



4 Step Ayurvedic Weight Balancing System **Overview Tip Sheet**

(It really is this easy!)

Yoga Every Morning

Do 10 minutes of yoga. See the *Sun Salutations*, included in this free Ayurvedic Weight Balancing eBook, or follow the yoga routine in my *Ayurveda and Weight Loss DVD*.

Exercise 3-7 Days Per Week

Follow my 12 Minute Workout, outlined in *Be Fit in 12 Minutes a Day*, included in this eBook.

Step 1: Eat 3 good, healthy and relaxed meals each day - with no snacks.

- Start with 4 meals a day if you need to, but work down to 3.
- NOTE: If you have trouble eating 3 or 4 meals a day due to low blood sugar or cravings, please read about LifeSpa's *Sugar Destroyer* herbal formula at www.lifespa.com/sugardestroyer.
- Graduate to Step 2 only when Step 1 is effortless.

Step 2: Make supper smaller - such as a soup or salad.

- Graduate to Step 3 only when Step 2 is effortless.

Step 3: Make supper earlier. Eat before 6 PM

- Graduate to Step 4 only when Step 3 is effortless.

Step 4: Skip supper 3-7 nights per week.

- Drink copious amounts of warm water between meals.
- Enjoy one cup of herbal tea with raw honey before bed, if needed.
- Continue Step 4 for 4 -8 more weeks.

Maintenance

- Once you have reached your ideal weight, you can maintain your weight effortlessly by eating 3 meals a day without snacking (Step 1).
- Once in a while, you can enjoy a big dinner. Just eat a light lunch and enjoy yourself. It is what you do every day that will make a difference.

**For more details on how to follow this easy system, read the
Ayurvedic Weight Balancing eBook by John Douillard.**

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