are allowed
- Get Grissini sticks or Melba toast
- Take photos naked before the diet and after the diet
- Before you start you can also measure your upper arms, thighs, tummy, breast,
- Take your weight naked every morning when you get up before eating or drinking
- Get a notepad to keep a journal of your daily weight, feelings and experiences
- Post these your weight and feelings every morning in the private Facebook group
- Be available on Skype if I need to talk to you concerning an issue that comes up
- MOST IMPORTANT NO FAT, NO SUGAR, STRICT 500 DAILY CALORIES

MY RESPONSIBILITY TO YOU

- I'll be on Facebook every day encouraging you and checking the data you send
- If issues that need to be discussed I contact you via private Facebook message or Skype
- I wish you success and joy