



BODYHEALTH

OPTIMIZING HEALTH & VITALITY



Introduction to the BodyHealth Optimum Weight Management Program

includes Diet Plan

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.

How the BodyHealth Optimum Weight Management Drops Work

The OWM 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 OWM 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.

BodyHealth Optimum Weight Management Diet Plan

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

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 Bod-yHealth 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—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 or one-half grapefruit.

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.

Vegetarians

- As far as fruit, vegetables and starch are concerned, their diet is the same as that of non-vegetarians. Their protein intake should only come from their daily intake of the supplement PerfectAmino. If you are a vegan you must use 10 PerfectAmino 3 x a day to meet your protein needs. That amounts to only 12 calories, so the calories usually consumed by meat can be made up with fruits and vegetables. If you eat eggs, then you can use the formula of 1 whole egg and 3 whites as your meat portions.

Supplements

- When people lose weight it is common for them to lose bone and muscle tissue as well as fat. We want to guard against this. Bone loss can lead to osteoporosis, and loss of muscle and connective tissue leads to weakness and hanging skin.
- For this reason we require people to with our product, PerfectAmino, the only source of protein that is 99% utilized by the body to preserve lean body mass during and after the program. PerfectAmino helps to prevent muscle and bone loss as well as providing essential protein on a calorie-restricted diet.
- Participants must also take BodyHealth Complete + Detox, This multivitamin/multimineral/antioxidant supplement which gives your body extra nutrition to keep it running smoothly. Toxins are stored in a person's body fat, so when fat is lost through dieting, the liver can turn into a dumping ground for those toxins. BodyHealth Complete + Detox gently helps to eliminate toxins by aiding the liver in a detoxification process.
- Daily dosage: PerfectAmino 5 tablets once a day (minimum) up to 10 tablets twice daily, BodyHealth Complete Multi 4 tablets (2 with lunch and dinner).

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.

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.

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 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.

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.

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, **always controlled by 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 will in all likelihood have their high sugars 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 often have to wean down or off of their medication during the first two weeks of the diet. As above with diabetics, 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 one on any prescription medication should consult with their physician before use.

In our experience most patients will be able to wean off of the their blood pressure and diabetes medication during the first two weeks of the diet. It is very important your physician know what you are doing so they can assist you.

Pregnant or Nursing Mothers

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