



## DAMY Health 7-Day Slim Down

*Here are some short-term tricks to help you feel smooth and slender for your next big event!*

\*Follow these tips for the next 7 days to jumpstart a healthy vibrant new year!

*All tips should be started one-week from your event date for best results (for best results use in conjunction with a [DAMY Health Online Program](#)).*

- 1) **Increase your water!** We should all be at 2.5-3 liters by now. Try for 1 week to have 2.5-3 liters each day. No juice, no pop, and only two cups of coffee per day.
- 2) **Cut artificial sweeteners.** Artificial sweeteners make us bloat and hold water. Studies have not proven yet that they don't also contribute to weight gain. \*Stevia in moderate amounts is a good choice.
- 3) **Keep all complex carbohydrates and fruit snacks to before 2 in the afternoon.** For afternoon snacks have protein and vegetables (broccoli/hummus, tuna/red pepper).
- 4) **Make you last meal of the day green vegetables and protein.**
- 5) **Before the event use a gradual color building tinted moisturizer self-tanner.** This is a really great way to create a natural glow without looking like you've been to the tropics. I love Jergens Daily Glow Moisturizer. Apply this every evening to your body before you go to bed for the 7 days. Your skin will look smooth, glowing and the tanned glow to your skin will make you appear thinner and refreshed.
- 6) **Do your workouts first thing in the morning** to get them over with and to make sure you get them in. This is not a time to slack. Make those workouts intense. Use the 'Kick it up Options' (in your [DAMY Program](#)) at any chance you can.
- 7) **Avoid high sodium sauces and spices.** This can make you hold water and bloat.
- 8) Everyday for the 7 days have **two cups of Dandelion Leaf Tea.** This will help you eliminate any excess water.
- 9) **Keep snacks and meals as simple as possible.** Think fruit, veggies, nuts, lean proteins. Eat as much raw veggies as you can. Stick to your portions.



10) If you are serious about looking sleek and sexy for an event **skip your treats** for the week or even two. This is really important.

11) Try to get your **regular sleep and keep stress to a minimum**. I know this can seem like a tall order but do your best.



## **The Secrets to Motivation & Inspiration in the New Year**

*The Holidays can become so hectic that we forget who we are, what our goals are and what truly makes us happy. Any time you are feeling lost or you just need a boost head to this section and just click a post.*

*Everyone of these posts contain powerful tools for how to just make the most out of everyday life. Sometimes all we need is a simple mind-shift to take the worst situations and turn them into something beautiful.*

**Simply click on the links below to access your Motivation & Inspiration:**

- ["Fake it till you make it"](#)
- [Healing yourself thin](#)
- [Live as you are what you want to be...](#)
- [Love yourself today](#)
- [Real Change](#)
- [9 Ways to Create Bliss Daily](#)
- [The happiness on layaway epidemic](#)
- [Keep Calm and Sparkle On](#)
- [Our Deepest Fear](#)
- [Choose a New Story](#)
- [Let Your Greatness Shine](#)
- [The Two Sides of Motivation You Need](#)
- [The Truth About Motivation](#)



## [More Free Goodies to Create a Sexy New Year!](#)

Click the links below to get the goods!

[31 Tips to a Healthier You](#)

[The Sugar Detox](#)

[How to Detox After a Long Weekend](#)

*For long term results and big changes check out DAMY Health Online Programs.*

[The Fat Blaster](#)

[Bikini Body Program](#)

[DAMY Method Program](#)

\*Consult a physician before starting any fitness or weight loss program.