

## DAY 42

Hi All,

Well Congratulations!! Now you have truly done a full round of Healthpointe.

All too often people make the mistake of thinking a weight loss program is only about losing weight. This is the case for many programs but not Healthpointe. The last two weeks is a critical part of the program because it retrains your metabolism. Your body will always slow down its metabolism in response to a calorie restriction. (Meaning it will respond by slowing down so it can survive if the food drought continues!) This is critical for the survival of the species but also the reason why so many people regain weight after other programs.

The last 2 weeks help ensure your body has reignited its “burning” capacity. Your ability to lose weight while you are sleeping because “the home fires are burning”. So now if you have decided to go back for more weight loss congratulations on your decision. A few key Healthpointes-

1. Always record. Your learning is key and without recording/writing it is very hard to learn.
2. Reread the daily emails. They will mean more to you every time you go through the program and you will hear different things.
3. Always weigh your food. Portion size creep is a real issue!
4. Always supplement. Yet again I remind you of this, but this one is critical. YOUR FOOD IS NOT ENOUGH and deficiencies can have you body wanting more and hence overeat.
5. Always drink plenty of filtered water. Espring water is second to none.
6. Stay part of the positive environment. Association is critical. Please know if you drift away then you are always welcome back and **we will only be supportive**.
7. Have fun with your food and learn how to stay true to the program by reading labels and learning. Healthpointe eating is exciting and tasty as you will learn in the lifetime maintenance part of the program.
8. When you are at your goal weight move on to the Lifetime Maintenance part of the program and get connected with the emails for that because then you can be equipped for lifetime success with Healthpointe.

Anyway, I look forward to hearing your success and **THANK YOU** for letting me be a positive influence in your Healthpointe journey.

Jamie