



*Pure as God intended - 2 Corinthians 7:1*

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## *C-Lite Cellulite Treatment Diet Protocol*

Thank you for purchasing our C-Lite Cellulite Treatment! You just made the best decision! That decision to take health into your own hands and invest in your future and the quality of it. Through better eating and healthier living, you will experience a better you! What does that mean? Naturally, you are going to look better and feel better; however, the central reward is in preparing your body to fight against degenerative disease. That means by living a healthier lifestyle you are going to place yourself into a position to receive God's blessings for you. You will engage yourself and those around you, such as your children, into the inheritance of health. You aren't just going to look better, and feel better, you will be in better shape to fight against degenerative diseases and long term chronic disorders. Degenerative diseases are plaguing our nation and many turn to doctors for healing not knowing that the answer is in God's divine creations. Along with your C-Lite Cellulite Treatment Bar, you have received a lifestyle diet, which is designed to work in conjunction with your bar. With our diet protocol and C-Lite cellulite treatment, you'll be showing off your skinny thighs in no time!

\*Below is a short summary on the strategies and components to implement into your diet in order to lose weight and get rid of cellulite. For a more in depth explanation on those strategies listed, please visit our blog [www.pureganix.wordpress.com](http://www.pureganix.wordpress.com) for discussions on why each approach is beneficial to living a healthy lifestyle and to achieve the results you want. Please feel free to contact us at any time at [friends@pureganixshop.com](mailto:friends@pureganixshop.com)

## **8 Critical Components to Implement Into Your Diet**

1. Protein
2. Fats
3. Carbohydrates
4. Fiber
5. Water
6. Vitamins & minerals
7. Probiotics
8. Digestive Enzymes

**1. Protein** - protein, protein! Remember to eat protein; this is *your defense against sugar*! Eat protein every day (**.5 gram – 1 gram per body pound. EX: 200lb person would eat 100g-200g a day, throughout the day**) to avoid sugar cravings. I'm sure you already know that proteins are complex molecules made up of individual building blocks called amino acids. While these individual sub-components have powerful health effects as individual molecules, there is no nutritional substance more important than those that emerge from stringing those amino acids together and forming proteins.

As we live and age our body is constantly breaking down. Fortunately, when we are thriving, this break down initiates a building up process and the life force that is responsible for this process is done by **protein**. The secret of health and longevity is to make sure that there are enough protein building blocks present to allow the formation of more cells and tissue as old cells and tissue die off.

One way to get your protein intake is from **WHEY Protein**. It is an amazing source of protein (your body utilizes 100% of it) and it has numerous beneficial aspects to it. You can drink it in a smoothie, which is also very good for your digestive system. Eat lean protein when you are not drinking whey. Have hard boiled eggs in the fridge ready to eat when you are ravenous and looking for a quick bite. Give your body the wheels it needs to go...give it protein!!

2. **Fats-Omegas/ EFAs**- (essential fatty acids) are crucial to the body...they have over thousands of functions in the body all occurring at one time. These types of good healthy fats are found in fish, flaxseed, walnuts, free-range eggs and dark leafy green vegetables. Taking a good EFA supplement is beneficial as well. In addition, these types of good fats are your defense against bad fats-fatty food (Jack in the Box, Wendy's, Whataburger, pizza, etc). If you are craving fatty foods then you are more than likely deficient in EFAs (essential fatty acids). EFAs are also good for:

- Formation of healthy cell membranes
- Proper development and functioning of the brain and nervous system
- Proper thyroid and adrenal activity
- Hormone production
- Regulation of blood pressure, liver function, immune and inflammatory responses
- Regulation of blood clotting: Omega-6 FAs encourage blood clot formation, whereas Omega-3 oil reduces clotting. The idea is to achieve a balance between omega-6 and omega-3 FAs
- Crucial for the transport and breakdown of cholesterol
- Support healthy skin and hair

3. **Carbohydrates**- Yes, despite what you've heard about carbohydrates, Vegetables are the best for you! **1 pound of vegetables for every 50lbs of body weight a day!**

(**NO**: corn, potatoes, rice, or bread-these types of carbohydrates you do have to avoid, as they are

processed in the body like sugar which raises your insulin levels).

Your carbohydrates should only come in the form of fresh vegetables, if possible.

Vegetables provide complex sugars that are very important to the immune system (stimulating). They also provide phytonutrients!

**Phytonutrients**- Phytonutrients are nutrients derived from plant material that have been shown to be necessary for sustaining human life. Phytochemicals are non-nutritive plant chemicals that contain protective, disease-preventing, compounds. Their role in plants is to protect plants from disease, injuries, insects, drought, excessive heat, ultraviolet rays, and poisons or pollutants in the air or soil. Basically, they form part of the plants immune system.

So, if phytonutrients do that for the plant, what do you think they will do for you when you consume them? Yup, the same thing!

4. **Fiber-** is crucial for the health of your digestion system. Fiber helps eliminate waste from the body promoting colon health. You need to consume at least **4 tablespoons a day**. Fiber also fills you up, giving you a sense of satiety, so you eat less. It also helps keep blood sugar glucose levels even and at normal levels. You can find your daily fiber in fresh, raw fruits and veggies, and beans (black, Lima, and pinto). We use flax seed. And we add it to our morning protein shakes! Yummy!
  
5. **Water-** Your body is an electrical system and the electricity is conducted through the medium of water. Your body is made of 70% + water. When you mix molecules (especially minerals) with water you get an electrical current. In this current, information is carried back and forth from and to cells, and the carrier of this information is water. You NEED to drink 8-10 glasses of water a day.
  
6. **Liquid Multi-Vitamin mineral complex-** It is *vital* to take a liquid multi vitamin. **ALL** degenerative diseases come from a mineral, vitamin, and nutritional deficiency. When the body does not have the tools it needs to build, thrive and survive, our bodies begin to breakdown and we begin to see High blood pressure, High cholesterol, Diabetes, Obesity, Auto immune diseases, Infertility, skin issues, etc. All of these diseases stem from a nutritional deficiency. So what can we do? We need to supplement! A Multi-Vitamin supplement acts as a natural appetite suppressant! Yeah! Giving your body the nutrition it needs naturally shuts down the “hunger drive” in your brain.

Find a good Liquid multi-vitamin mineral that contains:

- All vitamins
- All minerals
- Amino acids
- All natural, Non GMO, Organic
- No Yeast, starch, or wheat
- No artificial sweetener or preservatives
- Gluten-free and glycemic-friendly
- Whole vegetables and fruits
- ORAC score of over 3,000.

7. **Probiotics**- To be of good health it is absolutely imperative that you have a good working digestive system. Your intestines are your secondary immune system. When your digestive system is down it absorbs less nutrients and a domino effect occurs concluding in a cycle of illness. You won't be able to digest nutrients, thus diarrhea or constipation occurs, allergic reactions, and indigestion to name a few. This is caused by an over consumption of yeast, antibiotics, alcohol, and a deficiency of EFAs vitamins and minerals (this is called Dysbiosis). If your immune system functions in this way for too long then Dysbiosis will turn into A Leaky Gut Syndrome. This causes damage (pin like holes) in your lumen (stomach wall), then a gap develops between your stomach lining cells causing food to leak through those holes. The food falls into the blood stream, which is then tagged by your body as a "foreign object." Your body then starts to create antibodies to fight off the intruder creating a food allergy reaction. Most food allergies are from a leaky gut and have symptoms of IBS, Eczema, diarrhea, constipation, and headaches. If your immune system functions in this way for too long, then an Auto Immune disease can occur, such as Rheumatoid Arthritis, Lupus, Celiac Disease, Crohn's Disease, Fibromyalgia, and Ulcerative Colitis.

SO HOW DO I HEAL MY GUT??  
TAKE PROBIOTICS!!!!

8. **Digestive Enzymes**- If you are overweight there is an excellent chance your body is not producing enough digestive enzymes, causing you to gain weight, feel bloated, have gas, indigestion and constipation. Get on a good quality digestive enzyme supplement and FEEL the difference!

Digestive Enzymes are going to help break down the food you digest... and allow for nutrients to get absorbed in turn making you feel fuller longer.

Find a source that contains:

- Betaine HCL (which will help with heartburn, indigestion, gas, and reflux). Betaine HCL helps restore acidic balance, protect you against H Pylori, Salmonella, and E-Coli.
- Plant Enzymes, which increases nutritional absorption by approximately 300% to 500%

Nutrition is the key for good health! To be exact...MINERALS, VITAMINS and FOOD NUTRITION is the trinity for good health. When implementing this trinity into your life; WONDERFUL things begin to happen. The body cannot deny the purpose it has to heal itself as it was divinely designed to do. Implement these eight critical components into your daily diet and you WILL see the results you are looking for.

To help you further along your weight loss journey; below is an example of a daily meal plan along with a grocery shopping list.

Blessings to you,



Pureganix

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## Example of Daily Meals

Breakfast	Lunch	Dinner	Snack
<p style="text-align: center;">8oz Water Coffee, Tea ** Natural sweetener only</p>	<p style="text-align: center;">8oz Water Coffee, Tea ** Natural sweetener only</p>	<p style="text-align: center;">8oz Water Coffee, Tea ** Natural sweetener only</p>	<p style="text-align: center;">8oz Water Coffee, Tea ** Natural sweetener only</p>
<p>Whey Protein shake with: ½ cup Berries 2 TB flax Seeds 1 TB coconut oil Ice and water *You can add whatever you like to your shake; make sure it's low in sugar!</p>	<p>6oz of lean Grass fed organic protein (turkey, beef, chicken, fish) 1cup of steam or buttered vegetables (<b>NO</b>: Corn, Potatoes, Bread, Rice, Tortillas)</p>	<p>3oz of lean Grass fed organic protein (turkey, beef, chicken, fish) 2 cups of Fresh salad mix *use balsamic vinegar for dressing</p>	<p>Examples: choose one Almonds ½ cup Black berries ½ apple ½ grapefruit Celery &amp; 1TB organic peanut butter</p>
<p style="text-align: center;">Liquid Multi-Vitamin Mineral Complex 8oz</p>	<p style="text-align: center;">Liquid Multi-Vitamin Mineral Complex 8oz</p>	<p style="text-align: center;">Liquid Multi-Vitamin Mineral Complex 8oz</p>	<p style="text-align: center;">Liquid Multi-Vitamin Mineral Complex 8oz</p>
<p style="text-align: center;">EFA (essential Fatty Acids) 2-3 gel capsules</p>	<p style="text-align: center;">EFA (essential Fatty Acids) 2-3 gel capsules</p>	<p style="text-align: center;">EFA (essential Fatty Acids) 2-3 gel capsules</p>	<p style="text-align: center;">EFA (essential Fatty Acids) 2-3 gel capsules</p>
<p style="text-align: center;">Probiotics: 2-3 capsules with full glass of water **Take your probiotics first thing in the morning on an empty stomach and with a full glass of water.</p>	<p style="text-align: center;">**Season with Mineral Himalayan salt, balsamic vinegar, or apple cider vinegar, or natural organic butter</p>	<p style="text-align: center;">**Season with Mineral Himalayan salt, balsamic vinegar, or apple cider vinegar, or natural organic butter</p>	<p style="text-align: center;">** Minimize your snacking size to a handful</p>

## Your “New life-style” Shopping List

### GOOD FOODS: \*\* All foods should be bought as Organic and Grass fed when possible

Eggs—soft scrambled in butter, soft boiled, poached (caged free range eggs)  
Butter (real organic butter)  
Cheese (organic white cheeses only-no yellow cheese)  
Coconut oil (raw organic)  
Celtic Sea Salt or Sea Salt  
Fish (wild caught when available)  
Chicken  
Pork  
Lamb  
Beef—(cook to rare/medium rare)  
Veggies  
Fruit  
Mixed, Salted Nuts—no peanuts  
Nut Butters—no extra sugar  
Pure Buckwheat (Isn't wheat).  
Beans  
Couscous (made from pearl millet only).  
Quinoa  
Coffee, Tea, Green tea, Red wine.  
4-8, 8oz glasses of filtered water each day preferably from a clean home filtered source. (Avoid soft plastic bottles)  
20,000 ORAC points of antioxidants daily - Do a Google search for “ORAC food values” and figure out which foods to eat to get to this number.  
Any carbohydrate (except oatmeal -see below) that is “Gluten Free” is OK.

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### BAD FOODS: \*\* check all food labels and AVOID these ingredients

Wheat  
Barley  
Rye  
Rice  
Potatoes  
Sugar!! (All types, even artificial)  
Corn  
Soy  
Oats, oatmeal - even if it says that it is Gluten Free.  
Fried Food  
Oils—cooking or salad. Yes, this includes Olive Oil!!! (Use butter instead)  
Well done meat (rare or medium-rare is ok)  
Deli Meat, any nitrates added to meat – tell your butcher NO NITRATES  
Soda.  
Skin of a baked potato (or yam, or sweet potato). If you boil a potato, you can eat the skins.