

WELCOME TO THE
OPTIMUM WEIGHT PROGRAM
FOLLOW THIS GUIDE FOR BEST RESULTS



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WELCOME! WHAT IS THE OPTIMUM WEIGHT PROGRAM?

The [Optimum Weight Program](#) is a complete 23- to 40-day course, depending on the desired amount of weight loss, for sustainably losing up to 20 or more pounds. Our program combines a medically approved diet plan, hormone resetting with a homeopathic formula, and high-potency nutritional support.

Together they create *powerful, sustainable weight loss results*.

This program is ideal for people who have struggled to lose weight in the past because of slow metabolism, hormone imbalance, menopause, or someone who needs the momentum of seeing weight come off quickly.

The Optimum Weight drops work by helping balance the body's delicate endocrine network. This network includes the master glands in the brain (*hypothalamus & pituitary*) and those in the body (*adrenals, thyroid, ovaries, & testicles*). If these organs are not in harmony, then problems with appetite, cravings, and a slowed metabolism may lead to excess weight gain.

This program combines the Optimum Weight drops with other [BodyHealth supplements](#) that ensure protection against muscle loss and nutritional deficiencies, and a medically approved low-calorie diet. This combination helps to reset the hypothalamus so that a natural appetite control can be restored and maintained.



IMPORTANT

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. This is especially important for anyone who has diabetes or is on hypertension medication. These groups need closer monitoring because very frequently medication dosages need to be adjusted during the diet.

This is not recommended for anyone with active or recent cancer or any serious medical conditions such as liver or kidney disease.

People who have high blood sugar or that are on medication for high blood sugar will likely have their high sugars come down to normal in the first two weeks of being on the diet. It is vitally important to discuss the diet with your healthcare practitioner prior to starting.

People who are on medication for high blood pressure often must wean off or down from their medication during the first few weeks of the diet. It is vitally important that they do the diet under the supervision of their healthcare practitioner to avoid bouts of low blood pressure.

Pregnant or nursing mothers SHOULD NOT undertake this weight loss program.

PROGRAM OVERVIEW

Phase 1: Prior to beginning the diet, you will need to have been taking a minimum of 2 doses of [PerfectAmino](#) daily for 6 weeks. You would want to make sure you are drinking ½ oz of water for every pound of body weight daily.

Phase 2: Days 1-2 will be fat loading days. You have no limitations on what you eat but you want to get 1000-2000 calories from fat on these days. Continue taking PerfectAmino, [Multi Complete](#), [Omega-3 Health](#) and begin the [Optimum Weight Drops](#).

Phase 3: Day 3-23 (up to 40) – Begin the low-calorie diet

Phase 4: [Maintenance](#)

SUPPLEMENTATION

Ideally, you will start the following supplementation 6 weeks prior to starting the Optimum Weight Drops and diet protocol. If you are in a hurry to lose weight for an upcoming event, jump into Day 1-2 Fat Loading.

PerfectAmino

If you are trying to lose weight, [PerfectAmino](#) can help. It can help build lean muscle, which in turn burns fat. The more muscle you have on your body, the more fat it will burn to feed this muscle. Amino acids are necessary to make Thyroid, Lipase, Glucagon, and HGH, which each have a role in fat-burning.

However, when people lose weight by following a low-calorie diet, 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 tissues, which leads to weakness and hanging skin. For this reason, PerfectAmino is a key part of [Optimum Weight Program](#). PerfectAmino helps to prevent muscle and bone loss and provides essential protein while on a calorie-restricted diet.

PerfectAmino will help overall health and energy, increase lean muscle mass, raise the level of collagen production, and help strengthen bones. **Take a baseline of 1 gram for every 10 lbs of body weight.** For maximum [utilization](#) of PerfectAmino, it's best to take it on an empty stomach with no other fats or proteins. However, if this is not possible, the utilization is only minimally affected. *Taking it daily is key!*

Multi Complete

This multivitamin will give your body extra nutrition to keep it running smoothly. Toxins are stored in body fat, so when fat is lost through dieting, the liver can turn into a dumping ground for those toxins. [Multi Complete](#) helps to gently eliminate toxins by aiding the liver in detoxification. Our Multi contains 20 whole foods as well as organic fruits and vegetable concentrates with complete liver support, because vitamins won't help if you are full of toxins. It also has an incredible antioxidant profile to help fight free radicals and protect your body.

Omega-3 Health

Having enough [Omega-3](#) is very important. Most of us have way too much Omega-6 in our diets, and are deficient in Omega-3. This leads to high cortisol, low testosterone, high estrogen, and fat gain. Omega-3 assists in smoother skin, brain and heart health, lessening inflammation, and more.



ADDITIONAL SUPPLEMENTS

These are recommended to be used with the [Optimum Weight Program](#).

Body Calm

This [supplement](#) helps the body achieve calcium-magnesium balance. Additionally (along with calcium, vitamin K2, and vitamin D), it supports the body's healthy response to stress, cardiovascular health, proper digestion, and bone health. An estimated 80% of Americans are deficient in magnesium.

Probiotic

The bacteria in [probiotics](#) have been found to have the following qualities:

- Helps promote digestive health
- Adapts well to the human body
- Produces significant quantities of lactase to potentially aid in lactose-intolerance
- Aids in supporting your immune system
- Is acid- and bile-resistant for intestinal survival
- Contributes to your colonization of intestinal flora

Digestive Enzymes

Resupply your system with [Digestive Enzymes](#). This helps you fully digest your food, get full nutrition from what you eat, and bring your microbiome back into balance.

Organ +

[Organ +](#) helps boost your energy levels, enhances your immune system function, increases blood flow, boosts heart health, and stimulates brain health! If you are new to this product, gradually work your way up to the full dose. Start with one capsule per day for the first week, 2 capsules per day the second week, etc. until you are at 5 capsules per day in the 5th week.

Greens – Enhanced with PerfectAmino

A scoop of [Greens](#) can be used daily on the Optimum Weight Program. This is a nutrient-packed superfood formula of nature's most potent plants. It includes: fruit and vegetable superfood extracts, digestive support, anti-inflammatory properties, fiber, enzymes, and prebiotics. *Each scoop is equivalent to 10 servings of vegetables.*

Electrolytes

On the first few days of the Optimum Weight Program you can experience electrolyte deficiency. When the body is moving away from burning carbs for fuel to fat burning, it needs an increase in electrolytes. Symptoms of electrolyte deficiency include headaches, fatigue, and/or muscle cramps. If you have any of these (common in days 3-7) take a serving of our [Electrolytes](#).

GETTING STARTED WITH OPTIMUM WEIGHT

DAYS 1 & 2: Fat Loading

Begin with Optimum Weight Drops and continue to use them for a minimum of 23 days. **Take 10 drops under the tongue, three times daily.** Hold the drops in your mouth for at least 30 seconds before swallowing. You should start taking [PerfectAmino](#), [Multi Complete](#), and [Omega-3 Health](#) now, if you had not started previously.

These first two days are **FAT LOADING** days. Shoot for 1000-2000 calories from fat. You should be eating plenty of nutritious foods with a high fat content. This can include avocado, nuts, nut butters, coconut, and non-processed marbled meats. This activates the fat-burning effect of [the program](#). People who load properly will feel little to no hunger on low-calorie days. ***THIS IS IMPORTANT to do if you want success on this program.***

You are not aiming for weight loss on the fat loading days. Don't panic if you see a little gain on Day 3. You should be losing weight steadily by day 7 and it should stay that way for this entire process. Please note, some people will hit a plateau. *If you are not losing steadily by day 7, please reach out to us [HERE](#) or call us at 877-804-3258.*

HOW TO TAKE OPTIMUM WEIGHT DROPS

These are [homeopathic drops](#). There are special protocols for taking them. Not following the instructions will either lower or negate the effectiveness.

The first step is to take them with a clean mouth – *nothing other than plain water for a minimum of 15 minutes before the drops and 15 minutes after.* To make it easier you can keep the bottle on your bedside table, and as soon as you awake take a dose and wait 15 minutes to eat, drink, or brush your teeth.



Take your second dose 15 minutes before lunch or dinner. The final dose can be taken 15 minutes before you brush your teeth prior to bedtime.

You want to be sure you are taking 10 drops EACH TIME. We suggest you look in the mirror as you dispense them or pre-measure them into a plastic spoon. There are more than enough drops to get through a 40-day program. Keep the drops out of direct sunlight, in a cool place *and away from electronics*.

DAYS 3-23+ (CAN BE CONTINUED UP TO 40 DAYS): Low-Calorie Diet

Begin a low-calorie diet. The foods selected should be organic and the meats should be wild-caught or grass-fed/grass-finished. You will be eating a very limited diet, so make sure it is the highest quality possible.

START AN OPTIMUM WEIGHT DIARY

You want to track your weight **daily**. Weigh yourself *every* morning after urinating, do your measurements (*check these weekly*), and write **EVERYTHING** down that you consume (*liquid, food, vitamins, and how much & at what times*). This ensures that you are taking all of your supplements and will keep you honest about what you ate. Additionally, you should track any exercise and how you are feeling each day.

You should be losing a little weight daily and feeling great!

If this is not the case, you need to [reach out to us here](#) or call 877-804-3258 for assistance.

WHEN TO ASK FOR HELP

1. If you are not losing .5-1 pound per day for three days in a row, and/or
2. If you are not feeling well for more than 2 days, reach out [HERE](#) or call 877-804-3258.

WE BELIEVE IN YOU!

Remember, this is only for 23 days. The foods you may miss or crave have not gone anywhere; they will be available later. Right now, your priority is taking good care of your body and health. **IT IS ONLY 23 DAYS! YOU'VE GOT THIS!!!**

Note: it is normal to not feel great around days 3-7. It is your body detoxing and making the switch from burning glucose for fuel to burning fat. You may feel tired, sluggish, or generally not great. Be sure to **[TAKE ELECTROLYTES!](#)** Taking electrolytes is also going to help with sugar cravings. Be sure to drink plenty of water as well.



OTHER HELPFUL TIPS

- Mix up a gallon of purified water and add the juice of one lemon plus two tablespoons of apple cider vinegar to it. Drink this throughout the day.
- It is recommended not to snack between meals. Drink water, take another dose of [PerfectAmino](#) and/or have some herbal tea if you are feeling the need to snack.
- Salt, pepper, vinegar (not balsamic), mustard powder, garlic, basil, parsley, thyme, marjoram, cumin, cayenne, etc. can be used for seasoning. **No oil, butter, or dressing.** Check all spices and condiments for any added sugar, starch, corn, or soy byproducts.
- The only approved sweeteners are stevia extract and monk fruit.
- Check all meat labels for any sugar or other additives.
- Fresh fruits and vegetables are preferable but if you must use frozen, check for any additives.
- Drink at least .5 oz. of water per lb. of body weight daily. You should be urinating relatively clear urine.
- Foods that are **NOT** allowed: sugar, processed foods, grains, beans (including green beans), starchy vegetables, most fruits, juice, balsamic vinegar, and chemicals.

This program is simple, but not easy. The drops are resetting your hormones, and small cheats can set you back for days. *We advise you to not have "just one drink" or just one bite of dessert.* If you are feeling extremely hungry (not just bored or having a craving), your first go-to will be to drink more water and take more PerfectAmino. PerfectAmino is a predigested protein with less than 1 calorie per serving, so more will not affect your daily calorie intake. Electrolytes can also help. Snacks are discouraged, but if you are going to snack – dark, leafy greens, broccoli, celery, raw radishes, kohlrabi, or an ounce of meat would all be good options.

You also want to be aware of things that can raise your cortisol levels:

- Trying to push past true hunger by waiting to eat. On this program the first meal of the day is lunch. If you are hungry earlier, eat. The stress you put on your body by forcing it to wait can increase cortisol.
- Not eating at least 500 calories per day. Less is not more!
- Not sleeping well or not getting enough sleep affects your weight loss. We have two sleep products: [Sleep](#) and [Optimum Sleep Assist](#). Both are permissible on this program and encouraged if needed.
- Do NOT do excess cardio while on this diet as it will increase cortisol. Keep cardio under 15 mins. per day.

If you are experiencing constipation – an adequate amount of water should keep the stool soft but if you are still experiencing constipation, we recommend taking [Eliminate](#). Take 2 capsules, twice a day, with meals.

EXERCISE

Workouts should be light while on this program. Moderate exercise may require you to increase your daily amount of [PerfectAmino](#) and calorie intake. It will be important for you to find a balance between losing weight and feeling good. Heavy activity is not recommended. If you are wanting to maintain heavy workouts while losing weight, our [Fat Loss & Lean Bulk program](#) is recommended.

You can increase your PerfectAmino consumption up to 40 grams per day and increase your [Omega-3](#) to three capsules per day.

Light Activity: Start at 500 calories per day.

Moderate Activity: Start at 650 calories per day.

Calories may need to be adjusted to find the spot where you feel great and are losing weight daily.



Up next: THE DIET PLAN >

DIET PLAN

BREAKFAST

Take 10 grams of [PerfectAmino](#) on an empty stomach. If you drink tea or coffee – be sure it is without ANY sugar or artificial sweeteners. Monk fruit or stevia may be used. Only one tablespoon of milk – this can be regular, oat, or nut milk. Make sure the oat or nut milk has nothing added to it, just oat or nuts, and water.

Limit your coffee and black tea to 2 cups per day. Herbal and green tea can be consumed as desired.

LUNCH

- 100 grams (3.5 ounces) of meat. This can be beef, chicken, fish, lobster, crab, shrimp, or 2 eggs (eggs, fattier meats, and salmon should be limited to 2–3 meals per week). The meat should be weighed raw. Processed deli meats and dried or pickled fish are not allowed. Meat should be organic grass-fed/ grass-finished, or wild-caught. Meat should be boiled, steamed, broiled, baked, or grilled, and eggs boiled or poached. No additional fats added.
- A salad made from a mix of dark green leafy vegetables. You can add a small cucumber, green onion, a few cherry tomatoes (if you have any auto-immune disease or inflammation avoid tomatoes and other nightshades), celery, red radishes, or kohlrabi. **No salad dressings are allowed.** You can blend red wine vinegar with seasonings, onion and/or garlic for a dressing.
- A small handful of berries or a serving of our [Greens](#).
- You can also have a small serving (½ cup) of steamed broccoli, cauliflower, zucchini, summer squash, asparagus, or onion with your meals. No oil or fats added to the vegetables. This is **with** a plate of leafy green salad, not as a replacement.
- Take your [Multi Complete](#) and [Omega-3 Health](#) with your lunch. If you are using [Digestive Enzymes](#), [Probiotic](#), and [Organ +](#), you can also take them at this time.

DINNER

- 100 grams (3.5 ounces) of meat. This can be beef, chicken, fish, lobster, crab, shrimp, or 2 eggs (eggs, fattier meats, and salmon should be limited to 2–3 meals per week). The meat should be weighed raw. Processed deli meats and dried or pickled fish are not allowed. Meat should be organic grass-fed/ grass-finished, or wild-caught. Meat should be boiled, steamed, broiled, baked, or grilled, and eggs boiled or poached. No additional fats added.
- A salad made from a mix of dark green leafy vegetables. You can add a small cucumber, green onion, a few cherry tomatoes (if you have any auto-immune disease or inflammation avoid tomatoes and other nightshades), celery, red radishes, or kohlrabi. **No salad dressings are allowed.** You can blend red wine vinegar with seasonings, onion and/or garlic for a dressing.
- A small handful of berries or a serving of our Greens.
- You can also have a small serving (½ cup) of steamed broccoli, cauliflower, zucchini, summer squash, asparagus, or onion with your meals. No oil or fats added to the vegetables. This is **with** a plate of leafy green salad, not as a replacement.
- Take your Multi Complete and Omega-3 Health with your dinner. If you are using Digestive Enzymes, Probiotic, and Organ +, you can also take them at this time.

VEGETARIANS & VEGANS

Vegetarians: 1½ eggs at each meal or 30–40g total of [PerfectAmino](#) daily. You need to make sure you are getting no less than 500 calories per day.

Vegans: 30–40g total of PerfectAmino daily. To meet your minimum of 500 calories per day, you can add additional vegetables, nuts and seeds (healthiest options are walnut, macadamia, pecan, flax, and chia), and healthy fats such as a teaspoon of MCT oil, full fat coconut milk, avocado, or a high-quality olive oil (for your salads).

- A salad made from a mix of dark green leafy vegetables. You can add a small cucumber, green onion, a few cherry tomatoes (if you have any auto-immune disease or inflammation avoid tomatoes and other nightshades), celery, red radishes, or kohlrabi. **No salad dressings are allowed.** You can blend red wine vinegar with seasonings, onion and/or garlic for a dressing.
- A small handful of berries or a serving of our [Greens](#).
- You can also have steamed broccoli, cauliflower, zucchini, summer squash, asparagus, or onion with your meals. This is **with** a plate of leafy green salad, not as a replacement.
- Take your [Multi Complete](#) and [Omega-3 Health](#) with your lunch and dinner. *For vegans: find an Omega-3 sourced from algae with NO added vegetable oils.*

CONCLUDING THE PROGRAM

When you stop using the drops, between day 23 and day 40, it is *essential* that you continue the low-calorie diet for another 72 hours. If you start eating normally and there are traces of the Optimum Weight Drops in your body, you may put on weight alarmingly fast.

When you have been off the drops for 3 days, you will begin 3 weeks of maintenance. You will continue to weigh yourself daily, every morning. It takes 3 weeks before the weight you've reached is stable.

MAINTENANCE

Follow the same guidelines as the diet but double your daily calories.

After discontinuing the use of the Optimum Weight Drops, you may find an increase in appetite. If this is the case, we recommend you use our [Get Lean](#). *This is included in our 'Maintenance Package.'*

Raising your calorie intake is done by increasing the protein portions and adding healthy fats to your vegetables. If you have reached your ideal weight – you can begin adding healthy carbs such as avocado, raw or dry nuts/seeds (macadamia, pecan, walnut, chia, or flax), sweet potatoes, and other brightly-colored, nutrient-dense carbs to your day.

Vegans: Add additional, raw or dry nuts/seeds (*see previous paragraph for examples*), and healthy fats and carbs (such as avocado and sweet potatoes) to your day.

Your weight should stay within 2 lbs. of the weight achieved when you stopped taking the Optimum Weight Drops.

If you have not hit your target weight, you can continue losing weight while on maintenance. After 3 weeks of maintenance, we recommend that you read and follow our [Fat Loss Guide](#).

If you reach your ideal weight BEFORE the end of 23 days, we advise that you continue the program for the full 23 days but increase your calories to 800 – 1000 per day. *Note: it takes 21 days to reset the hypothalamus.*

If additional courses of Optimum Weight Program are desired, please follow maintenance for 6 weeks before starting another round. This gives your body time to adjust to the changes that have already occurred.



PRESCRIPTION MEDICATIONS

People who have **high blood sugar** or that are on medication for high blood sugar will likely have their high sugars come down to normal in the first two weeks of being on the diet. *It is vitally important to discuss the diet with your healthcare practitioner prior to starting.*

People who are on medication for **high blood pressure** often must wean off of or cut down on their medication during the first few weeks of the diet. *It is vitally important that they do the diet under the supervision of their healthcare practitioner to avoid bouts of low blood pressure.*

IMPORTANT

If you are taking any prescription medication you should consult with your physician before starting this diet.

Pregnant or nursing mothers SHOULD NOT undertake this weight loss program.



RESOURCES

PRODUCTS

All BodyHealth Supplements

<https://bodyhealth.com/collections/all-retail-products>

Body Calm

<https://bodyhealth.com/products/body-calm-magnesium-drink-powder>

Digestive Enzymes

<https://bodyhealth.com/products/digestive-enzymes>

PerfectAmino Electrolytes

<https://bodyhealth.com/products/bodyhealth-perfectamino-electrolyte-drink>

Eliminate

<https://bodyhealth.com/products/bodyhealth-intestinal-cleanse>

Get Lean

<https://bodyhealth.com/products/healthy-thin>

Greens

<https://bodyhealth.com/products/greens-superfood-formula>

Multi Complete

<https://bodyhealth.com/products/complete-detox>

Omega-3 Health

<https://bodyhealth.com/products/omega-3-health>

Optimum Sleep Assist

<https://bodyhealth.com/products/optimum-sleep-assist>

Optimum Weight Drops

<https://bodyhealth.com/products/optimum-weight-management-formula>

Organ +

<https://bodyhealth.com/products/bodyhealth-glandular-organ-complex>

PerfectAmino

<https://bodyhealth.com/collections/perfectamino>

Probiotic

<https://bodyhealth.com/products/perfect-immune-defense-probiotic>

Sleep

<https://bodyhealth.com/products/sleep-enhanced-with-perfect-amino>

OTHER RESOURCES

Contact Us

customerservice@bodyhealth.com – (877) 804-3258

Fat Loss & Lean Bulking Program

<https://bodyhealth.com/pages/perfectamino-fat-loss-lean-bulk-guide>

Optimum Weight Maintenance Package

<https://bodyhealth.com/products/optimum-weight-maintenance-package>

Optimum Weight Program

<https://bodyhealth.com/products/optimum-weight-management-program>

PerfectAmino Utilization

https://bit.ly/PA_User_Guide

