

10 Ways to Get GREAT Results!

To get GREAT results, make sure you are doing the following 10 things:

1. Make sure the small paddles are being placed where they should be over the lymphatic nodes (groin below the diaphragm, above the armpits, and sub clavicle for neck or chin). You may send me a photo of how you place them if you would like suggestions/opinions.
2. Make sure to stand on the Whole Body Vibration Machine for at least 10 minutes. If you do not have a WBV, the use of a rebounder for 20 minutes is suggested. Make sure to use equipment for suggested amount of time.
3. Make sure you are doing the homeopathic detox program that I recommend at a minimum. (Standard Process and Herbalogica are even better, but you must do one).
4. Use the provided food journal everyday and make sure you are following the food program.
5. Are you taking measurements each session? How are you measuring yourself? As I teach? These measurements are your direct feedback to show you how your life is working. Vevazz works EVERY time.
6. Make sure to eat as the food journal suggests – based on the results of the tape measure each session. The tape measure does NOT lie.
7. Make sure you are doing 500 calories worth of activity within 24 hours of each session. This is helpful to burn off the extra fat being released so it doesn't come back.
8. Make sure you are drinking more pure water – ideally half your body weight in ounces.
9. Make sure you are not eating 1 hour before or 2 hours after each session.
10. Make sure you are doing the neuro change technology each session. This visual and audio stimulation technology package greatly improves your efforts toward weight-loss. It helps to better train your thinking so you can be more successful with your efforts toward weight-loss and other aspects of your life you would like to improve upon. The Master key package can be purchased through Keystone by calling them at 925-443-2254. Be sure to mention you are a client of Dr. Jamie Fettig.