

Side Effects

You may not experience any side effects at all, however, some people do. If you are at all concerned seek your Doctor's advice.

HEADACHE: This is a common side effect of detoxification and can last a few days. You can take approved over the counter headache relief products.

DETOX BATH:

2 cups of Epsom Salts

1 cup of Sea Salt

Soak in hot bath for 20 minutes

DIARRHEA: May be experienced for initial few days as the body is detoxifying. Seek your Doctor's advice should it last longer than 5 days.

CONSTIPATION: Herbal Tea, Ballerina Tea (contains Senna)
A teaspoon of Epsom Salts will also help.
(during the day)
Plenty of water.

DIZZINESS: Take Potassium 99 mg x 3 times a day.

DREAMS: You may experience vivid dreams the first week.

HUNGER: Usually means that you did not load properly with good fats. If this is the case, you have to tough it out. The hunger will disappear after a few days as the SMART Drops kick in!

CRAVINGS: These are usually connected to a previously high sugar/starch alcohol/coffee highly processed food diet and will cease after a few days. Our SMART Thinking coaching will assist. *Reducta appetite suppressant tablets from the chemist will help if you feel you might break the diet.

INSOMNIA: Usually passes after a few days.

IRRITABILITY: Is usually related to an emotional connection to food and the end of that relationship.

ONLY USE THIS IF YOU FEEL YOU MIGHT BLOW YOUR DIET OR IF YOU ARE GOING OUT AND WILL BE TEMPTED.

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Fat Blaster Reducta is a natural appetite suppressant that contains *Caralluma fimbriata* – used traditionally and now scientifically researched for its appetite reducing properties.

Reducta can help:

1. Reduce appetite
2. Reduce hunger levels.

Reducta is also:

- Non-stimulant
 - Non-prescription
 - 100% natural
 - Scientifically formulated
- Certified organic