



Transform 365 Today Program Guide

Cindy Cohen RN



Program
Guide



*You don't need to work for
Transform 365 Today program, it
works for you!*



Program materials assembled by
Cindy Cohen RN



Transform 365 Today Program is about your wellness...

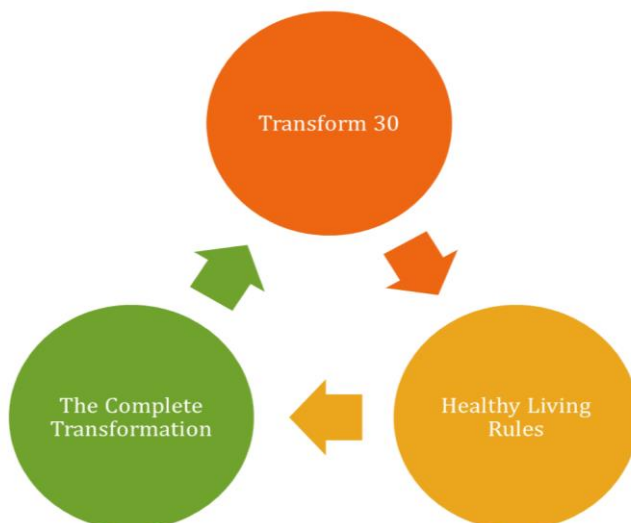
The Transform 365 Today program is about living your life more fully without restrictions. Wellness is enhancing your life physically, emotionally, and spiritually at home, where you work, and in the community. To experience continuous success in healthy living it takes a community and this is where the Transform 365 Today program begins working for you. To join the community go to Facebook.com and look for the *Transform 365 Today Community* page. Additionally, visit us at www.transform365.today and follow us on Twitter @T365Today.



Who created the Transform 365 Today Community?

The Transform 365 Today Transform 365 Slide concept and online Community was created by Cindy Cohen RN wellness consultant, certified health coach and the team at C2 Your Health LLC, (www.CindyCohenRN.com). Cindy is also a Certified Transform 30 Coach and Qualified National Marketing Director with The Juice Plus+ Company.

How will the Transform 365 Today program work for me?



The foundation of the Transform 365 Today program is based on the Transform 365 Slide. The slide consists of three levels of commitment which combine three distinct programs into one by sliding between programs to fit your lifestyle. The key to success lies in your ability to SLIDE between all 3 depending on your lifestyle demands.

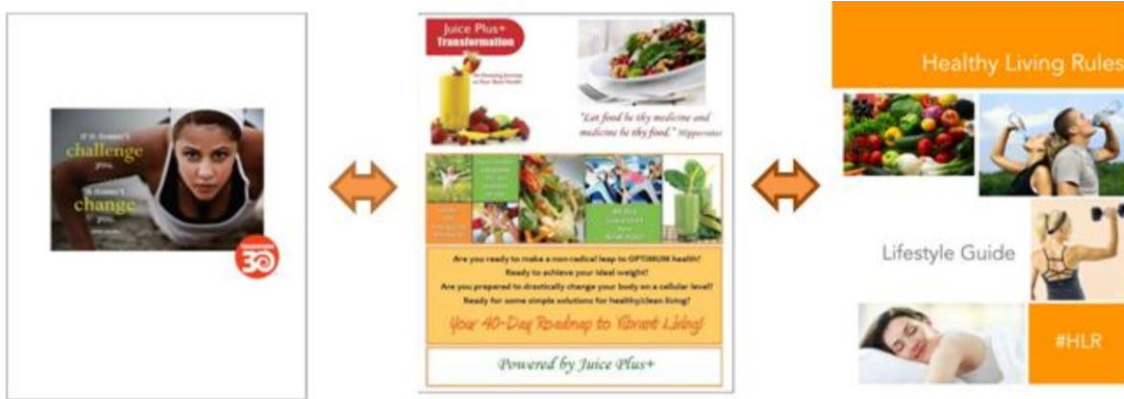
These programs are:

1. Transform30™ Day Challenge Program
2. Live Better 28 – Complete Transformation Program
3. Healthy Living Rules Program

What is the Transform Slide?

You begin with any of The Juice Plus+ Company healthy lifestyle programs and at any time you can slide between these 3 programs as your life changes, fluctuates and transforms. Always remaining on one of the 3 programs for a full lifestyle change.

Thus creating a healthy lifestyle program that fits YOUR LIFESTYLE NEEDS 365 days a year!!!



What is the difference between the programs?



Illustration from
Dr. Mitra Ray presentation
Transform30™

1. Transform30™ Day Challenge Program:

Is designed to demonstrate to you the connection between how you look and feel in relation to the foods you eat. This program is NOT a calorie restriction program and is a plant based eating plan.

Transform30™ Day Challenge Overview as described by the Transform30 website www.Transform30.com:

Say YES to:

Juice Plus+

JuicePlus+ Complete (power shake) 2 per day and JuicePlus+ Premium (capsules) for 4 months.

Drink Water

Drink enough pure water a day that your urine remains clear (usually 2 to 3 liters).

Exercise

Do 30-60 minutes of moderate exercise at least four days a week.

Zero Wheat

The benefits to getting off of wheat are enormous. And it's easier than you might think!

Zero Dairy

Try hummus as a substitute for cheese. Eat leafy greens for the best source of calcium

Breathe

Complete deep breathing exercises three times per day for 3 minutes for relaxation.

Sleep

Plan ahead to get 8 full hours of sleep each night.

Assist

Eating your last meal by 6:00 pm allows your body to rest and digest properly

Balance

If you are an athlete or in training feel free to increase portion size to accommodate high energy expenditure.

As directed on the Transform30™ website reduce these:

Artificial

Preservatives

Artificial Colors

Artificial Sweeteners

Chemicals

Caffeine

Saturated Fats &

Cholesterol

Refined Sugar

Hydrogenated fats

Alcohol

2. Complete Transformation Program:

Do you feel challenged trying to incorporate a healthy diet and lifestyle into your busy schedule? You're in the right place! Complete Transformation is a 6 week (40 Day) clean eating designed to jumpstart your health transformation. It's similar to the Transform30™ program except you are encouraged to REDUCE instead of OMIT process foods, sugar, dairy and wheat products. The Complete Transformation program also encourages 1 Complete Shake a day instead of 2 shakes a day right away.

This is a list of optimal suggestions and the more of them you adapt into your program, the more complete your transformation will be. The most important aspect is taking your Juice Plus products daily. This is a great program to make healthy eating a project for the whole family!

Here is an overview as described on Complete Transformation website
www.transform40.com

Say YES to one simple change:

Juice Plus+

JuicePlus+ Complete shakes and JuicePlus+ Capsules. Combined, these will support your transformation

Drink Water

Drink half your body weight in ounces daily.
($\frac{1}{2}$ x body weight) =

Exercise

Do at least 30 minutes of physical activity most days.

Reduce Wheat

This can be a simple diet change resulting in many health benefits.

Remember to:

Breathe

Breathing deeply is a well-known stress reliever and has a multitude of health benefits. Spend some time each day consciously breathing slow and bringing air down deeper into your lungs.

Sleep

It is key to get 7 - 8 full hours of sleep each night. This is when your body heals and regenerates.

Don't eat too late

Eating your last meal/snack three hours before bed allows your body to digest, repair and rest properly.

Reduce

Artificial Preservatives, Artificial Colors, Sweeteners, Chemicals,

Caffeine, Saturated Fats or Cholesterol, Refined Sugar, Hydrogenated oils or foods that contain them, & Alcohol.

Avoid Dairy

Instead of cows milk, try using plant beverages like coconut milk, almond milk, soy milk, or rice beverage.

1. The Healthy Living Rules Program:

Supports developing healthy lifestyle changes by adding Juice Plus+ Orchard, Garden, Vineyard blends and / Juice Plus+ Complete shakes to your diet. Detoxification and cellular nutritional support will happen as your body is flooded with the whole food nutrition of Juice Plus+.

Here is the Healthy Living Rules program as described in the Health Living Rules Lifestyle Guide:

Juice Plus+

Add Juice Plus+ Orchard, Garden, Vineyard blends & Complete Protein Shakes

Drink

½ to 1 gallon of water daily

Eat real food

Fruits, vegetables, seeds, nuts, and wild organic protein

Move

30 - 90 minutes most days

Avoid

Dairy, gluten, and sugar

Sleep

A minimum of 7 hours a night (ideally 8 hours)

Fruits

Eat 3 - 4 different fruits each day

Vegetables

7 - 13 Servings or more of different vegetables each day

Protein

Eat 100g - 120g of protein each day

Which plan is right for me?

Your Juice Plus+ Company representative can help you learn about all 3 of the Transform 365 Today programs however you must answer these questions to help us get started:

1. How much weight do I want to lose?

2. How fast do I want to lose it?
3. Why do you want to lose weight?
4. How much struggle do you have with food choices?
5. How much flexibility do you have in your eating plan?
6. Do you eat out away from home often?
7. Are you willing to do more menu planning and cooking from home?
8. Is your family on board with a new eating plan?
9. How much exercise are you willing to do?
10. How motivated are you to develop permanent lifestyle changes?

What should I expect from the Transform 365 Today program?

People have reported that when they consistently fueled themselves with the essential nutrients of Juice Plus+® capsules and Juice Plus Complete® shakes that they started to experience better energy and quality sleep, mental clarity, clearer skin, healthier nails and hair, diminished carbohydrate and sugar cravings, a reduction in body fat, improved digestion and elimination, improved immunity and better workouts and recovery. – www.TheCompleteTransformation.com website

How do I get started?

1. Make a commitment to making your health #1 priority.
2. Choose a plan to start with:
 - _____ Transform30™ Day Challenge Program
 - _____ The Complete Transformation Program (6 weeks)
 - _____ Healthy Living Rules Program
3. Order your Juice Plus+ products:
 - _____ Juice Plus+ Orchard, Garden and Vineyard Blends
 - _____ Juice Plus+ Complete Protein Shakes (1 shake per day or 2 shakes per day)
4. Write down WHY you are participating in the Juice Plus+ Transformation program and WHY now? (Be as specific as possible)

5. It's important for you to see the difference of *how you look*. It's also fun to take pictures every 30 days to show your friends!

- Take before pictures of your face and body including the front and profile views.
- Take before measurements

_____Hips _____Thighs _____Waist _____Chest _____Arm

- Take your 30 day pictures and measurements:

_____Hips _____Thighs _____Waist _____Chest _____Arm

6. Record *how you feel before* you start the program then record the improvements in 30 days. For example: Is there improvement in the quality of your sleep? Do you have increased energy? Reduced flu like symptoms? Decrease in the number of medications? Less doctor visits? Improved dental visits? Shinier, stronger, healthy hair? Faster, stronger nails? Improved complexion? Improved quality of workout routine?

7. While you are waiting use the Transform30™ Day Challenge to begin menu planning, shopping lists, and pantry stocking. Additionally, look on the internet for dairy free and wheat free healthy recipes.

8. Keep yourself accountable by keeping track of your daily progress.

- Keep a FOOD AND MOOD journal. What you eat and how you feel before, during and after eating. Studies show if you just keep a list of the foods you are eating as you eat them you are more likely to make healthier choices.
- Make a daily healthy habit TO DO LIST. On your list include eat 4 servings of fruits, 13 servings of vegetables, seeds, nuts, beans, 8 glasses of water, take Juice Plus+ capsules / chewables, and 2 smoothies. Include other healthy habits such as got to bed at 10 pm, exercise 30 minutes and plan menu for the following day.

9. And don't forget to join our Transform 365 Today Community! After all, good health and vitality is a 365 day project.



#T365 #T30 #HLR #onesimplechange



To join our community, find us on social media:

www.facebook.com/transform365today

www.twitter.com/transform365today

www.transform365.today

Disclaimer

The information and reference guides are attended solely for general information for the reader. The contents are not intended to offer personal medical advice, diagnose health problems, or for treatment purposes. It is not a substitute for medical care provided by a licensed and qualified medical or health professional. Please consult your health care provider prior to beginning any lifestyle modification.

Endnotes

* The Transform30TM™ Day Challenge was developed by Shining Star International. No changes to the program guide except for reformatting have been made.
www.Transform30.com

** Live Better 28 Complete Transformation Program was developed by The Juice Plus+ Company. No change has been made in the T40 program guide except for reformatting which describes Live Better 28 Complete Transformation program.
www.LiveBetter28.com

*** The Healthy Living Rules Lifestyle Guide is in its original format. No changes have been made to this guide.

**** The products recommended by these programs are the Juice Plus+ ® product line can be purchased from this website www.YourJuicePlus.com /, www.LoseWeightAndDetoxDiet.com, and your Juice Plus+ Company representative. We strongly encourage you to seek the Juice Plus+ Company representative who shared this program with you.

Your local Juice Plus+ Company representative is:
