

## Chapter 1 : Day Challenge | WE Adventure NW

*3 ON PURCHASING THE DAY CHALLENGE! CONGRATULATIONS Thousands have enjoyed success from jumpstarting their healthy lifestyle with the Day Challenge.*

AdvoCare Fiber AdvoCare Omega blend of fatty acids for heart, cardiovascular and immune and nervous systems health. Catalyst is an amino acid with L-glutamine for muscle strength. ThermoPlus kicks up the metabolism and is another appetite suppressant. Carb-Ease supposedly blocks carb absorption ProBiotic Restore does just what its name says: All of this is at least what AdvoCare claims. But as noted in the ingredients section about LeptiCore, the science says this stuff may work. The only effective way to prevent excess carbs from taking up residence in your fat cells is to not eat the excess carbs in the first place. I also looked at reviews on Amazon. AdvoCare is not a BBB-accredited company. I have been taking the products for over 2 months and they are absolutely amazing. Not only do they work, but the people behind them are equally terrific. The individual distributors were extremely educational and transparent. The company itself is outstanding. The shipping was fast. The prices are very competitive. There is nothing to complain about. In fact, I have signed up for the business side. That has also been a wonderful experience. There is no major startup cost. You have no minimums or requirements. Direct selling does not have the restrictions and requirements as a MLM. It comes down to providing a product and allowing people to make money by sharing their stories and helping others get on the product. Does it work or not? Review number on PissedConsumer. I got sucked into the Advocare recently, because I know quite a few people personally who have taken it, and yes, they apparently got results from it. I replaced all of my foods with REAL food. You know, fruits, veges, foods that have only one or two ingredients in them, and not a bunch of fillers, chemicals, and byproducts. I started with the cleanse. I did exactly as I was told. And then I got no sleep. The rest of the cleanse has been a nightmare. I have pounding headaches every single day. I am super tired. I take Spark twice a day. Once in the morning, and then again at 2: Sometimes it works in giving me that boost, other times I just feel tired and head-achy. I feel fatter than ever. I am no doctor, nutritionist, or dietician. But I do know that whatever is in this stuff are not natural. However, I do not think that this expensive product is worth it. Drink water and eat good food. Why pay for that? As per my usual, I suggest investing what you would have spent on the day challenge on something useful and beneficial to your health. How about a mini-trampoline? Jumping is amazing for your health.

*The official AdvoCare Day Challenge App is now available for Android and iOS users! Included in this guide are instructions for supplementation, as well as food suggestions as you plan your day.*

Which Diet Plan Actually Works? Competition in the diet industry is intense. New diet businesses want you to stop using your current diet system and switch to using a new one. In order to get you to make the switch, they publish misleading info and sprinkle rumors about competing products all over the internet. Failed dieters also muddy the waters. Want to know the truth about AdvoCare? If your answer was yes, then keep reading. In the early s, the company grew by leaps and bounds. In , the company reeled in million USD in sales. But unless someone you know uses AdvoCare, you may not recognize the name. Instead of TV commercials and other forms of traditional marketing, AdvoCare depends on word of mouth. When you try AdvoCare, you can opt to become an AdvoCare distributor if you enjoy using their products. Distributors get special discounts and other benefits in return for telling their friends about AdvoCare. In the early s, bloggers picked up on the program and started writing about the AdvoCare system. What Is the Advocare 24 Day Challenge? Everyone loves a good challenge especially on the internet. Strange food challenges have also spread like wildfire. The dreaded Cinnamon Challenge has been around for going on 15 years now, but it really took off in To take the challenge, you have to make a video of yourself eating a large spoonful of cinnamon. Drinking water to help speed things up is strictly not allowed. Because food related challenges are so popular, the people at AdvoCare decided to put a healthy food challenge together. The AdvoCare 2 Day Challenge is a diet plan designed to help anyone lose a significant amount of weight in a short amount of time. Because the AdvoCare diet is built to help you burn fat in a hurry, it is quite a bit more strict than most diets. You have to follow an exact schedule and avoid many different types of unhealthy foods to pull off the challenge successfully. When you buy into the AdvoCare 24 Challenge system, the company sends you a giant brown package. Toxin buildup can stand in the way of weight loss. After the cleanse, your body will be ready to start burning fat. This bottle contains Omega 3 fatty acid supplements. In the past, some companies have tried to rip off consumers by producing fake Omega 3 fatty acid pills. But after investigating the contents of the pills, Dr. Oz was able to verify that OmegaPlex by AdvoCare is in fact a real Omega 3 fatty acid supplement not a sketchy ripoff. Basically, MNS is an appetite control supplement that helps reduce hunger pangs. AdvoCare recommends that you drink a Spark every morning during each day of your challenge diet. Spark is an energy drink that comes in powder form. It helps you burn calories and get your metabolism going in the morning. With the 24 Day Challenge pack you get to try orange and tropical punch flavored Spark. Some meal replacement shakes are gross. Each pack contains 24 grams of protein and calories. The challenge guide shows you everything you need to do to lose weight. The plan explains the system in words that anyone can understand. The first few pages of the guide are all about motivation. They contain lots of before and after shots and testimonials. Next, the AdvoCare manual shows you how to measure yourself. This is an important step because seeing for yourself exactly how much weight you lost and where you lost it can give you the will to stick to a healthy diet. AdvoCare enthusiasts like to post their before and after pics to your favorite social media sites. It shows you exactly what to eat and when. A big part of the reason why people get fat has to do with lack of knowledge. But the AdvoCare system gives you the knowledge you need to change. If you have no idea what a healthy lifestyle feels like, just follow the schedule. The first part of the schedule walks you through the first 10 days of the challenge the 10 Day Cleanse. After you finish the cleanse, you level up to the next part of the program. AdvoCare calls the second part of the diet the 14 Day Burn Phase. During the burn phase, your metabolism speeds up. The shopping list shows you exactly which foods you should pick up when you visit the grocery store. The shopping list also shows you a list of foods to avoid. Teenage bodies need lots of calories. But adult bodies are much different. Once you reach your full size, you have to adjust your eating habits. Many women pick up bad eating habits during pregnancy. Pregnant women have to eat more. Sudden food cravings often tempt pregnant women to indulge in unhealthy foods. A strict diet plan like AdvoCare can help you break bad eating habits and get back to eating healthy. Over time, high blood pressure will wear

down your heart and blood vessels. Cholesterol narrows your blood vessels, increasing your blood pressure even more. Sugary food throws your body off balance. Cholesterol buildup can block your gallbladder, preventing it from effectively processing bile. A stroke occurs when a blood vessel close to the brain ruptures. Excess weight stresses the joints, causing arthritis and other issues over time. Obese individuals are more likely to develop many different types of cancer. Breast, colon, kidney—the list goes on and on. Obese people are more likely to develop body image issues that lead to depression. For example, you can have as much of any type of vegetable as you want. Most lean meats are okay, too. Even certain types of nuts and cooking oils are on the unlimited list. With the AdvoCare system, all you need is your fist. According to the AdvoCare diet guidelines, every meal should consist of two parts: If you really are big boned, your hands will be bigger. So, you can eat just a bit more. Smaller people have smaller fists. So, smaller people should eat less. In other words, they just burn energy faster than the rest of us. The AdvoCare Challenge is designed to cleanse and reboot your metabolism. What Can You Eat? Some of the meats listed on the unlimited menu are very yummy. You can eat just about any kind of protein you want. Crab legs, ground beef, ground turkey, eggs, fish and lobster are just a few of the recommended meal items in the protein category. You can eat some types of vegetables all day long and never get fat. Grilled asparagus, roasted cauliflower, soul food style collard greens. Pretty much every vegetable you can imagine is on the table. Some types of fats are allowed. You can have a handful of almonds for a snack, if you like. You can cook with all kinds of healthy oils, too. You also have to give up sugar and alcohol. Rebuilding your metabolism takes a lot of hard work. Getting off of sugar and caffeine hurts at first. But eliminating spikes and crashes will help your body follow a more natural rhythm. Your skin starts to look better. Greasy fast food makes your skin oily and can even cause acne outbreaks. Skin problems tend to clear up once you start eating healthy.

### Chapter 3 : Advocare 24 Day Challenge Review - Not Losing Weight? Our Guide

*AdvoCare ONE/80Â® is a 3-part system featuring customizable solutions based on your needs. Each system is designed to help you develop lifelong healthy habits.\* Choose your Solution.*

Reply Richard Editor Hi Marina. I lost a total of 20 pounds. I had so much energy and felt amazing. I am really wanting to do another challenge, however I have read some concerns about the high amounts of niacin. From what I have read, niacin is healthy for you in small amounts but can harm your liver and cause skin reactions in high amounts. However, the product did what it was advertised to do and was well worth the money. You must be willing to also follow the diet of complex carbs, fruits, veggies, and proteins. If I choose to get the challenge again, I will purchase an extra box of shakes so that I can use them if I do not have time to make a meal. You will still feel like crap. You get one every 3, miles. Reply I feel great! I saw 5 friends of mine lose some weight and I was like wow these are not TV people or somebody trying to sell you a product. My wife and I are doing it and look forward to a healthier lifestyle. I will keep you posted on how the results are, one thing I can say its not easy. I was used to eating junk food alot. Reply Anthony Smitka My mom brother in law and sister all have done the 24day challenge and I definitely saw them loose weight fast! I know they all said it is tough and they were often hungry, although they did say it got better as they got through each day. Not only did they loose weight but they all mentioned how much better they felt after the cleanse part. They also said it was amazing how they not only felt better but had so much more energy in the morning and throughout the day. Reply Your Name Yes.. Advocare is worth every penny I lost 70 lbs ins mins system and spark now I am doing my first 24 day challenge on dY 4. Reply Your Name So I am on day 3 and started eating clean 3 days prior to starting the challenge. I can only do the 10 day detox due to congestive heart failure issues and can not take any caffeine or any stimulant. I also have hypothyroidism and take medication. It has been very difficult to lose weight. So far, I have lost a total of 4 pounds. I have seen no side effects. Reply Allowed glass of wine? Are you allowed to have a glass of wine? Reply Your Name you should limit your alcohol and sugar consumption while doing the Challenge. There are warnings stating that those taking medications should contact a doctor. Reply Jody I have completed the 24 Day Challenge and are still enjoying many of the Advocare products. I have lost 20 lbs and have never felt better. I highly recommend the Challenge and the Company. While you do have an opportunity to offer the products to others or join for a discount memebership, it is not the main focus. Reply Loved the product. I was recommended by a friend who lost 12 lbs and his wife lost 9. All I know is that Ive had more energy than I have had in 4 months. Hopefully I can stick with it. Good Luck to you and finding your own way to lose weight. But also from what I read you should have one.

### Chapter 4 : Advocare 24 Day Challenge - Instructions, Reviews, Meal Plans

*Follow step by step instructions for the AdvoCare 24 Day Challenge.*

Each phase requires a different type of meal plan to help get you the best results possible. The Cleanse Phase is all about cleansing your body so there are certain foods that you should try to eat that will aid in the cleansing. The Max Phase is all about losing weight and increasing your energy so the recommended foods will change to help assist with that. Cleanse Phase Meal Plan: Probiotic Restore days , Fiber Drink days and , and a bowl or piece of fruit 30 minutes later. Fruit is best for cleansing. Add in 3 hard boiled eggs or plain oatmeal if needed. Salad or greens with lean protein and complex carbohydrates. Nuts, seeds, raw vegetables or fruit. Rice cake with natural peanut butter or almond butter. If needed a bowl or piece of fruit Bedtime: Your goal should be 1 gallon per day! Try to stay away from fried foods, refined sugars, bread, wheat products, alcohol, dairy, coffee, and soda. The best fruits to eat during the cleanse phase are apples, grapefruit and berries fibrous and low glycemic 3. Stay away from processed lunch meats. Eat clean carbs like rice, hummus and oatmeal 5. Add in Spark when you are feeling tired. I prefer it in the morning and mid-afternoon. Max Phase Meal Plan: Choose from 3 eggs, 1 fruit, veggies, nuts or nut butter, hummus, can of tuna, 2 scoops of Muscle Gain, or AdvoCare Bar. Chicken Salad, low carb wrap, or salmon with broccoli. Protein steak, chicken or fish with vegetables. Add rice or potato if needed. If needed choose from 3 eggs, 1 fruit, veggies, nuts or nut butter, hummus, can of tuna, 2 scoops of Muscle Gain, or AdvoCare Bar. Keep carbs under 30 grams per meal or snack 3. Drink oz of water 4. Exercise at least 30 minutes days per week 5. Minimize your alcohol, bread and dairy intake. Increase healthy fats as you decrease carbohydrates avocados, olives, nuts and seeds. Tired of the way you look and feel?

### Chapter 5 : Daily Guide “ 24 DAY CHALLENGE

*Let's Take a Look At the Advocare 24 Day Challenge Manual Many people who have tried the AdvoCare 24 Day Challenge love AdvoCare's easy to read diet manual. The challenge guide shows you everything you need to do to lose weight.*

### Chapter 6 : Advocare 24 day Challenge Guide - [www.nxgvision.com](http://www.nxgvision.com)

*Advocare 24 Day Challenge Guide. We don't know if you already bought the Advocare 24 Day Challenge or consider to do it. What we can definitely say is that you are looking for a complete Advocare 24 Day Challenge Guide.*

### Chapter 7 : Guides / Instructions “ 24 DAY CHALLENGE

*The AdvoCare 24 Day Challenge Meal Plan has two different phases; Cleanse Phase and Max Phase. Each phase requires a different type of meal plan to help get you the best results possible. The Cleanse Phase is all about cleansing your body so there are certain foods that you should try to eat that will [ ].*

### Chapter 8 : AdvoCare 24 Day Challenge Meal Plan - Advocare 24 Day Challenge - Instructions, Reviews, I

*Omega Plex has been added to the standard AdvoCare 24 Day Challenge. It is recommended that you take 2 with a meal two times a day. It is recommended that you take 2 with a meal two times a day. These instructions / guides list Catalyst.*

### Chapter 9 : Healthy Girl Tips | Resources for Nutrition, Weight Management, Energy, and Fitness

*The 24 Day Challenge Advocare reviews of the Advocare 24 Day Challenge guide and diet program have mentioned*

*that some uncomfortable side effects come from the products that the company sells. The first of which is uncontrollable diarrhea.*