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## Advocare 24 day challenge for nursing moms

Published in Home Hey! So if you remember, last week we started the Advocare 24 Day Challenge, which starts with a 10 day cleanse. Now we're done with the clean part! A quick summary of what the cleanse part involved: Katie's (breast-feeding modification) Morning fiber drink is a drink fast or it will get thick, but not too bad. Take a probiotic. After 30 minutes, eat a healthy breakfast, take omegaplex (Omega 3 supplement) and multivitamin iron. Eat mid-morning snacks apple and peanut butter Eat a healthy lunch (protein, Carb and Vegetable) Drink a spark (energy booster loaded with good stuff!) Eat a healthy snack-banana and almond dinner (protein, carb, th vegetable evening snack fruit and healthy fat if hungry. Take an extra omegaplex before bed. Nate Nate did the usual version; he didn't take a fiber drink every day and he took extra fiber clean pills before bed. Technically, carbs for dinner were optional for him, but he pretty much ate them every night and still had great results He also used a meal replacement shakes more often for breakfast, as he tended to run out of doors for work. owned it and got back at it afterwards. Advocare 10 Day Cleanse Results: Katie: Weight Loss: 5.4 inches Lost: 2.75 inches Before/after: I don't notice the huge difference... maybe a little bit in my stomach as well as another bra makes a difference too. Haha! ☺ The biggest thing I notice is that my face looks slimmer. I didn't get exactly the same shot in the head, but then again I definitely see it more in my jaw area. And I like my hair with bangs better! Lol! Either way, we're only halfway through... Here are Nate's results! Nate: Weight Loss: 11 inches Lost: 2.75 inches Overall I'm very happy with our results so far! There are no magic pills and we definitely did the job of eating clean. I think the great thing about supplements and smoothies is that they have helped reduce the intensity of cravings and really maintain a healthy eating piece. Yes, I wanted cupcakes. But I've never been very hungry. And I didn't have sugar headaches. I was religious about drinking my water too! My goal for Max Phase Advocare 24 Day Challenge is to train 5 days a week with the move it was hard to fit into the workout! But I want to make it a priority and really hone in the last two weeks. #letsdothis Let me know if you have any questions and you can browse Advocare products if you are interested. I've done a lot. Before I decided to start the challenge! Haha! I did it!!! This is officially the end of the Advocare 24 Day Challenge and I am sharing my results, thoughts and comments on the whole process. There were two stages of this task, the purification phase and then the MAX phase. I will also be giving you a run down on what each one consisted of and a bit of a peak in what my diet and fitness routines have been like since the beginning of this. If you want to read about the process from start to finish, here's the very first post at the beginning of the call and halfway check in. Some information about the products was taken from the Advocare website So, just to give you a little background on me and my body type: I'm 5'7 with a pretty curvy build. Starting this challenge, I had about 5 inches that I wanted to lose around my waist and about 15 pounds of excess that I wanted to take care of. Clear phase: This was by far my favorite part of the task. This stage was for a few days 1-10 and made me feel better to date. Basically, you take in a lot of fiber and nutrients, while completely changing the way you eat and flushing your body with tons and tons of water. At this stage I cut out all alcohol, salt, sugar, white paste, white bread, white potatoes, non-complex carbohydrates, fried foods, dairy products and all processed. I ate a ton of protein like chicken and turkey, eggs, almonds, protein shakes, and lots of fresh fruits and vegetables. AdvocaCare Herbal can help rid your body of waste and prepare your body for optimal nutrient absorption with its unique blend of plant ingredients. Each Herbal Cleanse box includes these two key products: ProBiotic Restore™ capsules and herbal cleansing tablets. OmegaPlex® which is a high-quality blend of essential omega-3 fatty acids for overall well-being. The thick acids are great for you anyway, so I loved that it was included in the program. I will also continue to take them on a regular basis. Spark drink is one of my favorite foods throughout this problem. It is sugar-free with more than 20 vitamins, minerals and nutrients that work synergistically to provide a healthy, balanced and effective energy source that will not be overloaded or more stimulate your body. Basically, it gives you a burst of energy without making you feel completely more caffeinated. I will continue to use this product, and although my husband has not made a call with me, he is obsessed with Spark drinking even more so than I am! I'm not going to lie... the first few days of this stage were not a joke. I had headaches from detox, my skin was breaking out of all the toxins I had as it wouldn't go well. But, I felt amazing at the end of the purification phase! I want down 6 pounds, felt better I had months and I could really see the difference in my body. If you want to do something that really kickstarted your diet and exercise, I highly recommend a cleanse! Max Phase: This stage in the Advocare 24 Day Challenge is something that I will beautifully call the pill phase because you get packed full of supplements. Now, I'm not saying it's bad at all because there are a lot of good vitamins in these supplements. But if you don't do well with the pills, it won't be for you. Your schedule for this stage looks like this: Before breakfast Color Package Calcium Plus - 2 caplets ActoTherm SR - 1 caplet ProBiotic Restore™ Ultra - 1 capsule Posalong before lunch Color Package Calcium Plus - 2 capsules BioTherm - 2 capsules White package CorePlex® - 3 capsules Cardio - 1 capsule Protein package Omega® - 2 capsules White pack CorePlex® - 3 capsules Cardio - 1 capsule Belal package Omega® You're reading this right. It's every day, for 14 days. For me, I don't handle supplements well at all. I don't even take headache medication usually because I don't like putting anything like this in my body. I got very wobbly and sickening from a few supplements because they just weren't for me. Fortunately, my amazing trainer gave me a modified schedule that took out a few supplements (the format they give nursing moms) and that worked a lot better for me. Food Replacement shakes what you should drink every morning. I wasn't a fan of these as I already have fresh protein shakes that I make every day and they were a bit on the sweet side for me. Each cocktail includes 22-24 grams of protein, 24 grams of carbohydrates, 5-6 grams of fiber, 26 vitamins and minerals, and 50 percent of the recommended daily allowance of calcium. The good thing is this program is easy to replace and change things around. So I just didn't use them. Overall, the MAX phase wasn't my favorite, but it provided a lot of good food. One of the things I will say about all this is the importance of having a good coach. Melissa was amazing! She made sure everything was going well, helped me change when things weren't sitting well, and kept helping us throughout it all! And now... what I'm sure is the most compelling of all this post... Results. Keep in mind that it's not even a month's worth of work, let alone I had four children. So, be good!) My original measurements were: 161 pounds, chest- 37 Waist- 34 Hips- 41 Hip-21 My End Measurements were: 151 pounds, chest-36 Waist-30 Hip-38 Hip-21B overall, I really loved this challenge and seeing the advocare 24 day challenge results. I think personally, I've got more of a cleanse phase in terms of body changes and lifestyle changes, both of which I'll continue to do. My main goal is to be able to all the physique competition in the next few months. I have a lot of work ahead of me, I really love every minute of it. I found a lot of joy in exercising and taking care of my body. Through the Advocare 24 Day Challenge, I've got a lot of muscle tone throughout this and I'm just going to get more. I'm very happy to start with a pretty strict nutrition plan and working with a coach. My partner/sister-in-law who made this call with me was to say this: My main goal at the beginning of this problem was to improve my overall health and develop the healthy lifestyle that I always wanted but never pushed myself to actually do. I achieved this goal and learned a few tricks on the way thanks to Melissa and Advocare. My favorite part of the problem was the cleaning phase. I felt incredible at this stage and felt that my personal peak occurred in the last few days after the cleansing. During the maximum phase, however, I felt as if my body kind of plateaued off. That being said, I will definitely start the seasonal part in the cleansing phase and will stay true to my delicious Spark ☺ What the starting measurements were: Breast-40, Waist-37, Hips -39, Hip-19E the ending measurements were: She lost 9 pounds in total, breast-40, Waist-36, hip-38, hip-17 thanks again for helping Melissa through it. She was amazing!!! If you want to try any of these products, be sure to contact her:) You can also use her Advocare link to order products. Melissa Lockert: Phone: 303-945-0877 email protected For more information about this problem, check out The Advocare YouTube video here. What do you think? Will you try this problem or any of the products listed?

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