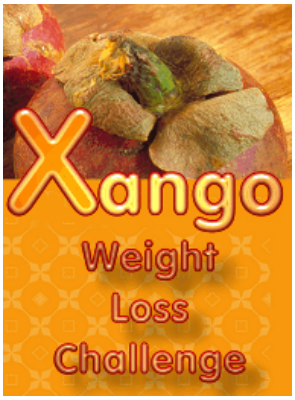

by
Dr. Michael Vincent, N.D.

Mix the following to make your Xango Cocktail:

2 ounces of Xango Juice. (very important)
2 ounces of Kefir (flavor of choice)
1 tablespoon of extra-virgin olive oil
1 tablespoon of coconut oil (heat to liquidize) actual tastes pretty good

If you are looking to lose 50 pounds or less, drink this 2x a day. If you are looking to lose more than 50 pounds, take an additional ounce of Xango juice and an additional ounce of Kefir, and take 3x a day.

For breakfast, eat watery fruits such as watermelon, cantaloupe, grapefruit, strawberries, etc.

Drink your Xango Cocktail right before eating a sensible lunch.

Drink your Xango Cocktail right before eating a sensible dinner.

You can actually eat nearly anything you choose and still lose weight when drinking the Xango Cocktail. However, the healthier you eat, and by doing exercise, you will see results faster.

IMPORTANT: You must drink half your weight in ounces of water each and every day.

For example, if you weigh 200 pounds, you would need at least 100 ounces or 12.5 cups of water each day.

IMPORTANT: Weigh yourself in the morning before trying this system. Weigh yourself once a week on the same day and around the same time.
Note: www.kefir.com - to find where you can buy Kefir and coupon.

Please check with your doctor before starting this, or any other diet.