

Step-by-Step
Program Guidelines

Bio  ***Sculpt***[®] ***Body***

Sculpt • Reduce • Firm

Pre-Session Preparation

Before **ALL** Program Sessions

Following the below pre-session/post-session preparation program guidelines will enable you to achieve the maximum and most desirable results from your first program session and throughout your entire program.

2 FULL DAYS BEFORE

- ✓ Hydrate with water consumption minimums (see BioRhythm Diet section)
- ✓ Refrain from caffeinated, alcoholic and carbonated beverages
- ✓ Reduce fat & high glycemic carbs within a total daily caloric intake of 1,000 to 1,200 calories (females) & 1,200 to 1,600 calories (males) (see BioRhythm Diet section)
- ✓ Begin taking the primary dietary supplements + add the Super MIC-B12+ and other supplements if you would like as needed (see BioSculpt Supplement section)
- ✓ Begin applying the BioSculpt Crème if you would like – use no other body lotions or creams at this time (see BioSculpt Cosmetic section)

2 HOURS BEFORE

- ✓ Drink a minimum of 16oz. of water
- ✓ Do not eat any food
- ✓ Take the primary dietary supplement(s) + add the Super MIC-B12+ if you would like as needed (see BioSculpt Supplement section)
- ✓ Apply the BioSculpt Crème 5 minutes before your program session if you would like (see BioSculpt Cosmetic section)

What to Bring?

- ✓ A bath/beach size towel – will be used to lay on and/or to use if you get cold (not mandatory but recommended)
- ✓ Females bring a 2-piece bathing suit or sports-bra & underwear to wear during program sessions
- ✓ Males bring a pair of athletic shorts to wear during program sessions
- ✓ Medical Grade Compression if you have
- ✓ At least 16oz. of water for after the program session
- ✓ A serving of low-glycemic fruit for after the program session if needed

Post-Session Preparation

After **ALL** Program Sessions

IMMEDIATELY AFTER

- ✓ Put on your medical grade compression (not mandatory after 1st session but highly recommended)
- ✓ Drink water if needed but continue to refrain from eating for 2 hours (eat a serving of low glycemic fruit if needed)
- ✓ Exercise within the next hour if you can (see BioRhythm Exercise section)
- ✓ We recommend getting a lymphatic or deep tissue massage within 24 hours after your program sessions, especially if you were unable exercise or you were at a location where we currently do not offer WBOV

DAY OF SESSION & 2 FULL DAYS AFTER

- ✓ Hydrate with water consumption minimums (see BioRhythm Diet section)
- ✓ Continue to refrain from caffeinated, alcoholic and carbonated beverages
- ✓ Remain at a reduced fat & high glycemic carb consumption within a total daily caloric intake of 1,000 to 1,200 calories (females) & 1,200 to 1,600 calories (males) (see BioRhythm Diet section)
- ✓ Continue taking the primary dietary supplements + add the Super MIC-B12+ and other supplements if you would like as needed (see BioSculpt Supplement section)
- ✓ Continue applying the BioSculpt Crème if you would like – use no other body lotions or creams at this time (see BioSculpt Cosmetic section)
- ✓ Continue wearing your medical grade compression for at least 8 hours a day (see Medical Grade Compression section)



Coaching

Partner with your weight loss coach to help you **reach** and **maintain** your **goals**.

Your coach will help provide you the resources you need for a successful program. They will also be one of your greatest support partners as they have gone through the program with success themselves.

KEY POINTS

- ✓ Increase weight loss success with the help of a support partner who has been on the same journey¹



Biophotonic Activation Technologies

Boost your natural wellness and activate a new you.*

These types of technologies have been cleared by the FDA for increasing circulation, of which multiple research studies indicate that excessive fat or adipose tissue has a reduction of blood flow.^{2,3,4}

Program sessions are 1 – 2 days a week.

KEY POINTS

- ✓ Increase localized circulation to adipose tissue*^{2,3,4}



Medical Grade Compression

Help improve **circulation** while **reshaping** your body.*

Obesity has been directly correlated to (lymphedema) fluid retention.⁵ Compression garments may help with fluid retention, circulation and exercise recovery.^{6,7,8}

KEY POINTS

- ✓ Support to help with circulation*^{6,7}
- ✓ Support to help reshaping the body*
- ✓ Support to help with exercise recovery*^{7,8}



BioSculpt Body Cosmetics

Refresh, tone and reshape your skin and body.*

Even though the NIH does not include cosmetics as the primary basis for long term weight loss and management, the use of cosmetics to help refresh, tone and reshape the skin is commonplace.

KEY POINTS

- ✓ Support to help refresh the skin*
- ✓ Support to help tone the skin*
- ✓ Support to help reshape the skin*

Supercharged Body BioSculpt Crème

Target Regions	How to Apply	When to Apply	Suggested Dosage 150lbs or less	Suggested Dosage 150lbs to 199lbs	Suggested Dosage 200lbs or greater
1. Front of Abdomen 2. Lower Back 3. Right Oblique 4. Left Oblique 5. Left back of thigh/buttock 6. Right back of thigh/buttock 7. Left front of thigh 8. Right front of thigh 9. R & L Upper Arms 10. Male chest / Female décolleté	1. Apply to damp skin after a warm shower 2. May also use a "cellulite" massage glove, mitt or brush while in shower before applying 3. Let crème dry before putting on clothes	1. In the a.m. after a warm shower 2. Five minutes prior to a program session 3. In the p.m. after a warm shower	1-2 pumps per target region	2-3 pumps per target region	3-4 pumps per target region

Please Note: Dosage suggestions are only suggestions. Consult with your healthcare practitioner or dermatologist before using any new cosmetic and for the exact dosage. Suggested dosages are for everyday while on the program and suggested maintenance dosages are the same dosages at 2-3 days a week while off the program.



BioSculpt Body Supplements

Restore **nutritional balance** for optimum body sculpting and weight loss support.*

Even though the NIH does not include dietary supplements as the primary basis for long term weight loss and management, the use of supplements for weight loss is common among Americans. ⁹ They may also be used for meal replacements while on a LCD and for supplemental nutrition.*

KEY POINTS

- ✓ Metabolic management support*
- ✓ Nutritional support*
- ✓ Digestive support*
- ✓ Lipid & Detoxification support*
- ✓ Brain & Mood support*
- ✓ Meal replacements while on a LCD (low calorie diet)

Dietary Supplement	Brand (s)	Suggested Dosage 150lbs or less	Suggested Dosage 150lbs to 199lbs	Suggested Dosage 200lbs or greater	Tips
1 BioSculpt Basics – lipid & detox support formula - PRIMARY	Bioceuticals Int. BioSculpt	4 capsules a.m. & before bed	8 capsules a.m. & before bed	8 capsules a.m. & mid –afternoon (2-3p.m.) & before bed	Take with or without food
Alternative to 1: Milk Thistle (80% Silymarin) - PRIMARY	Any 80% Silymarin OR 30:1 extract	1,000mg a.m. & before bed	1,000mg a.m. & before bed	1,000mg a.m. & before bed	Can be found at Walgreens, CVS or Walmart
Alternative to 1: Pantestin brand Pantethine - PRIMARY	Nature's Made Cholest OFF Complete Or Jarrow	300mg a.m. & mid –afternoon (2-3p.m.) & before bed OR 450mg a.m. & before bed	300mg a.m. & mid –afternoon (2-3p.m.) & before bed OR 450mg a.m. & before bed	300mg a.m. & mid –afternoon (2-3p.m.) & before bed OR 450mg a.m. & before bed	Can be found at Walgreens, CVS or Walmart or Vitamin Shoppe
2 BioSculpt Replenish – mitochondrial energizer & electrolyte drink (has magnesium & vitamin C) - PRIMARY	Bioceuticals Int. BioSculpt	2 scoops a.m.	3 scoops a.m.	4 scoops a.m.	Higher dosage may help with constipation* (Do NOT exceed 8 scoops in a day!)
Alternative to 2: Magnesium Glycinate – PRIMARY	Any Magnesium Glycinate	500mg before bed	500mg before bed	500mg before bed	Higher dosage may help with constipation*
Alternative to 2: Vitamin C (ascorbic acid or ascorbates) - PRIMARY	Doctor's Best Quali-C OR Ester- C	2,000mg before bed	2,000mg before bed	2,000mg before bed	Higher dosage may help with constipation – ascorbates may be less harsh on stomach*
Super MIC-B12+	Bioceuticals Int.	1 oz. a.m.	1 oz. a.m. & mid –afternoon (2-3p.m.)	1 oz. a.m. & mid –afternoon (2-3p.m.)	Hold under tongue for 1 minute – Take immediately before food
PPC	Bioceuticals Int. BioSculpt	1 gel cap in a.m. & p.m.	2 gel caps in a.m. & p.m.	3 gel caps in a.m. & p.m.	Take with or without food
BioSculpt Body Shake	Bioceuticals Int.	1-2 servings/day	1-2 servings/day	1-2 servings/day	Add to BioSculpt Cleanse as a meal replacement drink
BioSculpt Body Cleanse	Bioceuticals Int.	1-2 servings/day	1-2 servings/day	1-2 servings/day	Add to BioSculpt Shake as a meal replacement drink



BioRhythm Exercise

Low Impact WBOV Functional Resistance Training coupled with HIIT. Safe, fast calorie burning – mind boosting exercise 3x a week in less than 20 minutes.

Low Impact WBOV (whole body oscillating vibration) Resistance Training coupled with HIIT can be a great physical activity option in any weight loss and body sculpting program.

This type of exercise program is recommended within 1 hour after a program session or first thing in the morning 2 - 3 days a week with a 48 to 72 hour break in between.

Please Note: If you are not comfortable to do or you are unable to do WBOV with HIIT exercises for any reason we suggest for you to do a minimum of a 15-30 minute walk after each program session and get a lymphatic or deep tissue massage 24hrs after each program session.

KEY POINTS

- ✓ Increase localized & systemic circulation, used to help support a positive metabolism and the natural lipolysis process ¹⁰
- ✓ May have higher pleasure and enjoyment because of short exercise work times¹¹
- ✓ May support an increase in lean body mass¹²
- ✓ May increase cognitive function and cerebral oxygenation¹⁸
- ✓ May support positive effect on cardio-metabolic markers like insulin sensitivity, along with body composition changes ^{13,14,15}
- ✓ May increase VO2max, EPOC effect and in turn cellular energy ^{16,17,18}

BioRhythm Exercise PHASE I: Low Impact WBOV Functional Resistance Training

WBV exercise prior to cardiovascular exercise has shown that it may help augment oxygen uptake in turn optimizing energy expenditure ¹⁶

	Beginner Program Option 1	Intermediate Program Option 2	Advanced Program Option 3
Time	4min – 2 - 3 days a week	10min – 3 days a week	10min – 3 days a week
Hz & Amplitude	15 – 30 Hz & 3-4mm	15 – 30 Hz & 4 – 10mm	15 – 30 Hz & 10 - 14mm
Functional Resistance Exercise(s)	Static Partial Squat OR Body Weight Partial Squats @ 20 Squats per Minute Pace with no break (AFTER: Do 15-30 minutes of cardiovascular exercise at 50% HR max building up until 70% HR max with this beginner program)	Body Weight Full Squats @ 10 Squats per Minute Pace – 6 sets (30 second break in between sets of 10 squats)	Body Weight Full Squats @ 10 Squats per Minute Pace – 6 sets (30 second break in between sets of 10 squats)

BioRhythm Exercise PHASE II: HIIT (Done Immediately After Phase I)

	Program Option 1	Program Option 2
Intermediate Level	70 – 75% HR max – recumbent cycling	70 – 75% HR max – rowing, jump roping or stair climber
Advanced Level	80 – 85% HR max+ - rowing, jump roping or stair climber	85% HR max+ “Tabata” style protocols

How to do?: **Step 1:** Warm up for 5 - 10 minutes w/ Phase I – **Step 2:** Work at % HR max for 20 seconds – **Step 3:** Rest completely or at 50 – 60% HR max pace for 10 seconds – **Step 4:** Repeat 2:1 Work:Rest¹⁹ for Eight Reps – **Step 5:** Cool Down for 10 minutes (stretching, etc.)

Please Note: Other Work:Rest ratios and durations can be used – find the best ratios and durations for you with your physician and personal trainer. Weight training can be added on 2-4 other days of the week if you are at a high fitness level determined by your physician.

Target Heart Rates: Your maximum heart rate is about 220 minus your age. Heart rate during moderately intense activities is about 50-69% of your maximum heart rate, whereas heart rate during hard physical activity is about 70% to less than 90% of the maximum heart rate. During the first few weeks of working out, aim for the lower ranger of your target zone (50 percent) and gradually build up to the higher range (85 percent). After six months or more, you may be able to exercise comfortably at up to 85 percent of your maximum heart rate. **Info from the American Heart Association**

CAUTION: Before starting any exercise program you should consult and have a physical examination with your physician to determine your health and fitness level and your ability to participate in exercise. Your physician will also determine the maximum heart rate that you should be exercising at for your health and fitness status. Have your physician approve you before doing any type of WBV and/or HIIT exercise program, along with continual monitoring with regular checks ups during the duration of your exercise program.



BioRhythm Diet

Cyclic Caloric Control with a balanced high nutrient dense and low allergen foods diet for maximum fat burning and weight loss.

Following a LCD (low calorie diet – 1,000 to 1,200 calories/day for females and 1,200 to 1,600 calories/day for males) with low fat intake recommended by the NIH has proven to allow for steady, safe short term weight loss along with having the same long term weight results as VLCD (very low calorie diets), which are usually associated with many Fad diets.

Incorporating a LCD along with other emerging researched methods for weight loss as intermittent fasting and eliminating immunologically-reactive foods, may prove to be successful for you.

KEY POINTS

- ✓ Hydration with the right fluid amounts recommended by the Institute of Medicine & right timing²⁰
- ✓ LCD with low fat intake recommended by the NIH
- ✓ 5 servings of fruits and veggies per day recommended by the CDC
- ✓ Intermittent fasting for potential enhanced results^{21,22,23}
- ✓ Eliminate reactive foods for potential enhanced results³⁰

Helpful Tips

Hydration: The panel on Dietary Reference Intakes for Electrolytes and Water from the Institute of Medicine states that water is the largest single constituent of the human body and is essential to cellular homeostasis and life. They recommend 101 ounces of fluid per day for males (about 13 cups) and 74 ounces of fluid per day for females (about 9 cups), assuming about 20% of all other fluids for the day are coming from foods. A research study has indicated that consuming 16 oz. of water 30 minutes prior to each meal in the day in conjunction with a LCD yields greater weight loss.²⁰ We suggest that if you do consume a water depleting beverage (caffeine or alcohol) to consume equal the amount of water to displace any potential hydration loss.

Meal Planning: You can use ChooseMyPlate.gov for nutritional information, daily food plans, calorie calculators and other helpful tools for your weight loss & body sculpting journey. Your weight loss coach will show you how to calculate your BMI and Estimated Daily Caloric Needs (suggested to maintain at while not on the LCD) for you to develop your target short term and long term goals.

Veggies & Fruits: The CDC recommends 5 servings of fruits and vegetables a day (excludes starches) raw or cooked in a way that does not increase fat calories for weight management and other health benefits. A simple rule is to fill at least half your plate at each meal with vegetables and fruits. We suggest focusing on mostly low glycemic vegetables.

Intermittent Fasting: Multiple research studies have indicated the numerous benefits of intermittent fasting (IF). IF is a way to reduce calories by fasting from foods and fluids with calories (but not water or non-caloric fluids) for a 12hr to 24hr period two days a week or more. Even though IF has shown to show almost equal results to continuous caloric reduction, as on a daily LCD, for weight loss; it has shown superior results in positively effecting cardio-metabolic markers like insulin sensitivity and preserving lean muscle mass.^{21, 22, 23} Initial research results suggest that there is a critical transition period of 3 – 6 weeks during which time the brain and body adapt to this type of new eating pattern and mood is enhanced. ^{21,24} We suggest only implementing long duration IF under direct supervision of your physician but shorter fasting periods of a 12-hour split over two days (ex. 8p.m. SUN to 8a.m. MON) should be able to be implemented safely. This can be implemented in a cycle with a LCD and a diet based on Estimated Daily Caloric Needs.

Reactive Foods: Research has indicated eliminating immunologically-reactive foods from the diet has shown to have positive effects on body composition and quality of life in overweight persons. ²⁵ Below is a list of common food allergens and food intolerances from the NIH. The below list may not be specific to you and only testing could confirm if you are having any negative immunologically reactions to foods or food products.

Common Allergens listed by the NIH: Egg, Milk, Peanut, Tree Nuts, Peanut, Soy, Wheat, Shellfish and Salmon. **Common Food Intolerances listed by the NIH:** Gluten (other grains may have a cross reaction effect like gluten containing grains), Lactose and Food Additives (color and taste enhancers, products that protect against growth of microbes, MSG and sulfites).

*** These statements have not been evaluated by the Food and Drug Administration. These product and services are not intended to diagnose, treat, cure, or prevent any disease. Health Disclaimer:**

The BioSculpt Body program uses biophotonic energy technologies using medical grade light-emitting diodes, in the red and near infrared spectrum, aimed at the skin to increase localized blood circulation and has been FDA approved. Regular basic sessions (ie Groupon waist-buster) only use the biophotonic energy technologies. Long-term exposure to the light emitting diodes may cause damage to your eyes if unprotected. You will be provided with protective eyewear during your sessions and you must wear them throughout your treatment to avoid this risk. This doctor developed BioSculpt Body program is implemented by trained and knowledgeable weight loss coaches to assist users in their personal weight loss efforts. The intended use of our program is by healthy adult individuals above the age of 18 years old. We are not a medical organization or facility nor do we provide any health advice or diagnosis and we strongly encourage you to take our program to your primary care physician and dietician for review before starting, especially those who are taking medication(s) or have a medical condition. Any modifications made to the program by your physician or dietician should be followed. Nothing contained in this website nor information and reports generated by us should ever be interpreted as a substitute for a physician consultation, evaluation, diagnosis or treatment. Even though our program has been developed to follow safe rate weight loss guidelines by The National Institutes of Health's Practical Guide: Identification, Evaluation, and Treatment of Overweight and Obesity in Adults, [View Guide](#), if you experience rapid weight loss of more than two pounds per week we urge you to adapt your program with your physician or dietician. Studies have shown, for example, that weight loss can aggravate gall bladder illness. We recommend that you receive periodic medical checkups before, during and after using our program. In order to begin our program you must have working liver, kidneys and lymphatic system. Our program is not valid for pregnant or breastfeeding women, those diagnosed morbidly obese, those with epilepsy, those on photosensitive drugs or known photosensitivity, those with an active infection, those with type 1 diabetes, those on cortisone or other steroid injections, those with medical implants in treatment areas or electrical medical implants anywhere (i.e. pacemaker), those with a current wound, trauma and/or keloid scarring in the treatment area and those with cancer or any other serious or terminal medical condition. These services and products are not intended to diagnose, cure, or prevent any disease. Even though we use FDA cleared devices in our program, our program, statements and associated supportive products have not been evaluated by the FDA. I fully understand the health disclaimer above for the BioSculpt Body program and I understand that if am not an adult above the age of 18 years old or if the program is not valid for me, I will be refused service. **Program Disclaimer:** I understand that I am recommended to follow the pre- and post-session and program guidelines provided. Failure to follow the outlined instructions and program guidelines may result in failure to achieve the desired results. I understand that the program guidelines are only suggestions and it does not constitute health advice nor should it replace any visits to my primary care physician. Given that no two people are alike, especially if you are taking any medications you should be aware that potential drug-nutrient interactions may occur and you are encouraged to consult your primary care physician before using any dietary supplements or changing your diet. Combining certain prescription drugs and dietary supplements can lead to possible undesirable effects such as: diminished drug effectiveness, reduced supplement effectiveness, impaired drug and/or supplement absorption and many more possible undesirable effects or reactions. Even if you are not taking any medications some individuals may be sensitive or allergic to certain foods and dietary supplements, it is always best to consult your primary care physician before starting a new health regimen and to have your primary care physician monitor you during your course of any new health regimen. If you have a known glucose-6-phosphate dehydrogenase deficiencies do not consume vitamin C without talking to your primary care physician. If at any time during following any of the suggestions in the procedure guidelines you feel sick, nauseated, light headed or any other undesirable effects, discontinue everything immediately and if you still do not feel better contact your primary care physician or an appropriate health care provider immediately. I ASSUME ALL RISKS OF THE BIOSCULPT BODY PROGRAM AND ACKNOWLEDGE THAT NO GUARANTEE HAS BEEN MADE TO ME CONCERNING THE RESULTS OF BIOSCULPT BODY PROGRAM DUE TO THE FACT THAT RESULTS MAY VARY BASED ON MY BODY SIZE AND WEIGHT, HEALTH & LIFESTYLE STATUS AND PROGRAM ADHERENCE.

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