

### **The Hormonal Timing Pill Instructions**

1. “Buffing Pill” reminds you that you are Buffing. LOSE WEIGHT!
2. “Boosting pill” reminds you that are Boosting. BOOST MEABOLISM!
3. You will be reminded of your commitment to be your BEST for yourself and your legacy.
4. You will have peace of mind knowing that the HT Pill gives you what your body needs on a cellular level during that part of your cycle to support your natural hormone production.
5. To use dispenser~ at the start of each new phase place 2 pills in each compartment of the appropriate dispenser (pink= buffing or purple=boosting). Take 1 daily, when 2<sup>nd</sup> week of pills are gone switch to the next phase ☺

### **BUFFING (cycle day 5-18) REMINDER CHART**

**Take 1 buffing tablet daily with food during your buffing phase- some caffeine is in this pill so take don't take too late in the day**

Be relentless- give it 110%
Think, “I can do anything for 2 weeks!”
Focus on weight loss and diet- caloric deficit
Eat CLEAN to lose weight
Do Extra activities and cardio
Buff your body- BODYBUFFING
Take Buffing Supplement
Beware of Ovulation

### **BOOSTING (cycle day 19-28, 1-4) REMINDER CHART**

**Take 1 boosting tablet daily with food during your boosting phase- you can take this pill any time of the day**

Rest a bit more- slow the pace
Realize, “It’s just my hormones”
Boost your metabolism- eat to fuel your workouts
Maintain your weight loss
Cut back on workout frequency or duration
Focus on doing “something”; strength training is extra productive
You’re hungrier because you need more food

**In conjunction with the HT Pill please consider taking a good Multivitamin and a Calcium supplement daily.**