The information provided in this guide is intended for your general knowledge only and is not a substitute for professional medical advice or treatment for specific medical conditions. Always seek the advice of your physician or other qualified health care provider with any questions you may have regarding a medical condition. The information in this guide is not intended to diagnose, treat, cure or prevent any disease.

Do not exceed recommended dosage unless directed by your healthcare practitioner. If you have an adverse reaction after taking this product, discontinue use and consult your doctor. Adult usage only. Keep out of reach of children.

Not recommended during pregnancy or breastfeeding. Consult your doctor prior to using if you are taking any medications. These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.
For a period of one week and One day, every night before going to bed:

- Cut the seed into 8 pieces
- Place 1/8 of the seed into a cup
- CRUSH the portion of seed and then add boiling water
- Let stand for 5 minutes then drink the contents of the cup.
- Drink this every night before going to bed for a week

This will help gradually adapt your body to a new source of nutrition.
Instructions

Week 2 - til you reach your health goal

Every night before going to bed:

- Cut the seed into 4 pieces
- Place 1/4 of the seed into a cup
- CRUSH the portion of seed and then add boiling water
- Let stand for 5 minutes then drink the contents of the cup.
- Drink this every night before going to bed for a week

This could take as long as 6-18 months, depending on your current state of health.
Maintenance of a healthy diet

2 - 3 times every week:

- Cut the seed into 8 pieces
- Place 1/8 of the seed into a cup
- CRUSH the portion of seed and then add boiling water
- Let stand for 5 minutes then drink the contents of the cup
- Drink this 2-3 times per week at night before going to bed.
Benefits

- Removes fat deposits
- Reduces cellulite and tone your skin
- Reduces cholesterol and triglycerides, helping to improve high blood pressure
- Tones muscle
- Control Hunger Pains
- Reduce smoking anxiety
- Cure hemorrhoids
- Cure constipation
- Helps for arthritis
- Promotes Clear Skin and Healthy Hair
- Reduce Hair Loss and promote re-growth
- Help to reduce acne problems
While using Nuez de la India you may experience some side effects. Below are a list of potential side effects and a brief explanation as to why you are experiencing them.

**Gas/Flatulence**

During the first days of treatment you may have more gas and flatulence than normal.

This is because your bowel is full of stale and rotting fecal matter. Nuez de la India which in contact with the stratum of the Indian nut generate intestinal gas, so once your body is purifying fence these will disappear gradually.

**During the first few days you will feel a slight back pain, arm and chest (similar to muscle pain that occurs during exercise),**

This is because in these body parts is easier to burn body fat, and these parts will reduce volume quickly.

Also this muscle pain should subside in one week.
Side Effects

Whenever you burn fat in large amounts can have a headache due to the presence of ketones (molecules that our bodies produce when we burn large amounts of fat, either from your diet or your body), and is activated because it deprives glucose our body, to help reduce the symptoms I recommend you consume antioxidants and essential fatty acids as are the omega 3 and omega 6, (soy, fish, corn, squash, fish and nuts) and also recommended eating one or two oranges a day to recover glucose and vitamin C.

Fatigue: When we increase our visits to the toilet can lose potassium levels, without this mineral we feel exhausted and sleepy, do not worry about it, bananas are rich source of potassium and with only one banana a day will be in perfect condition, Other potassium-rich foods are beans, soybeans, peanuts, carrots, squash, etc, if you eat these you will not have any problem of lack of potassium.

Intestinal irritant: Nuez de la India is a gut irritant, as it can be a chili, a cup of coffee, etc.

At night you take a nut of India and in the morning eat a yogurt, you will feel wonderfully during the day.
The two most important things to do while taking Nuez de la India are to Stay Hydrated and consumer extra amounts of potassium. Below are some suggested ways of achieving both of these.

**Stay Hydrated**

Obviously drinking water is the easiest and fastest way to stay hydrated. We recommend you consume 2 liters of water daily.

Tip: If you drink coffee, you will have to consume even more water. Coffee is a natural diuretic and will make you urinate more frequently as it is. Other food that will dehydrate you that you should keep in mind are alcohol, soda, and asparagus.
It's still important to drink plenty of water—especially in the summertime—but you can also quench your thirst with these 15 hugely hydrating foods, all of which are at least 90% water by weight.

15 Foods to Stay Hydrated

- Cucumber 96.7
- Iceberg Lettuce 95.6
- Celery 95.4
- Radishes 95.3
- Tomatoes 94.5
- Green Peppers 93.9
- Cauliflower 92.1
- Watermelon 91.5
- Spinach 91.4
- Star Fruit 91.4
- Strawberries 91.0
- Broccoli 90.7
- Grapefruit 90.5
- Baby Carrots 90.4
- Cantaloupe 90.2
Whether you are on the Nuez de la India diet or not, a potassium rich diet is key to maintaining electrolyte and fluid balance in your body. Potassium is especially important for preventing muscle soreness and tightness. Potassium is also involved in the storage of carbohydrates for use of your muscles as fuel.

Potassium may also counteract the increased calcium loss caused by the high-salt diets typical of most Americans, thus helping to prevent bones from thinning out at a fast rate. Health experts recommend taking in five times more potassium than sodium.

The 3 Major Benefits of Potassium

- Helps prevent muscle weakness and soreness
- Decreases confusion and fatigue during workouts
- Treats and prevents dehydration and high blood pressure
How Much Potassium Should You Take in Per Day?

The United States Institute of Medicine suggests the following daily potassium intake for Men & Women:

- Ages 14-18 years: 4000mg
- Ages 19-30 years: 4700mg
- Ages 31-50 years: 5000mg
**What are the Most Potassium Rich Foods?**

Bananas (460mg per banana) are not the only great source of potassium. Potassium is abundant in many other fruits and vegetables. Below is a list of the very best sources of potassium!

<table>
<thead>
<tr>
<th>Food</th>
<th>Potassium Content</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coconut Water</td>
<td>1030 mg per 17oz</td>
</tr>
<tr>
<td>Pinto Beans</td>
<td>800mg per Cup</td>
</tr>
<tr>
<td>Yams</td>
<td>911mg per Cup</td>
</tr>
<tr>
<td>Spinach</td>
<td>848mg per Cup</td>
</tr>
<tr>
<td>Papaya</td>
<td>812mg</td>
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<tr>
<td>Lentils</td>
<td>740mg per Cup</td>
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<tr>
<td>Squash</td>
<td>900mg per Cup</td>
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<tr>
<td>Avocado</td>
<td>875mg</td>
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<tr>
<td>Broccoli</td>
<td>535mg per Cup</td>
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<tr>
<td>Tomato</td>
<td>400mg</td>
</tr>
<tr>
<td>Cantaloupe</td>
<td>500mg per Cup</td>
</tr>
<tr>
<td>Yogurt</td>
<td>500mg per Cup</td>
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