



# FAQ Sheet

## Where can I find the R3 Weight Loss Plan?

The R3 Weight Loss Plan can be found and downloaded from the R3 home page at [Melaleuca.com/R3](https://Melaleuca.com/R3).

## Which Melaleuca products best support R3?

The R3 Weight Loss Plan is based on eating food you enjoy. It is the same the Melaleuca products you want to use. This is a personal choice based on need and desire.

## Do I have to eat every two to three hours?

Yes. During the Reset phase it is crucial to eat every two to three hours even if you aren't hungry. Eating frequently helps your metabolism become more active. If you're not hungry, just eat a small mouthful of food, preferably a protein. Frequent eating helps maintain blood sugar levels, which reduces cravings by keeping you feeling satisfied longer.

## Why do I need to start the day with a protein?

Starting your day with a protein will help to keep your blood sugar levels stable. You'll feel satisfied longer and be able to resist unhealthy cravings.

## Do I need to start working out while following R3?

No. You do not have to start working out while following R3. You can lose weight by following R3 alone. But remember, the human body was made to move! Exercise is necessary for long-term health. Just a little bit of movement a day will strengthen your heart, build muscles, increase endurance, and give you more energy.

## How many grams of protein can I have in a day? How many carbohydrates?

When you follow the R3 Plan, you eat according to your hunger level. It is not necessary to count grams of protein, carbohydrates,, or any other macros.

## Can I follow R3 if I am diabetic?

Yes! Since you choose the type of food and the amount to eat while following R3, anyone can follow the R3 Plan. It is recommended that everyone with diabetes visit a dietitian for personal advice.

## Can I follow R3 if I have thyroid problems?

Yes! Since you choose the type of food and the amount to eat while following R3, anyone can follow the R3 Plan. It is always a good idea to talk with your doctor before starting a new program. If you take medications in the morning that require you to wait a set amount of time before eating, follow the instructions for your medication. It is okay to eat 60-90 minutes after waking up if this delay is due to prescribed medications.

## Can I follow R3 if I have PCOS?

Yes! Since you choose the type of food and the amount to eat while following R3, anyone can follow the plan. It is always a good idea to talk with your doctor before starting a new program.

## Can I follow the Reset phase longer than two weeks?

It is most beneficial to your long-term weight loss success to go through the six-week R3 Plan on schedule.

## What do I do after the six weeks is over?

You continue with the Real Life phase, unless you notice your weight loss has plateaued or you fall completely off track. In that case, it is recommended that you repeat the plan by starting again with the Reset phase.

## Can I follow R3 if I am pregnant or nursing?

Yes! Since you choose the type of food and the amount to eat, anyone can follow the R3 Plan. It is always a good idea to talk with your doctor before starting a new program.

### **Can I follow R3 if I am vegan, plant-based, dairy-free, gluten-free, or pescatarian?**

Yes. Since you choose the types of foods to eat while following R3, anyone can follow the R3 Plan. Choose the foods from the Yes List that suit your needs and preferences.

### **Can I follow R3 without taking supplements?**

Yes. People can lose weight without taking supplements; however, it is recommended that you take supplements to improve your nutrition, enhance your results, and achieve your best overall health. Melaleuca supplements are the world's best and are clinically proven to provide real benefits for total wellness.

### **Can I follow R3 without using bars and shakes?**

Yes. Your success with R3 is not dependent on eating bars and shakes; however, it is recommended to choose healthy snacks such as Melaleuca bars or shakes to control cravings or as an occasional meal replacement if needed.

### **Can I eat low-fat or nonfat foods while following R3?**

Yes. It's your choice what food you eat while following R3.

### **Can I eat foods with sugar substitutes while following R3?**

Yes. It's your choice what food you eat while following R3. It is preferred that you use real sugar in moderation or sugar-free foods that use stevia, monk fruit, or other natural sweeteners.

### **Can my child under 18 years old follow R3?**

Since you choose the type of food and the amount to eat while following R3, anyone can follow the R3 Plan. However, a person under the age of 18 years old may not participate in the R3 Facebook group\*, weight loss challenges, or any other R3 activity or events. It is always a good idea to talk with your doctor before starting your child on a new eating routine.

### **Is it normal to feel nauseous during R3?**

No. It is not common to feel nauseous while following R3. Consult your doctor if nausea persists.

### **What results can I expect to see by following R3?**

Results vary because everyone's metabolism and overall health is different. It is healthy to lose an average of two pounds per week for long-term weight loss success. You should expect to see weight loss and/or a reduction in centimeters throughout the six-week program. Follow the R3 Plan's guidelines for weighing and measuring yourself.

### **What should I do if I am constipated?**

It is common to become constipated while changing your food choices. Drink two to four extra glasses of water a day unless your doctor told you to limit fluids for another reason. Try warm liquids, especially in the morning. Add fruits and vegetables to your diet. Eat prunes and bran. Exercise most days of the week. Don't ignore the urge to go to the bathroom.

### **Is it normal to have a headache during the Reset phase?**

Yes. It is common to have a slight headache for 1-2 days during the Reset phase due to decreases in your sugar and carbohydrate intake. You are breaking your sugar addiction! Consult your doctor if your headache is severe or lasts more than three days.

### **Is it normal to feel light headed or dizzy while following R3?**

No. It is not common to feel dizzy or lightheaded while following R3. This could be a sign of a lack of nutrients and energy from food. R3 is not a sugar-free or carb-free diet. Make sure you are eating enough. Consult your doctor if these feelings persist.

### **If I fall off track, should I start over and go back to the Reset phase?**

No. If you fall off track with your food choices, it is recommended to get right back on track and start where you left off. You can Reset for three or four days to regain control if needed.

### **Can I follow R3 if I don't like fruits or vegetables?**

Yes. Since you choose the type of food and the amount to eat while following R3, anyone can follow the R3 Plan. Fruits and vegetables provide a good source of fiber. Make sure you are getting adequate amounts of fiber from other sources throughout the day while following R3.

\*The R3 Facebook group is managed and operated according to the products, claims, and regulations of the US.

### **How much water should I drink in a day?**

Health authorities commonly recommend eight 8 fl. oz. glasses, which equals about 2 liters.

### **Is it normal to have to urinate more often after starting R3?**

Yes. Carbohydrates retain water, so by cutting down on Carbohydrates during the Reset phase, your body will release extra water, and you will urinate more. You may also be increasing your water intake, which also causes more frequent urination. Your body will adapt to these changes, and your urination frequency will decrease.

### **Why shouldn't I weigh myself every day?**

Our bodies fluctuate with water intake and amounts of food waste daily. Weighing yourself daily is not an accurate reflection of how much weight you've lost. Daily weighing can cause psychological stress and inaccurate findings. To see an accurate trend in your weight loss, it is best to weigh once every two weeks.

### **What types of milk can I drink?**

Since you choose the types of foods to eat while following R3, it is your choice of what type of milk to consume. It is recommended that you drink a maximum of 8 fl. oz. of milk per day during the Reset phase.

### **How much should I exercise each week?**

Get at least 150 minutes per week of moderate-intensity aerobic activity or 75 minutes per week of vigorous aerobic activity. Add resistance or weight training at least two days per week. Increase amount and intensity over time. Always consult your doctor before starting any new exercise routine.

### **How high should my heart rate get during exercise?**

Your heart rate during exercise should be between 60%-80% of your maximum heart rate. To determine your appropriate heart rates, use this standard heart rate formula: subtract your age from 220 to get your max heart rate. Then multiply your max heart rate by 0.6 (60%) and 0.8 (80%) to determine your 60%-80% heart-rate range.

### **Is it normal to have sleep problems while following R3?**

No. It is not common to have sleep disturbances while following R3. Consult your doctor if your sleep disturbances continue.

### **What should I do if I experience muscle cramps while following R3?**

Increase fluid intake. Dehydration and vitamin and mineral deficiencies can cause muscle cramps. Stay hydrated. Consult with your doctor if muscle cramps persist.

### **Do I have to stop eating at a certain time of day?**

You eat according to hunger while following R3. It is best to consume most of your food during the day. If you are hungry before bed, you may eat food from the Yes List according to your hunger. Sometimes a glass of water is all you need.

### **Can I follow R3 if I'm intermittent fasting?**

Yes. You choose the time to eat when following R3. Since it is recommended that you eat within 60 minutes of waking up, then every two to three hours during the Reset phase, you can determine the best eating times for your schedule.

### **Is R3 a keto diet?**

No. R3 is not a restrictive or keto diet. During the Reset phase there are similarities between R3 and keto. Our goal is not to live in the state of ketosis or maintain ketosis to lose weight. Rather, the goal of R3 is to learn how to eat from all the food groups with discipline and moderation. R3 is a plan that is easy to follow and maintain for life.

### **Is R3 a sugar-free or carb-free diet?**

No. R3 teaches the awareness of the sugar (glycemic) content of foods. We stay away from foods high on the glycemic chart at least 80% of the time during the Reset phase. We learn how to reintroduce foods containing sugar and carbs, along with fiber and whole grains, in moderation as we progress through the plan.

### **What should I do if I am starving all day long?**

You should not be feeling deprived or hungry while following R3. If you are feeling hungry, you need to eat more throughout the day. Remember to eat every two to three hours. Try eating more protein.

### **Is it normal for my face to break out while following R3?**

No. It is not common to experience breakouts while following R3. Breakouts may happen as you experience detoxing symptoms from eliminating certain foods from your diet.