



Patient Guide
**OPTIMUM WEIGHT
MANAGEMENT PROGRAM**



People who've struggled to lose weight in the past because of lagging willpower, sugar cravings, constant insatiable hunger, lack of exercise or other reasons are now losing weight fast. Medical conditions such as slow metabolism, hormone imbalance, or menopause need not be barriers to weight-loss any more. The homeopathic Optimum Weight Management Formula (OWM) drops make losing weight so easy for so many that you will be amazed at your progress.

Good luck and enjoy your new slimmer body!

It is your responsibility to make informed decisions regarding your health. After you have read the information given here, if you have any doubts about your suitability for the diet, please consult your physician. Anyone taking prescription medication or with any medical condition should consult their health care practitioner before starting this program.

877-804-3258
www.BodyHealth.com

What Makes This Diet Different?

We all know that by following a very low-calorie diet people will lose weight. But studies have shown that on a calorie restricted diet, lean body tissue is lost as well as fat. This is not optimal. For that reason, many people who follow calorie restricted diets end up looking gaunt or have sagging skin where they have lost lean muscle and structural connective tissues.

By taking the **BodyHealth Optimum Weight Management Formula** drops while on a low calorie diet along with our recommended supplements, PerfectAmino and Complete Multi, the stored body fat is utilized to supply the calories the body needs and lean body loss is minimized. The homeopathic OWMF helps the body to mobilize and eliminate abnormal body fat. We also find that most people on this diet experience little hunger and yet have good energy all day to work and play.

How the BodyHealth Optimum Weight Management Drops Work

The OWMF drops work by helping to balance the body's delicate endocrine network. This network includes the master glands in the brain, the hypothalamus and pituitary, and those in the body, the adrenals, thyroid, ovary and testicle. If these organs are not in harmony, then problems with appetite, cravings, and slowed metabolism may lead to excess weight gain.

The BodyHealth Optimum Weight Management Program combines OWMF drops with a medically approved low-calorie nutritious diet. This combination helps to reset the hypothalamus so that natural appetite control can be restored and maintained. With better endocrine balance, the diet and added supplementation, we increase fat burning, increase body energy, and help to preserve lean body mass.

As a result of completing the BodyHealth Optimum Weight Management Program there is usually a gratifying improvement in the patient's overall health, particularly among those who have had elevated blood pressure, high blood sugar levels, elevated cholesterol and triglycerides.

Taking the OWMF Drops

The clinical effects that we notice, when giving these drops with the low-calorie diet is that people generally do not feel hunger, do not have food cravings, and have a good energy level. Sleep is often deep and satisfying. We also observe that the fat burned is predominantly the abnormally accumulated fat, rather than the natural structural fat. In our experience we find that during the period of the diet, the OWMF also acts to reset the hypothalamus so that in the future the person is less subject to their prior habits and cravings.

Daily dosage: 10 drops under the tongue, three times daily. Drops should be held in the mouth for at least 30 seconds before swallowing. Homeopathic drops should be taken in a mouth free of strong flavors or anything that may coat the mouth. Take 15 minutes before or after eating, drinking or brushing teeth.

Vegetarians/Vegans

Since vegetarians will not be eating meat or fish, they can substitute 100 grams of "light" tofu for each protein portion. For those vegetarians who eat eggs, they may be substituted for meat portions using the formula of 1 whole egg and 3 whites as the meat portion. Or half a cup of fat-free cottage cheese can be eaten as the protein source. Vegetarians and vegans need to take 6-10 PerfectAmino 3 x a day to meet their protein needs. That amounts to less than 12 calories, so the calories usually consumed by meat can be made up with vegetables.

Supplementation

Daily dosage: **BodyHealth Complete Multi + Daily Liver Support**, 2 with lunch and 2 with dinner. Individuals must have a daily source of vitamins, minerals, antioxidants, sources of sulfur and green foods.

Daily dosage: **PerfectAmino** 5-10 tablets (or 1-2 scoops if using powdered version) twice daily. PerfectAmino, an amino acid supplement that is the richest source of protein compared to any food or supplement and needs no digestion. This greatly enhances and speeds up the weight loss process.

When people lose weight there is the potential for them to lose lean body tissue, bone and muscle as well as fat. Studies have shown that given a low calorie diet, for every 4 pounds of fat loss there is one pound of lean body loss. That is not healthy weight-loss, and is the reason why many people have shrunken muscles and hanging skin after

large amounts of weight loss. Associated bone loss can lead to osteoporosis.

For these reasons we have combined the specifically recommended supplements to be taken during the low-calorie and maintenance periods.

The first supplement is **PerfectAmino**. This is a patented mixture of 8 essential amino acids that the body utilizes to manufacture protein. The ratio of the amino acids is specially formulated so that they are 99% utilized for body protein synthesis. By taking this while doing the low calorie diet, we better preserve the lean body tissue so that one does not “eat up” one’s own structural proteins. This is very important. We believe that doing this diet, without using the PerfectAmino is unhealthy and can lead to loss of body protein in the form of muscle, bone, enzymes, neurotransmitters and hormones. PerfectAmino has only 4 calories per ten tablets and so does not contribute significantly to the daily caloric intake.

The next supplement is **BodyHealth Complete Multi**. When body fat is burned, toxins that are stored in the fat are released. This multivitamin/multi-mineral/antioxidant blend ensures that there are sufficient nutrients and liver supporting herbs to deal with these toxins and move them out of the body.

BodyHealth Optimum Weight Management Diet Guide

Days 1-2 Begin the OWM drops and continue to use them for a minimum 23 days (if you have 20lbs or less to lose) or up to 40 days (if you have more than 20lbs to lose). Take 10 drops under the tongue, three times daily. Hold the drops in your mouth for at least 30 seconds before swallowing.

These first two days are called “loading days” and you should eat nutritious foods with a high fat content. This activates the fat-burning effect of the OWM. People who load properly feel no or little hunger on the low-calorie days. The best foods for loading are healthy high fat foods like avocado, nuts and nut butters, coconut, and non processed marbled meats.

- One should eat a Paleo type diet. The best foods are organic meat, fish, eggs, fruits, vegetables, nuts and seeds. Avoid packaged foods and processed meats which contain toxic additives
- Avoid grains as much as possible including all gluten products.
- Avoid dairy except for organic butter.
- Pure water (1/2 ounce for each pound of body weight).
- Try to eat foods in their natural state.
- Avoid sugar, milk chocolate, refined carbohydrates, artificial sweeteners, trans-fats, and “fast food”.

The Importance of Loading

These first two days of the program are called “loading days” and it is important that patients realize that this is when they start taking the drops. On loading days patients should eat healthy foods that have a high fat content. This activates the fat burning process. Some patients are reluctant to load properly because they fear gaining even more weight, but you can reassure them that the weight should come off easily as soon as they start the low-calorie diet. In some cases people lose weight on the load days which is fine too. People who load

properly feel no or little hunger on the low- calorie diet. We emphasize that the idea of loading isn’t to gorge, but to eat healthy high fat foods such as avocado, nuts and nut butters, coconut, and non processed marbled meats. We discourage patients from loading with pizza and rich pastries because we are trying to encourage healthy eating habits that they will be able to continue for the rest of their lives.

Days 3-23 or up to 40. Begin a low-calorie diet as described on the next page and begin taking the supplements, PerfectAmino and BodyHealth Complete Multi (see Supplements). Continue taking the drops.

Days 24-26 or 41-43 if you are doing the long version. No drops, but you must continue on the low-calorie diet and supplements.

Day 27 or 44 - Begin 3-week maintenance period. Stay on a diet of healthy foods such as vegetables, meats and low-sugar fruit such as berries. No sugar or starch such as rice, bread, potatoes, pastries, etc. The quantities of foods eaten should be at least double what you ate during the low calorie days.

Low-Calorie Diet Guide — Days 3-23 or up to 42

Breakfast:

- Tea or coffee in any quantity without sugar. Only one tablespoonful of milk allowed in 24 hours. Stevia may be used.

Lunch:

- 100 grams (3.5 ounces) of veal, beef, skinless chicken breast, fresh white fish, lobster, crab, or shrimp. All visible fat must be carefully removed before cooking, and the meat must be weighed raw. It must be boiled or grilled without additional fat. Salmon, eel, tuna, herring, dried or pickled fish are not allowed.
- One type of vegetable only to be chosen from the following: spinach, chard, chicory, beet-greens, green salad, tomatoes, celery, fennel, onions, red radishes, cucumbers, asparagus, cabbage.
- One breadstick (grissini) or one Melba toast.
- An apple, orange, a handful of strawberries, one-half grapefruit or serving of Perfect Greens
- One serving of Power Meal can be used to replace lunch or dinner

Dinner :

(The same four choices as lunch above.)

- Very occasionally you can eat eggs (1 whole plus 3 whites) or ½ a cup of fat free cottage cheese as your protein.
- The juice of one lemon daily is allowed.
- One tablespoon of milk is allowed per day.
- Salt, pepper, vinegar, mustard powder, garlic, sweet basil, parsley, thyme, marjoram, etc., may be used for seasoning, but no oil, butter or dressing.
- The fruit or the breadstick may be eaten between meals instead of with lunch or dinner.
- Any of the foods can be eliminated – they are not mandatory. Food can be spread out and “grazed upon” throughout the day, if preferred.
- Two of the same items (i.e., 2 fruits or two proteins) may not be eaten together at the same time.
- 2 small apples are not an acceptable exchange for 1 large apple.
- The ONLY approved sweetener on the protocol is Stevia. DO NOT use ANY chemically derived sugar substitutes including: Aspartame, Nutrisweet, Acesulfame, Sucralose, Splenda, or any other sugar that has been chemically created. Saccharine can be used for those who don’t tolerate Stevia.
- There is no salt restriction on the program. If you are prescribed a low salt diet you do not need to add extra salt, but if you use salt normally you may continue that usage.

Important Tips

- Get regular and enough sleep. Occasionally going to bed late and getting up early results in seeing an early inaccurate lower weight loss.
- Check all condiments/spices for any forms of sugar and starch.
- Check the labels on your meats to make sure there are no sugar additives.
- Check the labels of all cosmetics, body and beauty products to make sure they don’t contain any fat-based oils.
- Fresh vegetables are always preferred, but if you have to you may use frozen vegetables. Just make sure to check the labels to make sure there is no sugar added.

Weighing Food

You should buy a food scale to ensure accuracy of food weight. Then you can calculate the calorie content on the sheet enclosed in the pocket guide. When measuring the protein, it is particularly important that all visible fat be carefully removed before cooking, and the meat must be weighed raw.

Weighing Daily

You should purchase a digital scale that measures in tenths of pounds, and weigh yourself each morning after using the bathroom.

Keep the daily log (see appendix) and monitor it daily. It is important to monitor the results to reinforce your commitment to the program.

The Plateau

A plateau lasts 4-6 days and may occur during the second half of the diet, particularly in people that have been doing well and losing weight. If a plateau occurs we suggest an "apple day."

An apple-day begins at lunch and continues until just before lunch of the following day. People should buy six large apples and eat one whenever you need to, though six apples is the maximum allowed. During an apple-day no other food or liquids except plain water are allowed but you should drink enough water to quench your thirst. You should continue to take your PerfectAmino and BodyHealth Complete Multi on the apple day.

The apple-day should produce a gratifying loss of weight on the following day, chiefly due to the elimination of water.

Fluctuations in weight loss

After the fourth or fifth day of dieting the daily loss of weight may decrease to one pound or somewhat less per day. Men often continue to lose regularly at that rate, but women are more irregular in spite of faultless dieting. There may be no drop in weight at all for two or three days and then a sudden loss which reestablishes the normal average. These fluctuations are entirely due to variations in the retention and elimination of water, which are more marked in women than in men.

What if you are hungry?

Make sure you are not doing too much exercise. 15-45 minutes of light exercise is fine but more may cause you to be hungry. This diet is not for someone who is at the same time training for marathon or doing daily intense exercise. Make sure you are getting enough sleep. Most people need 7-8 hours of good sleep per night.

If you do experience hunger, we recommend making sure you are taking recommended dosage of PerfectAmino and you order a bottle of the BodyHealth Healthy- Thin by calling (877) 804-3258. This supplement helps reduce appetite.

Water or Fluid Intake

We recommend you drink at least ½ oz per pound of body weight of water per day. Some may require more if they are in hot climates. We encourage people to drink when thirsty so as to not become dehydrated. You should be urinating relatively clear urine at least every 3-4 hours. If your urine becomes very concentrated and dark you should increase your water intake. Also insufficient water intake may result in the feces becoming hard and dry. On the other hand if you drink more than your body requires, the surplus is promptly and easily eliminated.

Constipation

An adequate amount of water should keep the stool soft, but if you experience constipation, we recommend taking BodyHealth Intestinal Cleanse. This effective herbal blend works naturally overnight, without cramping or any sense of urgency or fear of embarrassment at having to "go or else." To order a bottle of BodyHealth Intestinal Cleanse call (877) 804-3258.

Personal Care and Beauty Products

Cosmetics free of oils can be used. Moisturizer, hand cream, lip balm, and body lotions should not be used, as most contain oils. Hair products should not be rubbed into the scalp. Most women find it hard to believe that fats, oils, creams and ointments applied to the skin are absorbed and interfere with weight reduction by OWM just as if they had been eaten. For those who cannot go without moisturizer use plain mineral oil, which has no nutritional value. Obviously sun-screen is prohibited.

Exercise

Mild exercise if you are used to it is beneficial and can be continued. Walking, swimming are fine but be careful not to overexert as with the low calories you may become more tired and may feel extra hunger. Exercise is not required on the program for the weight loss to occur but if you are used to exercising you may continue.

Concluding a Course

When you stop using the drops on day 23 or 40 it is essential that you continue on the low-calorie diet for another 72 hours. If you start eating normally if there is even a trace of OWM in your body, you may put on weight alarmingly at the end of the treatment. After three days when all the OWMF has been eliminated this does not happen.

When the three days of dieting after the last use of the drops are over, you begin three weeks of maintenance. The main rule at this time is to continue to weigh yourself daily, every morning as you get out of bed, having first emptied your bladder. It takes about 3 weeks before the weight reached at the end of the treatment becomes stable, i.e. does not show violent fluctuations after an occasional excess.

Eating while on maintenance, you should stay on a diet of healthy foods such as vegetables, meats and low-sugar fruit such as berries. No sugar and starch such as rice, bread, potatoes, pastries, etc.

How Long to Run the Program?

We recommend the program is run for a minimum 23 days if you have 20lbs or less to lose, or up to 40 days if you have more than 20lbs to lose. Then stay on maintenance for 3 weeks to stabilize your gains and allow your body to acclimate to this new weight.

You can then restart another round of the diet if desired. A break of 3-4 weeks between cycles is important as the body needs to re-set to the new weight loss and we want to make sure that with the calorie restriction you can make up any deficiency they acquired during that period.

After maintenance, once I am at my goal weight, what do I do?

Weigh yourself every morning!

Very gradually add starch in small quantities, if desired. Make sure to keep in morning weighing, if weight is going up cut out the starch and sugar until weight is back to normal.

As a general rule 60-70% of our cases experience little or no difficulty in holding their weight permanently. Relapses may be due to negligence in the basic rule of daily weighing.

Repeat courses can be done if weight is getting out of hand again.

Prescription Medications

People who have high blood sugar or are on medication for high blood sugar may have their levels come down to normal in the first two weeks of the diet. It is vitally important that anyone in this condition discuss the diet with their healthcare practitioner prior to starting so that the medication can be adjusted and measures be taken if the blood sugar falls too low.

Hypertensives

People who are on medication for high blood pressure may need to wean down or off of their medication during the first two weeks of the diet, but it is vitally important that they do the diet under the supervision of their health care practitioner so they do not experience bouts of low blood pressure. Anyone on any prescription medication should consult with their physician before use.

Pregnant or Nursing Mothers

We do not advise pregnant women or nursing mothers to undertake this weight-loss program.

MAINTENANCE

Your weight should stay within two pounds of the weight reached on the day of the last use of the drops. If your weight goes up by more than two pounds, even if this is only a few ounces, you must on that same day entirely skip breakfast and lunch but take plenty to drink. In the evening eat a large steak (8-12 ounces) with only an apple or a raw tomato. This should result in a 1-2lbs loss. Of course this rule applies only to the morning weight.

Individuals should not check their weight during the day, as there may be wide fluctuations and these are merely alarming and confusing.

Most people hardly ever need to skip a meal. If they have eaten a heavy lunch they feel no desire to eat their dinner, and in this case no increase takes place. Most people no longer suffer from an abnormal appetite and feel satisfied with much less food than before.

What if I reach my target weight before the end of the 23 days?

It takes a minimum of 3 weeks to reset the hypothalamus so we advise you to continue the OWMF for the full 23 days. We also advise people to increase the daily caloric intake to 800-1000 calories per day of the same foods for the duration of the treatment so they do not continue to lose any normal or structural fat.

Further Courses

When you finish your first course, if you desire to lose more weight you can do a second or even more courses. A second course can be started as soon as you have completed 3 weeks maintenance

When a third, fourth or even fifth course is necessary one should take a month between 23 or 40 day courses so as to give the body a chance to adjust to the great changes that have taken place.

OPTIMUM WEIGHT MAINTENANCE PROGRAM

The Optimum Weight Maintenance Program is the perfect solution for those who have just completed their initial weight management program.

After being on the low-calorie phase of the program, it is important to keep nutritional levels high to help stabilize the weight loss. Good nutrition helps maintain a healthy weight naturally, because the right nutrition keeps the body healthy and functioning properly.

For this reason, BodyHealth has developed a *maintenance* program to help you maintain your new weight. The products in this package give you vital nutrition that also promotes detoxification so the toxins previously stored in the body fat can be eliminated. They help you cleanse and heal the body.

Eating while on maintenance, you should stay on a diet of healthy foods such as vegetables, meats and low-sugar fruit such as berries. No sugar and starch such as rice, bread, potatoes, pastries, etc.

PerfectAmino. Most people are protein deficient, even when they follow a healthy diet. For this reason, we recommend that you continue taking PerfectAmino, the premier protein supplement that helps maintain and develop lean muscle mass, as well as preventing bone loss.

BodyHealth Complete Multi + Daily liver Support. During and after weight loss, it is important to continue taking a multi-vitamin, multi-mineral and antioxidant. Complete Multi provides the most comprehensive source of nutrients to boost the immune system and provide complete liver detoxification support.

BodyHealth Intestinal Cleanse. Some people find constipation is a problem during weight loss, and then find it difficult to resume regular bowel movements after the diet is over. BodyHealth Intestinal Cleanse is an effective herbal blend that promotes comfortable and easy bowel movements, while is helping digestion

HealthyThin. To prevent hunger after the fat-burning phase of the diet is over and the Optimum Weight Management Formula drops are finished, one can take Healthy Thin. This helps improve the metabolism, reduce water retention, offers unique blood sugar support, all while helping to reduce the appetite.

**For more information or to order, call toll-free: (877) 804-3258
or visit www.bodyhealth.com**

BodyHealth Optimum Weight Management Formula Ingredients

Thyroid 6X, 12X, 30X Sarcod support; muscular weakness; headache; excessive obesity; craving for sweets; nutritional regulation; great weakness and hunger; irritability.

Hypothalamus 6X, 12X, 30X Sarcod support; assistance in curbing hunger and appetite regulation.

Pituitary 6X, 12X, 30X Sarcod support; assistance in support of metabolism, and utilization/mobilization of fat.

Garcinia cambogia 2X Included in product and at low potency based upon reported affect on appetite suppression and metabolism. In addition this has a homeopathic indication for stomach irritability; which may be associated with a restricted diet plan.

Cina 3X Irritability of temper; headache; digging, gnawing hunger, gets hungry soon after a meal, craving for sweets.

Fucus vesiculosus 3X A remedy for obesity; forehead feels as if compressed by an iron ring.

A-lipoicum acidum 3X, 6X, 12X Antioxidant remedy indicated for cellular support, headache, and fatigue. Also purported to possibly assist with appetite suppression and metabolism.

Ammonium carbonicum 6X Always tired and weary; leads a sedentary life; obese; ill-humored; great appetite.

Anacardium orientale 6X Depression and irritability; vertigo; headache; weak digestion; empty feeling in stomach.

Oleander 6X Melancholy; vertigo; headache; canine hunger, with hurried eating, without appetite; gnawing in abdomen; weakness.

Phosphorus 6X Fatty degenerations; destructive metabolism; great lowness of spirit; tired, restless; vertigo, with faintness; hunger soon after eating; pain in stomach; weak, empty feeling in abdomen; weakness.

Staphysagria 6X Irritability; headache; canine hunger, even when stomach is full; muscles feel bruised; backache

Cell Salt Combination 6X, 12X, 30X Included to assist with overall balance and affect on maintaining proper structure and function of each tissue and organ in the body; assistance with detoxification of system and return to homeostasis.

Antimonium crudum 8X Excessive irritability; tendency to grow fat; headache; vertigo.

Ammonium bromatum 12X Obesity; headache.

Lycopodium clavatum 12X Headache; vertigo; excessive hunger; desire for sweets; weak digestion; wakes at night feeling hungry.

Calcarea carbonica 30X Impaired nutrition; pituitary and thyroid dysfunction; headache; vertigo; ravenous hunger; swollen, fat abdomen; trembling, weakness; irritability.

Olive flower essence 30X Emotional remedy relating to regeneration, peace, and restored balance. Exhaustion, washed out, everything is an effort.

This product has been manufactured and hand succussed in an FDA registered laboratory and prepared under strict United States Homeopathic Pharmacopoeia guidelines. If pregnant or nursing consult your health care professional before using product.

BODY MEASUREMENT CHART

Patient Name: _____

Left arm	Start	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
Right arm								
Chest								
Waist								
Hips								
Left thigh								
Right thigh								

VITALS & BODY COMPOSITION CHART

Patient Name: _____

Date: _____

Range

	Blood Pressure				
	Pulse				
	Respirations				
	Temperature				
	Oxygen				
	Age				
	Height				
	Weight				
Age 25-34 35-44 45-54 55-64 65-74 75-84 f: 22.5 23.9 25.8 29.1 34.3 35.8 m: 15.2 17.6 19.7 22.2 24.6 26.3	Body Fat %				
female 45-60% male 50-65%	Total Body Water %				
	Muscle Mass				
1 Hidden obese (small frame obese) 2 Obese (medium frame obese) 3 Solidly-built (large frame obese) 4 Under exercise (low muscle & average body fat) 5 Standard (ave. muscle & ave. body fat) 6 Standard muscular (high muscle & ave. body fat) 7 Thin (low muscle & low fat) 8 Thin & muscular (athlete) 9 Very muscular (athlete)	Physique Rating				
	BMR				
	Metabolic age				
f: <110 lb (4.3) 110-165 (5.3) >165 (6.5) m: < 143 lb (5.9) 143-209 (7.3) >209 (8.1)	Bone Mass				
normal 1-12 high 13-59	Visceral Fat				
More than 8 hours of exercise a week?		Athletic Non-Athletic	Athletic Non-Athletic	Athletic Non-Athletic	Athletic Non-Athletic

SUCCESS CHART

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