



1 Drink at least half your body weight in ounces of water everyday! Did you know that when you're dehydrated the first symptom is hunger not thirst? You may be reaching for an extra snack when in fact you're thirsty! Staying hydrated also improves your energy and thinking, making it easier to stick to your goals. It will also help to decrease cravings for sugar and salty treats!

2 Sleep 7-9 hours a night. When we don't get enough sleep we crave something that will give us a quick energy boost-sugar. Not great when you're trying to lose weight. It's also more challenging to stay on track with new habits when you're tired. Furthermore, sleep is when our bodies heal the most. Losing weight is part of that healing process. If you're not getting enough you may be doing everything else right and not seeing results. Set up a bedtime routine you can follow every night to get those zzz's.

3 Eliminate processed foods. Processed foods are high in sugar, salt and chemicals. All of these adding up to little nutrients and empty calories that leave you still hungry. The chemicals kill your healthy gut bacteria and get stored in your fat cells where they do more damage. All this adds up to it being very difficult, if not impossible, to lose those pesky pounds. Eat foods that remember where they came from!

4 Practice Self-Awareness. We often live in our heads and are not connected to ourselves in an inward-focused way. This is one of the most important tips for any type of change and growth. Practice being the observer of your thoughts, feelings, behaviours, and actions. Notice them, journal about them, and be honest and kind with yourself. If you find you have a lot of judgments pay attention to when they come up and how you feel, they are clues to your healing process.



5 Practice Daily Gratitude. What you focus on grows and gratitude keeps your vibes high while bringing you into balance with your life. Find your best time of the day and keep in mind that the earlier in the day you do your practice the better chance it will become a habit. Ideas: When you wake up, thank your body and all parts of you for all they do for you, send love to yourself, and then get out of bed. Journal 5 things you are grateful for or make up your own way; having consistency builds momentum.

6 Be Your Own Best Friend. Learning self-reliance and kindness for yourself will make your journey a whole lot easier so be mindful of how you speak to yourself and correct it as you become aware of it. When you are having a difficult time do you turn on yourself for not being enough? Do you validate yourself or berate yourself? Instead, practice having compassion for yourself, be supportive, positive, and optimistic the best you can. If this is proving to be a challenge, imagine you are speaking to an upset child, what would you say to them? You are in fact speaking to your wounded inner child so be kind and encouraging. Words are powerful.



7 Add Supplements to your Daily Routine. With a huge increase in chronic disease and ill health, medication use, and poor dietary choices, many individuals are lacking basic nutrition from food. Adding a quality Multi-Vitamin, Vitamin C, Vitamin D, and a Vitamin B complex will supplement what you aren't getting in your diet and will enhance your health in addition to a well balanced diet. These 4 bare minimums; Omega 3, Vitamin D, Magnesium, and Calcium, are also going to offer health benefits. You can always consult with your physician or a certified professional like our very own Deidre.

8 Take Collagen. It provides so many advantages for women, especially as we age; our joints experience discomfort, our hair thins, skin wrinkles, and overall wellness depletes. Finding the right Collagen can be a challenge as there are so many on the market. We at the Clear Body System include a Collagen/HA/Chondroitin Sulphate liquid that comes from a single source and is 95% absorbable. Most powdered Collagens are only 25-35% absorbable, so be certain to do your research.

9 Purchase Quality Supplements. It can be costly to add all these supplements to your daily regimen, and as humans we look for the best bang for our buck. That being said, my advice is to avoid large chain store brands, the ingredients are sourced from China and they contain more filler than active ingredients. The bar is low in the nutraceutical industry so put some effort into researching the best brand for you. If they have 3rd party testing available that is a good indicator it's a quality brand.

10 Join the Clear Body System Finally lose the weight and love your body again. Connect at hello@clearbodysystem.com