

Rose Cole call notes 9/16/08 (basic notes of what Rose said; items in red are my personal notes, which I thought helpful, but they do not necessarily reflect the views of Rose. CM)

3 Action Steps

3.) Balance Your Body Chemicals

Fat storage chemicals

[elevated blood sugar → insulin]

[stress → cortisol]

[it is good to eat a small, balanced snack 30-45 minutes before going to bed, as it helps to balance your hormones while you sleep, and promotes fat burning. However, snacking the way most people do at night will have the opposite effect]

“Full” chemicals

Signals to brain that you are full

[dietary fat is one thing that promotes these chemicals; too little dietary fat and you won't feel satiated]

Fat distribution to the abdominal region:

Influenced by Cortisol and reproductive hormones

2.) Reset Your Metabolism

Thyroid plays a major role in controlling your metabolism/thermostat

Working on thyroid health can speed up metabolism

Iodine: needed by thyroid

Wheat/Gluten: AVOID (it will suppress thyroid function)

Iodine patch test: buy a tincture of iodine, and see instructions here:

www.wellnesswithrose.com/iodinepatchtest

[note: the validity of this test is somewhat controversial, as a web search will reveal]

Iodine loading test: \$100 and allegedly more exact

Iodine supplements, if needed, in the form of oral iodine, or kelp (capsules available)

If supplementing, retest after 3 months

1.) Give Your Body “Regular Tune-Ups” to Keep it Running Strong

Cleanses: Rose gives details of 4 different cleanses on her 10-week program

[the effectiveness, safety, and appropriateness of various cleanses is something you should research thoroughly before attempting]

3-Day Younger Skin Diet

Lots of salmon (every meal)

No sugar or high-glycemic, refined carbs

Good night sleep every night

Can take melatonin to help get to sleep if needed

Sublingual (under the tongue), start with 3mg.

Available at Whole Foods, etc.

No Smoking or Alcohol (both dehydrate and promote inflammation, which is bad for your skin)

Vitamin C

Bonus: free access to Rose's “Slim for Summer” program here: www.wellnesswithrose.com/slimforsummer

See a video of rose, and more information on her 10-Week Transformation here:

<http://wwwAutomaticMoney4Me.com/app/?Clk=2572034>

You can listen to the recording of *this* call (from which these notes were taken) here:

<http://www.instantteleseminar.com/Default.asp?eventid=4201752>