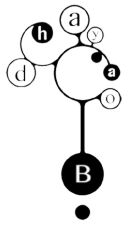


**BODHAYA HOLISTIC NUTRITION & HEALING**

# DESBIO

## Weight-Management Program Guide





## AT A GLANCE

### PROGRAM OVERVIEW

The **Evolution Weight-Management Program** couples calorie reduction with professional products to help you achieve your goals.

#### **This program consists of 5 steps:**

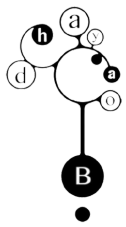
- Step 1: Detoxification
- Step 2: Fat Loading
- Step 3: Calorie Restriction
- Step 4: Maintenance
- Step 5: Lifestyle Changes

### WHAT'S IN YOUR KIT?

The Evolution Weight-Management Kit includes all the homeopathic and nutritional formulas necessary for you to complete the 23-Day Diet Option of the Evolution Weight-Management Protocol:

- *Comprehensive Homeopathic Detox Kit*
- *2 bottles of hA2cg Evolution*
- *Appetite Control*
- *Crave Control*





## **A New Approach to WEIGHT MANAGEMENT**

### *The History of hCG and Calorie-Restricted Weight Loss*

World-famous endocrinologist Dr. Albert T. W. Simeons first proposed the concept of a calorie-restricted diet incorporating doses of human chorionic gonadotrophin (hCG)\* and refined this concept into a workable protocol in 1954. Dr. Simeons observed that pregnant women in poverty-stricken countries, though underfed and malnourished themselves, would still give birth to normal, healthy babies. Human chorionic gonadotrophin, a hormone produced by women during pregnancy, mobilizes non-essential fat stores to provide energy to the developing fetus. To learn more about Dr. Simeons' research, read *Pounds and Inches*, available at [www.desbio.com/ha2cg](http://www.desbio.com/ha2cg).



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*\*DesBio does not use hCG for the Evolution Weight-Management Program.*

# STEP 1: Detox ESSENTIAL PRODUCTS



## **Comprehensive Homeopathic Detox Kit**

— This kit contains six specialized homeopathic remedies — **CerebroMax**, **SpinalMax**, **Matrix Support**, **Detox I**, **Detox II**, and **Detox III** — designed to temporarily relieve symptoms of toxicity from multiple body systems.

**CerebroMax** provides traditional homeopathic ingredients for the temporary relief of symptoms relating to sleep, memory, and emotional issues.

**SpinalMax** provides traditional homeopathic ingredients for the temporary relief of symptoms related to spine issues including spasm, pain, anxiety, nervousness, and the inability to hold chiropractic adjustments.

**Matrix Support** provides traditional homeopathic ingredients for the temporary relief of symptoms such as occasional diarrhea, occasional constipation, headaches, gas, congestion, irritated eyes, and indigestion.

**Detox I** provides traditional homeopathic ingredients for the temporary relief of symptoms related to digestive issues, such as bloating, gas, occasional diarrhea, occasional constipation, fatigue, and stomach upset

**Detox II** provides traditional homeopathic ingredients for the temporary relief of symptoms relating to headaches, fatigue, and mood issues.

**Detox III** provides traditional homeopathic ingredients for the temporary relief of symptoms relating to improper breakdown and excretion of allergenic substances, including pain, fatigue, cramping, and upper respiratory allergy.



**Step 1: You should start the **Comprehensive Homeopathic Detox Kit** on Day 1 and use throughout this entire program.**

## STEP 2: Fat Loading ESSENTIAL PRODUCTS



***hA2 cg Evolution*** — This revolutionary comprehensive homeopathic product combines 23 ingredients that temporarily relieve the symptoms that commonly occur with weight loss such as hunger, low mood, and fatigue. Two of the active ingredients in hA2 cg Evolution are homeopathic dilutions of

AACG-A and AACG-B. These amino acid chains are bioidentical to certain active amino acid chains in the human chorionic gonadotropin molecule. Along with the other 21 time-tested homeopathic supportive ingredients, AACG-A and AACG-B temporarily relieve symptoms that accompany dieting such as hunger, headache, fatigue, and mood swings.

**Step 2: You should begin *hA2cg Evolution* drops with 2 days of Fat Loading and continue until 3 days before ending Step 3: Calorie Restriction.**

## STEP 3: Calorie Restriction ESSENTIAL PRODUCTS



***Appetite Control*** — Appetite is not always physical. Many people feel hungry or experience cravings when they are under stress or otherwise emotionally impaired. Appetite Control was formulated with several homeopathic ingredients that have been used traditionally to temporarily relieve symptoms such as emotional issues, cravings, and hunger.

**You may use *Appetite Control* daily throughout this program or as needed to temporarily relieve emotional cravings.**

***Crave Control*** — This nutraceutical formulation combines ingredients shown to promote regulated eating habits and lean body mass without stimulating the central nervous system. Crave Control contains glucomannan and hoodia gordonii which have been associated with feelings of fullness and satiety. White kidney bean extract supports a healthy metabolic response to carbohydrate-containing foods. Garcinia cambogia encourages favorable utilization of energy by limiting fat biosynthesis. Rhodiola, 5-HTP, and tyrosine promote alertness, improved mood, and focus to help the body deal with feelings of hunger.

**You may use *Crave Control* daily throughout this program or as needed to manage the symptoms of hunger and to support appetite regulation.**

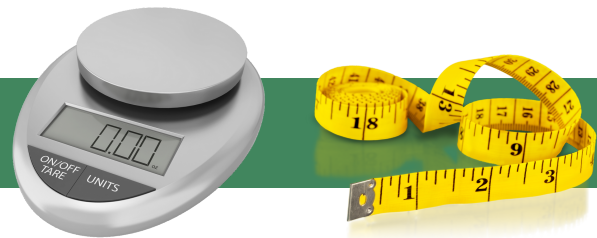


## Preparing Yourself

You must be prepared, both mentally and physically, to complete either protocol of the **Evolution Weight-Management Program**. I am going to help you on getting the measurements, equipment, lists, readings, and tools listed below. If you are anxious to get started, you can gather these materials while you are completing the detox protocol during the first week.

- Review this guide and ensure you understand each step.
- I am going to discuss with you the diet and any questions or limitations you may have regarding food choices.
- Take starting weight and measurements. I'm going to help you on how to take proper measurements at home when needed.
- Always remember that this is a 3-6 weeks commitment and it may impact your lifestyle and social life.

### WHAT DO YOU NEED?



- A kitchen scale (for weighing and portioning food)
- A bathroom scale (for monitoring weight throughout the calorie-restricted step)
- A grocery list of allowed foods.
- Cosmetics, soaps, shampoos and other personal supplies that are free from oils

- A log to track measurements and food intake (located online in program materials)

#### MEASUREMENTS

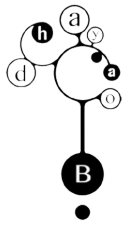
- Weight
- Chest
- Waist
- Thigh
- Arm

*Example grocery lists and weight-loss logs are available at [www.desbio.com/ha2cg](http://www.desbio.com/ha2cg)*



#### Pro Tip!

*The use of fats/oils in personal care products is a very common question. Experience has shown that it is different for everyone.*



# EVOLUTION WEIGHT-MANAGEMENT PROGRAM

The **Evolution Weight-Management Program** consists of five steps:

- Step 1:** Detox
- Step 2:** Fat Loading
- Step 3:** Calorie Restriction
- Step 4:** Maintenance
- Step 5:** Lifestyle Changes

Each step has specific instructions that must be followed closely. These steps are described on the following pages.



# STEP 1: DETOX

## Detoxification & Regulation

Every weight-management program should be accompanied by a comprehensive detoxification program. The body's non-essential fat reserves serve as a depository for toxic substances.

You should begin the **Comprehensive Homeopathic Detox Kit** at least 7 days prior to beginning the **Evolution Weight Management** protocol. The drops are then continued throughout the rest of the protocol.

### **CerebroMax, SpinalMax, and Matrix Support:**

Add 30 drops of each to a liter bottle of water to be sipped throughout the day on Days 1-3.

**Detox I, Detox II, and Detox III:** Add 30 drops of each to a liter bottle of water to be sipped throughout the day on Days 4-7.

See sample calendar below.



### Pro Tip!

*The detox bottles are going to last approximately 60 days; for most of you, you're going to continue these homeopathic detox drops throughout the diet and into the maintenance step. No special diet is required during the first week of the Comprehensive Homeopathic Detox Kit however, it is recommended that you begin reducing your intake of caffeine and sugars during this starting week to make the transition to the calorie-restricted diet step more comfortable.*

01	02	03	04	05	06	07
<input type="checkbox"/> 30 drops CerebroMax <input type="checkbox"/> 30 drops SpinalMax <input type="checkbox"/> 30 drops Matrix Support	<input type="checkbox"/> 30 drops CerebroMax <input type="checkbox"/> 30 drops SpinalMax <input type="checkbox"/> 30 drops Matrix Support	<input type="checkbox"/> 30 drops CerebroMax <input type="checkbox"/> 30 drops SpinalMax <input type="checkbox"/> 30 drops Matrix Support	<input type="checkbox"/> 30 drops Detox I <input type="checkbox"/> 30 drops Detox II <input type="checkbox"/> 30 drops Detox III	<input type="checkbox"/> 30 drops Detox I <input type="checkbox"/> 30 drops Detox II <input type="checkbox"/> 30 drops Detox III	<input type="checkbox"/> 30 drops Detox I <input type="checkbox"/> 30 drops Detox II <input type="checkbox"/> 30 drops Detox III	<input type="checkbox"/> 30 drops Detox I <input type="checkbox"/> 30 drops Detox II <input type="checkbox"/> 30 drops Detox III

Example calendar for DesBio's Detoxification Protocol days 1-7. Continue these drops in this rotation throughout the protocol until the bottles are empty. This calendar is also located on the inside of the Comprehensive Detox Kit.



## STEP 2: FAT LOADING

**Fat Loading** – You're going to have **two days** of fat loading to prepare your body for the extremely calorie-restricted diet step. *The 500-calorie restricted diet is the original protocol. It includes fat loading step to be successful. If you wish to do 1000-calorie protocol, do not do a fat loading step.*

During this step, you're going to begin taking **hA2 cg Evolution** drops (10 drops, 3 times per day). You also have to focus on eating high-fat, high-calorie foods. This may seem counterintuitive, but the extra calories consumed during these two days are going to provide the energy needed during the first few days of the **500-calorie diet** while the **hA2 cg Evolution** begins to take effect. **Do not skip the fat-loading step with the 500-calorie diet.** Those who skip this often feel increased hunger and cravings during the first few days of the 500-calorie diet and are unable to continue.

I encourage you to visit a favorite restaurant or eat your favorite junk foods and thoroughly enjoy them one last time before beginning the diet. **Examples of high fat foods to eat during this step are bacon, avocado, eggs, steaks, cream, butter, fatty fish, and full fat dairy products such as cream cheese, yogurt, cottage cheese, etc.**



### Pro Tip!

*I discourage you from making the mistake of eating an excessive amount of high carb foods like bread, pasta, cakes and such. Eating high carb foods instead of loading up with high fat foods can make the transition to the 500 calorie a day part of the protocol a bit challenging as it may contribute to strong cravings in the first few days.*

## STEP 3: CALORIE RESTRICTION

**Calorie Restriction** — You're going to begin the **500 calorie per day** step of the diet. These guidelines should be used for the **Evolution Weight Management** protocol. Review these guidelines carefully to determine whether you're committed to following this type of diet. For example diets, grocery lists, visit [www.desbio.com/ha2cg](http://www.desbio.com/ha2cg).



### ✓ Foods You Should Eat

Fruits	Vegetables	Protein	Vegetarian Protein
1 Apple ½ Grapefruit 1 Orange 1 cup of blueberries 1 cup of strawberries 1 cup of blackberries 1 cup of raspberries 1 Tomato	1 to 1-1/2 cups cooked or raw of any of the following: Spinach Kale Cabbage Bok choy Swiss chard Collard greens Dandelion greens Broccoli Cauliflower Celery Green beans Cucumber Asparagus Brussels sprouts Mushrooms Onion Radishes Tomatoes	Chicken Turkey  Any white fish (flounder, cod, haddock, halibut, tilapia, sea bass, red snapper, grilled calamari)  Any shellfish (lobster, shrimp, crab, scallops)  Lean cuts of beef (tenderloin, sirloin)  Egg whites (3 to 5)	2/3 cup non-fat plain Greek yogurt  1 cup non-fat cottage cheese  1 cup non-fat ricotta cheese  Egg whites (1 whole egg and 4 egg whites)  3 oz or ½ cup of organic tofu
<div style="background-color: #e0f2f1; padding: 10px;"> <p>✓ <b>Unlimited!</b></p> <p><i>Lettuce (romaine, arugula, mixed greens), spinach, celery, cabbage, and cucumbers can be enjoyed anytime – with meals and in-between!</i></p> </div>			

# Foods You Should Avoid



You should avoid these foods on the **Evolution Weight Management Program**.

Fruits	Protein	Processed Food
<ul style="list-style-type: none"> <li>Dried fruit</li> <li>Bananas</li> <li>Mangos</li> <li>Grapes</li> <li>Kiwis</li> <li>Pineapples</li> <li>Cherries</li> <li>Figs</li> </ul>	<ul style="list-style-type: none"> <li>Fatty meats</li> <li>Salmon</li> <li>Tuna</li> <li>Pork</li> <li>Swordfish</li> <li>Beans</li> <li>Lentils</li> <li>Black beans</li> <li>Lima beans</li> <li>Red beans</li> <li>Hummus</li> <li>Peas</li> <li>Pea pods</li> </ul>	<ul style="list-style-type: none"> <li>Crackers</li> <li>Popcorn (cakes)</li> <li>Yogurt with sugar</li> <li>All desserts</li> <li>All ice cream</li> <li>Cocktail sauce</li> <li>Balsamic vinegar</li> <li>Salad dressing</li> <li>Ketchup</li> <li>Spaghetti sauce</li> <li>BBQ sauce</li> <li>Teriyaki sauce</li> <li>Honey Maple syrup</li> <li>Baking powder</li> <li>Corn starch</li> <li>Horseradish</li> <li>Relish</li> <li>Tartar sauce</li> <li>Premade meatballs</li> <li>Burgers</li> <li>Deli meats</li> <li>Veggie burgers</li> <li>Chinese food</li> <li>Sausage</li> <li>Peanut Butter</li> <li>Pepperoni</li> </ul>
Vegetables	Grains	
<ul style="list-style-type: none"> <li>Avocado</li> <li>Corn</li> <li>Potatoes</li> <li>Carrots</li> <li>Beets</li> <li>Squash</li> <li>Sweet potatoes</li> <li>Yams</li> <li>Parsnips</li> <li>Artichokes</li> <li>Pumpkins</li> </ul>	<ul style="list-style-type: none"> <li>All type of grains</li> <li>Rice</li> <li>Barley</li> <li>Rye</li> <li>Oats</li> <li>Wheats</li> </ul>	
Fats/Nuts	Processed Food	
<ul style="list-style-type: none"> <li>Peanuts</li> <li>Cashews</li> <li>Chestnuts</li> <li>Sunflower seeds</li> <li>Oils</li> <li>Cooking sprays</li> </ul>	<ul style="list-style-type: none"> <li>Alcohol</li> <li>Diet drinks</li> <li>Artificial sweeteners</li> <li>Pasta</li> <li>Cereal</li> <li>Pretzels</li> <li>Chips</li> </ul>	



## Water Intake

You **must drink adequate water to help release toxins from the body**. You need to drink at least 64 ounces of water per day to keep fully hydrated. See water-drinking regimen such as the following:

**Breakfast** (8 oz)

In between (8 oz)

**Snack** (8 oz)

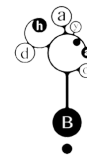
In between (8 oz)

**Lunch** (8 oz)

In between (8 oz)

**Snack** (8 oz)

**Dinner** (8 oz)



## STEP 3: CALORIE RESTRICTION

### Evolution Weight-Management Program Product Calendar

Below is an example calendar for the 23-day Diet Option for the *Lean Body (500-Calorie) Protocol*. The calendar begins after the Detox Protocol (Days 1-7) that is detailed on [page 7](#). (Detox drops are to be continued through the protocol.) You may continue the Calorie Restriction Step for up to 42 days. Stop the hA2cg drops three days before completing the Calorie Restriction diet.

<b>01</b>	<b>02</b>	<b>03</b>	<b>04</b>	<b>05</b>	<b>06</b>	<b>07</b>
<input type="checkbox"/> <b>hA<sup>2</sup>cg Evolution</b> (10 drops 3x daily) with Fat Loading Diet	<input type="checkbox"/> <b>hA<sup>2</sup>cg Evolution</b> (10 drops 3x daily) with Fat Loading Diet	<input type="checkbox"/> <b>hA<sup>2</sup>cg Evolution</b> (10 drops 3x daily) with Calorie-Restricted Diet <input type="checkbox"/> <b>Appetite Control</b> (10 drops 3x daily) <input type="checkbox"/> <b>Crave Control</b> (1 capsule 3x daily)	<input type="checkbox"/> <b>hA<sup>2</sup>cg Evolution</b> (10 drops 3x daily) with Calorie-Restricted Diet <input type="checkbox"/> <b>Appetite Control</b> (10 drops 3x daily) <input type="checkbox"/> <b>Crave Control</b> (1 capsule 3x daily)	<input type="checkbox"/> <b>hA<sup>2</sup>cg Evolution</b> (10 drops 3x daily) with Calorie-Restricted Diet <input type="checkbox"/> <b>Appetite Control</b> (10 drops 3x daily) <input type="checkbox"/> <b>Crave Control</b> (1 capsule 3x daily)	<input type="checkbox"/> <b>hA<sup>2</sup>cg Evolution</b> (10 drops 3x daily) with Calorie-Restricted Diet <input type="checkbox"/> <b>Appetite Control</b> (10 drops 3x daily) <input type="checkbox"/> <b>Crave Control</b> (1 capsule 3x daily)	<input type="checkbox"/> <b>hA<sup>2</sup>cg Evolution</b> (10 drops 3x daily) with Calorie-Restricted Diet <input type="checkbox"/> <b>Appetite Control</b> (10 drops 3x daily) <input type="checkbox"/> <b>Crave Control</b> (1 capsule 3x daily)
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<b>22</b>	<b>23</b>					
<input type="checkbox"/> <b>Calorie-Restricted Diet</b> (stop hA <sup>2</sup> cg drops) <input type="checkbox"/> <b>Appetite Control</b> (10 drops 3x daily) <input type="checkbox"/> <b>Crave Control</b> (1 capsule 3x daily)	<input type="checkbox"/> <b>Calorie-Restricted Diet</b> (stop hA <sup>2</sup> cg drops) <input type="checkbox"/> <b>Appetite Control</b> (10 drops 3x daily) <input type="checkbox"/> <b>Crave Control</b> (1 capsule 3x daily)					

## STEP 3: CALORIE RESTRICTION

### Evolution Weight-Management Program Product Calendar

#### Step 3: Calorie Restriction What a Day Looks Like

<b>Breakfast</b>	Coffee/tea (add lemon and stevia), hA2 cg Evolution (10 drops), Appetite Control (10 drops), Crave Control (1 capsule)
<b>Snack</b>	1 cup of blackberries
<b>Lunch</b>	3 oz of baked beef cut (sirloin/ tenderloin), 1 ½ cup steamed green beans, hA2 cg Evolution (10 drops), Appetite Control (10 drops), Crave Control (1 capsule)
<b>Snack</b>	½ grapefruit
<b>Dinner</b>	3 oz cooked ground turkey, 1 cup of spinach, ¼ cup of mushroom, ¼ cup of onions, hA2 cg Evolution (10 drops), Appetite Control (10 drops), Crave Control (1 capsule)
<b>Other</b>	Unlimited lettuce throughout the day and 64 oz (8 glasses) of water
<b>Activity</b>	Very minimal. Yoga, stretching, and light walking. No strenuous activity or exercise.



# Evolution Weight-Management Program

## SUGGESTED RECIPES

Below are some suggested recipes for **Step 3: Calorie Restriction**.

### Breakfast

#### *Quick Protein Power Breakfasts*



1 oz cooked meat (chicken, fish, or lean beef)      ½ orange, sectioned  
¼ cucumber, sliced

Chop meat into bite-sized pieces on a small plate. Add the orange and cucumber slices. Season the meat and cucumber with salt, pepper, and a drizzle of vinegar.

#### *Tomato Omelet*



½ c egg whites (approx 3 – 4 eggs)      sea salt  
3–5 slices tomato      pepper

Preheat non-stick pan on medium heat. Add egg whites and allow to cook for 1–2 minutes. Add tomatoes to one side of the eggs. Fold eggs in half omelet-style and flip to opposite side. Cook for 30 seconds more, then remove from stove and sprinkle with salt and pepper to taste.

### Lunch

#### *Vinaigrette*



1/3 c red wine vinegar      2 tbsp dried thyme  
¼ tsp sea salt      ¼ tsp cracked pepper  
¼ tsp garlic powder      1 tbsp dried basil  
2 tbsp water

Combine ingredients into a small dish and mix until evenly blended.

#### *Sweet Basil-Marinated Spinach Chicken Salad*



vinaigrette (above)      ½ grapefruit, peeled & chopped  
3 leaves fresh basil, chopped      3 ½ oz spinach, raw  
5 drops vanilla or raspberry stevia  
3 ½ oz chicken, cooked & diced

Put desired quantity of vinaigrette salad dressing in bottom of large bowl, add chopped basil and stir. To enhance flavors add some vanilla or raspberry stevia drops. Add chicken, grapefruit, and spinach. Toss well.

#### *Spicy Cabbage Chicken Soup*



1 c chicken broth (low sodium)      salt and pepper to taste  
3 ½ oz cabbage, chopped      herbs and spices as desired  
3 ½ oz chicken, cooked and cut into pieces

Put chicken broth in a saucepan. Add remaining ingredients and simmer until cabbage is tender. Lemon or vinegar with sweetener makes a good sweet and sour broth. Add 1 tbsp milk when desired.

# Evolution Weight-Management Program

## SUGGESTED RECIPES

Below are some suggested recipes for **Step 3: Calorie Restriction**.

### Dinner

#### *Orange Spiced Chicken with Broccoli*



¼ c spiced chai tea  
3 ½ oz chicken, cut into pieces  
3 ½ oz broccoli, cooked

1 orange, peeled and cut into pieces  
salt and pepper to taste  
other herbs and spices as desired

Pour spiced chai tea into pan. Add chicken pieces and simmer on medium heat until chicken is well done. Combine broccoli, oranges, chicken, and juice from pan in a bowl. Season when desired with salt, pepper, herbs, and spices. You may substitute beef or fish for the chicken when desired.

#### *Tilapia with Coleslaw*



3 ½ oz tilapia  
½ tsp lemon juice  
grated lemon zest  
salt and pepper to taste  
¼ tsp dried dill

3 ½ oz cabbage, shredded  
½ grapefruit, peeled and chopped  
vinegar as desired

Place fish in medium frying pan, drizzle with lemon juice, and sprinkle zest on top. Season with salt, pepper, and dill. Cook on medium heat until done. Serve with shredded cabbage seasoned with vinegar, spices, and grapefruit pieces. You can bake 2-4 pieces of fish at a time and put individual portions in baggies.

Vegans (no eggs or dairy) may struggle with this program. I am going to counsel you carefully to make sure you can meet the requirements.



#### **Pro Tip!**

*You may use fat free broth for cooking. If extreme hunger is present in the first few days, drink warm water or 1 cup fat free broth. Warm fluids fill you up.*

# Evolution Weight-Management Program

## SUGGESTED RECIPES

Below are some suggested recipes for **Step 3: Calorie Restriction**.

### Dinner

#### *Strawberry Lemonade*



1 qt water  
1 lemon (juice only)  
2 pk sweetener

1 strawberry, sliced  
crushed ice cubes

Place 1 quart water in a pitcher. Add the juice of 1 lemon and 2 packets of sweetener and stir briskly. Add ice as desired and serve in a tall glass. Slice strawberry for garnish or crush to add color and flavor. Add ice as desired and serve.

#### *Flavored Coffee*



1 flavored tea bag (raspberry, orange, etc.) Must be sugar free. 8-12 oz hot water

1-2 tsp instant coffee  
1 pk sweetener  
1 tbsp milk

Steep tea bag in hot water for 3 minutes, then discard. Add instant coffee, sweetener, and milk. Stir and enjoy.

#### *Mocktail*



Mix sparkling mineral water or zevia pop with stevia to create a delicious mocktail!



### **Pro Tip!**

*You can use flavored Stevia for coffees, water and sparkling mineral water. Sweetleaf is recommended. There are lots of flavors – vanilla, chocolate and raspberry are delicious.*



## STEP 3: Calorie Restriction Troubleshooting

### Addressing Possible Side Effects During Step 3: Calorie Restriction

- **Hunger** — Hunger is normal with this program, especially in the first few days. Make sure you're following the detox protocol and consuming plenty of water. I also recommend ***Appetite Control*** or ***Crave Control***.
- **Leg cramps** — I recommend supplementing with 99 mg of potassium each day or increasing intake of potassium-rich foods that fit within the diet parameters. For extra support, consider ***Electrolyte Plus***
- **Plateaus (not losing weight)** — Always remember that plateaus are normal and as long as you're still on track, losing more than ½ pound per day total, you're still making great progress. Track changes in inches and how clothing fits along with weight loss—the scale is not the only way to monitor changes in body composition.
- **Apple Day** — When you're plateaus for more than 5 days, I recommend an “apple day” (consume only 6 large apples and water for one day). Optional support products such as ***Crave Control*** and ***EquoSLIM***, especially for those who are struggling with hormone issues or abdominal weight gain.
- **Fatigue/low moods** — B-vitamins can provide an energy boost. For you who are struggling with mood or emotional wellbeing, try ***AnXious***, ***Elevate***, or ***Motivation***. For fatigue, consider ***Electrolyte Plus*** or ***Multi Trace Mineral***.
- **Hormone issues** — Abnormal hormone levels or fluctuations can be a major contributor to plateaus or challenges with weight loss. When you've been diagnosed with a thyroid condition, try incorporating ***Energize*** to temporarily relieve symptoms related to thyroid issues. For those who are over 45, ***Hormone Combination*** and ***High Vitality*** can temporarily relieve symptoms related to natural fluctuations in hormone levels. The antioxidant support provided by ***EquoSLIM*** can also benefit you.



# STEP 3: Calorie Restriction Troubleshooting

## Common Mistakes

Here are the most common mistakes made while completing the calorie-restricted diet step of this program. Some of the rules of the diet seem arbitrary, but they are based on extensive research. Those who make these mistakes are not going to lose as much weight.

- **Not Enough Fat Loading (500-calorie protocol)**
- **Chewing Gum or Mints**
- **Eating Fatty Beef**
- **Eating More Than 3.5 Ounces of Protein (500-calorie protocol)**
- **Not Drinking Enough Water**
- **Drinking Diet Drinks**
- **Not Varying Protein**
- **Eating Out**
- **Not Weighing at the Same Time Every Day**

## Completing Step 3: Calorie Restriction

The calorie-restricted portion of this program should last for a minimum of 23 days and a maximum of 42 days (unless you reach the goal weight sooner). You should discontinue the hA2 cg Evolution drops three days before ending the diet portion of this program.





## STEP 4: MAINTENANCE

**It is critical that you complete this portion of the program. Those who don't are going to experience weight gain.** Step 4 lasts for 21 days. Finish up the drops that were included in the **Comprehensive Homeopathic Detox Kit** during this step.

Maintenance begins after the calorie-restricted step of this program (immediately after the three days of calorie restriction without the **hA2cg Evolution** drops).

### How Much Should You Eat?

During maintenance, you should increase calories to the ideal calorie intake required to maintain goal weight. When you are unsure of your ideal calorie intake, you can determine an approximate number by using this formula at the bottom of the page.

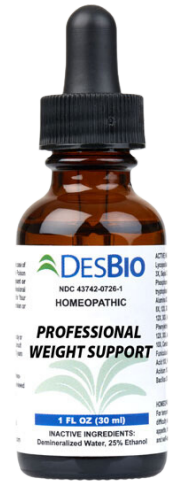
### What Should You Eat?

You can eat healthy fats and other foods that you've been avoiding but you must continue to avoid sugars and starches as you stay within the recommended calorie intake guidelines. Eating healthy fats such as salmon, steak, avocados, cheese, walnuts, pecans, etc. is critical to successfully completing step 4.

Healthy foods that contain a lot of fat include (but aren't limited to) salmon, steak, avocados, cheese, walnuts, almonds, and pecans. You may find it convenient to make up baggies of cheese and/or nuts to have on hand to help boost your calorie and fat intake. It is important that your calorie intake for the day is based on your weight on the last day that you took the hA2cg drops. Do not try to cut calories while stabilizing your new weight. You can aim for your dream weight after you have completed your 21 days of Step 4.

Foods reintroduced:

- Cooking Oils
- Nuts
- Avocados
- Varied cuts of meat or poultry
- Higher-fat fish like salmon or halibut
- Additional vegetables such as asparagus, green beans or string beans, cauliflower, etc.
- Additional fruits (but not those high in sugar such as bananas, kiwis, etc.)
- When sugar is not listed as an ingredient but is naturally occurring such as full-fat cottage cheese, it is okay to eat in moderation during Step 4.



### Pro Tip!

**How many calories in Step 4: Maintenance?** *To calculate how many calories you need for maintenance: Take ending weight divided by 2.2 then multiply by 25 if sedentary, 30 when moderately active, or 35 when very active. 55% of those calories should be from fats!*

# STEP 4: MAINTENANCE

## Allowable Foods

Proteins	Vegetables	Fruits	Other
<p>Bacon (sugar free) Bottom Round Brisket Buffalo Chicken Crab Eggs Flank Flounder/Sole Halibut Hamburger Lamb Lobster Pork Porterhouse Prawn Rib Eye Ribs Round Tip Salmon Scallops Shrimp Sirloin Steak T-Bone Tenderloin Top Loin Top Round Tuna Turkey</p>	<p>Artichoke Hearts Asparagus Avocado Bamboo Shoots Bok Choy Broccoli Brussel Sprouts Cabbage Cauliflower Celery Celery Root Cucumber Eggplant Fennel Garlic Green Beans Greens Herbs Jicama Kale Leeks Mushrooms Okra Onions Peppers Radishes Scallions Sea Vegetables Snow Peas Spinach Sprouts Tomatoes Turnip</p>	<p>Apples Apricots Blackberries Blueberries Cherries Cranberries Grapefruit Lemons Limes Pears Plums Raspberries Strawberries</p>	<p>Avocado Mayo Coconut Oil Ketchup (home-made) Olive Oil Sesame Oil Vinegar</p> <p><b>Foods to continue to avoid</b></p> <p>Beans Bread and rolls Cakes Carrots Cereals Cookies Corn Crackers Oats Pasta Peas Potatoes Pumpkin Rice Squash Sweet Potatoes</p>
		<p><b>Nuts</b></p> <p>Almonds Brazil Macadamia Pecans Pine Walnuts</p>	



### Pro Tip!

*At the end of Step 4: Maintenance, you can then begin to add in one food at a time every other day from new foods such as starches, sugars, and grains. Keep track of your weight daily.*

# Evolution Weight-Management Program

## SUGGESTED RECIPES

Below are some suggested recipes for **Step 4: Maintenance**.

### *Fat Bombs*



½ cup nut butter of choice  
¼ cup cocoa or cacao powder

¼ cup melted coconut oil stevia  
to taste, or 1 tbsp sweetener of  
choice

Stir all ingredients together until smooth. If too dry (depending on nut butter used), add additional coconut oil if needed. Pour into a small container, ice cube tray or candy mold. Freeze to set. Because coconut oil softens when warm, it's best to store these in the freezer.

### *Greek Yogurt with Berries*



¾ cup Greek yogurt plain &  
unsweetened  
¼ cup fresh strawberries  
¼ cup fresh blueberries

¼ cup fresh raspberries  
1-2 packets powdered stevia  
1 tsp freshly squeezed lemon  
juice

Slice the strawberries into smaller pieces. Place all the berries into a small bowl. Top with the fresh-squeezed lemon juice and then sprinkle with powdered stevia. Cover and refrigerate for 1 hour, stirring every 15 minutes. Once time is up, remove the fruit from the fridge and mix with the Greek yogurt in a serving bowl. Add more stevia, if desired, serve, and enjoy!

### *Blackened Salmon*



4 oz salmon fillet  
¼ tbsp paprika  
¼ tbsp cayenne pepper  
¼ tbsp garlic powder

½ tsp black pepper  
½ tsp salt  
1 tbsp butter (to flavor salmon)  
1 tbsp butter (for cooking)

Preheat oven to 350 degrees F. Combine the spices for the salmon together in a small bowl, set aside. Melt 1 tbsp butter in a small saucepan. Brush the butter on both sides of salmon. Sprinkle the spice mixture on each side of salmon, gently pat the salmon fillet to ensure the spices are sticking well. Heat a large non-stick skillet over medium-high heat, add 1 tbsp butter. Place the salmon in skillet, skin side up. Sear for about 2-4 minutes (depending on the thickness of fish). Transfer the seared salmon to oven safe dish, bake in the oven at 350 degrees for about 5-7 minutes or until the fish flakes.

### *Crunchy Parmesan Chicken Tenders*



1 ½ lb. raw chicken tenders  
3 tablespoons Dijon mustard  
1 teaspoon garlic powder

½ teaspoon cayenne pepper  
1 cup grated parmesan cheese  
1 tablespoon olive oil

Place the chicken tenders between two layers of wax paper and pound them 1/8 inch thin. Brush both sides of the chicken pieces with mustard, and sprinkle with garlic powder and cayenne. Place the Parmesan in a shallow bowl. Dip the chicken pieces, one by one, into the Parmesan and press to coat. Heat a nonstick double-burner griddle (or two large nonstick skillets) over medium heat for about 2 minutes. Brush with olive oil. Fry the chicken tenders until browned and cooked through (their internal temperature should reach 165°F), about 3 minutes on each side.

## STEP 4: Maintenance Troubleshooting

### Addressing Possible Side Effects During Step 4: Maintenance

- **Monitoring Weight** — You should continue to monitor your weight daily. Fluctuations during this step are normal. However, when you gain 2 pounds more than your weight at the end of this program, revisit your daily caloric intake to make sure you are staying within the recommended guidelines. Keeping track of calorie intake and portion size is essential during this step.
- **Consider a Steak Day** — Those that gain more than 2 pounds may also do a steak day during which they would entirely skip breakfast and lunch (but be certain to drink plenty of water). For dinner, you should eat only a large steak and a single apple or tomato.
- **Hormone issues** — Abnormal hormone levels or fluctuations can be a major contributor to plateaus or challenges with weight loss. When you've been diagnosed with a thyroid condition, try incorporating **Energize** to temporarily relieve symptoms related to thyroid issues. For those over 45, **Hormone Combination** and **High Vitality** can temporarily relieve symptoms related to natural fluctuations in hormone levels. The antioxidant support provided by **EquoSLIM** can also benefit you.

- **Dry skin or other skin changes** — Consider **Liposomal Collagen**. It offers great tasting support for skin and joints with hydrolyzed marine collagen.
- **Cravings** — Consider **Professional Weight Support** to temporarily relieve the symptoms related to weight loss and craving. It contains many of the same ingredients as hA2cg — without the active amino acid chain groups. Another consideration is **Liposomal Collagen** to help suppress appetite and increase satiety.



### Pro Tip!

*One of the biggest mistakes some of you make during the maintenance phase is not getting enough fat. Other mistakes include not getting enough water (aim for 64 to 100 oz per day) and not having a bowel movement daily.*

## STEP 5: LIFESTYLE CHANGES

**You must continue to make healthy diet choices for long-term weight management success.** You may lose many pounds on this program but gain them all back when you go back to previous lifestyle choices.

After following the maintenance step of this program for three weeks, you can begin to re-introduce starches and sugars and other previously avoided foods back into your diet. This is a time when I, your healthcare provider, am going to carefully counsel you on how to eat for the rest of your lives.

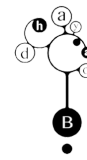
### General Guidelines for Long-Term Success

- 2 – 3 servings of fruits each day
- 3 – 5 servings of vegetables each day
- Focus on lean protein at meals. The protein sources used in the Evolution Weight-Management Program are all good choices.
- Limit grains, starchy vegetables, and beans to 4 to 8 servings per week
- 8 glasses water each day
- Keep snacks between 100 -200 calories, and seek out foods that are high in fiber, healthy fats, and protein that's going to keep you fuller longer
- Limit “pleasure” foods like chips, cakes, cookies, french fries, etc. to 2 servings of less than 300 calories per week
- Consider replacing one meal per day with **OmniMeal** or **OptimaLean** to keep appetite and calorie intake regulated

### Pro Tip!

*General rule of thumb:  
Eat 40% protein, 35-40% fat, with the remaining in sugars/starches. Keep protein high when you have a sugar or starch. Reduce your fat intake on the days you are having sugars or starches.*





## STEP 5: LIFESTYLE CHANGES

### Can you do multiple “rounds” of the hA2cg diet? How long should you wait before starting the diet again?

Yes, after a waiting period you may restart the hA2cg Evolution weight loss protocol. See chart to determine how long the waiting period should be. The wait period begins when the 500-calorie-a-day protocol ends and maintenance begins. When you're ready for another round you're going to do exactly what you did when you started the first round: begin the detox drops, begin hA2cg drops and 2 days of fat loading, then proceed into the calorie restriction.



### Evolution Weight Management

### Number of Weeks to Wait Before Beginning Course

2nd Course

Wait 6 weeks

3rd Course

Wait 8 weeks

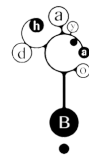
4th Course

Wait 12 weeks

5th Course

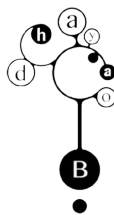
Wait 20 weeks





# NOTES

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# BODHAYA HOLISTIC NUTRITION & HEALING

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