

**Beauty and The Beast Now Weight-Loss Coaches – Diane King Vetterlein & LynAnn King**

# Spring Cleaning During the Coronavirus Scare




## Staying Healthy and Losing Weight on hCG

Has America gone mad?
It seems everyone is paralyzed with fear about the COVID-19 epidemic.

We, LynAnn and Diane of Beauty and the Beast Now, offer some ideas to combat this stress.

While the world is in shock and hibernation, take the opportunity to downsize your body; public and social events are on hold – vacations deferred. While everyone is hibernating, create a slim, new you, so that you can burst on the Spring/Summer social scene slimmer, when the world comes back into swing.

***While the world is in shock and hibernation…***
***downsize your body…***
***and burst onto the Spring Social Scene***
***as the Beautiful New You!***

This article offers some ideas about how you can float above the fray, and be faithful to your weight loss plan while staying healthy and motivated. These tips can help you stay on-track to meet your goals, plus create a little peace of mind along the way.

Our ideas start with motivation and offer a *pragmatic, proven plan* to help you achieve success.

Beauty and the Beast Now | Weight-Loss Success Coaches | www.beautyandthebeastnow.com
LynAnn King – 650-550-0090 | Diane King Vetterlein – 415-370-3878

The truth is that motivation is everything – especially when facing sweet or savory treats that (in the moment) feel like they have the potential to calm your nervous system. But your wiser, slimmer self knows the Truth – All that those "comfort foods" do is make you fatter and unhappy.

So… tune out that upsetting conversation, slather up with hand sanitizer, put down that diet offender, and embrace one (or more!) of these ideas.




## **SPRING CLEANING:** Closets, Fridge, YOU!

The HCG diet rids your body of toxins while helping you change your attitude toward foods and even slims you down. Yes! It does all that!

Now is the time to spring-clean closets, refrigerator, and your body in a life-changing way.

## Out with the Old – In with the New

Remember that spring cleaning is different than "regular" cleaning because you let go of old items that no longer fit your life, in addition to putting the area in order and washing or dusting it down, even moving furniture to get behind the scene, looking high and cleaning those too.

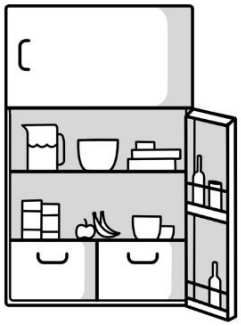
So stand in front of your chosen battle area – be it hall closet or your clothes closet – and make three stacks:

- Keep
- Give Away
- Recycle

Take everything out of the closet (vacuum floor while you're at it) while making a quick yes/no decision and placing each item into the appropriate stack. Those items you want to keep get dusted, washed, or repaired, then returned to the closet in an organized way. Pack "give aways" in large, strong bags and put in your car to drop off to Goodwill or to gift to an appreciative friend.

***Closet: solved. Good work!***

**On to the fridge…**



First get rid of EVERYTHING that does not position you for weight loss success. Then wash everything inside the fridge, shelves, door storage and drawer bins. Diane and LynAnn have given you helpful lists of what is "legal" and what is not – and the "not" foods need to be composted, trashed, or given away. (carbs & sugar)

To do this, remove all items from the fridge (or if you're working in a very small kitchen, one shelf at a time) and wipe down all containers that you're going to keep. Clean inside walls and shelves (both glass and wire) with a solution of diluted dish soap and baking soda. Put only Phase 2 (or 3 if that's the stage of the diet you are on) foods back into the refrigerator.

When done, wash the outside of your fridge.

**Viola! Fridge solved. You're doing very well!**



## HCG DIET MOTIVATION

### Being Faithful to Your Food Plan

The magic of HCG allows you to quickly return to your Why – the reason you're on this Journey to Slimness.

You have many reasons:
health reasons, self-image reasons, and of course the Red Dress Dream about the day you saunter into that swanky party in an off-shoulder body-con red dress that makes the entire room take notice. Oh yes, now I remember why I'm doing this!!

And you not only have motivating reasons, you have support. As a Beauty and the Beast Now client, remember that an idea, a solution, or motivating words of encouragement is just a text message away.

The HCG diet is a well-thought-out, documented plan – and making decisions about something as emotional as the food we put into our mouths is never a good idea when under stress. Remember: **An organized plan is your best defense against stress and chaos.**

The HCG diet, Beauty & the Beast Now method, is simple, supported, and best of all – yields fast results.

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**Can't wait to see you come out of hibernation -**
**please share your photos! On the Facebook Page**
https://www.facebook.com/beautyandthebeastnow/

Watch out, World!



We encourage you to try one or more of these ideas this flu & virus season. And remember: if you get stuck or confused, the helpful ladies at Beauty and the Beast Now are always here to help.

What do you think? Tell us your ideas and experiences about cleaning up your life during chaotic times while you're on HCG. https://www.facebook.com/beautyandthebeastnow/

Start Getting Slim Today! http://www.beautyandthebeastnow.com/
This is the best time of year to get a jumpstart on a new, slim body by starting HCG right now. If you'd like to begin to see the new, slim You this summer, call us today to get started on the easiest, least hungry food plan available today. It works because of a special, balanced food plan with significant physical support from the HCG compound, along with daily coaching by LynAnn and Diane King, the twins who bring you Beauty and the Beast Now.

Wishing you every success and happiness,

LynAnn King and Diane King Vetterlein
650-550-0090 | 415-370-3868
Weight-Loss Success Coaches, Beauty and the Beast Now
www.beautyandthebeastnow.com

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