

M VitaminMed™

An **Effective & Healthy** Weight Loss Solution



*VitaLean Powder and Recipe Book Sold Separately



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INTRODUCTION

This is the beginning of the rest of your life. You will be absolutely amazed at the spectacular and potentially permanent results that this program offers simply by following the underlying outline. Remember, if you cheat, you are only cheating yourself. A positive attitude and the avoidance of stress during this program are of the utmost importance. This is NOT a magic pill – there is no such thing. It's natural for anyone trying to lose weight to want to lose it very quickly. But evidence shows that people who lose weight gradually and steadily are more successful at keeping weight off. This program takes substantial self-discipline to achieve success, and though it is NOT EASY, it seems to be the easiest, most successful program we have found.

Also, once completed, though you have supported and rebalanced your metabolism, you still cannot go out and stuff yourself with buffets or eat loads of refined sugars and carbohydrates. This is NOT a license to do whatever you want. You can enjoy sweets, starches, fats, and oils (keep away from Hydrogenated products and corn syrup products) but be aware of what you consume, how much and how often. They should be a reward - not a daily habit.

According to the CDC (Centers for Disease Control and Prevention) obesity is a serious concern because it is associated with poorer mental health outcomes, reduced quality of life, and the leading cause of death in the U.S. and worldwide, including diabetes, heart disease, stroke, and some types of cancer.

The good news is that no matter what your weight loss goal is, even a modest weight loss, such as 5 to 10 percent of your total body weight, is likely to produce health benefits, such as improvements in blood pressure, blood cholesterol, and blood sugars.

An important point to note with our program is that when you have dropped, for example, 16lbs., you have probably lost 14 lbs. of abnormal fat. Whereas with other diets, when you lose 16 lbs. you could be losing 8 lbs. of lean body mass, 4 lbs. of good fat reserves and 4 lbs. of abnormal fat.

Everyone is different, and everyone will have different results. Some people will lose 9 lbs. their first week and only 2 lbs. their second week; while others will lose 4 lbs. both week one and week two. Do not get discouraged. Everyone slows down at some point and may even hit a plateau. By following the specific program outlined here, you will lose weight safely and rapidly from the areas that contain stored fat, and you will not only lose pounds, but more importantly inches.

PHASES 1-3 OVERVIEW

| Phase | Directions | Explanation |
|---|---|---|
| <p style="text-align: center;">Phase 1</p> <p style="text-align: center;">Fat Loading - Binge Phase</p> <p style="text-align: center;">Days 1 & 2</p> <p style="text-align: center;">(see instructions on page 12)</p> | <ul style="list-style-type: none"> • Day 1 begin Advance Plus, take 2 sprays at bedtime. • Begin B12 Spray, two sprays in the morning and two after lunch, every day. • Record TRUE weight daily and record in your log. • Eat 50% more than normal. | <p style="text-align: center;">Fat loading prepares the body and brain for the low caloric diet in Phase 2.</p> |
| <p style="text-align: center;">Phase 2</p> <p style="text-align: center;">Weight Loss Phase</p> <p style="text-align: center;">Day 3 through the remainder of your program (25 – 50 days or more)</p> <p style="text-align: center;">(see instructions on page 14)</p> | <ul style="list-style-type: none"> • Start eating 6x per day and ONLY foods listed in this book and the <i>VitaminMed™ Recipe Book</i>. • Continue taking the Advance Plus spray and the B12 Spray as directed in Phase 1. • Begin the Appetite-Curb with 2 capsules before breakfast and 2 capsules before 3pm. • Begin the Super Aloe with one capsule at bedtime with 8oz water. • Avoid all foods outside of the program. • Weigh everyday | <p style="text-align: center;">On your diet days your body will start to draw fat from your fat reserves.</p> |

| Phase | Directions | Explanation |
|---|---|--|
| <p style="text-align: center;">Phase 3</p> <p style="text-align: center;">Stabilization Phase</p> <p>First 21 days following completion of Phase 2 (see instructions on page 20)</p> | <ul style="list-style-type: none"> • NO starches or sugars • Increase calorie intake. • Introduce other foods not on the diet. One new food every other day. • Weigh yourself daily and avoid any foods which caused a weight gain. | <p>The stabilization phase is to maintain your new weight. This is a way to exit the program without gaining the weight back. You should stay within 2lbs of your goal weight.</p> |

TIPS FOR SUCCESS

MAXIMIZING YOUR DAILY LOSS RATE AND BREAKING PLATEAUS

- Increase water intake with an additional 20-60 ounces per day. Try adding a glass or two of green tea to your day.
- Cut American beef down or out.
- Use cell phone alarms to schedule your meals, snacks, and supplements. Such as: 7am Appetite Curb, 7:30am breakfast (fruit), 10am snack (fruit) + B12, 1pm lunch (protein + veggie) + Appetite Curb, 3:45pm snack (veggie) + B12, 6:30pm dinner (protein + veggie), 9:15pm snack (veggie) + Advance Plus + Super Aloe.
- Check all condiments for any form of sugar. 'Garlic Salt' may list sugar as an ingredient. Any seasoning salt or seasoning product must be carefully checked.
- If having trouble with constipation, increase your intake of Super Aloe to 2 capsules at bedtime with 8oz of water. You may also consume 1-2 tablespoons of olive oil per day to aid in regularity. Do not exceed 2 tablespoons per day.
- Use phone apps to track your meals and weight loss. There are many apps to choose from. Our staff has found success with *Monitor Your Weight, Lose It!* and many others.

TIPS FOR SUCCESS Continued...

- If diarrhea or abdominal pain develops, discontinue use of Super Aloe. Intended for occasional support of bowel movements.
- Make sure there are no additives in chicken or other protein sources – many times these are injected with some form of sugar even in the grocery store.
- Taking additional vitamin supplements is acceptable.
- Consider if you are potentially at your ideal weight. Are you in the suggested weight range for your height and build? Are you also hungry and not feeling as good, etc? It may be time to stop losing.
- Consider adding a brisk walk, some yoga, or any type of 15-minute activity to your day – anything that raises the heart rate throughout the day. The activity increases your metabolism and may increase your rate of loss. Exercise is rarely mentioned in this program. Our interpretation is that exercise is good for everyone; however, it is simply not required to lose weight with this program successfully. That being said, we have observed that participants who have a physically demanding job, seemed to maintain a slightly higher daily average weight loss than those who did absolutely no physical activity.

TIPS FOR SUCCESS Continued...

- For women, your menstrual cycle may cause sudden jumps or drops in weight. Keep this in mind when measuring weight during this time.
- Make sure you are getting enough sleep. More than a few participants have reported being up late and getting up early and the scale reflecting little to no weight loss. However, simply weighing again an hour or so later (without eating or drinking anything) reveals a drop in the scale of 2 pounds. This suggests that routine and adequate sleep can affect what the scale registers. While this probably doesn't actually affect the rate of loss, it can cause discouragement and, therefore, exceptions such as being up late and getting up early should be kept in mind.
- Since the protocol says you are not required to eat all the food each day, you may consider dropping one of your fruits and replace with another vegetable.
- You may do an “apple day” every so often. To break a plateau, you may have apples throughout the day with purified water and herbal teas and follow with a 4 – 6 ounce steak or chicken breast with a tomato.
- Avoid stress!

WHAT MAKES US DIFFERENT?

Our advanced program promotes a safe, natural approach to weight loss that is based on eating “REAL FOODS”. Unlike most programs that focus on suppressing the appetite and limiting food intake, our program recommends what foods to eat that will optimize nutrition intake and promote fat-burning, while restricting those foods that quickly turn to fat. Your Weight Loss Will Be Substantial, Seeing Results Every Day Will Keep You Motivated!

The rate of weight loss experienced on this program is safe and motivating. Participants lose an average of three to five+ pounds per week. The amount you lose can be influenced by individual variables such as age, gender, starting weight and how strictly you follow the program.

PHASE 1: Getting Started

DAY 1 & 2 BINGE / FAT LOADING DAYS

The binge days of this program are to get you both mentally and physically prepared for the program. Typically speaking, when you are in a caloric deficit or “low calorie diet” your body’s own natural reaction is to go into a survival mode where it tends to store body fat for survival. By introducing the **Advance Plus** spray and doing a binge, we are getting the brain to relax as we introduce the spray to the program. Fat loading puts your brain into a relaxed state. This is where we need to be prior to moving into phase 2.

PRODUCT USE DURING BINGE DAYS:

Start day 1 through end of phase 2. Start the **B12 Spray** twice per day (do not take B12 Spray any later than 6pm). Hold nozzle 1” from mouth, spray **TWICE** and swallow. Start using the **Advance Plus**, taking 2 sprays by mouth at bedtime.

YOUR TRUE WEIGHT

It is very important that you keep an accurate record of your weight. You should always weigh yourself **FIRST THING IN THE MORNING, AFTER USING THE BATHROOM**. Remember to track your weight loss daily on your phone or in a notebook. Seeing the weight fall off will help keep you motivated throughout this program.

PHASE 1: Continued...

BEGIN FAT LOADING

During the first two days you will **OVEREAT!** Load up on fats and carbohydrates. The goal is to eat 50% more than your current caloric intake. This will enable your body to access your abnormal fat deposits once you begin the low calorie routine or PHASE 2. Eat what you like, but stick to healthy foods and stay away from high sugar items as you will find yourself having cravings for these after you start PHASE 2.



PHASE 2: The Weight Loss Phase

DAY 3 - BEGIN THE WEIGHT LOSS PHASE

During the weight loss phase you will follow a low calorie diet that will consist of nutrient rich fruits, vegetables and lean proteins. This program is LOW to ZERO Carbohydrates, Fat, Dairy or Sugar. You will be consuming a very small amount of calories per day. However, the types of foods you will find that are approved are high in nutrient value. This is important so your body does not deplete muscle mass. Also remember with this protocol calorie counting is not as important as portion size & frequency of meals.

PRODUCT USE DURING PHASE 2:

Continue with the two **B12 Sprays** twice a day as well as the **Advance Plus**, taking 2 sprays at bedtime.

At this point you will also start the **Appetite Curb** capsules. You should take TWO capsules before breakfast and TWO capsules before 3 pm.

Also, you will start with taking ONE capsule of **Super Aloe** at bedtime with 8 oz of water.

PHASE 2: Continued...

DAILY ROUTINE DURING PHASE 2

See food lists for portion size and options.

| | |
|-----------|---|
| Breakfast | 1 Serving Fruit and/or Protein |
| Snack 1 | 1 Serving Fruit |
| Lunch | 1 Serving Lean Protein 1 Serving Vegetable |
| Snack 2 | 1 Serving Vegetable or Fruit |
| Dinner | 1 Serving Lean Protein 1 Serving Vegetable |
| Snack 3 | 1 Serving Vegetable |

PHASE 2: Continued...

BREAKFAST: Should consist of a serving of fruit, a serving of protein, or a half serving of each. You may also have a *VitaLean Creamy Vanilla Shake* mixed with water or unsweetened milk (almond, coconut or rice). Add in a fruit for an even better tasting shake! Add some veggies, especially the free veggies (spinach, celery, etc.) for a more nutritious shake! You may also have as much green tea, Yerba Mate tea, oolong tea or herbal tea as you desire. You may also have one or two cups of black coffee. One tablespoon of half and half is allowed daily, but only if you can't live without it! Unsweetened Almond Milk is a great substitute for half and half. If sweetener is also a must-have, we recommend Stevia (Truvia).

MORNING SNACK: A serving of fruit is recommended, however, a veggie or low-caloric protein, such as yogurt or *VitaLean Creamy Vanilla Shake* is more than acceptable. Having a small serving of almonds, cashews or other nuts (not peanuts) may be substituted for this snack. The nut serving size should be 1 ounce, 15 – 20 pieces or the amount that fits in the palm of your hand.

LUNCH: You should eat between 3.5 – 4 ounces (use the palm of your hand as a guide) of one of the proteins from pages 24 – 26 and one of the veggies from pages 28 – 29. You may also have a small salad with no pre-made dressing (please see *VitaminMed™ Recipe Book* for great dressings).

PHASE 2: Continued...

AFTERNOON SNACK: A serving of veggie is recommended. It is best to avoid fruit in the afternoon and evening hours.

DINNER: Follow the same meal plan as lunch. However, it is best not to have the same protein, fish, or vegetables that you did for lunch.

EVENING SNACK: A serving of veggie is recommended. If you desire something sweet at the end of the day, the Chocolate Muffins on page 22 of the *VitaminMed™ Recipe Book* is an excellent idea!

NOTES:

Eat Organic. We prefer you use organic produce because it tastes better and is better for you. There is more nutrition in one organic apple than three regular apples.

Proteins. Choose organic, grass fed beef, wild fish and free-range chicken and turkey whenever possible.

Vegetarians. As a rule, vegetarians do not lose as much weight, but may substitute the above meat choices with eggs, tofu, tempeh, veggie patties or organic unsweetened yogurt.

Good Oil. We highly recommend 2 tablespoons of good oil (i.e. Olive Oil) per day.

PHASE 2: Continued...

Spices. You may have all the garlic, lemon, vinegar and black pepper you would like. Basically, any spice that doesn't have hidden sugars or salt is great! Spices are a great way of seasoning and spicing up your food!

Do not skip meals! The people who skip meals do not do as well on the program. You will not benefit or lose any extra weight by doing so. The whole key to eating small meals, more often, is to keep your metabolism working all day long!

Do not skip proteins! Always have a protein and a vegetable with lunch and dinner. Those who only have a piece of chicken for lunch or dinner do not do as well on the program.

Don't Stress! Be aware of calories while on this program, but DON'T STRESS or waste time counting them. Just follow this protocol and it WILL work for you!

Vegetables. They may be eaten raw, steamed, roasted or grilled.

Your Doctor. Your doctor is an excellent source of information regarding this program, your health and achieving the most success in losing weight and keeping it off!

PROPER PLANNING PREVENTS POOR PERFORMANCE

- You should be eating every 2-3 hours
- DO NOT SKIP MEALS - This will only negatively affect your results.
- Eat your fruit in the morning hours to eliminate high blood sugar into evening hours.
- STAY HYDRATED - Water ($\frac{1}{2}$ to 1 gallon daily) is one of the most important elements with this program. Drink lots of water to help flush the toxins out of your body.
- Prep your meals; measuring out and preparing your meals in advance can save you time as well as cut down the chances for poor decision making.



PHASE 3: Stabilization

STABILIZATION FOR 21 DAYS

We cannot express enough the importance of maintaining this part of the program. This is vital to resetting the metabolism, **SO YOU WILL NOT REGAIN YOUR WEIGHT!**

It is imperative that you continue following your low-calorie diet for two days after your last dose day. After the last diet day with our **Advance Plus** sprays, you will do 2 additional low-calorie diet days without taking any sprays. The next 3 weeks (21 days) will be your “Maintenance Period.” The goal during this time is to “Maintain” the weight you have lost. This is an important step to completely reset and improve your metabolism.

During the maintenance phase you will try to instill a new weight set point in your body. You should attempt to keep your weight as steady as possible during this phase. It seems the faster this is done and the more consistent one stays at a weight, the quicker the body takes over in making sure the new weight is maintained. Remember you must completely avoid all white flour and sugars. You must eat more than you did while on the initial phase. You may now have the additional vegetables and fruits that you couldn't have before (with the exception of potatoes, juice drinks or dried fruit). You may now also have lean pork and other fish.

PHASE 3: Continued...

Continue to weigh yourself every morning to make sure you do not gain more than 2 pounds on any day. Should a gain of over 2 lbs. occur, you may have a “steak day”. During a steak day you will avoid food during the day and in the evening eat a large steak with tomatoes. This should correct the weight gain. You can purchase and continue to take the **B-12 Spray** during this phase after consulting with your doctor, but it is not crucial to do so for your weight loss program.

After 21 days on the Maintenance Phase you may start to slowly add carbohydrates into your diet. Remember, too much white flour and white sugars over a period of time you may find yourself regaining some of your weight. There are no benefits for you to ever eat white flour or sugars as they are empty calories and will convert to FAT.

As mentioned above, the avoidance of major stress is of the utmost importance. Time and time again, we have seen people regain their weight on this program due to significant stress in their lives. If you do have stress, seek a positive outlet in which you can either reduce or even eliminate your stress.

Doing this phase properly is of the utmost importance to your long-term success.

BEVERAGES

Hydration is a HUGE part of this program. We suggest 1/2 oz. of water per body pound per day.

Example: If you weigh 180lbs you must drink 90 oz. of purified or filtered water per day. We realize this is a challenge for some people, but it helps flush the toxins in your body and helps keep you regular during this program. Here are some other beverage options to choose from.

| Name | Calories |
|--------------------|------------------------------------|
| Zevia | 0 Calories |
| La Croix | 0 Calories |
| S. Pellegrino | 0 Calories |
| Perrier | 0 Calories |
| Vitamin Water Zero | 0 Calories (Sweetened with Stevia) |
| Green Tea | 0 Calories |
| Oolong Tea | 0 Calories |
| Yerba Mate Tea | 0 Calories |

BEVERAGES: Continued...

| Name | Calories |
|-------------------------------------|------------------------------------|
| All Variations of Tea (Unsweetened) | 0 Calories (Sweeten with Stevia) |
| Crystal Light Pure | 0 Calories (Sweetened with Stevia) |
| Unsweetened Coconut Milk | 45 Calories per 8oz |
| Unsweetened Almond Milk | 40 Calories per 8oz |
| Unsweetened Rice Milk | 45 Calories per 8oz |
| Carbonated Water (Flavored) | 0 Calories |

- Also infusing water with lemon or lime will assist with absorption and increase hydration.
- If you need to sweeten your beverage use natural sweeteners. STEVIA, TRUVIA, Zero or Zsweet are approved and contain 0 calories.
- Avoid using artificial chemical sweeteners, such as Equal, Sweet & Low and Splenda. THESE WILL SLOW DOWN WEIGHT LOSS.
- ALWAYS filter your water, do not drink tap water “unless it is filtered.”

MENU SUGGESTIONS

The following lists provided are all nutrient rich foods that will give your body what it needs and keep out what it does not. Our main objective is to get you to your target weight goal, as well as maintain optimal nutrition during the process.

Tip: Choose ORGANIC when possible.

PROTEINS: Grilled, baked or broiled (NO frying).

Calories calculated at 3.5 ounce servings. This is the appropriate serving size, unless otherwise listed. 3.5 ounces is roughly the size of the palm of your hand. Remember WE ARE NOT CALORIE COUNTING.

| Name | Calories |
|-----------------------|----------|
| Beef Filet or Sirloin | 210 |
| Beef Tenderloin | 235 |
| Buffalo Steak | 157 |

| Name | Calories |
|-------------------------------|-----------------------------------|
| Chicken Breast | 157 |
| Cod | 89 |
| Crab | 83 |
| Edamame | 120 (11g protein - ½ cup serving) |
| Flounder | 99 |
| Greek Yogurt (Plain) | 108 - 130 (7.2oz Serving) |
| Grouper | 100 |
| Haddock | 95 |
| Halibut | 119 |
| Lobster | 100 |
| Mahi Mahi | 72 |
| Monkfish (Poor Man's Lobster) | 65 |

| Name | Calories |
|--|-----------------------|
| Mussels | 89 |
| Ocean Perch | 103 |
| Orange Roughy | 107 |
| Rainbow Trout | 190 |
| Red Snapper | 109 |
| Scallops | 111 |
| Sea Bass | 105 |
| Shrimp | 84 |
| Sole (Filet) | 99 |
| Tilapia | 145 |
| Tofu (½ Cup) | 94 (10.1g of Protein) |
| Tuna (Canned White Albacore, Water Packed) | 70 |
| Turkey Breast | 102 |

PROTEIN TIPS

- Do not eat beef everyday
- Any white fish is great. NO salmon, herring, mackerel or sardines. These fish contain too much oil and can slow down weight loss.
- A wide variety of proteins gives you a wide array of nutrition.



VEGETABLES

| Name | Serving Size | Calories |
|-----------------|--------------|-------------------------|
| Acorn Squash | 1 | 56 (1.6g Protein) |
| Artichoke | 1 | 75 (5.2g Protein) |
| Arugula Salad | Unlimited | Negative |
| Asparagus | 6 Spears | 30 |
| Bok Choy | 1 | 10 (2.6g Protein) |
| Broccoli | 1 | 31 |
| Brussel Sprouts | 1 | 38 |
| Cabbage (Green) | Unlimited | Negative |
| Cabbage (Red) | 1 | 29 |
| Carrots | 1 | 45 |
| Cauliflower | 1 | 27 |
| Celery | Unlimited | Negative |
| Collard Greens | 1 | 30 (3g Protein) |
| Cucumber | Unlimited | Negative (0.5g Protein) |
| Fennel | 1 | 12 |

All veggies may be served raw, steamed or grilled. Calories below calculated at 1 cup or 3.5 ounces

| Name | Serving Size | Calories |
|--|--------------|-------------------------|
| Green Beans | 1 | 30 |
| Kale | 1 | 50 (7g Protein) |
| Leaf Lettuce (romaine, dandelion, mesclun, mixed greens, etc.) | Unlimited | Negative |
| Leeks | 1 | 32 |
| Mushroom | 1 | 21 (3g Protein) |
| Mustard Greens | 1 | 30 (3.1g Protein) |
| Okra | 1 | 33 (1.9g Protein) |
| Onion | 1 | 15 |
| Rutabaga | 1 | 53 (1.5g Protein) |
| Spaghetti Squash (Baked) | 1 | 45 |
| Spinach | Unlimited | Negative (3.5g Protein) |
| Squash (Yellow) | 1 | 25 (1.5g Protein) |
| Swiss Chard | 1 | 32 |
| Tomatoes | 1 | 20 (1.5g Protein) |
| Turnips | 1 | 21 |
| Watercress | 1 Bunch | 20 |
| Zucchini | 1 | 30 |

All veggies may be served raw, steamed or grilled. Calories below calculated at 1 cup or 3.5 ounces

FRUITS

Choose 2 different servings per day.

| Name | Serving Size | Calories |
|------------------|--------------|----------|
| Apple (Any Kind) | 1 Medium | 44 |
| Apricot | 1 | 30 |
| Avocado | ½ | 109 |
| Blackberry | 1 Cup | 70 |
| Blueberry | 1 Cup | 50 |
| Cantaloupe | 1 Cup | 53 |
| Grapefruit | 1 | 100 |
| Guava | 1 | 38 |
| Honeydew Melon | 1 Cup | 50 |
| Lemon | 1 | 20 |
| Lime | 1 | 10 |

| Name | Serving Size | Calories |
|------------|--------------|----------|
| Loquats | 1 Cup | 40 |
| Nectarine | 1 | 60 |
| Orange | 1 | 37 |
| Peach | 1 Medium | 50 |
| Pear | 1 | 45 |
| Plum | 1 | 25 |
| Raspberry | 1 Cup | 64 |
| Starfruit | 1 | 28 |
| Strawberry | 1 Cup | 49 |
| Tangerine | 1 | 26 |
| Watermelon | 1 Cup | 46 |

IMPORTANT NOTICE

TOO HIGH BLOOD PRESSURE AND TYPE 2 DIABETES PATIENTS:

Please notify your doctor if you are on any blood pressure or diabetes medications.

As your body loses FAT your blood pressure and blood sugar levels may normalize (become lower) and your medicine most likely will need to be adjusted by your primary care physician.

Please keep track of your blood pressure and blood sugar numbers DAILY and your primary care physician needs to be notified of any changes to your numbers.

REMEMBER, your dosage has been prescribed according to your present state. As your body changes and you lose the fat / weight your dosage most likely will change or in many cases will no longer be required.

REMEMBER, obesity is directly connected to hypertension and type 2 adult-onset diabetes.

DO NOT USE IF YOU ARE PREGNANT OR NURSING.

THE DIFFERENCE IS CLEAR

- Advanced supplementation that both complements a diet and acts as a catalyst in getting you to your goal weight much faster.
- A step by step process to insure great results as well as an exit strategy to get you to your goal and KEEP YOU THERE.
- Our program builds a lifestyle around good, healthy eating habits. 80% of your battle comes from proper nutrition. We give you the tools you need.
- NO Surgery.
- NO Prescription Drugs or Harmful Hormones.
- NO Pre-Packaged Foods.
- NO Equipment to Purchase.

