

HEALTHY LIVING

THE CLEAN-LIVING COMPANY, MODERE, HAS BIG NEWS ABOUT MANAGING YOUR WEIGHT. IT'S NOT ABOUT DEPRIVATION, IT'S ABOUT LIVING LIKE PEOPLE IN THE MEDITERRANEAN NATURALLY DO: THEY EAT DELICIOUS, NUTRITIOUS FOODS INCLUDING WHOLE GRAINS AND HEALTHY FATS SUCH AS OLIVE OIL, DRINK LOTS OF WATER, AND WALK EVERYWHERE. TO MAKE IT EASIER FOR YOU TO COMMIT TO LOSING WEIGHT, MODERE HAS COME UP WITH THREE PRODUCTS AND THREE RECOMMENDED LIFESTYLE CHANGES TO HELP YOU IMPLEMENT THE MEDITERRANEAN LIFESTYLE. THIS M-THREE SYSTEM INCLUDES A MORNING METABOLISM BOOSTER, AN AFTERNOON PROTEIN SHAKE, AND A SERVING OF FIBER BEFORE YOUR EVENING MEAL SO YOU FEEL FULL. IN ADDITION, YOU CHOOSE THREE OUT OF FIVE LIFESTYLE CHANGES. YOU CAN: AVOID SUGARY DRINKS. AVOID REFINED FLOUR, WHITE RICE AND SUGAR. CUT FRIED FOODS. DRINK FIVE TWELVE-OUNCE GLASSES OF WATER. OR WALK SEVENTY-FIVE HUNDRED STEPS A DAY. YOU CAN LEARN MORE AND TAKE THE MEDITERRANEAN LIFESTYLE PLEDGE AT TAKE-M-[THE NUMERAL]-THREE--DOT--COM.