

LYMORA

FREE GIFT • GUIDE 3 OF 3

The Water-Retention Food Blacklist

Lymora handles the drain. This guide handles what you pour in. The foods and drinks that make a Filipino body hold water, the swaps that fix it, and what to order when you eat out. Start the swaps today, so by the time the rider knocks, your body is ready.

The short version. Salt holds water. Sugar and alcohol make you hold more of it the next day. Cut the 3 biggest salt sources in your week and most of the morning puffiness goes with them. Add Lymora and the rest follows.

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Why food makes you puffy

Salt. Every gram of extra salt makes your body keep extra water to dilute it. One salty dinner, one pack of pancit canton at midnight, and the face is puffy by morning, the ring is tight by noon, the ankles are manas by evening.

Sugar. Big sugar hits raise insulin, and insulin tells the kidneys to hold on to salt and water. Sweet drinks are the worst because they go in fast. Milk tea and softdrinks count.

Alcohol. It dries you out at night. Your body answers by holding water the next day. That is the puffy hangover face.

Ultra-processed food. Instant, canned, and packaged food carries all three at once, plus flavor enhancers that make you eat more of it.

Do you have to change your diet for Lymora to work? No. Lymora works on trapped fluid, not on your food. The drain opens either way. But every salty meal is more fluid for the drain to move. Cut the worst offenders and the softgels get to the visible results faster. This is the difference between "less puffy" and "hubby noticed".

The week your pouch arrives

- **Today to delivery day:** pick your 3 worst blacklist items (page 3) and stop them. Start the water: 2 liters a day.
- **Delivery day:** eat light and low salt. Grilled or boiled, rice, vegetables, fruit. Finish the 2 liters. Take your first 2 softgels that evening.
- **Days 1 to 14:** keep the 3 items out. Swap one more each day from the table until it feels normal.

"tiyan ko bloated kahit anong kainin ko. now flat na siya, 3 weeks in"

44, Davao City

"1 month na ako nagtake, flat na tiyan ko. worth it yung pera. will order ulit!!"

Elena Ramos

"yung dating shorts ko, kasya na ulit. order kayo, legit!"

Beng, 45, Pasig

The blacklist

Cut this	Why	Swap for this
Instant noodles (all flavors, incl. pancit canton)	One pack carries about half a day of salt in one sitting	Fresh noodles or rice with a fried egg and vegetables; season yourself
Canned meat and fish in sauce (corned beef, luncheon meat, sardines in tomato sauce)	Cured with salt, then packed in salty sauce	Fresh fish (inihaw or steamed), chicken, eggs, tofu
Processed meats (hotdog, tocino, longganisa, ham, bacon)	Salt and sugar cure, both hold water	Grilled chicken or pork, boiled eggs, bangus belly without the brine
Chips, chicharon, salted nuts, crackers	Salt on the outside goes straight in	Fresh fruit, unsalted nuts, boiled saba, cucumber with calamansi
Dishes drowned in toyo, patis, or bagoong	Each spoon is a full serving of salt	Same dish, half the sauce; season with calamansi, garlic, onion, pepper, ginger
Fast-food combos (fried chicken with gravy, burgers, fries)	Salt in the breading, the sauce, and the fries	Order grilled, skip the gravy and fries, water instead of the drink
Softdrinks, milk tea, 3-in-1 coffee, juice drinks in packs	Sugar spike, then salt and water are held	Water, unsweetened iced tea, black or unsweetened coffee, buko water
Beer and other alcohol	Dries you out tonight, puffy tomorrow	Sparkling water with calamansi; if you drink, one, with a glass of water after
Street-food sauces (fishball, kikiyam, siomai sauce) and soup bases in cubes	Salt plus flavor enhancer	Vinegar with garlic and chili, or plain calamansi
Sweet breads, cakes, cookies every day	Sugar load with little else	Pan de sal in moderation, oats, fruit

Pick your 3. Circle the three rows you eat most often. Those are the only three you have to stop for the 14 days. Everything else is a bonus.

The greenlist: foods that help fluid leave

Eat more of this	What it does
Banana, saba, papaya, mango, avocado	Potassium balances salt and helps the kidneys let water go
Buko water, cucumber, watermelon, tomatoes	Water plus minerals, and they fill you up without salt
Leafy greens (kangkong, pechay, malunggay)	Magnesium and potassium, low salt, high fiber
Ginger, garlic, onion, calamansi, lemon	Flavor without the salt, so you need less toyo and patis. Ginger is also in your Lymora softgels.
Pineapple	The source of bromelain, the swelling-breaking enzyme in Lymora. Fresh, not canned in syrup.
Fresh fish, chicken, eggs, tofu, mung beans (munggo)	Protein keeps you full and helps the body hold less water
Plain water, 2 liters a day	Drinking enough tells the body it can stop hoarding

Eating out cheat sheet

- **Carinderia:** pick inihaw, nilaga, or tinola. Sinigang is fine with less patis. Skip the extra sawsawan.
- **Fast food:** grilled over fried, no gravy, no fries, water not softdrink.
- **Chinese or Korean:** ask for sauce on the side, skip the soup base, go easy on kimchi and pickles.
- **Milk tea shop:** 0 to 25 percent sugar, no pearls, or just get the unsweetened tea.
- **Parties and handaan:** eat protein and vegetables first, one plate of the salty stuff, and a glass of water for every drink.

The 7-day swap plan. Do not change everything on day one. Each day, swap one blacklist item for its greenlist partner. By day 7 you are eating differently without feeling like you went on a diet. Keep going for the rest of the 14-Day Protocol (Guide 1), with 2 Lymora softgels every day.

This guide gives general food habits. It is not medical advice and does not treat any disease. If you have kidney disease or take potassium-sparing medicine, ask your doctor before adding high-potassium foods. Individual results vary.