











## **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.

