YOUR DAILY CHECKLIST

Get your sleep (8 hours) Use Hypnosis Keep your Nitric Oxide levels in check Weight training (keep weights light) H.I.I.T training (no more than 3 times / week) Have a high protein breakfast Use a Standing desk Keep your Thyroid in Check Drink water before meal Check your PSOAS muscle

For all of your weight-loss needs, please visit www.HealingByMind.com/start