

CRAVE BUSTER CHECKLIST



Twelve tips for using Nix-A-Crave

First, everyone has different times when snacking is more of a problem. The tips below are just examples of how you can use the product to help curb cravings.

- 1. When you wake up
Start the day with less cravings by using the device 4 or 5 times. This will help you eat a light and healthy breakfast.
 - 2. Use 10 minutes before a meal
You can use the device 10 minutes before each meal and drink 8 ounces of water after use. This will help you maintain better choices and stop sugar cravings.
 - 3. When you snack most
Most of us have a “witching hour” that we generally snack the most at. This is a good time to use your device so if you will snack less and especially not select sugary foods.
 - 4. Log Foods
We recommend you log all foods so you can ensure you are getting enough calories and are making the best choices in food selection.
 - 5. Track controlled days not weight
Cut yourself some slack. Give yourself a gold star on your calendar daily for days that you eat aligned with your goals. If your appetite was under control GOLD STAR!
 - 6. Special Events
The flexibility of Nix-A-Crave is if you have a special event to attend do not use the product that day. Your normal cravings and appetite will return.
 - 7. Using the Device
Breathe in for 4 to 5 seconds then hold and breathe out. That’s it! Recommended use is 4 to 5 times first thing in the morning before breakfast and before each of your three meals.
 - 8. What is it?
Water, vitamins, and flavoring! The active ingredient is a specially processed nicotinamide. An immense amount of information is published on this supplement. We highly recommend you look up its effects and discuss if this is right for you with your doctor.
 - 9. Prioritize your bucket list
What do you want to accomplish most? What cravings are you wanting to stop? If it’s snacking find your snacking hour, use your device, and drink more water during those times.
 - 10. Realistic Goals
It’s easy to get carried away! When you suddenly have amazing control of your cravings it’s easy to get carried away and eat too little. Keep that log going!
 - 11. Always consult a physician
I know we don’t even have to say it but here we go anyway! Before any new change to your lifestyle consult a physician.
 - 12. Warnings:
The product may result in eating less which could result in weight loss, constipation, diarrhea, nausea, and lower blood sugar. Always do a skin patch test to determine if you have an allergy. Discontinue use if you see a reaction,
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