



# HEY IT'S RAV!

## WELCOME TO THE FEEL GREAT SYSTEM

### LET'S GET YOU STARTED



#### ☆ INSTRUCTIONS ☆

Unimate should ideally be taken in the morning in a fasted state.

Please ensure you use more water if you want to reduce the sweetness level or less water if you prefer it sweeter. 16-20oz or more is ideal.

You can have it hot or iced cold. Tastes delicious either way.

While Unimate allows you to fast in the morning, pay attention to your mood, energy levels, and your cravings. These will be the initial changes to look out for. Allow yourself to fast ~2-4 hours or more before having your first meal.

When you do start to feel hungry—usually around 12 or 1pm or even later for some people. That is when you have your first meal. Take a balance before. Pour the packet into 8oz of cold/room temp water. Water first, then Balance! Shake 3-5times quickly, DO NOT STIR and drink immediately. If you mix it and allow the balance to sit, it will thicken quickly and become difficult to drink.

If that happens, add more water, and drink it immediately.

After drinking it, wait 5-10mins (not any longer than 15 mins) and then eat your meal.

Balance has a delicious orange flavour and will start to expand in the 5-15 min period, helping to curb your portions, keep you from overeating and allow for a more controlled blood sugar and insulin response from the foods you eat. Do not wait longer than 15 mins to eat.

If you forget to take Balance, take it as soon as you remember. You will still experience some benefits if not all of them.

Wait at least 4-6 hours from your first meal before having your second meal. Drink lots of water. Do not eat between your 2 meals. This will feel pretty easy to do.

Allow your gut time to adjust to the fibers. The bloating and digestive irregularity you may experience is temporary. Once you notice that you are adjusting well, you can include a second balance packet for heavier carbohydrate meals.

Initially do not attempt to make any dietary changes. Dietary changes will come naturally to you as you lower insulin levels, you will be more drawn to making better decisions with your food. This is where we will work on making small and sustainable adjustments to your food intake. While at the same time allowing yourself to eat foods that you enjoy, guilt free and worry free.

If you are currently on keto/low carb—gradually increase your carbs. Otherwise you will notice a jump in your weight. It will go down again. Just know that the carbs are pulling water into your system and that will contribute to the gain. If that happens give your body time to adjust.

If you are diabetic and on insulin, do not start increasing carbs right away. Focus on controlling the sugars first. Same tip applies, gradually increase your carb intake so you can start enjoying the foods you enjoy.