



REMEMBER: It takes a very healthy body to burn fat. In order to lose weight and keep it off, the body MUST become healthier. Initially, you may notice some weight loss – this is water weight. After that you may experience a leveling or a plateau in regards to weight loss. This is the HEALING PHASE listed above. This is where the body is preparing to burn fat. Actual fat burning will happen once the body completes the healing phase.