

"I only get to make one
person happy today. I
choose me."

Unknown



REFERENCE

FAQs

Water

Sleep

Stress

Soft Drinks

Shopping List



Can I use body lotions?

- Yes, but only oil-free products can be used.

Can I use my face cream?

- Again, only oil-free products. Our InfiniSerum Yu is a fabulous oil-free moisturizer and anti-aging serum. Ask for it.

Can I use my normal deodorant?

- Yes.

Can I use perfume or cologne?

- Yes, but spray it on your clothes, not your skin.

Can I have a massage?

- It is not recommended due to the oils used.

Can I have a manicure/pedicure?

- Yes, but no oils or sugar scrubs can be used.

What if I become constipated?

- We recommend taking 750 mg of magnesium in tablet form nightly, at the start of your diet and for the duration of the low calorie program. You can also use Smooth Move Tea as needed. Plain MiraLAX is also allowed. Remember that you will be limiting what you put into your body, so the output will be much less.

What type of make-up can I use?

- Pure mineral based powdered make-up is best because it is oil-free. Other items that are allowed are: mascara, eye liner pencil, eyebrow pencil, lip liner, lip stick, powder based cheek blush and eye shadow.

FAQs pg. 1

What should I do if I feel hungry?

- First, ensure it is NOT an emotional desire to eat. Increase your fluids, and eat your fruit servings between meals. You may take your Metabolic Support up to six times daily or drink a small amount of coffee. You can add another homeopathic product called Appetite Control to help control your hunger. Contact us if you increase your Metabolic Support or wish to add Appetite Control.

Do I need to only eat organic?

- It is the “cleanest” for your body while on the protocol.

Can I eat any other foods that are not listed?

- NO.

Can I use chewing gum, mints, etc.?

- Only use chewing gum or mints sweetened with xylitol, such as Spry, Trident, Extra, Eclipse or Stride.

What if I get leg cramps?

- We recommend you add Redmond Salt. Add 2 Tbsp. to your foods daily while on the low calorie program.

Will the weight loss slow down?

- The weight loss is the fastest in the first few weeks. It gradually slows down after that. It is normal to lose and then level off for a few days while your body is rebuilding and restructuring cells and tissue. This helps to prevent sagging skin.

FAQs pg. 2

Do I have to fat load?

- Not loading enough fat during the initial two days on the Low Calorie Diet leads to greater hunger and unpleasantness. Loading also gives you plenty of energy while the Metabolic Support gets built up in your body.

Why can't I consume diet drinks?

- Diet drinks such as soda or others are not compatible with the protocol. Artificial sweeteners and extra chemicals are not permitted, and can stall your weight loss.

Why can't I weigh myself anytime of the day?

- Be consistent in your weighing habits. For instance, it is best as you wake up daily, empty your bladder and weigh yourself naked. Your body's water retention and elimination varies throughout the day. Weighing at different times of the day or with various clothing and shoes on will not give you a true weight.

Why can't I eat out?

- It is best if you do not eat out. You do not have any control over how your food is prepared when you don't prepare it yourself. In restaurants meats are often "juiced" (injected with a sugar solution for flavor), and food is cooked in oils or butter. If you must eat out, be very selective. Ask that your food be prepared without oils, butter or sugars. Use lemon juice as extra flavoring and bring your own oil-free/sugar-free salad dressing.

FAQs pg. 3

What about IUD's or birth control pills?

- The program shouldn't effect IUD's or birth control pills' effectiveness.

Can I take Fish Oil and Vitamin D?

- Yes! Since the fats in fish oil are used to reduce the body's inflammatory responses and build healthy tissue, they are not metabolized and should not interfere with weight loss. Our Omega Breeze is an excellent source of Fish Oil. Vitamin D is highly recommended for all adults.

Can I combine my Detox with the Metabolic Support?

- Yes. The Detox can be combined with other remedies.

How long does the Detox Kit last?

- If taken as directed, the Detox Kit lasts approximately 60 days or 2 months.

Is there any issues with hair loss on the program?

- Normally there are no issues with hair loss. If this occurs, you may have a nutrient deficiency to start with. A quality multivitamin/mineral daily supplement along with more nutrient-dense produce choices (i.e., chard or spinach instead of iceberg lettuce) while on the program will help. An EFA supplement of 2-3 grams daily is also extremely important and seems to help a lot in these cases. Hair loss/thinning is seen in people with thyroid disorders. Our homeopathic product, Energize Rx's, may help.

FAQs pg. 4

What sweeteners can I use?

- You may use SweetLeaf Stevia, Truvia, Sweet-n-Low and xylitol.

Will synthetic or bio identical hormones effect the results?

- No. Continue using your hormones while on the program with no issue. We do recommend using our homeopathic Hormone Combination for your body to naturally address any hormone fluctuations.

FAQs pg. 5

What About Water?

Information adopted from: Donald S. Robertson, M.D., M.Sc.

Incredible as it may seem, water is quite possibly the single most important catalyst to losing weight and keeping it off.

Water suppresses the appetite naturally and helps the body metabolize fat.

Studies have shown that a decrease in water will cause fat deposits to increase, while an increase in water intake will actually reduce fat deposits.

Here is why: the kidneys can't function properly without enough water. When they don't work to capacity, some of their load is dumped into the liver.

One of the liver's primary functions is to metabolize stored fat into usable energy for the body. But, if the liver has to do some of the kidneys' work, it can't operate at full throttle. As a result, it metabolizes less fat while more fat remains in the body, and weight loss stops.

Water is the best treatment for fluid retention.

When the body gets less water than it needs, it perceives that as a threat to survival and begins to hold onto every drop. Water is stored in extracellular spaces (outside the cells). This shows up as swollen legs, feet and hands as well as excess weight.

Water pg. 1

Diuretics, or “water pills”, offer a temporary solution at best. They force out stored water along with essential nutrients. Again, the body perceives this as a threat and will replace the lost water at the first opportunity. Thus, the condition quickly returns. The best way to overcome the problem of water retention is to give your body what it needs – more water! Only then will the excess water be released naturally.

If you have a constant problem with water retention, processed salt may be to blame. The more processed salt you eat, the more water your system requires to dilute it. Using real salt with all of the natural minerals left in tact will help your mineral levels become balanced while not causing you to retain water. We recommend Redmond Salt. However, getting rid of unneeded salt is easy – just drink more water.

The heavier a person is, the more water he/she needs.

Larger people have a larger metabolic load. Since we know that water is the key to fat metabolism, it follows that the overweight person needs to drink more water.

Water helps to maintain proper muscle tone.

It helps by giving muscles their natural ability to contract and prevents dehydration. It also helps to prevent the sagging skin that usually follows weight loss. Shrinking cells are buoyed by water which plumps the skin and leaves it clear, healthy and resilient.

Water pg. 2

Water helps to eliminate waste.

During weight loss, the body has a lot more waste to get rid of. All of that metabolized fat must be shed. Adequate water helps flush out the waste.

Water can relieve constipation.

When the body gets too little water, it siphons what it needs from internal sources. The colon is one primary source. The result: constipation. But, when a person drinks enough water, normal bowel function usually returns.

What does all of this mean?

When the body gets enough water:

- Fluid retention is alleviated as stored water is lost
- More fat is used as fuel because the liver is free to metabolize stored fat
- Natural thirst returns
- There is a loss of hunger
- Glandular function improves

Water pg. 3

How much water is enough?

While dieting, a person should drink half of their body weight in ounces of water daily. For example, a 150 lb. person should minimally drink 75 oz. of water daily. The amount you drink should also be increased if you exercise briskly, have a physically demanding job or the weather is hot and dry.

Drinking 2 - 3 pixies daily of Green Tea HP is an excellent way to not only receive all of the known benefits of green tea, but also ensure your water tastes great!

When the body gets the water it needs to function optimally, its fluids are balanced. When this happens, you have reached the “breakthrough point”. If you stop drinking enough water, your body fluids will be thrown out of balance again, and you may experience fluid retention, unexplained weight gain and loss of thirst. To remedy the situation you will have to go back and force another “breakthrough point”.

Water pg. 4

Adopted from Chocolatherapy by Karen Scalf Linamen

Sleep...Here's How It Works

Sleep is an amazing gift from our Creator. It's during sleep that our bodies heal and our brains rebalance.

Why Sleep? Because You Will Eat Less

Is it hard for you to get the sleep you need, or am I the only one who struggles with this? When we sleep less than six hours per night, we are hungrier the next day. This is because our sleep deprived bodies produce less leptin. Leptin is a hormone that suppresses our appetites and also helps our brain know when we've had enough to eat. So when our sleep deprived bodies produce less leptin, it means...we never stop eating.

Sleep deprived bodies not only produce less leptin, they produce more grehlin, which is a hormone that makes us want to eat even more.

In other words, skimping on sleep tonight means tomorrow you will feel hungrier than normal, your body won't feel full (even when it is) and your brain won't send the signal to stop eating (even when it should).

Sleep pg. 1

Why Sleep? Because You Will Eat Healthier Foods

Missing sleep not only effects how much we eat, but what we eat as well. Researchers suspect that since our brains are fueled by glucose, sleepy brains go into some sort of distress mode, demanding extra glucose in the form of sugar and simple carbs that turn into sugar.

Why Sleep? Because You Will Shrink Your Chances of Being Obese

Scientific studies have proven that people who sleep less have much greater odds of being overweight. People who average four hours of sleep, for even a couple of nights in a row, show signs of insulin resistance; a condition that precedes diabetes and causes weight gain.

If you average six hours of sleep a night, you are 23% more likely to be obese than your neighbor who gets seven to nine hours of shut-eye.

If you average just five hours a night, your chances of being obese go up 50%.

If you average four hours of sleep a night, your chances rise dramatically to 73%.

Sleep pg. 2

So How Much Sleep Do You Need?

For our bodies to do the best job: processing sugar; maintaining stable blood sugar levels; craving healthy foods; feeling full; knowing when to say when...

The magic number is seven hours of sleep or more!

You Are Feeling Sleepy, Very Sleepy

So what can you do when you get to bed on time, yet can't seem to fall asleep? According to researchers and scientists, there are several things we can do to improve our sleep habits and patters:

- Exercise regularly, but not in the last several hours before you go to bed
- Develop a relaxing nightly ritual, such as reading a book or listening to music
- Only use your bedroom for sleep or love, not as an office or gym, which will help you relax in your bedroom
- Keep your room as dark as possible; even a small amount of light can cause your body to produce less melatonin, the hormone that tells your body how long and deeply to sleep
- Avoid drinking a lot before bed to avoid nightly bathroom visits.

So when it comes to the relationship between sleep and those unwanted pounds, four little words seem to say it all...

“You snooze, you lose!”

Sleep pg. 3

“Stressed” is “Desserts” Spelled Backwards!

Adopted from Chocolatherapy by Karen Scalf Linamen

Do You Ever Feel Like a Caterpillar?

Caterpillars eat basically nonstop. The caterpillar of the Polyphemus moth is the hungriest, eating up to 86,000 times its own weight. This can be compared to a person eating (don't laugh – it's true) 60,200,000 quarter pounders!

We have yet to find any research linking the voracious appetite of the Polyphemus caterpillar to emotional eating, seriously, what else could it be? I mean, there she is, stuck in a rut, inching along when what she'd really like to do is shed her baggage and learn to fly. Is it any wonder she drowns her sorrows in Norway Maple leaves and Milkweed?

The Great Escape

At some point we have all found ourselves in the grip of that “life is too crazy, somebody get me outta here!” feeling. In my case, I ate an entire box of Girl Scout cookies. And I'm not talking about those anemic Thin Mints either. It was those delicious amazing Samoas all drenched in caramel, layered with toasted coconut, and laced with chocolate stripes.

Stress pg. 1

Granted, if you are a Girl Scout “cookieholic”, you’re not overly impressed with my confessions because you happen to know there are only fourteen of those bad boys per box. But before you discredit my mental anguish and label me a lightweight, let me assure you that the box of Girl Scout cookies was only the beginning. I went on to eat four slices of buttered sourdough toast, a bag of Twix minis, and the last piece of a two week old chocolate birthday cake. The cake was a little dry. Thank goodness the ice cream moistened it up!

As all of those sugary carbs began making their way into my bloodstream, I started to feel calmer. A lot calmer! In fact, the word la-la-land comes to mind, which makes perfect sense considering that those carbs were providing my brain the glucose and tryptophan it needed to create serotonin, the anti-stress, feel good hormone that acts like a mild sedative.

And as for all of that sugar? Well the truth is it shot straight into my bloodstream, causing my blood sugar levels first to spike, and then plummet, making me feel sleepy and impairing my concentration and memory. It probably numbed me in other ways as well since sugar is thought to help block pain. Pediatricians say newborns aren’t nearly as upset about getting a shot or having their blood drawn after they have been given a sugar coated pacifier.

Stress pg. 2

Finding the Truth

Are you using food or weight to make your life feel safer or to control things, or even relationships in your life? Whenever chaos, change or crisis threatens to send you on a junk food safari, try hunting for the truth instead. Start by asking yourself four questions:

- Am I **TRULY** hungry?
- Do I have stomach pains or just growls?
- Do I have a headache?
- Do I have any symptoms at all?

If not, then what am I feeling? Sadness? Loss? Stress? Boredom? Can I put a name to my emotions?

Hungry for a Change?

Apparently the thing that I was really craving was hope; hope and maybe a little momentum. What are you craving? Somewhere beneath that uncontrollable urge to eat, shop, decorate, read romance novels, work out, scrapbook, spend time on-line, or anything else we embrace in excess, we are all basically craving the same things.

Stress pg. 3

We crave hope and momentum, definitely. We crave visibility, or in other words, a longing to be known. We also crave community and perspective. Sometimes we long for transformation; at other times the thing we need most is grace. We desire answers and some sort of context in which to place those answers. Unconditional love is a biggie, as is clarity.

We are not the first people in the course of history to use eating and weight to establish a boundary or gain an element of control in our lives.

I am learning that sometimes what we are really craving are the resources and knowledge to manage the hormones in our own bodies. I've been doing some research on the biology of the binge. And it turns out that are reasons why chaos, change and crisis send us foraging. Yes, there really are hormones in our bodies at work that make us crave junk food. Cravings are not necessarily all about willpower. Sometimes they're the result of things going on in our bodies, meaning that what we are really craving might be as basic as more serotonin or less cortisol in our system, or even just a good night's sleep.

Stress pg. 4

Living the Sweet Life

The next time I'm stressed, I promise I'll at least consider a few calorie-free distractions. So, how can we escape? Pretty much anything that sends us into a happier place. It might be going for a long talk, a computer game, a pedicure or even praise and worship. I have a friend who enjoys zoning out on a treadmill. You have to admit, even if reluctantly, that exercise is a great way to escape stress or emotional pain.

Escape is good. Creative escape is even better. Non-fattening escape is the very best!

What Soft Drinks Are Doing To Your Body

Sodas, pop, cola, and soft drinks – whatever you call it, it's one of the worst beverages you could be drinking for your health!

Soft Drinks Are Hard On Your Health

Soft drinks contain little or no vitamins or other essential nutrients. However, it is what they **DO** contain that is the problem: caffeine, carbonation, simple sugars, or worse, sugar substitutes, and often food additives such as artificial coloring, flavoring and preservatives.

Research has found that soft drink consumption in high quantities, especially by children, is responsible for many health problems that include tooth decay, nutritional depletion, obesity, type-2 diabetes and heart disease.

Why the Sugar in Soft Drinks Is NOT So Sweet

Most soft drinks contain a high amount of simple sugars. The USDA recommendation of sugar consumption for a 2,000 calorie diet is a daily allotment of 10 teaspoons. Many soft drinks contain more than that in just one drink!

Soft Drinks pg. 1

Why is too much sugar so unhealthy? Well, to start, let's talk about what happens to you as sugar enters the body. When you consume a soft drink that is packed with simple sugars, your pancreas is called upon to produce and release insulin, a hormone that empties the sugar from your blood stream into your tissues and cells for usage. The result of overindulging in simple sugar is raised insulin levels.

Raised blood insulin levels beyond the norm can lead to depression of the immune system, which in turn weakens your ability to fight disease.

Most of the excess sugar ends up being stored as fat in your body, which results in weight gain and an elevated risk for heart disease and cancer. One study found that when subjects were given refined sugar, their white blood cell count decreased significantly for several hours afterwards. We need white blood cells to fight disease. Another study discovered that rats fed a high sugar diet had a substantially elevated rate of breast cancer when compared to rats on a regular diet.

Soft Drinks pg. 2

The Health Effects of Diet Soft Drinks

You may come to the conclusion that diet or sugar-free soft drinks are a better choice. However, one study discovered that drinking one or more soft drinks daily, regular or diet, gave a 30% greater change of weight gain around the belly.

Diet soft drinks are filled with artificial sweeteners such as aspartame, sucralose or saccharin. These artificial sweeteners pose a threat to your health. Saccharin, for instance, has been found to be a carcinogen, and studies have found that it produces bladder cancer in rats.

Aspartame, commonly known as NutraSweet, is a chemical that stimulates the brain to think the food is sweet. It breaks down into aspartic acid, phenylalanine, and menthol at a temperature of 86 degrees. Our stomachs are somewhere around 98 degrees. An article put out by the University of Texas found that aspartame has been linked to obesity. The process of stimulating the brain causes more craving for sweets and leads to excessive sugar and carbohydrate intake.

Soft Drinks pg. 3

Carbonation Depletes Calcium

Beverages with bubbles contain phosphoric acid, which can severely deplete blood calcium levels. Calcium is a key component of the bone matrix. With less concentration of calcium over a long period of time, it can lower deposition rates so that bone mass and density suffer. This means that drinking carbonated beverages (soft drinks, water, etc.) increase your risk for osteoporosis.

Add in the caffeine usually present in soft drinks, and you are in for even more trouble. Caffeine can also deplete the body's calcium and stimulates your central nervous system, contributing to stress, a racing mind and insomnia.

So Skip the Soft Drink And Choose:

Fresh Water: water is a vital beverage for good health. Each and every cell needs water to perform essential functions. Since studies show that tap water is filled with contaminants, antibiotics and a number of other unhealthy substances, consider investing in a quality carbon-based filter for your tap water. On the go, try using a stainless steel thermos or a glass bottle filled with filtered water. Enhance the flavor of your water with a refreshing infusion of basil, mint leaves, SweetLeaf Stevia, or lemon juice.

Soft Drinks pg. 4

Note: fruit juice is not allowed on the low calorie program or the first three weeks of maintenance.

Fruit Juice: If you are a juice drinker, try watering it down to cut back on the sugar content. Purchase a container of organic 100% juice, especially cranberry, acai and pomegranate, and then dilute three parts filtered water to one part juice. You will get a subtly sweet taste and the benefit from antioxidants. After a couple of days, you will no longer miss the sweetness of sugary concentrated juices.

Tea: Tea gently lifts your energy and has numerous health benefits. Black, green, white and oolong teas all contain antioxidant polyphenols. We recommend Green Tea HP daily. In fact, tea ranks higher than many fruits and vegetables on the ORAC scale (the score that measures antioxidant potential of plant based foods). Herbal tea does not have the same antioxidant properties, though it is still a great beverage choice with other health benefits such as inducing calming and relaxing effects.

Soft Drinks pg. 5

NAMES FOR SUGAR THAT YOU MAY NOT BE AWARE OF:

AGAVE NECTAR
BARBADOS SUGAR
BARLEY MALT
BEET SUGAR
BROWN SUGAR
BUTTERED SYRUP
BUTTERED SYRUP
CANE JUICE CRYSTALS
CANE SUGAR
CARAMEL
CORN SYRUP
CONFECTIONER'S SUGAR
CAROB SYRUP
CASTOR SUGAR
CRYSTALLINE FRUCTOSE
DATE SUGAR
DEMERARA SUGAR
DEXTRAN
DEXTROSE
DIASTIC MALT
DIATASE
ETHYL MALTOL
EVAPORATED CANE JUICE
FRUCTOSE
FRUIT JUICE
FRUIT JUICE CONCENTRATE
GALACTOSE

GLUCOSE
GLUCOSE SOLIDS
GOLDEN SUGAR
GOLDEN SYRUP
GRAPE SUGAR
HIGH-FRUCTOSE CORN SYRUP
ICING SUGAR
INVERT SUGAR
LACTOSE
MALTOSE
MALT SYRUP
MANNITOL
MAPLE SYRUP
MOLASSES
MUSCOVADO SUGAR
PANOCHA
RAW SUGAR
REFINER'S SYRUP
RICE SYRUP
SORBITOL
SORGHUM SYRUP
SUCROSE
SUGAR
TREACLE
TURBINADO SUGAR
YELLOW SUGAR

Names For Sugar

Proteins (Meats)

beef, ground (96% or better)
beef, lean filets or sirloin
bison
chicken breast, boneless, skinless
turkey, boneless, skinless or ground
veal
venison

Proteins (Fish)

cod
crab (not imitation)
flounder
halibut
lobster
scallops
sea bass
shrimp
tilapia
tuna packed in water

Proteins (Vegetarian)

cottage cheese, non-fat
egg whites
Greek yogurt, non-fat, plain
ricotta cheese, non-fat
some protein powders
We recommend Jay Robb
or Proti protein powders

Fruits

apples
apricots
blackberries
blueberries
cranberries
gooseberries
grapefruit
lemons
oranges
plums

strawberries
tomatoes

Vegetables

arugula
asparagus
bok choy
broccoli
cabbage
cauliflower
celery
chard
collard greens
cucumber
green beans
lettuce, all forms
onions
spinach
tomatoes

Beverages

coffee, non-flavored
tea
water, plain or carbonated

Sweeteners

SweetLeaf Stevia
Sweet-n-Low
Truvia
Xylitol

Miscellaneous

Grissino Breadsticks
(traditional or garlic)
Melba Toast
Melba Rounds
mustard*
spicy brown mustard*
hot sauce*
Smooth Move Tea

*check the ingredients to
ensure there are NO
oils, fruit juices, starches
or sugars!

Herbs, Spices & Seasonings

All single ingredient
spices allowed
We recommend our
Serious Spice blends:
Seriously Too Tasty
Seriously Tastes Good
Seriously Gotta Have It
Seriously Asian
Seriously Mexican
Seriously French Twist
Seriously Ranch

vinegar (apple cider, rice
white)

Seriously Slim™ Shopping List
