



**Nulean**<sup>®</sup>  
Get Your Body Back—NOW!

## Advice for Maintaining a Healthy, Fit and Lean or “Alkaline” Body

There are many ways to lose weight, but it takes a concerted effort to maintain a lifestyle that creates a healthy, fit and lean body. Below find several tips to help ensure your hard work cleansing your body and losing unwanted pounds will lead you to achieving and maintaining optimum health.

### 1. Continue to eat the right foods.

Generally speaking there are two types of food: **alkalizing** and **acidifying**.

- **Alkalizing foods** help create an alkaline environment in your body.
- **Acidifying foods** promote an acidic environment in the body, *which can be more susceptible to disease, promote inflammation, and fuel obesity.*

**Unfortunately, the “American diet” promotes an acidic body.** So, you can instead attempt to flip the script and **strive to enjoy a diet rich in antioxidants that is 75% alkalizing foods and 25% acidifying foods.** Even if you just generally try to eat as many alkalizing foods as possible, you will be doing your body a great service. For good health (and weight-loss), try to limit the “must avoid” foods – such as sugar, white flour, deep-fried food and corn syrup.

### 2. Continue to exercise or move daily.

There is no better way to burn calories and boost your metabolism than to exercise. **Exercise is also an important factor in creating an alkaline body.** Continue to exercise 20 minutes or more a day. This can simply be a light walk. Remember, daily light exercise can be more effective than strenuous exercise one to three times a week.

*Maintaining a balanced diet and exercising regularly might sound like a gimmick, but it really does work.*

**Some specific tricks that might help you on the road to wellness:**

- **Consider adding whey protein shakes to your diet regimen.** Whey protein is one of the few proteins that are not acidic.
- **Ensure adequate protein and water in your diet regimen.** It can be the two biggest and most preventable missteps, but not getting adequate protein and water can be kryptonite to maintaining weight and energy.
- **Try to avoid processed foods and maintain a low calorie diet.** Reading labels and reviewing nutritional information, particularly before eating out will help you continue to make smart choices.
- **Repeat the NuLean One Week Detox Diet as desired.** You can easily repeat a one-week cleanse during regular intervals throughout the year. Whether getting ready for a special event, planning to fast, or wanting a kick start to feeling and looking better, the cycle can be repeated as necessary.