

Weightloss in St. Petersburg, FL

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.

Schedule a Consultation

Name

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Phone

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By submitting this form you agree to be contacted via phone/text/email. Reply 'Stop' to opt-out.

Phases 1-3 Overview

Phase	Directions	Explanation
-Phase 1 -Fat Loading - Binge Phase -Days 1 & 2 (see instructions on page 12)	- 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.	Fat loading prepares the body and brain for the low caloric diet in Phase 2.
-Phase 2 -Weight Loss Phase -Day 3 through the remainder of your program -(25 – 50 days or more) (see instructions on page 14)	- Start eating 6x per day and ONLY foods listed in this book and the VitaminMed™ Recipe Book. - 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	On your diet days your body will start to draw fat from your fat reserves.
-Phase 3 -Stabilization Phase - First 21 days following completion of Phase 2 (see instructions on page 20)	- 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.	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.

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.

➤ If diarrhea or abdominal pain develops, discontinue the 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.

➤ 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 reflected 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	PRODUCT USE DURING BINGE DAYS:	YOUR TRUE WEIGHT	BEGIN FAT LOADING
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.			

PHASE 2: The Weight Loss Phase

DAY 3 - BEGIN THE WEIGHT LOSS PHASE	PRODUCT USE DURING PHASE 2:	DAILY ROUTINE DURING PHASE 2
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.		

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 (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.

maintain

24 25 26 27 28 29 30 31 32

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.

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 make sure of 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
Perrier	Perrier
Vitamin Water Zero	0 Calories (Sweetened with Stevia)
Green Tea	0 Calories
Oolong Tea	0 Calories
Yerba Mate Tea	0 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)	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".

Miniky B.

★★★★★

Though I was nervous about my procedure, management and staff brought a lighter image my way that made my time at Water's Edge remarkable. Nurse Judy is AMAZING! God Bless you all.

Del C.

★★★★★

I have enjoyed my experience with Water's edge medical, they are taking a personal interest in me and helping me get through my neuropathy issue. I still have a ways to go but I'm sure and have confidence they will continue to help me.

Randy N.

★★★★★

Great help for my neuropathy. Very compassionate and caring staff.

Schedule a Consultation

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