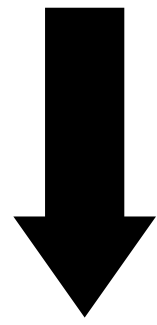
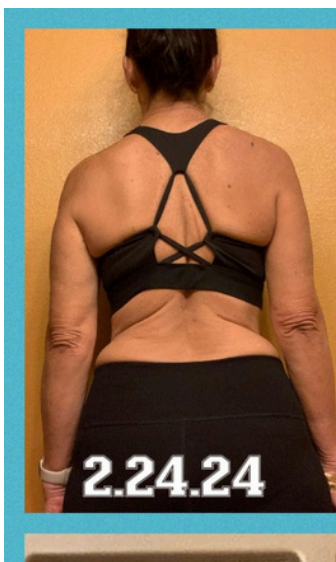


THE 5-DAY DROP



✓ 5 Days ✓ 5 Lbs ✓ 5 Friends

This 5 day drop will lead you into your healthy lifestyle to lose weight, boost metabolism, balance your gut, improve your mood, elevate your energy levels and give you mental clarity like never before. Expect to lose pounds and inches! It's time to start feeling and looking your best.



5 DAYS AT A TIME

5 DAYS TO KICKSTART YOUR WEIGHT LOSS AND TAKE YOU INTO YOUR LIFESTYLE PROGRAM

Step 1 Order your 5 Day Drop kit

Step 2 Invite 5 friends and family to do this with you! It's always more fun and easier to do it with a group. Did you know you can offer friends and family \$10-\$25 off their kit?

Step 3 Take your before pictures, measure, and your **MUST** have a **SCALE!**

Step 4 Join the community FB chat. Download messenger. This is so important, getting connected to the community is everything!

5 DAYS | 5 POUNDS | 5 FRIENDS



5 DAY DROP SCHEDULE (STEAK DAY & LOW CARB)

DAY 1 FAST

No "food" until steak dinner (water & sups)

DRINK A GALLON OF WATER ALL DAY

Including water from Revitalize

TAKE 1 PURE
Biocell (optional)

Drink 1 Revitalize

Drink 1 Revitalize
Take 1 Probiotic

Drink 1 Revitalize +
Carbonated Water
(optional)
Combine Slowly!

Drink 1 Revitalize and
1 scoop of phytos. Hot
or cold

Eat a big, fatty steak.
Use grass fed butter or
oil, salt and pepper for
seasoning. You can
substitute a steak for
fish or chicken. You may
either an apple or
tomato with your protein.

Take 2 digestive
enzymes with meal

Drink 1 cup of Decaf
Green tea w/ fresh
lemon (optional)

DAY 2-4 RELEASE

No Sugar, Carbs, Dairy,
Grains, Gluten

Breakfast:

Eat a low carb breakfast
or fast.

TAKE 1 PURE Biocell
(optional)

Mid-morning:

Take 1 Probiotic
Drink 1 Revitalize

Lunch:

Eat Low Carb Lunch

Mid-afternoon:

Drink 1 Revitalize and
1 scoop of phytos. Hot
or cold

Snack: Low carb

Dinner:

Eat Low Carb Dinner
Take 2 digestive
enzymes with meal

Before bed:

Drink 1 cup of Decaf
Green tea w/ fresh
lemon (optional)

DAY 5 REBUILD

Carbs only to be added
back before 3pm

Breakfast:

Eat breakfast or fast.
Complex carb ok.

TAKE 1 PURE Biocell
(optional)

Mid-morning:

Take 1 Probiotic
Drink 1 Revitalize

Lunch:

Eat lunch: Complex
carbs OK

Mid-afternoon:

Drink 1 Revitalize and
1 scoop of phytos. Hot
or cold

Stop eating carbs
after 3 pm

Dinner:

Eat Low Carb Dinner
Take 2 digestive
enzymes with meal







Before bed:

Drink 1 cup of Decaf
Green tea w/ fresh
lemon (optional)

TIPS:

Drink a minimum of half your weigh in oz's of water. Salt your food generously. Avoid processed dressings. NO Sugar, NO Gluten. Steiva is the only "allowed" sweetener. No diet drinks. Enjoy fresh proteins, veggies and fruits!

PORTION GUIDE

PROTEIN	CARBOHYDRATES			FAT	
	VEGGIES	STARCH	FRUITS	OILS	OTHERS
					
Chicken, beef, fish, eggs, etc.	Leafy greens, broccoli, tomatoes, carrots, etc.	Rice, potatoes, oatmeal, etc.	Apples, blueberries, peach, pineapple, etc.	Olive oil, coconut oil, butter, etc.	Avocado, nuts, nut butter, etc.

◇ PROTEINS

CARBOHYDRATES

FATS

- ◇ Grilled/Baked/Broiled
- ◇ Fish Halibut Tilapia Cod
- ◇ Salmon
- ◇ Tuna
- ◇ Shrimp/Lobster/Crab
- ◇ Calms/Scallops
- ◇ Chicken
- ◇ 99% ground turkey
- ◇ 96% ground beef
- ◇ Steak
- ◇ Venison
- ◇ Pork
- ◇ Eggs
- ◇**Tofu
- ◇**Nutritional yeast
- ◇**Beans

- VEGETABLES**
- ◇ Spinach
 - Cucumbers
 - Lettuce
 - Radish
 - Swiss Chard
 - ◇ Asparagus
 - Green beans
 - Carrots
 - All Peppers
 - All Onions
 - Tomatoes
 - Cauliflower
 - ◇ Collard Greens
 - **Cabbage
 - **Mushrooms
 - Zucchini
 - ◇ Broccoli
 - Brussel Sprouts
 - ◇ Artichoke
 - Eggplant
 - etc....

- *COMPLEX CARBS**
- Red Potato
 - Sweet Potato
 - Poi, Ulu
 - Brown rice
 - Oatmeal
 - Quinoa
 - ◇ Lima Beans
 - ◇ Kidney Beans
 - ◇ Black beans
 - ◇ Lentils
 - ◇ Black eye peas
 - ◇ Chickpeas
 - ◇ Pinto Beans
 - ◇ Peas
 - etc....

- FRUITS**
- Orange Pear
 - Apple
 - Blueberries
 - Kiwi
 - Grapes
 - All berries
 - Grapefruit
 - Cantaloupe
 - Guava
 - Nectarine
 - Cherries
 - Peach
 - Plum
 - etc....

- Avocado
- Olives
- Olive oil
- Coconut oil
- Avocado oil
- Butter
- Ghee
- **Nuts:
- Coconut
- Raw Unsalted
- Cashews
- Walnuts
- Almonds
- No sugar nut butter

WORKING OUT / VEGETARIAN

*If you are **strenuously** working out or feel like you need energy from carbs, you may choose to incorporate a complex carbohydrate into your diet BEFORE 3pm.

If you are eating a vegetarian or vegan diet make sure to get **adequate amounts of protein.

IMPORTANT: PROTEIN

Aim for .6 to 1 g of protein per pound of body weight per day.

Protein is essential for weight management, it helps maintain muscle mass, increases fullness and boosts calorie burning through digestion. Eating enough protein is essential to support your body's natural metabolism and managing your weight.

- ◇ Foods high in protein

DRINK YOUR HALF YOUR BODIES WEIGHT IN WATER DAILY

Use pure water. Seltzer water is ok. Avoid sucralose, artificial sweeteners, diet sodas or any pre mixed drinks. Enjoy MÖDERE Revitalize, Lemon, Lime, Mint, Green Tea, or Stevia. Adding a salt to your water can help with dehydration.



TIPS TO EXPERIENCE THE BEST DROP

These 5 tips will help you get off to a great start

GETTING STARTED

This program is designed not just for immediate results but as a stepping stone to a longer, healthier journey. To maximize the benefits and see the best results, here are five essential tips to guide you through:

1. DIGITAL SCALE AND DAILY MORNING WEIGH-IN

A digital scale will provide you with accurate measurements of your progress, which is crucial for such a short-term program. Weigh yourself every morning after using the bathroom. This will give you the most consistent and reliable measurement of your weight loss progress. When you weigh in, take a picture of your scale and drop that picture into our group chat. Eventually you'll be able to make collages with the scale images to celebrate your progress!

2. MEASURE AND TAKE PICTURES

Measuring your body and taking photos can offer a fuller picture of your transformation. Between drops, the scale will go up and down, but inches lost and visual evidence can be incredibly motivating. This documentation will also serve as a valuable reference for your continued wellness journey.

3. BOWEL MOVEMENTS

With a reduced food intake, some might experience changes in their digestive rhythm. Integrating CALM Magnesium supplement or dieters/detox tea can help support your colon and maintain regularity. These teas, or a supplement like Mag O7, can be particularly beneficial if you anticipate or experience a slowdown in bowel movements.

4. WATER AND SALT

Increased water intake will aid the detox process, which is crucial for flushing out toxins. However, this increased water consumption can inadvertently dilute your body's sodium levels, an essential electrolyte for hydration. Plus as you drop weight you will release water and electrolytes as well. If you feel dehydrated, adding a pinch of high-quality salt to your water can help. You can also get sodium through salting your food.

5. EXERCISE AND CARBS

If you're engaging in heavy exercise or workouts during the 5 Day Drop, it's permissible to include complex carbohydrates in your breakfast. Remember, the goal is to support your body's energy needs while adhering to the program's guidelines—no sugar or gluten, but nourishing, energy-providing foods are okay in moderation.

6. CHECK-IN DAILY IN THE CHAT

Join the Facebook group and post your weights and meals daily during the Modere 5 Day Drop. This step is crucial for accountability and support, boosting your motivation and success. Active participation keeps you on track and engaged, directly aligning with your wellness goals.

THINGS TO ESPECIALLY AVOID ON THE DROP

Try to avoid these things on the drop and even off the drop. LIMIT!

THE DROP

When participating in the 5 Day Drop, it's essential to avoid certain foods and ingredients that can hinder your progress towards achieving your health and weight loss goals. Here's a breakdown of the five items to avoid and why:

1. NO REFINED SUGAR

This includes table sugar, sugary snacks, drinks, and desserts like cakes, ice cream cookies, sodas, and fruit juices. Consuming refined sugar can lead to blood sugar spikes and crashes, promoting insulin resistance, weight gain, and cravings for more sugar, which is counterproductive when trying to lose weight.

2. NO PROCESSED CARBS/GLUTEN

Foods such as white bread, pasta, pastries, and other baked goods made with refined flour are high on the glycemic index. They can lead to increased blood sugar levels, contributing to weight gain and decreased insulin sensitivity. Gluten, for those sensitive, can cause inflammation and digestive issues, impacting overall health and weight management efforts.

3. NO PROCESSED SNACKS/FOOD

Chips, crackers, microwave popcorn, saimin and other store-bought snacks often contain unhealthy fats, added sugars, and high sodium levels. These can contribute to inflammation, weight gain, and high blood pressure, undermining health and wellness objectives.

4. NO SEED OILS AND MAYONNAISE WITH SEED OILS

No seed oils, no mayo with seed oils! Commonly used seed oils like corn oil, canola oil, and vegetable oil undergo heavy processing and are high in omega-6 fatty acids. An imbalance of omega-6 to omega-3 fatty acids can lead to inflammation and has been linked to chronic health issues, including heart disease, arthritis, cancer and obesity.

5. NO CANNED MEATS

Products like spam and corned beef are high in sodium and saturated fats, and often contain preservatives and additives. High consumption of these can increase the risk of heart disease, hypertension, obesity and other cardiovascular issues.

OTHER CONTROVERSIAL FOODS:

Bacon: the bad thing in bacon is the nitrates that's used to cure the bacon, so on the drop limit or avoid bacon. Pork grinds: the bad thing about pork rinds is it is deep-fried in seed oils, on the drop limit or avoid pork grinds. Cheese and milk: mass produced milk and cheese often comes from unhealthy cows and can cause mucus in the body, plus cheese is very high in calorie and it's so easy to consume to much of it, on the drop limit or avoid cheese. Limit to 1 cup of black coffee per day.

AFTER THE 5 DAYS

CONTINUE TAKING YOUR SUPPLEMENTS

LEAN BODY SYSTEM (TRIM, BURN, ACTIVATE)

Continue Trim or entire system everyday between drops. Trim is clinically proven to shrink fat cells and slow down fat storage allowing you longer access to BURN FAT! Once you reach your weight loss goals you can kickstart at any time and take LBS as needed.



CARB BLOCKER



Incorporating carb blockers into your routine, especially during occasions where indulging in alcohol, carbohydrates, and sweets is anticipated, can be a strategic approach to managing your weight and maintaining blood sugar levels. These moments, often seen as a break from strict dietary guidelines, can lead to spikes in blood sugar and fat storage, counteracting your weight management efforts. Carb blockers, by inhibiting the digestion of certain carbohydrates, help mitigate the impact of these indulgences, allowing you to enjoy life's pleasures without derailing your health goals.

DIGESTIVE ENZYMES

Alongside, integrating Modere's Digestive Enzyme into a regular health regimen supports optimal digestion and nutrient absorption, critical components of a healthy weight maintenance program. This specialized formula works by breaking down foods more efficiently, ensuring that you reap the maximum benefits from every meal, and maintaining a balance in your digestive system. Together, these strategies form a comprehensive approach to sustaining a healthy weight and promoting overall well-being.



BIOCELL LIQUID COLLAGEN

Biocell, liquid collagen is highly recommended as a daily supplement specifically to combat the signs of aging: inside and out. Though it's not a "weight loss product, it is a patented natural collagen to help tighten skin, strengthen hair, nails, eyes, and gums, support your gut, and increase lubrication between joints. *Moderes #1 anti-aging product.



Pictured: Multivitamin, Multivitamin, Revitalize, Probiotic, Phytogreens and reds, Trebiotic, whey protein.

LIFESTYLE: FIND WHAT WORKS FOR YOU

The following are diet styles that all work, the key is to find what works for you.

LOW-CARB

It's been proven that limiting carbs can help maintain a healthy weight and healthy lifestyle. Limiting carbohydrate intake will help balance blood sugar which can help you maintain weight loss long term. Avoiding gluten will be huge for your health.

HAWAIIAN DIET

A healthy Hawaiian diet includes fresh fish and seafood for omega-3 fatty acids, fresh vegetables for vitamins and fiber, and healthy meats like grass-fed beef and free-range poultry for protein and nutrients. Staples such as kalo (Hawaiian taro) and sweet potatoes provide complex carbohydrates and energy. Grilled and steamed proteins, along with coconut and fresh fruits offer healthy fats, antioxidants, and vitamins, supporting overall health and well-being. Avoiding processed food, excess of snacks, sodas, sugary juices and canned or deep fried foods will help Hawaiians thrive.

PALEO

Taking inspiration from our Paleolithic era, hunter gatherer ancestors, the modern paleo template centers around eating plenty of meat and vegetables while avoiding dairy, grains, refined sugar, alcohol, and processed foods that, as a result of organized agriculture, were introduced to human diets after the Paleolithic period.

KETO

Keto is a very popular high in fat, moderate in protein, and very low in carbs system. Your nutrient intake should be something around 70% fats, 25% protein, and 5% carbohydrate. Your fuel source becomes fat verses carbs. It's a much cleaner, energetic burn to keep you energetic healthy and trim.

SIMPLE BALANCED DIET

Eat moderate portions of meat, seafood, and eggs; lots of vegetables; some fruit; plenty of natural fats; and herbs, spices, and seasonings. Try to avoid eating foods from packages. Complex carbohydrates are ok. Eat the most natural version of something ex: butter is better than margarine. Avoid: gluten, dairy, refined sugar, seed oils, deep fried foods.

FIND WHAT WORKS FOR YOU

There is no one best diet. The best diet is the one that best works for you! The key is to keep educating yourself on what healthy eating is for you and then continue to work at implementing it into your life. Don't be to hard on yourself, it took you a lifetime to learn your habits, you wont unlearn them overnight.

Rest assured that you have the products and tools you need to lose weight, improve your health and get on the path to your most healthy lifestyle but you must ultimately make your lifestyle change.