

How to implement Clean 9 Program:-



Congratulation - this is it! You have finally arrived at the opportunity you've been looking for to take charge of your health. You are now on the right path to achieving a cleaner you. Having taken this first step, you will see just how possible it is to realize your personal health and weight goals with **Forever Clean 9**. This easy-to-follow program will provide you with the necessary tools to help you cleanse your system and take control of your health.

Remember, it's not going to be easy - you will have to remain committed to completing this program. Weight management is a lifetime pursuit and requires a change to your lifestyle, but the results will be well worth the effort. You deserve maximum results, so don't cheat yourself out of the full benefits of this program by not following the plan exactly. After all, you deserve it!

Let's face it, taking good care of our health has become increasingly important in this day and age of processed foods, chemically enhanced crops and a polluted environment. Let **Forever Clean 9** help you develop good habits now for continued weight loss and an overall improved health.

Day 1-2:-

The first step is to a clean body is to control your intake of harmful preservatives and other chemicals. Consume only these all-natural products for the first 2 days and you are on your way to a healthier, happier you. You need to be serious about improving your life and losing weight. The results are worth it, so stick to it!

Morning	2 Forever Garcinia Plus capsules (20 mins before aloe) 120ml (4oz) Aloe Vera Gel + minimum 240ml (8oz) water 20 minutes of exercise - walk, run, cycle or swim
Snack	2 Forever Bee Pollen Tablets + 240ml (8oz) water WARNING: Test a small amount of Forever Bee Pollen (1 / 4 tablet) to ensure no allergic reaction and then gradually increase daily intake. Consult your doctor before taking this or any other nutritional supplement.
Lunch	2 Forever Garcinia Plus capsules (20 mins before aloe) 120ml (4oz) Aloe Vera Gel + minimum 240ml (8oz) water Meal replacement shake - 1 scoop of Forever Lite Ultra with 300ml (10oz) skimmed or soya milk 2 Forever Bee Pollen tablets
Dinner	2 Forever Garcinia Plus capsules (20 mins before aloe) 120ml (4oz) Aloe Vera Gel + minimum 240ml (8oz) water 2 Forever Bee pollen tablets
Evening	120ml (4oz) Aloe Vera Gel + minimum 240ml (8oz) water

Clean 9 Day 1-2

Morning:

2 Garcinia Plus soft gel (20 minutes before Aloe Gel)
 4 oz. Aloe Vera gel + 8 oz. water
 Minimum 20 minutes exercise (walk, run, cycle, swim)

Snack:

2 Forever Bee Pollen

Warning: test a small amount of Forever Bee Pollen (1/4 tablet) to ensure no allergic reaction and then gradually increase daily intake.

Lunch:

2 Garcinia Plus softgel (20 minutes before Aloe)
 4 oz. Aloe Vera Gel + 8 oz water
 1 scoop of Forever Lite Ultra w/ 10 oz skim or soy milk or water
 2 Forever Bee Pollen tablets

Dinner:

2 Garcinia Plus softgels (20 minutes before Aloe)
 4 oz. Aloe Vera Gel + 8 oz water
 2 Forever Bee Pollen tablets

Evening:

4 oz. Aloe Vera Gel + 8 oz water

TIP:

Be sure to drink plenty of water throughout the day.

Morning	2 Forever Garcinia Plus capsules (20 mins before aloe) 120ml (4oz) Aloe Vera Gel + minimum 240ml (8oz) water 1 meal replacement shake – 1 scoop of Forever Lite Ultra with 300ml (10oz) skimmed or soya milk 20 minutes of exercise – (walk, run, cycle or swim)
Snack	2 Forever Bee Pollen tablets + minimum 240ml (8oz) water
Lunch	2 Forever Garcinia Plus capsules (20 mins before aloe) 1 meal replacement shake – 1 scoop of Forever Lite Ultra with 300ml (10oz) skimmed or soya milk 2 Forever Bee Pollen tablets + minimum 240ml (8oz) water
Dinner	120ml (4oz) Aloe Vera Gel + minimum 240ml (8oz) water 2 Forever Garcinia Plus capsules (20 mins before meal) 600-calorie meal (see calorie counter for suggestions) 2 Forever Bee Pollen tablets
Evening	Minimum 240ml (8oz) water

If you prefer to eat your 600-calorie meal at lunch, you can simply interchange it with a Forever Lite Ultra shake for dinner instead.

Clean 9 day 3-9

Day 3-9:-

Adherence to the following plan will help your body continue to purge itself of harmful chemicals and begin to burn your excess fat. During this zone, you should be already be able to feel some results. Your weight may fluctuate from day to day, so don't let that discourage you. Instead of weighing yourself daily, record weight on Day 1, 3, 6 and 9.

Morning:

2 Garcinia Plus softgel (20 minutes before Aloe)
 4 oz Aloe Vera Gel +8oz water
 1 Scoop of Forever Lite Ultra w 10 oz liquid
 Minimum 20 minutes of exercise

Snack:

2 Forever Bee Pollen

Lunch:

2 Garcinia Plus softgel (20 minutes before Forever Lite Ultra)

1 Forever Lite ultra w. 10 oz liquid

2 Forever Bee Pollen tablets + 8 oz water

Dinner:

4 oz Aloe Vera Gel +8 oz water

2 Garcinia Plus softgels (20 minutes before meal)

600 Calorie meal

2 Forever Bee Pollen Tablets

Evening:

8 oz water

TIP:

If you prefer to eat your 600-calorie meal at lunch, you can simply interchange it with a Forever Lite Ultra meal for dinner instead. For an extra evening treat, have a cup of Aloe Blossom Herbal Tea.