

5 Easy Steps for Rapid Weight Loss

STEP 1.

Choose the same rest day each week and fast until 12 noon.

STEP 2.

The other six (6) days of the week, eat a heavy breakfast before 12 noon.

STEP 3.

Take Immuno-gizer Fat Reducer, 1 teaspoon, twice daily with meals and 2 teaspoons at bedtime.

STEP 4.

Take 1 teaspoon of Fish Oil every breakfast morning.

STEP 5.

Drink 1 cup of Licorice or Green Tea on the fasting mornings.

**for more info visit
www.sabbaticaldiet.com
www.immunogizer.com**

