



MOXIFIT™

How the Body May Detox

Because you are dramatically altering your daily food intake and changing your basic metabolic processes, the first five days on the program your body will begin to adjust and detox. Listed below are some of the most common symptoms many people feel.

Note: *The symptoms listed may occur during the first five to seven days. However, your body may also react with the same responses later on if you deviate while on program. In some instances, there are individuals who experience no symptoms at all.*

Hunger

If you are feeling hungry the first few days of the program you may have one extra Moxifit product per day. However, it must be from the essential collection. After a few days, the hunger should disappear. If you continue to be hungry, make sure you are eating all five cups of your daily vegetables (measuring is important) and that you are consuming a Branch Chain Amino Acid packet daily.

Note: *If you continue to feel hungry during the program, logging is critical. You will review your Steps to Success Log with your coach to identify where the areas of growth may be. For example: skipping a meal, not enough vegetables or water, or by adding too many extras, are all problematic situations.*

Headaches

Clients may experience headaches during the first few days on the program, especially those who are insulin-resistant or typically had high-carb diets in the past. High levels of insulin tell the kidneys to hold on to sodium and excrete magnesium and potassium. Upon starting the program, carbohydrate levels are dramatically reduced and therefore insulin secretion abruptly diminishes. Now the kidneys will function normally and will excrete excess sodium (water follows sodium, so there may be a significant reduction in blood pressure). This can lead to a feeling of lightheadedness or dizziness upon standing, and headaches. Clients taking medications for hypertension are advised to watch for these signs and frequently take their blood pressure throughout the program. You may need to contact your physician to have your dosage lowered or discontinued as you continue to lose weight. In addition, you may experience headaches from an overall sodium reduction due to the removal of processed foods from your diet to being on program. Usually, a 1/4 teaspoonful of Pink Himalayan Sea Salt in 8 oz. of water will alleviate a headache within 15 minutes. One other reason for a headache is a decrease in caffeine; this should subside within 72 hours.

Note: *If you experience headaches later in the program, it could be a sign of dehydration, increase your daily water and electrolyte intake. You can also start each morning off with 8-10 oz. water mixed with 1-2 teaspoons of Bragg's Apple Cider Vinegar and a splash of fresh squeezed lemon juice. This is amazing for hydration levels and has many other health benefits.*

Nausea

A common trigger for nausea is the abrupt decrease in sugar intake and carbohydrates. Many of us are not completely aware of the amount of carbohydrates and sugar we are taking in daily, making us accustomed to using this as the first source of energy. After drastically reducing the intake of these foods it causes the body to turn to other sources of energy (i.e. fat stores). This requires a different set of metabolic enzymes, that require the body to overhaul its metabolism. This process can take up to two weeks to happen. During this transition, you may feel some weakness, fatigue and/or nausea.

Fatigue

Some individuals experience a few days of being slightly tired or achy throughout the body. If you are fatigued, there are two primary reasons why: low blood pressure (hypotension) and low blood sugar (hypoglycemia). These issues usually adjust within 7 days.

Constipation

We see most individuals experience constipation when they are not following the program closely. There are a few individuals who experience diarrhea for the first week or two while their body is detoxing. Please make sure that you are eating at least four cups of vegetables and one leafy green salad a day. This is your source of fiber. You should also be drinking a minimum of 68 oz. of water daily. If the problem persists, please speak to your coach for further suggestions.

We do not recommend a commercial fiber supplement (even if it is sugar free). For a person with constipation, it may make the problem worse. If you are following the Moxifit program closely and continue to have problems, you may consider citrate of Magnesia. This is very inexpensive and can be purchased in any pharmacy or supermarket. We recommend 2 oz. a couple times a day until relieved or ask your coach for suggestions.

Now that you are aware of what you may experience, you can be confident in understanding these symptoms and knowing that they are only temporary. Again, keep in mind, there are many individuals who do not experience any symptoms.

**If you experience anything that causes you concern please contact your physician.
Moxifit nor any of the authorized Moxifit coaches provide medical advise.**