

## *A Message From Who-ville...*



You CAN Enjoy Your Holiday Meals While You Detox!

## **Holiday Guidelines** to "*De-Grinch*" Your Detoxification Program

- Drink your **Medical Food Shake** before leaving home
- Take Your **Clean Sweep Caps**  
One cap before your meal and one cap after your meal
- Partake of your favorite holiday dishes, **using good common sense**
- Try to **favor your designated food list** when making choices
- **WALK before and WALK after** your meals/party gathering
- Eat **no more** than what you are willing to **burn in calories** that day
- "*Gobble Up*" the Good Things!
- "*Ho Ho Hold*" Off the Bad Things!

*Love,  
Cindy-Lou Who*