

How to Use Plexus Slim - 7 day Challenge

Thank you for buying this 7 day challenge of Plexus Slim. This is **an ALL Natural and SAFE** way to lose weight. Plexus Slim is the extract of two plants that, when consumed, fixes the way the hypothalamus gland in your brain works. When taken once a day for 3 – 6 months it will change your health for the positive starting at the cellular level. Weight, blood pressure, cholesterol, and blood sugar levels will all be affected in a positive way.

Please follow the instructions provided here:

Step 1: First thing in morning before you start the product, weigh yourself and put on your tightest clothing. Take a good look and see how they fit. Also fill out the measuring chart with your measurements – sometimes cm's will come off before kg's will. This is a good thing!

Step 2: Eat breakfast, even something as simple as toast. You should always eat prior to taking vitamins and minerals. **Remember this is not a diet...you must eat!**

Step 3: Mix Plexus Slim powder drink into a bottle of water and drink around 9:00 AM or about 20 minutes after eating. For best results mix with 600ml of water!

Step 4: Repeat steps 2 & 3 for seven consecutive days.

Step 5: On day 8 ... get up, weigh yourself and put back on your same tight clothes from day 1 and call me with your success! I am tracking the results of those who buy the 7 day challenge packs.

Plexus is not for those with "Microwave Mentality"! Plexus is a six month health initiative for people who want a completely healthy painless way to lose weight. Plexus affects your overall health and each user will have your own personal experience. It generally begins fixing problems immediately. The fewer medical issues you have, the faster you will experience weight loss. If your body requires detoxing, you have a sluggish bowel, high cholesterol, or any sugar balance problems, your weight loss will be slower. If you have digestive issues, yeast, parasites, or take muscle relaxers, these also slow weight loss. Each person's metabolism is different. Some experience immediate exciting weight loss, others experience immediate loss of inches. A few experience both. The longer you drink Plexus the healthier you get. It does for overall health what few other things will do. Plexus tends to remove appetite. **Remember...EAT!** People who eat every three hours with Plexus lose more weight than those that say "Wow! I am not hungry, I'm going to lose lots of weight I think I'll skip two meals!"

If you enjoy the use of this product and would like to purchase it at wholesale with no long term obligation or automatic shipments, please call and I will be glad to help you get started and claim your good health. If you have product questions or need additional weight loss tips please do not hesitate to contact me!



Do I need to eat differently when I am taking Plexus Slim?

Answer: This is a really important question and here is a very simple thing to keep in mind: if you keep on doing what you have always been doing, you will keep on getting what you have always been getting. In reverse, if you want to lose weight permanently, you will need to eat differently than before. Plexus Slim is formulated to help you make a life-style change to your eating habits. Plexus Slim contains natural ingredients that have been shown to reduce appetite. However, some people just ignore their body's new messages and keep on eating like before. Some people eat emotionally; they eat because they are stressed or upset. Most people are trained to eat with their eyes and eat by the clock. What do we mean by that? Has this ever happened to you? You look at the clock and realize it is supper time. You sit down to eat your supper and realize that you really aren't hungry. But, because it is supper time, you eat your supper anyway. That's what we mean by eating by the clock. Some people sit down for a meal and fill up their entire plate with food. Then, they eat until everything on the plate is gone. They are not listening to their bodies. Weight loss specialists tell us that the stomach is really designed to consume a meal that is about the size of a clenched fist. If you go to a restaurant, try ordering an appetizer for your main meal. Wait a few minutes after you finish eating. If you are still hungry after you have had your appetizer, you can always order another appetizer. Our guess is that if you listen to your body, you will realize that you are full. And, one other thing, your pocket book will also appreciate the lower cost of the meal. If you are looking for a restaurant and you see the sign "All You Can Eat" or if you see "Buffet Dinner Tonight", please drive on. We have been trained to always get the best deal we can for our money. When we are at a buffet that means that we need to go back at least three times AND go for dessert as well just to make sure we get full value for what we have paid. Make a decision: Do you want to lose weight and keep it off by making a small life-style change? If so, Plexus Slim is designed to help you do that. On the other hand, if you want to make sure you are getting the biggest bang for your buck by stuffing yourself at the buffet, you can forget about permanent weight loss.

Help Keep The Weight Off

Plexus International President, Alfred Petterson, has a great tip: When a Sumo Wrestler wants to put on weight, he doesn't eat all day. He has one BIG meal at the end of the day. And then, he goes to bed. By not eating during the day, he kicks his body into starvation mode. When he eats at night, the body saves the food as fat – not energy. Many people don't eat during the day. Then, after dinner, they have eaten so much, that they veg out on the couch for the rest of the evening. That is the worst thing to do! Try this: in the morning make yourself a Plexus 96 drink. That will stop your body going into Starvation Mode!



JOIN **PLEXUS**
SLIM NOW

Candida Test, Are your Health Problems Yeast Related?

Candidate related illness is epidemic today due to our high stress lifestyle, our frequent use of anti-biotics and our high sugar consumption. If you suffer from chronic illness, fatigue, brain fog, digestive upset and/or a suppressed immune system, your health problems may be caused by Candida over growth.

If you wonder if your health problems may be Candida/Yeast Related, we suggest that you complete this Candidate test, a questionnaire created by Dr William G Crook when he published the first popularly read book on Candida, "The Yeast Connection".

Determining if illness is Candida/Yeast related is somewhat tricky since everyone over the age of 2 will test positive for Candida Albicans. There are numerous Candida Tests which generally rely on blood or stool samples. The question is whether the presence of Candida is causing illness. We have found that this Candida test, Dr. Crook's questionnaire to be a reliable indicator of Candida related illness.

If your answer is YES to any question, check it and then add up your score.

Have you taken repeated or prolonged courses of anti-biotics?	Yes? 4 pts
Have you been bothered by recurrent vaginal, prostate or urinary infections?	Yes? 3 pts
Do you feel "sick all over", yet the cause hasn't been found?	Yes? 2 Pts
Are you bothered by hormone disturbances, including PMS, menstrual irregularities, sexual dysfunction, sugar craving, low body temps or fatigue?	Yes? 2 pts
Are you unusually sensitive to tobacco smoke, perfumes, colognes, and other chemical odours?	Yes? 2 pts
Are you bothered by memory or concentration problems? Do you sometimes feel spaced out?	Yes? 2 pts
Have you taken long courses of prednisone or other steroids? Or have you taken the pill for 3 years or more?	Yes? 2 pts
Do some foods disagree with you or trigger your symptoms?	Yes? 1 pts
Do you suffer with constipation? Diarrhea? Bloating or Abdominal pain?	Yes? 1 pts
Does your skin itch, tingle or burn, or is it usually dry; bothered by rashes?	Yes? 1 pts

Dr. Crook's scoring recommendations for women:

If your score is 9 or more, your health problems are probably yeast connected.

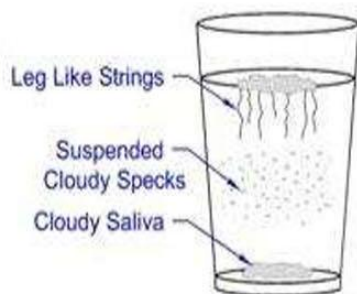
If your score is 12 or more, your health problems are almost certainly yeast connected.

Dr Crook's scoring recommendations for men:

If your score is 7 or more, your health problems are probably yeast connected.

If your score is 10 or more, your health problems are almost certainly yeast connected.

SALIVA TEST



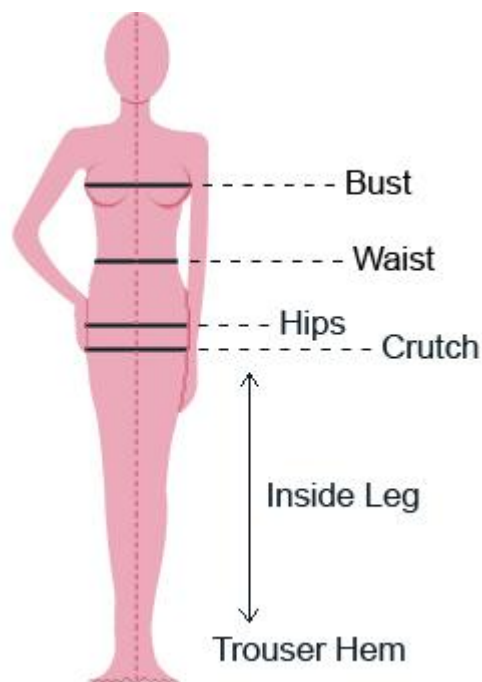
The Spit Test: First thing in the morning spit into a glass of water. If your spit remains floating in a nice, cohesive 'blob' you're pretty much Candida free. However if after a few minutes, your spit begins to develop long strand like tendrils and dissolve *down* into the water, or if your spit spreads out over the surface of the water, you probably have a Candida Condition.

Body Measurement Chart

Week	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Bust															
Waist															
Hips															
Thigh															
Arm															
Weight															

Week	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
Bust															
Waist															
Hips															
Thigh															
Arm															
Weight															

Print & use to keep Record of your Progress



P L E X U S
 JOIN  NOW