



BODY BALANCING SYSTEM

A **four-day** program to help you
balance and reset your body



FOREVER®

RESET, RENEW, REJUVENATE

Jump-start your wellness journey with **Forever's DX4™**, a four-day system that helps you reset your health through a powerful combination of nutritional products and supplements that aid in satiety, hydration and optimizing your nutrition.*

Whether you want to balance your body, curb cravings, or simply feel better about your overall health, it's all possible with DX4. Look better, feel better, and become more mindful of how you eat with this easy-to-follow guide to nourishing foods and practices powered by seven nutritional products and supplements.*

PILLARS OF THE PROGRAM



Set and commit to a personal goal



Follow guided food and supplement intake



Incorporate proper hydration



Practice mindfulness exercises such as journaling and meditation



Perform light physical activity



Share and post about your experience



Celebrate your achievement



Become more intentional about your food choices

PREPPING FOR SUCCESS

DX4 helps you become more aware of your body, teaching you how to be present as you eat, move and go about your life. Each day is devoted to a theme: Decide, Define, Discover and Dedicate. During these four days, you'll be guided toward an increased mind-body connection for improved overall health.

When prepping to do DX4, there are a few dos and don'ts to keep in mind to set yourself up for success. Read about them on the next page.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

DO

Begin DX4 when you have a normal schedule that doesn't involve heavy stress, travel or excessive physical exertion.

Take the time to get all the appropriate food you'll need and clear out what doesn't serve you or what may tempt you.

Let others know what you are doing and that you will appreciate the support.

Reach out to your support group with your successes and struggles.

Plan ahead! Make sure you have all your supplements, snacks and assignments prepared for where you'll be on any given day. Prepare DX4 program-approved recipes in advance.

Make sure you have a bathroom nearby because you will be drinking more water than what you're probably used to.

Commit to the full four days.

Use any of the program-approved healthy food options as listed.

Consult your doctor if you have any concerns before participating and continue taking all required medication you are currently using.

Hold off on taking non-approved Forever nutritional products listed on page 9.

Repeat DX4 quarterly.

Recognize and celebrate small change.

Practice good sleep hygiene: no screens in the bedroom, keep the room dark and cool, take time to wind down, have a consistent bedtime, and strive for eight hours of sleep.

DON'T

Wait for the perfect time when you feel motivated. Motivation burns bright once you're in the process and experiencing success!

Arbitrarily substitute food and beverages. If you want optimal results, stick to the plan.

Surround yourself with those that are unsupportive and negative.

Wait to share until something epic happens.

Throw this together at the last minute. Success will be so much easier, if you've taken the time to prepare everything you need in advance.

Panic if you don't like water. There are plenty of program-approved supplements that help increase hydration deliciously.

Do one or two days or skip days in between.

Make your own modifications. No alcohol, processed foods, animal products or animal meat, dairy, hydrogenated or partially hydrogenated oils, grains, starchy vegetables, artificial sweeteners, or caffeine.

Ignore any medication or health issues that need to be addressed.

Continue supplementing with any non-approved Forever products. See page 9 for a list of Forever supplements that should be avoided during the DX4 program.

Repeat monthly. Keep a minimum of three months between each DX4 program.

Worry if you didn't achieve your goal the first time. Be observant and discover what you did learn. Applying what you've learned AFTER DX4 is where the real work begins.

Take your work, worries and stress to your bedroom.

WHAT YOUR DX4 SYSTEM INCLUDES

Each product in DX4 works synergistically to nourish the body, rebalance its systems, and enhance the mind-body connection.



Forever Therm Plus™

12x tablets

This powerful supplement supports a healthy metabolism and energy levels with vitamins B and C and caffeine that's naturally derived from green tea, guarana and green coffee. It also has saffron powder, an adaptogen that encourages feelings of happiness and contentedness.*



Forever DuoPure™

8x tablets

Forever DuoPure™ combines pomegranate extract, choline and Japanese knotweed to support healthy liver function, protect cells from oxidative stress, and cleanse your system.*



Forever Multi Fizz™

4x effervescent tablets

With a crisp, refreshing watermelon flavor, Forever Multi Fizz is an effervescent tablet that helps you jump start your hydration by providing a bubbly flavor boost to water. It is enhanced with vitamins B, C and E, which support a variety of body functions, energy and metabolism.*



Forever LemonBlast™

4x packets

This portable stick pack mixes with water, producing a tart, slightly spicy lemon-ginger-cayenne flavor that can be enjoyed as a hot or cold beverage. It features a unique blend of soluble fiber, magnesium, turmeric powder and botanical ingredients to support the digestive tract and contribute to electrolyte balance.*



Forever Sensatiable™

32x chewable tablets

Satiate hunger with this tasty, chewable tablet that helps curb cravings. The low-calorie formula comes in a lemon-vanilla flavor, combining oats and protein from yeast to help you feel full longer, medium chain triglycerides that may aid in reducing body fat, and fiber.*



Forever Plant Protein™

1x pouch

Packing 17 grams of protein per serving, Forever Plant Protein™ supports satiety, muscle mass and healthy bones with a vegan formula that's dairy-and soy-free. Its delicious, natural vanilla flavor is derived from plants, and it has a smooth, non-gritty texture, unlike many plant-based proteins.*



Forever Aloe Vera Gel®

4x 330 mL cartons

Forever Aloe Vera Gel promotes a healthy immune system, supports nutrient absorption, and helps maintain natural energy levels. Add it to your daily liquid intake to achieve maximum benefits.*

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MINDSET PREP

Each evening at bedtime, follow this awareness guide to help you become more connected to your body. Find a comfortable sitting position on the floor, couch or bed. Take a quick head-to-toe assessment by thoughtfully observing and answering the following questions. Write down a brief observation for each zone in a journal or electronic device.

Head

What thoughts do you continually replay in your head about yourself?
Are they positive, helpful, negative, true, holding you back?

.....
.....

Neck and shoulders

What things are creating stress and tension in your mind and body? Are they physical, mental, emotional or a mix? Can you identify the source(s)?

.....
.....

Core and microbiome

How are these areas functioning? Do you feel nourished and energetic?
Do you feel bloated and achy?

.....
.....

Low back and legs

Are these areas optimally functioning? Do they feel strong and supportive?
Do they allow you to do the things you want or do they hold you back?

.....
.....

Feet

Do they feel grounded and rooted in the things that matter?
What things center you? Are you placing enough focus there?

.....
.....

TAKE NOTE

THINGS TO OBSERVE DURING DX4

- + Frequency of urination and bowel movements (observe the amount, color, texture, etc.)
- + Did you get strong cravings and what day/time?
- + What emotions did you feel with your cravings? (bored, sad, lonely, happy, energetic, etc.)
- + How many pounds did you lose at the end of the program?
- + How does your body feel in general? (reduced pain, increased mobility in joints, flatter tummy, improved mood, improvement in bloating)

THINGS TO AVOID DURING DX4

- + Alcohol and caffeine
- + Soda and “sugar-free” drinks
- + Processed foods including prepared or canned meals and fast-food restaurants
- + Dairy products: milk, yogurt, butter, ice cream, cheese
- + Added sugars: cane, corn syrup, maple syrup, honey, and artificial sweeteners (plant-based sweeteners like stevia or monk fruit are OK)
- + Fats: avoid anything partially hydrogenated, vegetable oil, margarine, and trans fats which are frequently hiding in packaged or processed foods like potato chips and cakes
- + All animal products: meat and eggs
- + Grains: rice, oats, quinoa, pasta, bread, cereal
- + ARG1+®
- + Forever Aloe Peaches®
- + Forever Aloe Berry Nectar®
- + Forever Freedom®
- + Forever Pomesteen Power®
- + Forever Garcinia Plus®
- + Forever Lean®
- + Forever Therm®
- + FAB Forever Active Boost®
- + FAB X Forever Active Boost®
- + Forever Bee Pollen®
- + Forever Bee Propolis®
- + Forever Royal Jelly®
- + Forever Bee Honey®
- + Forever Supergreens®
- + Forever Lite Ultra® (Chocolate and Vanilla)
- + Forever FastBreak®

DAY 1&2 SCHEDULE

On days 1 and 2 of the DX4 program, you will fast and start taking the nutritional products in the program. Here, we'll go over all the details to help you make it through to Day 3!



DAY 1&2 SCHEDULE



MIX 300 ML FOREVER ALOE VERA GEL® WITH 2 LITERS OF WATER AND CONSUME THROUGHOUT EACH DAY

Day 1 Day 2

When you wake up on Day 1, weigh yourself naked. Note your weight here:



Check mark the boxes below when completing your DX4 schedule for Day 1 and Day 2

MORNING

3x **Forever Therm Plus™** tablets with 8 fl.oz. of water on an empty stomach

⚠ Wait 30 minutes before taking **Forever DuoPure™**

2x **Forever DuoPure™** tablets with 8 fl.oz. of water

MID MORNING

Forever Sensatiable chewable tablets take with 8 fl.oz. of water as needed to help curb cravings

AFTERNOON

Forever Plant Protein™ Shake mix 1 scoop with 8 fl.oz. of unsweetened plant-based (no animal) milk. Consider soy, oat, almond, cashew, coconut, etc.

MID AFTERNOON

1x **Forever Multi Fizz™** effervescent tablet with 10 fl.oz. of water and let dissolve

Forever Sensatiable chewable tablets take with 8 fl.oz. of water as needed to help curb cravings

SNACKS (DAY 2 ONLY)

Refer to the **DX4 program-approved snacks** on page 29 for healthy snacks and recipes.

EVENING

Forever Plant Protein™ Shake mix 1 scoop with 8 fl.oz. of unsweetened plant-based (no animal) milk. Consider soy, oat, almond, cashew, coconut, etc

1x packet **Forever LemonBlast™** with 8 fl.oz. of warm or cold water before bed

DAY 1: DECIDE

Your first day of DX4 is all about your decision to set yourself on the path to better health. As you begin Day 1, know that the decision you made to begin DX4 will require determination. Today, it's important that you are 100% present. Take advantage of the next few days of clarity to focus on you. Stay in the moment and take advantage of the invaluable insight you will gain by being completely present.

TODAY'S WORK

Categorize your deeper health through a self-reflection analysis and identify one area that could use improvement.

+

Probe deeper into these areas and discover 1-2 specific goals that would improve your deeper health.

+

Apply the future lens. Imagine that you have successfully accomplished the goals that you listed. What does that look like? How has your life improved?

GETTING STARTED: SELF-REFLECTION

Begin with a judgement-free analysis. Be an observer of your internal and external body. Think of your health in a variety of areas: physical, mental, emotional, spiritual and social. Consider where you're thriving and where you're not feeling your best.



Here are some specific parts of each area of wellness to help you:

- | | | | | |
|-----------------|---------------------|--------------------------|-----------------------------------|-------------------|
| PHYSICAL | MENTAL | EMOTIONAL | SPIRITUAL | SOCIAL |
| + Sleep | + Alert/sharp | + Stress resilience | + Enjoy some solitude | + Boundaries |
| + Recovery | + Anxious/depressed | + Emotional intelligence | + Meditation | + Support systems |
| + Movement | + Mood stability | + Forgiveness | + Connection | + Communication |
| + Nutrition | + Motivated/engaged | + Empathy | + with something bigger than self | + Enjoying others |
| + Energy | + Learning | + Kindness | + Sacred space | |

Use the chart as a guide to rate your current state of health in each area.

	OPTIMAL	GOOD	NEEDS WORK	STRUGGLING
PHYSICAL				
MENTAL				
EMOTIONAL				
SPIRITUAL				
SOCIAL				

YOUR ASSIGNMENT

Now that you have identified the areas that could benefit from your attention and focus, consider how optimal your overall health is and how change in one of these areas would be valuable. Picture yourself successfully implementing that change and the value this brings to your life. After giving this some thought, do the following exercise in a journal or electronic device.

DECIDE which singular goal you will focus on:

WHY you are ready for this change:

HOW you will benefit from this change:

FIND gratitude for what has led you to choose this goal and for the qualities you have that will lead you to success:

WHY you will accomplish this goal:

CELEBRATE at least one small victory you had today:

Use your answers as inspiration for an affirmation or a mantra that you can meditate on before bed.



Example Affirmation: *I am ready to have an increased level of joy in my life because I've carried this burden with me for long enough. I can envision an evolved version of myself that will be ready to connect with new individuals and take on challenges. I'm grateful that I struggled with this because it proved that I am strong and can overcome. This strength I've discovered is a powerful characteristic that will ultimately propel me toward the me I am becoming. My positive mindset today kept me focused on all the good things in my life. I celebrate my ability to not get hung up on the negatives of today.*

DAY 2: DEFINE

Your second day of DX4 is about defining your area of focus from Day 1 in the context of the SMART goal framework. A SMART goal is an acronym for goals that are: Specific, Measurable, Attainable, Relevant and Timebound. By defining a SMART goal, you remove any ambiguity around your goal setting, thereby giving you a clearer idea of what it is that you want and how to achieve it.

TODAY'S WORK



GETTING STARTED: DEFINING SMART GOALS



SPECIFIC goals remove ambiguity and clearly illustrate what is wanted. When goals are vague, they become more of a wish than a plan. A plan requires action, so the initial focus must provide the opportunity to do something actionable. Here are some examples of vague goals and their specific counterpart.



I want to improve my diet.	I will eat at home 5 nights a week.
I need to lose weight.	I will lose 10 pounds.
I need more sleep.	I will get 8 hours of sleep every night.

MEASUREABLE goals help you recognize your progress and/or achievement. While weight loss goals can be tangibly measured, other goals might need to be measured by a self-determined scale. For example, if your goal is to improve your stress management, you might use a scale of 1-10 to rate yourself on how successful you are at handling stress, revisiting this over time.

ATTAINABLE goals help fuel motivation to proceed to the next step by providing a continued sense of accomplishment. If your goal is to run a 10K, start setting smaller goals such as running two miles at a time.

RELEVANT goals are an appropriate next step toward your desirable result. For example, perhaps your goal is to get better sleep and you decide your SMART goal is to stop watching Netflix. While this will surely help, it isn't relevant enough to nighttime sleep habits. Instead, a better SMART goal would be to turn off all screens one hour before bedtime.

TIMEBOUND goals marry the desire of an outcome with the intended time it will take to achieve that outcome. Different goals and different people require a variety of time frames to achieve goals. Sometimes a timeline needs to be in stages: The first goal is to implement the change, and the second goal is to consistently keep up (or complete) the new goal for a set amount of time.

YOUR ASSIGNMENT

Use a journal or electronic device to answer the prompts below.

My **SPECIFIC** goal is:.....
I will **MEASURE** my progress by:.....
I know I can **ATTAIN** this goal because:.....
I can see the **RELEVANCE** of working toward this goal because:.....
I have set a **TIMELINE** for completing this goal:.....
CELEBRATE at least one small victory that you had today:.....

Before bed, put your **SMART** goal into a simple affirmation or meditation and conclude with your gratitude for something that happened today.



DAY 3&4 SCHEDULE

On days 3 and 4 of the DX4 program, you will have your Forever nutritional products and supplements, and you will also add in select foods. Here, we'll go over all the details to make your last two days a success!



DAY 3&4 SCHEDULE



MIX 300 ML FOREVER ALOE VERA GEL® WITH 2 LITERS OF WATER AND CONSUME THROUGHOUT EACH DAY

Day 3 Day 4

Check mark the boxes below when completing your DX4 schedule for Day 3 and Day 4

MORNING

- 3x Forever Therm Plus™ tablets with 8 fl.oz. of water on an empty stomach
- Forever Plant Protein™ Shake mix 1 scoop with 8 fl.oz. of unsweetened plant-based (no animal) milk. Consider soy, oat, almond, cashew, coconut, etc.

MID MORNING

- 2x Forever DuoPure™ tablets with 8 fl.oz. of water
- Forever Sensatiable chewable tablets take with 8 fl.oz. of water as needed to help curb cravings

LUNCH

- Time for a Big Green Salad! Refer to the DX4 program-approved recipe on page 31 for making a healthy salad.

MID AFTERNOON

- 1x Forever Multi Fizz™ effervescent tablet with 10 fl.oz. of water and let dissolve

SNACKS

- Refer to the DX4 program-approved snacks on page 29 for healthy snacks and recipes.

EVENING

- Forever Plant Protein™ Shake mix 1 scoop with 8 fl.oz. of unsweetened plant-based (no animal) milk. Consider soy, oat, almond, cashew, coconut, etc.
- Forever Sensatiable chewable tablets take with 8 fl.oz. of water as needed to help curb cravings
- 1x packet Forever LemonBlast™ With 8 fl.oz. of warm or cold water before bed

DAY 3: DISCOVER

As Day 3 begins, you might find yourself feeling tired, frustrated, bored, discouraged, busy, unmotivated or hungry. Not everyone feels all of these, but you will likely experience some of them. These are obstacles, which are an inherent part of life. While you can't avoid them completely, you can manage them through preparation and acknowledging that success takes many shapes. Perhaps success is crossing the finish line of your goal, but sometimes it's learning to forgive yourself when things don't come together as you'd hoped. As you go through Day 3, keep this in mind and visualize yourself with your new goal accomplished. What does success look and feel like?



TODAY'S WORK

Observe the obstacles you're facing and the potential problems that could arise because of them.



Brainstorm solutions for those obstacles.



Meal prep since food is part of your DX4 schedule for Days 3 and 4.

GETTING STARTED: FIND SOLUTIONS

In your journal, make a list of any obstacles that could potentially interrupt your quest for living a healthier lifestyle. Then, write down what problems you might face because of them and any possible solutions. Here are some ideas.



POSSIBLE OBSTACLES	POTENTIAL PROBLEMS	SOLUTIONS
Work		
Family		
Friends		
Social life		
Habits		
Negative self-talk		
Past failures		
Fixed mindset		
Finances		
Environment		
Stress		
Community		
Care-taking obligations		
Travel		
Fatigue		
Illness		

YOUR ASSIGNMENT



Use a journal or electronic device to answer the prompts below.

Start to **DISCOVER** solutions. What are ways to navigate the struggles? Who can support you? What resources do you have? How can you help others?

Review **WHY** you started this journey. (Look back on your previous notes!)

Discover and **CELEBRATE** one successful thing about today:.....

Review your **GRATITUDE** statements and add a new one for today:.....

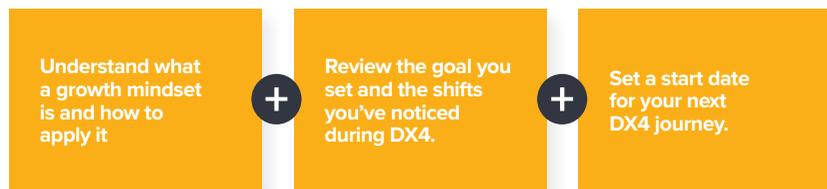
Before bed, use guided audio or video meditation and meditate on the transformative behavior you're experiencing.



DAY 4: DEDICATE

Use this final day to dedicate yourself to being more mindful and present, as you have been during DX4. You've done the internal hard work to propel you forward to deeper health — and have helped your body with nourishing products and foods. To assimilate these new behaviors into your daily routine, it is important to review where you began, what you've learned, and set a plan for your next DX4.

TODAY'S WORK



GETTING STARTED: BUILDING A GROWTH MINDSET



How you perceive and respond to any given situation, including setting new goals, is determined by your mindset. There are two kinds of mindsets: fixed and growth. A fixed mindset perceives challenges as insurmountable and pre-determines the outcome. A growth mindset embraces challenges and sees them as opportunities to learn and grow. There are nine attributes that contribute to a growth mindset: non-judging, patience, openness, trust, process-focused, acceptance, letting go, generosity, and gratitude.

Think about how the last four days have challenged you to adopt these attributes and where you might have more work to do. For example, how you can better trust the process rather than race to your desired result?

Participating in DX4 requires a growth mindset. You must be open to change, let go of what no longer serves you, and have patience and gratitude for yourself.

Consider: Which of these attributes would be beneficial for you to work on right now to aid in the progress you have made thus far? What is one way you can apply it in your life?

For example: Continuing to journal what you're grateful for every night will cultivate gratitude and the ability to trust and acknowledge yourself.

YOUR ASSIGNMENT

Use a journal or electronic device to answer the prompts below.

- Revisit your initial **SELF-REFLECTION** analysis of yourself from Day 1.
- Meditate on the small, meaningful **SHIFTS** you have noticed since then. Write down three shifts.
- Review your **GRATITUDE** statements from each day. How have those evolved?
- Review the initial **GOAL** you created on Day 2. What has the experience of working toward this goal awakened in you? Has this self-reflection and clarity illuminated a new area in your deeper health?
- What would you like to **FOCUS** on the next time you follow the DX4 regimen? Make a preliminary decision now and set a start date.

Write down a **PERSONAL MANTRA** that will help you consistently adhere to your new goal. Read it daily as you continue to integrate this new goal into your lifestyle.

For example: *I have not made healthy eating a priority in the past. I'm ready to fuel my body with what it needs to thrive. I'm curious about trying new foods that are nutrient-dense and good for my body. I'm open to learning how to prepare simple, healthy meals. I'm thankful to have access to good food, and I'm excited to save money as I learn to prepare food at home.*

Use your personal mantra as a simple affirmation or meditation and conclude with your gratitude for something that happened today.





YOU'VE COMPLETED THE DX4 PROGRAM: WHAT NOW?

CONGRATULATIONS! You made a commitment to rebalance your body, increase your self-awareness, and commit to a new goal. Take some time to reflect on how you feel in this moment, the moment of completion.

When you wake up on Day 5, weigh yourself naked. Note your final weight here:



REMEMBER!

The purpose of DX4 was not to create a new lifestyle, but rather, to hit pause on the behaviors, thoughts and actions you habitually do while also teaching you healthy habits to work into your life. Everyone has toxic behaviors, foods, people and situations in their life.

From time to time, it's helpful to eliminate these and allow ourselves to heal, repair and restore. DX4 begins internally by reducing the work the liver must do to naturally balance the body. Allowing only anti-inflammatory foods in modest amounts with supportive supplements and proper hydration helps to put your body back in proper balance. By taking a mindful pause, we can see the positive effect in our thoughts, habits and behaviors as we pause, reset and improve.*

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The next steps for each person will be unique and will depend on what your goal is moving forward. Allow yourself to be present, act with intention, and maintain a growth mindset as you progress to incorporating these new habits into your routine.

HERE ARE FIVE BASIC PRACTICES TO CONSIDER IMPLEMENTING:



Start your day with water. Continue to drink a minimum of two liters or more every day. Drinking water before eating creates mindfulness, allowing you to think about what you're going to consume and why. Prepare your water bottle the night before if that helps!



Eat more greens. Have greens every day and at every meal. Try to get them in raw, whole food form. For breakfast, blend spinach into your morning smoothie — it will change the color and nutrition profile, but it won't change the taste. For lunch, try raw veggies and hummus or a salad. For dinner, steam, roast, or air fry veggies in bulk, or prepare homemade vegetable soup, so they're ready to eat for several days.



Meditate. Spend five minutes every morning and night listening to a guided meditation or create your own. What did you discover during DX4 that you need more of in your life? Set your intention. Recite your mantra. Find stillness. Be present. Manifest what you want in life. Take 10 minutes (in total) per day to reset, find calm and check in.



Review your notes. Refer back to your journal notes from DX4 as often as you can (at least weekly). Continue to work on the goals you set.



Practice. Continue practicing the positive things you learned from your discovery process with DX4. Practice makes progress. Remember, the point is progress, not perfection!

LOOKING AHEAD: YOUR NEXT DX4 PROGRAM

DX4 reboots the body and mind at the critical foundational level of wellness through a carefully curated program of nutritional products and supplements, nutrition guides and mindset practices. Through all of this, the environment of the microbiome will be improved, which will aid the body in balancing its internal systems. In this environment, the immune system thrives, cravings and unhealthy habits decrease, and deeper health can be explored.* Remember, before we can make sustainable change, we must address the inner workings of our body, mind and spirit to cultivate an enduring and complete wellness spectrum.

Doing this reset each quarter will help balance your body and cultivate a healthier mindset. And it starts with committing to your next DX4 program.



Select a time three months from now to do your next DX4 program:



Pro tip: It helps to set a calendar reminder with an alert a few weeks in advance so you can prepare ahead of time and be sure you have all the DX4 products you need ready to go!

FAQS

What makes the DX4 program different from other body-balancing systems on the market?

Forever's DX4 takes a comprehensive approach to how you view food and asks the question "why do you feel hungry?" This program is not necessarily a weight loss program; instead, it's a controlled assessment of what your body needs versus what your brain wants. It is intended to purge your body of the unnecessary clutter and stressors you consume throughout your busy life and provide only the essential nutrition intended to re-center your mind and body.

Is it safe to complete the DX4 program multiple times per year?

Yes, DX4 can be done multiple times per year but should not be performed back-to-back since the program can be calorie restrictive. If you are a generally healthy adult who needs reminders throughout the year, it is safe to complete the DX4 program multiple times, but any drastic changes to your diet should be consulted about with your physician.

Will I lose weight from completing the DX4 program?

The intention of DX4 is to help you reassess your relationship with food and your lifestyle. It is likely that you may lose some weight, but the goal should be to focus on your relationship with food and determine if you need to make any changes when the program is complete. We recommend that you continue with the C9 program if you are on a weight management journey.

I'm most interested in the products/nutrition guidance of DX4. Do I need to do the mindset work to see results?

Forever's DX4 is a tool designed to help you become more mindful of the food and nutrition you put into your body. Like any tool, we recommend you use it as intended so you can reap the full benefits, since each function of the program is designed to work in tandem with the other.

Do I have to follow the DX4 program exactly as outlined?

We recommend that the program be followed as outlined for the optimal mind-body results. DX4 blends a scientific approach to nutrition with a meditative, introspective approach to how we view food.

CLEAN EATING RECIPES

Before giving up or giving in, utilize these optional snacks and recipes to help you ride out the difficult bumps you may experience while doing the DX4 program and to help you stay on track. These snacks are all created for the DX4 program with approved foods to give you an added boost if needed.



PROGRAM-APPROVED FOOD FOR DAYS 2, 3 & 4

Choose one snack each day from the list below.

- + 1 banana and 1/8 cup raw, unsalted seeds
- + 1/2 avocado and 1/2 cup cucumber with lemon juice and 1 tbsp sunflower seeds
- + Small pear or apple and 1/8 cup walnuts, almonds, pecans or cashews (raw, unsalted)
- + 1/2 cup tomato and 1/8 cup chickpeas with 1/2 tsp olive oil and a dash of oregano
- + Vanilla Pea Protein Smoothie (recipe on next page)
- + Healthy Hummus and raw veggies: 2 cups of green peppers, celery, cucumbers, carrots, cauliflower and/or broccoli with 2 tbsp homemade hummus (recipe on next page)
- + Chia Pudding (recipe on next page)
- + Big Green Salad (recipe on page 31)

MEAL PREP MANTRA

I am learning, I am doing, I am becoming, I am

Practice this mantra throughout each day, especially if you have self-doubt and frustration.

Take it a step further. While you are prepping your DX4 program-approved snacks on the eve of days 2, 3 and 4, set an intention and state it out loud using this framework:

- 1) What you are learning** → I am learning to feed my body nutrient-dense foods.
- 2) What you are doing** → I am doing all the chopping, organizing and preparing.
- 3) What you are becoming** → I'm becoming aware of what foods benefit my microbiome, my energy and my health.
- 4) What you are** → I am practicing a healthy lifestyle because I am healthy and fit.

RECIPES

Vanilla Pea Protein Smoothie

- **1 scoop** of Forever Plant Protein™
- **8 fl.oz.** of plant-based milk
- **1 cup** spinach
- **1 tbsp** nut or seed butter
(unsweetened & no additional fats)
- **1/2 cup** ice cubes

Instructions:

Place all ingredients except ice in a blender and process until smooth. Add ice and blend again until smooth. Makes 1 serving.



Healthy Hummus

- **15.5 oz.** canned chickpeas
- **3-4** cloves garlic
- **1/4 cup** water
- **1/4 cup** tahini
- **2 tbsp** chopped parsley
- **1/2 tsp** smoked paprika
- **1** lemon (juiced)

Instructions:

Place all ingredients in a food processor or blender. Process until smooth. Makes approx. 15 servings.



Chia Pudding

- **1 cup** oat milk
- **1/4 cup** chopped apples
- **1/4 cup** chia seeds
- **2 tbsp** sunflower butter
- **Splash** vanilla extract
- **20** almonds

Instructions:

Take 2 small mason jars. Place 1/8 cup chia seeds, 1/2 cup oat milk, and a splash of vanilla extract in each jar. Shake the jar to mix in the chia seeds. Refrigerate at least 2 hours or overnight. Shake gently and/or stir before adding the remaining ingredients for toppings. Makes 2 servings.



Big Green Salad

Salad base: As much as you can eat of any green leaf or vegetable: kale, microgreens, wheat grass, collard greens, spinach, cabbage, beet greens, dandelion greens, watercress, romaine, swiss chard, arugula, endive, bok choy, turnip greens, black mustard, wild sorrel, chicory, fennel, mallow, lamb's quarters, wild leeks, hoary mustard, charlock, smooth sow thistle, broccoli, parsley, artichokes, basil, peas, cucumber, fava beans, fiddleheads, green onions, okra, lettuce, tomatillo, rapini, salsify, shallots, green beans, green peas, Brussels sprouts, celery, jalapenos, kohlrabi, leeks, snow peas, zucchini, cauliflower, edamame, etc.

Plus: 1/4 avocado

Pick 2 from the list below:

- **3 tbsp** cooked chickpeas
- **3 tbsp** red beans (no black or pinto)
- **1/4 cup** cooked (or canned) beetroots
- **1/4 cup** carrots
- **2** radishes
- **1 tbsp** seeds (chia, flax, pumpkin, quinoa, unsalted sunflower)

Salad dressing:

- **3 tbsp** Forever Aloe Vera Gel®
- **1 tbsp** olive oil
- **1/2** lemon juice
- **1/2 tsp** minced fresh garlic
- **Pinch** sea salt
- **Pinch** pepper to taste

Instructions: Start with the salad base, then add the avocado and your other two selected toppings. Whisk all the ingredients for the dressing together, then toss the salad with dressing. Makes 1 serving.



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