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Well, that is because it is! So I am currently in my only week as a brightness and I am writing this publication to let you leave you How it has gone so far and just tells you a little bit about my experience using Rushtush products. Pharmaceuticals I was sent a variety of Rushtush products that have been helping me on my journey, the supplements that I have been using are as follows: GlucGluc metabolic protein support (original) Whey protein (chocolate) Detox-Glutamine all over the top have been vital in my fitness journey as a glow, so I'll tell you a little about each of them. Metabolic Spray Let me start by saying this, no one can prepare it for the taste of this spray. It is AF bitter and leaves a terrible aftertaste ... The only thing that keeps you going with those 4 sprays every morning on an empty stomach is knowing that this shit works. And at R800 per bottle, he'll be glad I do. But if faith in the product is not enough to lower the spray every morning, I suggest having a warm cup of lime water to wash it. I often wash it with my L-glutamine. But what's a metabolic spray you're asking? Well, to copy directly from the Rushtush.com website: "Oral metabolic spray contains lipotropic factors that can support a healthy metabolism. Oral metabolic spray releases fat throughout the body by specifically targeting its primary fat deposits. This product is stored in medicinal alcohol. No sugar was added. As this spray is high in vitamin B ingredients, you will find it helps with energy levels. I have really noticed a change in my stubborn fat areas since I used this spray. It should be noted that it cannot exceed 4 aerosols per day and that the metabolic spray is not for use by pregnant or breastfeeding women. GLUC Support This is probably my favorite pharmacist. Take two capsules a day, with meals. And what it does is it helps manage your body's glucose levels... so as someone who has a sugar addiction, this has worked for me from yotse yotse y sardauc sanugla ognet olos aroha orep ,zev anu ed oretne etalocohc nu ranimretā aĀloS I find that my sugar cravings are less frequent since I'm in this supplement and this is something I definitely recommend to ladies who crave something sweet 24/7. Here's what Rushtush's website says about it: "Gluc-Support is a capsule-shaped formulation of ingredients that provides nutritional support in promoting the body's fat loss, stabilizing blood sugar levels and reducing cravings. Chromium improves sensitivity to insulin, supports healthy blood sugar levels, which helps the body metabolize carbohydrates and fats faster. Not for women who are pregnant or breastfeeding. Do not exceed the recommended dose. The whey protein doesn't have much to say about the whey protein, because well, it's whey protein. But what sets the Rushtush whey protein apart from other whey proteins on the market is that it contains collagen to support shiny skin, growing nails and healthy hair and also does not contain added sugar. Personally, I enjoy the original flavor because I can add it to my smoothie and it doesn't change the flavor at all. Many girls prefer the chocolate variant, but the taste is incredibly smooth, which is not a bad thing, it just means it does not contain any of the artificial ingredients. But adding two tablespoons to my smoothies or juices really sustains my hunger until my next meal. The chocolate-flavoured Rushtush Serum has a pleasant taste that can be used for baking and cooking. Our whey protein contains an incredible range of essential amino acids, which are quickly absorbed into the body. Numerous studies show that it can help you increase strength, gain muscle, and lose significant amounts of body fat. We have taken a Rushtush whey protein one step further by adding collagen to our formula. Damn delicious, I can't try. The A teaspoon of honey and it really gives me the afternoon I need when I am hitting a energy fall. Ā f āgn ralbah Ā arohA .seroiretna sal ed areiuqlauc raborp ed setna etnetsixeerp n<sup>3</sup>Āiccefa anugla eneit is ocid@Ām us noc ratlusnoc ebed y sotnemacideM ed lortnoC ed ojesnoC le rop odaulave odis ah socamriĀf sotse ed onugnir euq atneuc ne esrenet ebeD .sodacilpxe y sodazilaer sotnemelpus sol Ā fĀ euq ĀsA Ā fĀ .ozalp ogral a animatulg-L ramot is B sanitativ noc ratnemelpmoc adneimocer eS .otamatulg ne animatulg al etreivnog opreuc le euq ay animatulg al a elbisnes res edeup ,SMG la elbisnes se detsu iS .sociiĀpeh samelborp eneit is o odnatnamama ,adazarabme iĀtse is rasu etivE :aicnetrevdA .esratsoca ed setna o oicicreje led s@Āupsed ritepeR .oicicreje led setna aroh 1 auga noc )g5( atidarahcuc 1 abeb ,sodatluser serojem sol renetho araP :sotluda arap odadnemocer osU .sonagev arap odauced a yjos ed erbil ,netulg nis ,lalah se animatulg-L hsuThsuR .lanitsetni dulas al rarojem y sojotna sol ricuder edeup n<sup>3</sup>Āibmat otcudorp LE .n<sup>3</sup>Āzahcnih e n<sup>3</sup>Āicamalfni ,senoiccefni rineverp edeup .ralulec n<sup>3</sup>Āicareneger al y ralucsum n<sup>3</sup>Āicarepucer al noc raduya rop adiconoc se Ā animatulg-L Ā fĀ .otneimanertne im se euq odatiga ol ed odneidneped aĀd la secev 2-1 omot oL .etneiugis aĀd la rolod odaisamed Ā em on Ā euq arap sodatiga sotneimanertne sol ed s@Āupsed n<sup>3</sup>Āicarepucer al noc aduya em etnemlaeR .eugisnoc ol detsu edn<sup>3</sup>Ād ed atropmi on omsim le etnemacitcĀrp sE animatulg-L euq ay ,etse ed acreca riced euq ohcum se on etnemlaeR Ā yaH animatulg-L Ā .rasu ed setna n<sup>3</sup>Āicacide al odhamot iĀtse detsu is o odnatnamama ,adazarabme iĀtse detsu is ocid@Ām us noc etlusnoC .annes y sobioor ,atnem ,)%9( zilager ed zĀar ,erbignej ,ollicnomil ,)%34( edrev leiM :setneidergnI .sodiliĀc siĀm saĀd ne odaleh @Āt omoc otcefp se n@ĀibmaT .negalloC muimerP hsuThsuR ut ed atidarahcuc 1 y ,n<sup>3</sup>Āmil ed adanaber anu o leim/rac<sup>0</sup>Āza ,ehcel nis o noc aturfsiD .etreuf siĀm azevrec anu ereiferp is siĀm o sotunim 01-5 rabracsE .adivreh n<sup>3</sup>Āicer auga noc recaH .dadiralc y aĀgrene odnanoicroporp ,n<sup>3</sup>Āicacixotnised al a raduya arap sabreih ed alczem etnemlaretal y anas remoc atsug Ā on euq neugla omoC .satirf sanisolog y sapap ed ,elbadulas ocp setna ,ateid im raibmac a odaduya ah em etnemlaeR azeipmil atsE :etnallirB azeipmil al Eht ni sppa tuokrow fo erahs riaf ym desu Evā€â€â€â€â€Tr Eht .the gnivol mā€â€Tr rf y erg erâ€ hcihw ,the gnzeerf neht dna keew keew gnimocpu eht rof yadnus yadnus that if stneidergni eihtooms y ll gnipperp neeb EvāT€â€â€ .tuo the edif fioc ,en ttimmoy esnaelc wolg eht sey .steramrepus eht naht ssel hcum rof eht morf morf nac uoy erus yterp mā€â€I ,yrw tâ€â€â€nod tub ,tsil re ,tsil rehto ,hsif gnife gnife gnife seddulcni esnaelc fo tol a .gniza yratulasba !yehn rod Naht repaehc erâ€â€â€ayeht ,seiggev dna tiurf ot semoc nehw Noitpo elbadroffa tsom eht Neeb Sah az .OC .Dereviledyhserf morf grad eled eled eledr eledrof rmof stamof stimof stami stamof stami . T t I nehw tsum that the pohs ot erehw gniwonk os s !?sayad Eseht sdnomla fo ecirp eht nees eht nees erah embill .Sah egelivirp that dna evisnep ylihtlah gtnite sâ sâ tâ€â€â€â€nnnluoc I ,yllacab raey lla krow tuo neeb sâ€â€â€â€ohw lrig a osla mā€â€â€Tr .netsil netsil tsil .rennid ,kcans noonretfa etal ,hcnul ,kcans noonretfa/gninrom ,eihtooms that yllausu si hcihw tsnoitance ;snoitces Evif otni derurts erbis erht .ot derutcurt c tog erâ€â€â€auoy ,Salab ,eil ,gnihtyna tae annoy ant ylerab erâ€â€â€TREE tsesae eht eihtoms a ,seiggev dna sturf niatreck fo erutxet eht htiw stiw seggurts ohw environment sa ,sah sepicer eihtooms fo agenar eht snaelc rogni romae skacaer skacaer skacaer skacaer ,nkhaer ,nk Seiggev Gni Kooc ereh tuo mā€â€â€ .Syug .gmo tub .esnaelc yrt ot ot etiuq saw I ,nrut yreve ta sneerg sneerg odneicah adhsuR olos y n<sup>3</sup>Āicacilpxe yah on ednod soediv sonugla yaH .elbinopsid aĀnet euq ol noc naranoicnuf euq arap sotneimanertne sol ratsuja euq evut euq Āsa ,sanicidem ed salob y sadasep saslob nabatisecen sotneimanertne sol ed sohcum orep ,llebeltek anu noc @Ācepme ,olpmje roP .oisanmig nu odot a osecca sagnet on odnauc samelborp renet a sav ,asac edsed oicicreje odneicah siĀtse is euqroP .aicneucesnoc ne sotneimanertne sut ed iĀragracne es ppa al ogeul y osecca seneit opiuqe @Āuq a racidni sareidup euq al ne n<sup>3</sup>Āicpo anu areibuh euq aĀratusg eM .oicicreje le se liĀuc ranividia euq ognet secev sahcum euq acifingis euq ol ,sotad sim o ifiw im ne niĀricudorper es on soediv sonugla orep ,amelborp le se liĀuc @Ās on ,esricudorper a nagein es secev a soediv sol :natselom em euq samelborp sonugla eneit ppa al oreP .otneimanertne adac noc eart n<sup>3</sup>Āicacilpa atse euq oter le atnacne eM .seroiretna stes sol ed odagac nat yotse euqrop tes omitl<sup>0</sup>Ā le emratlas euq ognet secev A .datim al a raicnuner ed sanag ognet secev sahcum y radus recah a nav et ,ograbme nis ,seliciĀf nos on sotneimanertne sotsE .anot<sup>3</sup>Ānom iĀrevlov es in iĀrirruba et acnun anitur al euq acifingis euq ol ,sodazurc senertne et y ,secev sod omsim ol sagah euq orar yum se ,alle ne sotneimanertne sol ed dadilitasrev al se ppa al ed atnacne em etnemlaeR euq oL .omer o omsilcic ,acitpĀle ,ratlas ,esranilcni ,rerroc/ratort neib o se euq ,oidraC ed sotunim 03 a nacided es otniuq y orecet ,odnugles saĀd soL .agoy ed alob anu o anicidem ed alob anu ,llebeltek anu noc sasep noc otneimanertne res eleus euq ,otelpmoc opreuc ed aĀd nu se otneimanertne recret y remirp LE .setsuja sim ne anoicnuf omoc se Āsa sonem la ,sotneimanertne 5 ed atsnoc anames adaC .SEMALF<sup>3</sup>Ārtsom em otneimanertne remirp im ,riced emaj@Ād y oseP redreP arap odaznavA leviN Āgele euq Āsa .sanames 8 samix<sup>3</sup>Ārp sal arap ssentif ed ovitejbo ut y ssentif ed levin ut rigele sedeup senu et odnauC .elbadarga etnatsab tiF hsuthsuR n<sup>3</sup>Āicacilpa al ecerap em y exercise, which is fine. But I think it would be Ā Étil if they add some voices on off with some advice on how to execute the movement in a road. Simply simple reminders of snouting with your knees on the fingers of the feet, or not to get your back when lifting heavy weights or activate your abdominals, etc. Because there were some moments in which I was like, "as normal people do not hurt themselves? Some of the training are often a combination of movements and she does not indicate what she tells as a complete representative. This can be a bit sandy, but the crazy one would prefer if she showed me what a complete representative is and then declared what you do 10 of them. But also of those little things, the application works well if you hope to do a good training with a coach, but you cannot allow your rates. And that is the best of this application, you are affordable! R250 a month for a year? I am a completely different person Nnte of the girl who had 7 weeks ago. I am finally eating well and taking care of me. The greatest lesson that I have learned from this trip is that if you do not introduce yourself for yourself, no one will do it. And I have been presenting all the days during the last 7 weeks, building a stronger and resistant woman of myself. I have noticed a small but crazy change in my body since starting this challenge and I have really seen a difference in the users with which it solved fighting in the past. I can not wait to see my progress when we arrive at week 12! My week four progress since November 18 I have been fighting for months to lose those rolls under my bra! They are only 4 weeks of work and eat well! And although we are all the people on this trip, a large part of what That the Glow Getter squad is so special, it is the real Glow Getter, they are the best group of women who offer emotional support between Sā in each step. Our WhatsApp group does not So this is a bit of update on my trip Rushtush Glow Getter, if you have any questions, please give Jela in the comment section! Thanks for reading if you got so far. Okay, I am out! I said! Nadine Nadine



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