WELCOME TO THE OPTIMUM WEIGHT MANAGEMENT PROGRAM!

WHAT IS OWMP?

The Optimum Weight Management Program is a complete 23-40 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 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 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 OWM drops, 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.

SUPPLEMENTATION

Ideally, you will start the following supplementation 6 weeks prior to starting the OWM drop and diet protocol. If you are in a hurry to lose weight for an upcoming event. Jump in to 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 also 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 caloric 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, loss of
muscle and connective tissues, which leads to weakness and hanging skin. For this reason, PerfectAmino is a key part of OWMP. PerfectAmino helps to prevent muscle and bone loss as well as providing essential protein while on a calorie, restricted diet.

PerfectAmino will help overall health and energy, increased lean muscle mass, collagen production and stronger bones. **Take a baseline of 1 gram for every 10lbs 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/multimineral/antioxidant supplement will give 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. Multi Complete gently helps to eliminate toxins by aiding the liver in a detoxification process. Our Multi Compete contains 20 whole-food, 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 help protect your body.

**Omega 3**

Having enough Omega 3 fatty acids is very important. Most of us have way too much Omega 6 fatty acids in our diets, and are deficient in Omega 3. Being high in Omega 6 will lead to high cortisol, low testosterone, high estrogen and fat gain. Omega 3’s assist in smoother skin, brain and heart health, lessening inflammation and more.

**Electrolytes**

On the first few days of OWMP 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 or muscle cramps. If you have any of these (common in days 3-7) take a serving of our electrolytes.

**ADDITIONAL SUPPLEMENTS**

*These are recommended and can be used with the OWMP.*

**Magnesium Supplement**

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

**Probiotic**

The bacteria in Probiotic have been found to have the following qualities:

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

Full Spectrum Digestive Support

Works to 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.

Glandular Organ Complex

This boosts your energy levels, enhances your immune system function, increases blood flow, boosts heart health and stimulates brain health!

Greens

A scoop can be used in place of a serving of fruit on the OWMP. This is a nutrient-packed superfood formula of nature’s most potent plants. This includes: fruit and vegetable superfood extracts, digestive support, anti-inflammatory, fiber, enzymes and pre-biotics. Each scoop is equivalent to 8 servings of vegetables.

BodyHealth OPTIMUM WEIGHT MANAGEMENT DIET PLAN

DAYS 1 & 2

Begin with OWM 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 now, if you had not started previously.

These first two days are FAT LOADING days. You should be eating plenty of nutritious foods with a high fat content. Which include: avocado, nuts, nut butters, coconut and non-processed marbled meats. This activates the fat-burning effect of OWM. 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.

This is also a great time to indulge in any foods or drinks you may crave during the 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 the entire process. Please note, some people will hit a plateau. If you are not losing steadily by day 7, please reach out to us.

HOW TO TAKE: OWM DROPS

These are homeopathic drops, and there are special protocols for taking them. If you don’t follow the instructions, you will either lower or negate their effectiveness.
The first step is to take them with a clean mouth; which means - 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 a person 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**

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 OWMP DIARY**

You want to track your weight daily. Weigh yourself in the morning, after urinating, every day, your measurements (check these weekly), and write EVERYTHING down that you consume (liquid, food, vitamins and how much and 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 for assistance.*

**WHEN TO ASK FOR HELP**

1. If you are not losing .5-1 pound a day for three days in a row
2. If you are not feeling well for more than 2 days

**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, add the juice of one lemon and 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 by-products.
• The only approved sweetener is stevia or monk fruit.
• Check all meat labels for any sugar or other additives.
• Fresh fruits and vegetables are preferable if you must use frozen, check for any additives.
• Drink at least ½ oz of water per pound of body weight daily. You should be urinating relatively clear urine.

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.

You also want to be aware of things that can raise your cortisol levels. While we are trying to push past true hunger by waiting to eat – if you find yourself hungry earlier, avoid putting extra stress on your body and eat.

Excess cardio will also increase cortisol. Do NOT do excess cardio while on this diet. Keep cardio under 15 minutes per day. Workouts should be light while on this program. If you are doing heavy workouts, you can increase your calories and PerfectAmino amounts. It will be important for you to find a balance between losing weight and feeling good.

Make sure you are sleeping well. Not getting enough sleep will affect your weight loss. We have two sleep products available, Sleep and Optimal Sleep Assist. Either or both are permissible on this program and encouraged if needed.

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 BodyHealth Intestinal Cleanse. Take 2 capsules, twice a day, with meals.

**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 milk, oat or nut milks. Make sure the oat or nut milk has nothing added to it, just oat, nuts and water.

Limit your coffee and black tea to 2 cups a 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. The meat should be weighed raw. Processed deli meats, 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 green salad made from a mix of dark green leafy vegetables, you can add a small cucumber, green onion, and 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, Omega 3 with your lunch. If you are using: Full Spectrum Digest Support, Probiotic and Glandular Organ Complex, 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. The meat should be weighed raw. Processed deli meats, 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 green salad made from a mix of dark green leafy vegetables, you can add a small cucumber, green onion, and 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.

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• Take your Multi Complete, Omega 3 with your dinner. If you are using: Full Spectrum Digest Support, Probiotic and Glandular Organ Complex, you can also take them at this time.

**VEGETARIANS**

Fruits and vegetables will make up most of your meals. Eggs or PerfectAmino should be your only protein intake. For this you would use 30-40 grams of PerfectAmino a day. The additional calories would be made up with larger servings of vegetables. If you are not using eggs, you would need to add a small handful of nuts with each meal and could add healthy fats, such as a teaspoon of MCT oil, full fat coconut milk or a high-quality olive oil to your salads, to make up the fats naturally found in eggs and meat. You want to eat no less than 500 calories a day. You would only eat over 500 calories if you were exercising daily. **Omega 3 should also be taken daily, and if you are vegan you can find one sourced from algae.**

**CONCLUDING THE COURSE**
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 OWM 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 reached is stable.

Eating while on maintenance, you should follow the same guidelines as the diet, but you would double your daily calories. By increasing your 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, nuts and sweet potatoes to your day.

Vegans – add additional nuts and fat to your day and healthy carbs such as: avocado and sweet potatoes.

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 Lean Bulk Guide.

If additional courses of OWM 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 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 health care 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.*