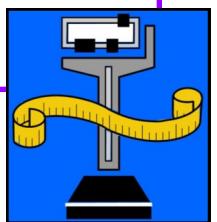


“Weight-Wise”

*A Balanced Weight-Loss Program
For Long-Term Success*



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Due to changes in regulatory agencies we are no longer able to produce supplements that contain hCG. We can however still provide you with a sound weight-loss program that will produce similar results.

What is your goal?

Many people simply just want to lose weight, but is that really the answer? If losing weight were that simple, you wouldn't be reading this booklet! Weight-loss is difficult. It takes time, education and commitment to succeed and it is our desire to provide you with the tools you need to get the job done. Many people have tried various diets and lost weight only to put it all back again. After many repeated attempts and failures, one usually tends to give up the battle and settle for "this is how it has to be". Our goal is to help you towards optimum health and that includes losing weight.

The body is a complex design made up of many inter-woven mechanisms that all need to work together. If any one of these is out of balance or not functioning correctly, then weight-loss can be almost impossible. Or maybe you can lose weight pretty easily but cannot keep it off. Our bodies need a variety of foods every day that contain vital nutrients such as vitamins, minerals, amino acids, fats, carbohydrates and proteins. Balancing our meals can seem confusing and daunting especially in this age of "instant and convenient." Add in the usual things we all deal with such as cravings, habits, sickness, disease, emotions and stress, to name but a few, and we have a recipe for the perfect storm.

Losing weight is necessary to overall health but if we are in a health crisis, the sickness or disease may be a priority for the body before weight-loss can be achieved. In other words, the body knows what it can handle **AND** it knows the order in which it can handle it. **YOU** may want to lose weight but your body may need to address other more pressing concerns first.

We are made up of body, mind and spirit and we try to address all three areas of a person when we are helping them move towards better health. The primary issue is helping people understand that they did not gain weight or get to be in poor health overnight or even in a few months. It occurred as a long process of choices and events that tipped the scale towards a health crisis. It is our hope that as you work through the Weight-Wise™ program you will begin to learn more about what your body needs in terms of nutrition and support. Here at Anderson Family Chiropractic, P.C., we desire to partner with you to not just reach your weight-loss goals, but to encourage you to become healthier overall.

Supplements

It is our recommendation here at Anderson Family Chiropractic, P.C. that everyone consider taking additional supplements while doing a weight-loss program. It has been our experience that prior to starting our program, most people are deficient in many vital nutrients that the body needs. We have formulated Weight-Wise™ supplement to support several key areas of the body and we are confident that it provides essential nutritional support. The body is fascinating and its many systems all need to work together.

Sometimes there are deficiencies or imbalances that upset this intricate network and we may need to add supplements to help it function better. Occasionally, there are times of great stress in our lives and it is at these times our attention needs to be focused on the tasks at hand and not on a weight-loss program. Listen to your body and pay attention to the signals it sends you! Here are a few supplements that we suggest:

Trace minerals (muscle cramps, sleeplessness)

Fish Oil (can help assist the body with pain and inflammation, cardio health, protection from stroke, brain function, lessen depression)

B-complex (essential for energy, nervous system, digestion, hair, skin and nails)

Chocolate

Whole Foods sells a brand of chocolate called "Lily's" that is sweetened with stevia. The 2 flavors we suggest are dark chocolate and coconut. About 1-2 short strips per day is allowed.

Directions for using Weight-Wise™ in Phase 2

There is no need to hold Weight-Wise™ under the tongue. It can be taken directly into the mouth. We recommend 0.75ml 3 x per day. 1 bottle of Weight-Wise™ will last 13 days.

Dr. Don Anderson, D.C.

Dr. Lesley Anderson, N.D.

What to Avoid?

Cooking oils and body lotions. You may use NaPCA or coconut oil as an alternative to lotion.

Massage –Avoid Massages while on the diet. Oil & Lotions are heavily used.

Sunbathing –Avoid getting sunburn as it will cause water retention.

Strenuous Exercise – Moderate Exercise is ok.

Where to begin:

1. An accurate bathroom scale.
2. Food Scale that weighs in grams/ounces.
3. Check your calendar and choose a period of time that will allow for a restricted eating plan.

Ladies, if you have 10 to 15 pounds to lose : Choose 23 day plan

16 to 25 pounds to lose : Choose 40 day plan

Men, if you have 10 to 20 pounds to lose: Choose 23 day plan

20 to 40 pounds to lose: Choose 40 day plan

4. Weight-Wise™ supplement - 2 bottles for 23 - 26 day round 3 bottles for 27 - 40 day round

5. Stevia or coconut crystals. etc.

6. High fat content foods for 2 "Priming the Pump" (PTP) days at the beginning of each round (Avocado, peanut butter, mayonnaise, whipping cream, cheese, etc.) The purpose of the PTP days are to get the body ready to have available fat to burn. It takes 2-3 days for consumed fats to convert to stored fats. When you begin the LCD, the body will draw from this available fat and start burning it for fuel. This triggers the body to continue releasing fat to burn. In other words, it is like putting your groceries in the fridge, not the freezer, because you know you will be using them over the next few days.

7. How much water? Typically we suggest 1/2 your body weight in ounces per day. Another way to determine your fluid intake is to check the color of your urine. As the day progresses, it will be clear or pale yellow if you are getting enough water. Some vitamins (such as B2), will darken your urine as they are assimilated in your system. This is normal.



Our **attitude** and our **response** to life's challenges will determine the journey and the outcome.



Life is a balancing act! Sometimes, no matter how hard you try, your efforts seem futile and it may seem like you are under attack with everything raining on your parade! The truth of the matter is that as Henry Wadsworth once wrote: "Into each life, a little rain must fall". It is inevitable. The "trick", perhaps is to take a little advice from Gene Kelly and belt out the words to "Singing in the Rain!" The point is it doesn't really matter how you got where you are as much as wanting to change how you respond to life's events from this point on.

Endocrine system

Our endocrine system is critical to hormone function and balance. If any part of the endocrine system is not functioning properly, it can affect every other area of the body. Change is possible and one of the main reasons for past failures at dieting may be tangled up in the endocrine system.

The glands of the endocrine system include the pituitary, hypothalamus, thyroid, adrenals, pancreas, ovaries, testicles, parathyroid and pineal. Their function affects the nervous system, liver function, kidney function, immune system, hormones, temperature control, mood, growth, energy and the metabolism of **FAT, CARBS AND PROTEIN!**

Digestive System

Equally important is the digestive system. It is made up of the stomach, liver, pancreas, gallbladder, small intestines and large intestine. Efficient digestion is critical to a healthy body. As we lose weight, toxins, chemicals and fats are released back into our blood stream and are processed through the digestive system. Good, clean water helps flush these substances out of the body. Sometimes a person may feel the affects of detoxifying and may have symptoms. They are usually temporary and only last 2-3 days. If you experience symptoms that are bothering you, please contact our office.

Weight-Wise™



Our new product has been formulated to provide significant nutritional support for those participating in the Weight-Wise™ diet program. We believe Weight-Wise™ is a synergistically complete supplement. We have included support for the endocrine system, digestive system and for the detoxification processes of the body. Our goal is to provide a nutritionally sound weight-loss program whereby people not only lose weight but also move towards optimum health. It is our desire to see people sustain their weight-loss and implement the lifestyle changes needed to maximize their efforts.

There is no such thing as a magic pill, tincture or powder that will make you lose weight. It takes work, dedication and a basic knowledge of what the body needs in order to succeed. Failure in any program leads to disappointment, giving up and reverting to old habits and lifestyle.

PERMANENT WEIGHT-LOSS CANNOT BE ACHIEVED WITHOUT PERMANENT LIFESTYLE CHANGES



Life - Eat wisely, when you are hungry. Stop when you are satisfied and start enjoying the lifestyle changes that you have achieved. Remember there will still be "rainy" days, but now you have the tools to overcome the struggles. If you do find the pounds creeping back, think of this program as a tool to "reboot" your system.

Important Points

You may not lose weight every day. Do not be surprised by this. It is normal for you to be at the same weight 3-4 days in a row. The average weight loss is taken by dividing the weight lost by the number of days on the diet. Remember you are getting healthier, regardless of the numbers. If you stay the same for more than this, check in with us at the clinic or do an apple day (correction day). Another good reminder is, "life happens". You may find yourself in a situation where you have to eat what is offered or you may be celebrating a special occasion. These moments are the **exception** and not the rule, so choose your food as wisely as possible and don't beat yourself up. Don't worry about doing a correction day the next day if your weight is up, **just drink plenty of water and continue on with the program.**



Meat: Make sure that the meat is very lean with no fat. All visible fat must be removed before cooking. All meat must be weighed uncooked. A food scale will assist in getting the weight correct. The meats may be cooked by broiling, grilling or boiling, or if desired, cooked in a little coconut oil. A George Foreman Grill works great.

Seasonings: With each meal the juice of one lemon or lime is allowed. Salt, pepper, vinegar, mustard powder, sweet basil, parsley, thyme, marjoram, and most other herbs and spices are fine to use as seasonings.

Only coconut oil may be used for cooking. No other oils or butter may be used. Only "allowed" dressings or marinades may be used.

The 9-10 items allowed per day may be eaten in 2-3 meals (protein, veggie, fruit, bread) or spread out through the day. But 2 of the same items (i.e., 2 fruits or 2 proteins) may not be eaten together at the same time.

Diabetics or those who are prone to hypoglycemia may divide the daily amount of allowed foods into smaller meals throughout the day to control blood sugar.

impact.

It takes about 3 weeks before the weight becomes stable. It is during these 3 weeks that you must understand that starches and refined carbohydrates, flour, sugar, rice, bread, potatoes, pastries, etc. are by far the most dangerous. This has to be observed very carefully during the first 3 weeks after finishing Weight-Wise™ otherwise disappointments are almost sure to occur.

Correction Day

As long as your weight stays within two pounds of the weight reached on the last day of taking Weight-Wise™, don't worry about what you are eating, but, the moment the scale goes beyond two pounds, even if this is only a few ounces, you must do a correction day. You can either do an apple day or a steak day. An apple day is 4-6 apples from about noon onwards or a steak day is fasting all day and then in the evening you must eat a large steak with only 1 apple or a raw tomato. This should bring your weight back down near your last set-point weight and you can begin eating normally (still no sugars or starches) the next day.



Once you have maintained your weight for 3 weeks, you are then able to return for another round of Phase 2 . If you have met your weight goal, you then move to Phase 4.

Phase 4

The next 3 weeks in Phase 4 will require that you continue to weigh everyday and, again, maintain your set-point weight. Steak days will be needed if your weight rises by more than 2 pounds, just like in Phase 3.

During this phase, you will start introducing sugars and starches back into your diet. This will "train" your body to accept your new weight, no matter what you eat! However, it is our desire to help people move towards better overall health and better choices in diet. You have been used to eating two servings of fruits and three-four servings of vegetables every day. Consider how good you felt while eating this way and the benefits of consuming good clean food for the rest of your life. Continue to drink plenty of water.

Hopefully, by the time you complete the program, you will have a much better sense of what your body likes in terms of food and you will not revert to eating processed, empty caloric, non-nutritious food!

Why Does The Weight-Wise™ Formula Work?

Weight-Wise™ is a complex formula of herbs, minerals and vitamins. Each ingredient was chosen for a specific purpose in assisting the body during a weight-loss program. We have included support for the thyroid, the adrenal glands and liver as well as a good detoxification support. This unique combination undergirds and supports the body in balancing the endocrine, digestive and detoxification systems of the body so that it can successfully lose weight. Any herb that supports the thyroid or adrenals is also supporting the hypothalamus.

Homeopathic - *Calcarea Carbonica* - this blend, along with the combination of ingredients is used for appetite suppression

Acai Powder - contains anti-oxidants

Beet Root - supports healthy liver function

Bladderwrack - supports thyroid function and is useful in the treatment for obesity. It soothes inflammation and absorbs toxins from the digestive tract

Red Clover - used as a blood purifier and promotes the healing processes of the skin

Dandelion root - supports liver, spleen, gallbladder, kidney and pancreas functions

Lobelia - used in small quantities, is helpful for breaking addictions and cravings

Red Raspberry - supports hormones, the gastrointestinal tract and circulation

Chaste Tree - assists in hormonal balancing specifically the HPA axis (hypothalamus-pituitary, adrenal axis)

Eleuthero - supports HPA axis, digestive functions and thyroid and adrenal gland function

Guggal - supports thyroid and is an overall hormonal support

Gotu Kola - supports HPA axis

Gymnema - supports adrenal and pancreatic functions in relation to balancing blood sugar

The use of minerals in the formula aids in the proper balancing of the endocrine system. Manganese is used to support the pituitary.

Many people have tried this diet for less than the required 25 days of Phase 2 and successfully lost weight, only to put it back on again. We have discovered that those people who follow the structure of the plan, precisely, tend to sustain the weight-loss more successfully.

It takes 21 days to break or establish a habit.

The first few days can be grueling and you may wonder what you have got yourself into! Food cravings and habits are like an addiction. Perseverance is key to overcoming. It also takes about 21-30 days to cleanse the body from yeast overgrowth. Yeast tends to demand sugar and starch and all the foods we are trying to avoid, so if sugar is a coping mechanism, be prepared!

Phase 1 – PLAN - PREPARE - SHOP! We consider Phase 1 as the time to prepare for the program. Check your calendar and plan adequate **uninterrupted** time to complete the program that will be as stress free as possible. Shop for the necessary food items in your fridge.

Phase 2 - Take Weight-Wise™ 3 x per day

Our formula enables participants to consume 750-1000 calories per day.

Days 1 and 2 are your “Priming the Pump” days. Take Weight-Wise™ 3x per day on these days. Preparation days need to include foods that contain good saturated fat. For example: eggs, cheese, cream, olive oil, peanut butter, avocados, yogurt, etc. Eat your favorite foods and enjoy them as it will be several weeks before you may eat them again. Please don't overeat or make yourself sick!

Days 3 thru 23 **up to 40 are your LCD (low calorie days).** Take Weight-Wise™ 3x daily throughout this phase and weigh regularly. You may stop any day between day 24 and 40. The day you stop taking Weight-Wise™ is the day you weigh to determine your new “set-point.”

Fruits: 2 servings per day of: apple, orange, strawberries, 1/2 grapefruit, blueberries, blackberries, raspberries, apricot, pear, kiwi, plum, nectarine, peach, pineapple, cantaloupe. (A serving of fruit is about 1/2 a cup).

Vegetables: 3-4 servings a day of: radishes, cucumber, celery, fennel, cabbage, tomato, onion, spinach, lettuce, chard, asparagus, beet greens, beets, artichokes, red/green peppers, Brussels sprouts, yellow squash, leeks, broccoli, cauliflower, snow peas, sugar snap peas, green beans, parsnips, carrots, mushrooms. You may eat several vegetables together at one meal. I prefer them sautéed in coconut oil with a little garlic. You may have a mixture of vegetables or just a single serving of one variety. For example, you can make a mixed salad. Salad dressings need to be carefully selected to avoid oil and sugar. Homemade is best. A serving of veggies is about 1 cup.

Protein: 3 servings per day of: (a serving of meat or fish is 4 ounces) beef, veal, chicken breast, white fish, lobster, crab, shrimp, elk, bison, tuna packed in water, turkey, or 2-4 eggs (per serving), 1/4 cup cottage cheese (not fat free due to high sugar content) or about 6 oz fat free yogurt .

Bread: Ezekiel 4:9 bread may be used: Either 2 slices of bread per day, 1 whole Ezekiel bread English muffin per day, 2 Ezekiel bread Tortillas, (or 1 tortilla and 1 slice of bread per day), melba toast, grissini breadsticks.

Sweeteners: You may sweeten beverages with Stevia, a natural sweetener which is available through health food stores or with coconut crystals (this is a product made from the sap of coconut trees). Do not use aspartame, NutraSweet, acesulfame, sucralose, Splenda, or any other chemical sweeteners.

Beverages: Drink 1/2 your body weight in ounces per day of water! Herb tea in any quantity without sugar. Black tea and coffee are also permitted, but not recommended as they bring additional stress to the adrenals. Water drinks flavored with stevia are also ok.

Coconut milk and fat-free milk are permitted.

Coconut oil may be used. I recommend 3 tablespoons per day. I sauté my vegetables or fry my eggs in coconut oil every day. Coconut oil is unique in its composition and is very beneficial for our health, including supporting the thyroid, the immune system, fighting yeast overgrowth and assisting in weight-loss. It also serves as a mild laxative.

Phase 3 - Stop taking Weight-Wise™

Days 24, or 41, (or the next whole day after your last Weight-Wise™ day) is a LCD **without** taking Weight-Wise™. With our improved supplement, only one day is needed without drops before starting phase 3. You may get hungry as the supplement leaves your system. Do not overeat. Days 25 or 42 are the beginning of Phase 3!

This is the most crucial part of the program. For a minimum of 3 weeks, enjoy more variety of food, but still **no sugar or starch. You must weigh yourself every morning.** In Phase 3 you will increase your calories to around 1500+ a day. You can enjoy cheese and other dairy products with fat in them. You may use olive oil and increase the servings of Ezekiel bread to about 4 slices per day. Protein can also be increased to normal serving sizes. Rather than trying to eat all your “old favorite foods”, now is a good time to introduce some healthier alternatives. For example, try ice cream made from coconut milk, or turkey sausage instead of pork sausage, lighter, softer cheeses instead of the aged varieties. It's the small changes that we make gradually that can make a lasting

