

Acc(u)Life

TAKING MEDICATION

If you are on medication which requires you take it with food outside of the normal food cycle eating hours of 12pm – 6pm, do the following:

Milk Day

Does your medication specifically indicate no dairy?

- if no, have 2–3 oz of milk or 1 Tablespoon of yogurt with your medication
- if yes, have ½ hard-boiled egg with your medication

Vegetable Day

Does your medication specifically indicate no potassium?

- if no, have ½ banana with your medication
- if yes, have ½ apple with your medication

As long as you do not eat more than the recommended amounts, your body will recognize the food you've eaten as a buffer, and it will not compromise the program or slow your weight loss. Eating excess amounts will confuse the chemistry of the program and will slow your weight loss.

Many medications cause water retention. This will slow the scale, but not the fat loss. It may take 7-10 days after you finish the course of your medication for the water retention to pass. Focus on the change in your body and the inches lost and you will continue to see your success.

NOTE: ACC(U)LIFE IS NOT A MEDICAL PRACTICE AND DOES NOT PROVIDE MEDICAL TREATMENT. PLEASE SEE YOUR OWN PHYSICIAN FOR MEDICAL ADVICE.