



“Your Successful Weight Loss Journey”

The Lifestyle Detox Diet Program



Email us 24/7:

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or

Call Toll Free at 877-698-5534

A TOTAL WELLNESS EXPERIENCE



Detox and Cleansing - these selected detox items are considered “Required” for Best Results during the Lifestyle Detox Diet.

Required: [Lifestyle Weight Loss Drops](#), [Colon Cleanse](#), [Candida Yeast Cleanse](#), [Milk Thistle Liver Cleanse](#), [Corti Therm](#), [Coral Calcium](#), [Digestive Enzymes](#), [Potassium](#) & [Vitamin E](#)

Strongly Recommended: [Vitamin B12](#), [Chromium Picolinate](#), [Acai Berry](#), [Omega 3](#), [L-Carnitine](#), [Probiotics](#), & [Meal Replacement Shakes](#)

The Detox Diet consists of a series of all natural Detox supplements which are designed to minimize the amount of chemicals and toxins that are ingested through processed foods every day. The program also consists of a 1,000 calorie diet designed to help maximize the body’s toxin release and weight loss results. The diet’s food restrictions will optimize the weight loss during your detoxification diet.

The Detox Diet is recommended during the process of cleansing the body. It is also suggested as quarterly cleanse for life maintenance. Follow the Green Light Food List during your Detox Diet.

Why Lifestyle Weight Loss Drops: \$19.95 – [Buy Now](#)

Dosage instructions: (10 to 12 drops) 3 times daily. Take indefinitely with detox supplements until weight loss goal is reached.

Our Lifestyle Weight Loss Drops are a hormone free detox supplement designed to maximize weight loss results while following a 1,000 calorie custom diet plan.

Active Ingredients:

Vitamin B12 = Appetite Suppressant

Ginseng Extract = Energy Booster

L-Arginine = Amino Acid Protein Metabolizer

Chromium Picolinate = Reduce Carb Cravings

Yerba Mate Extract = Antioxidant Detoxifier

Why Take the Detox Supplements:

Colon Cleanse \$21.95 – [Buy Now](#)

Dosage instructions: one capsule 3 times daily with 8oz of water. Do not exceed three capsules daily.

Colon Cleanse has been specifically formulated and designed to help maintain a healthy colon. Using a colon cleanse will bring significant benefits by removing the toxins that have built up over time and by allowing the digestive system to function more efficiently. The Colon Cleanse is gentle enough to use as a daily supplement.

The Colon is responsible for the final stages of the digestive process, the colon's function is threefold: to absorb the remaining water and electrolytes from indigestible food matter; to accept and stores food remains that were not digested in the small intestine; and to eliminate solid waste (feces) from the body. The colon absorbs vitamins, salts, nutrients, and water. When these essential, life-giving ingredients are being properly absorbed, we feel good. But when the colon is not working well it begins to absorb toxins into the blood stream rather than expelling them. The result is a myriad of problems ranging from constipation and gas, to Candida, diverticulitis, and various other chronic health issues.

Candida Yeast Cleanse \$28.95 – [Buy Now](#)

Dosage instructions: 2 capsules per day, anytime

Candida Complex supports optimal health and wellness as an all natural scientific formulation designed to work together to inhibit and cleanse Candida overgrowth in the digestive system. Candida Complex helps detoxify the digestive system inhibits growth of yeast that stores toxins, and reduces craving for carbs.

Candida is a yeast microorganism that lives in the intestinal tract along with healthy bacteria, which are probiotics. When these two are in balance, it creates a healthy existence. The problem comes when there is an overgrowth of yeast in your system. This happens when there are not enough healthy probiotics to keep it under control. Candida will gradually spread to other parts of the body, which causes all sorts of symptoms and illnesses.

Some symptoms of Candida overgrowth are:

Mental Fogginess (inability to concentrate)	Food Sensitivities
Mood Swings	Allergies
Headaches	Intestinal Pain
Gas/Bloating	Bad Breath
Constipation	Food Cravings

Milk Thistle Liver Cleanse \$21.95 – [Buy Now](#)

Dosage instructions: take 1 capsule daily.

Milk Thistle strongly protects and cleanses the liver of harmful toxins, but it also plays an important healing role by constantly repairing the liver's cells promoting the regeneration of new cells. The liver is one of the most complex organs in the body. The functions of the liver involve the control of more than 500 chemical reactions, making the liver the most important organ of metabolism. The liver breaks down toxic substances, such as alcohol, into harmless constituents that can be excreted from the body. The roles of the liver include:

Storing carbohydrates. The liver breaks down glucose, the form in which carbohydrates are carried in the blood, and stores it as glycogen. The process is reversed when blood glucose levels fall or there is a sudden demand for extra energy.

The liver breaks down surplus amino acids, which make up proteins, and turn the ammonia that is produced into urea, a constituent of urine

Using fat to provide energy. When there are insufficient carbohydrates in the diet to fulfill energy needs, the liver breaks down stored fat into chemicals (ketones), which are used to produce energy and heat

Manufacturing cholesterol. Naturally produced cholesterol is essential for the production of bile and hormones such as Cortisol and progesterone

Storing minerals and vitamins. The liver stores sufficient minerals, such as iron and copper (needed for red blood cells), and vitamins A (which it synthesizes as well as stores), B12 to meet the body's requirements for a year

Processing blood. The liver breaks down old red blood cells, using some of their constituents to make bile pigments. It also manufactures prothrombin and heparin – proteins that affect blood clotting.

Corti Therm Fat Burner \$34.95 – [Buy Now](#)

Dosage instructions: Take one (1) capsule early morning with 8 oz. of water, and one (1) capsule with 8 oz. of water early afternoon. Do not exceed more than two (2) capsules per day.

Corti Therm Fat Burner acts as an aggressive appetite suppressing energy booster. Corti Therm provides an effective list of ingredients to help increase Energy and Metabolism. With more than 200 milligrams of caffeine per capsule along with unique blend of Hoodia Cactus, Magnolia Bark, Banaba, L-Theanine, Green Tea and more. Corti-Therm works very well just taking one capsule twice daily. Chromium is added to help promote proper blood sugar levels.

Coral Calcium \$19.95 – [Buy Now](#)

Dosage instructions- 3 capsules per day, anytime

Coral Calcium supports proper functioning and flow of all the body cells and blood alkalinity. The most common elements in Coral Calcium are all natural ionized calcium and magnesium and contains 74 trace minerals. Eating a diet that has an adequate amount of calcium and other trace minerals has also been shown to lower blood pressure, may help reduce PMS symptoms, and some doctors believe it can help cut the risk of colon cancer. Increasing calcium intake by the equivalent of two dairy servings per day could reduce the risk of overweight substantially, perhaps by as much as 70 percent. Many people do not drink dairy products, for a variety of reasons, and the weight loss studies that recommend calcium products as the best source of weight loss. Because these products have a natural mixture of many trace minerals, and seem to be easily digested.

Benefits includes stronger bones and teeth, healthier hair and nails, prevention of osteoporosis, improved function of bodily systems and better healing, and improved weight loss. Coral calcium may be able to reverse or stop cancer growths, prevent heart disease, hypertension, arthritis, Alzheimer's, and diabetes. They feel that in taking coral calcium you are being proactive in ensuring your good health.

Digestive Enzymes \$16.95 – [Buy Now](#)

Dosage instructions – Take 1 to 2 capsules with each meal. Do not exceed six (6) capsules daily

Provide digestive support by increasing nutrient absorption in the gastrointestinal tract. If your diet has been filled with processed food then you'll probably want to take our digestive enzymes.

Digestive enzymes are crucial enzymes for weight loss and maintaining a healthy body. The role of Digestive enzymes is to break down proteins and eliminate toxins. The elimination of toxins is crucial for anyone who is burning fat, because your body stores excess toxins in your body fat. As your body begins to burn fat, the toxins are released back into your system. This can cause water retention and bloating. Since Digestive enzymes attack and eliminate toxins, it is crucial to have extra protease during fat loss. Without lipase, fat accumulates in organs, arteries and capillaries, as well as in the hips, thighs, buttocks and stomach.

Potassium \$14.95 – [Buy Now](#)

Dosage instructions: Take one (1) tablet daily.

Dehydration is common if the dieter doesn't drink enough water. Taking Potassium will prevent dehydration while on the HCG Diet. This important mineral Potassium is a major component of the cells in our body and is required for muscle contraction, production of energy, synthesis of nucleic acids and proteins. Even the beating of the heart depends on potassium. Potassium benefits athletic performance, but is depleted from the body by excessive loss of fluid like that experienced during intense workouts. Each tablet of Potassium 99MG provides 99 milligrams of elemental Potassium from Potassium Gluconate.

Vitamin E400 \$14.95 – [Buy Now](#)

Dosage instructions: Take one (1) soft gelatin capsule daily.

Vitamin E is the only fat-soluble vitamin allowed while following the HCG diet. It is primarily needed to help keep your skin soft to avoid dryness and cracking skin. Vitamin E will also help tighten the skin as you rapidly lose weight.

Vitamin E is actually a family of fat-soluble vitamins, and acts as a powerful antioxidant in the body. An antioxidant is a compound that fights damaging free radicals by neutralizing them. Free radicals are disease-causing agents that can build up in the body. When we continuously consume foods with antioxidants, in this case vitamin E, our bodies can fight off these disease-causing agents. There are 8 different forms of vitamin E; d-alpha tocopherol is the most active in our bodies. Vitamin E is found in vegetable oils, nuts, and green leafy vegetables. Aside from being an antioxidant, vitamin E helps to prevent blood clotting by thinning the blood.

Vitamin B12 \$16.95 – [Buy Now](#)

Dosage instructions: Take one (1) tablet daily. For best results, allow tablet to dissolve under the tongue and swallow.

Vitamin B12 is a naturally occurring vitamin found in animal products like meat, fish and eggs. Here is what Vitamin B12 does for the body: Helps produce red blood cells, Aids in mental clarity and acuity, Keeps nerves healthy - B12 helps to produce the fatty tissue.

Around your nerves called myelin, which protects your nerves from damage. Works to help produce Serotonin - This is one of the chemicals produced in your brain that helps you stay positive. Often referred to as a "feel good" chemical. Helps to metabolize fat and protein - This gives you more energy. Helps to metabolize fat and protein - This gives you more energy.

Chromium Picolinate \$16.95 – [Buy Now](#)

Dosage instructions: Take one (1) capsule daily with food.

The benefits of chromium picolinate have been found to result in fat loss. This is because chromium picolinate increases insulin sensitivity and aids your body in better utilizing fats and carbohydrates.

If you watch what you eat and get a moderate level of exercise, 200 - 400 micrograms of chromium picolinate per day can help you shed unwanted body fat and improve your body composition.

Chromium Picolinate has also been shown to help in controlling your cravings for carbohydrates!

The benefits of chromium picolinate have been found to be helpful in preventing and/or dealing with these and other conditions such as...

- helping with fat loss and muscle mass production
- curbing your craving for carbohydrates
- reducing the symptoms of what is called Syndrome X
- enhancing insulin function in your body
- helping to alleviate the symptoms and root causes of various other chronic disease such as insulin resistance, obesity, and Polycystic Ovarian Syndrome

Acai Berry 600mg \$18.95 – [Buy Now](#)

Dosage instructions: Take one (1) or two (2) capsules daily.

Acai Berry works as a great Protein alternative for Vegetarians following the HCG Diet.

Used for centuries by the natives of Brazil, the Acai Berry is known for its antioxidant benefits and is naturally rich in Essential Fatty Acids, Amino Acids, Electrolytes, Vitamins and Protein. Each Vitalabs' Acai 4:1 Concentrate 600 milligram capsule is equivalent to 2400 milligrams of regular Acai Powder.

Omega 3 Fish Oil \$24.95 – [Buy Now](#)

Dosage instructions: Take one (1) capsule early morning with 8 oz. of water, and one (1) capsule with 8 oz. of water early afternoon. Do not exceed more than two (2) capsules per day.

Omega-3 fatty acids are essential to human health. They play a critical role in the body's growth and development. They are also important to brain function and help reduce the risk factors that have been associated with heart disease, cancer and arthritis. Omega-3 fish oil also may aid in weight loss.

Diets supplemented with omega-3 fish oil are said to increase the amount of fat the body burns. It has a positive effect on metabolism and allows more fat to be used for energy rather than just stored in the body.

L-Carnitine (Fat Blocker) \$21.95 – [Buy Now](#)

Dosage instructions: Take one (1) capsule early morning with 8 oz. of water, and one (1) capsule with 8 oz. of water early afternoon. Do not exceed more than two (2) capsules per day.

In the strictest sense L Carnitine is not an amino acid, but a substance related to the B vitamins. However, due to its chemical structure, which is similar to those amazing amino acids it is usually considered together with them.

Its primary role is to help transport fatty acids into the energy producing units in the cells - the mitochondria, where they can be **converted to energy**. This is a major source of energy for the muscles, including those of the heart. As such, carnitine **increases the use of fat as an energy source**.

Carnitine plays an important role in preventing fatty buildup, especially in the heart, liver, and skeletal muscles, and it helps keep blood levels of cholesterol and triglycerides in check. The heart depends on adequate concentrations of carnitine for normal heart function.

Probiotics \$19.95 – [Buy Now](#)

Dosage instructions: Take one (1) capsule early daily with breakfast. For additional intestinal support, take one (1) or two (2) capsules with each meal.

The following is a list of some of the known benefits of probiotics:

Hydrocarbons are broken down by probiotic bacteria which means the food is being split into its most basic elements. This allows almost total absorption through the digestive system. In this way probiotics dramatically increase overall nutrition and enhance rapid cellular growth and development. The intestinal tract is cleaned by probiotics. They go under the layer of crud on the intestinal walls, attach themselves and dislodge the accumulated decay. This waste is then flushed out naturally.

Probiotic bacteria work in symbiosis with tissue and organ cells to metabolize proteins and help eliminate toxic wastes from the body.

Probiotic bacteria produce Lactoferrin as a by-product of their metabolism. Lactoferrin is an iron-binding protein essential to retrieving iron from foods we eat. Increased Lactoferrin can help relieve iron-assimilation deficiencies.

Yeast and fungal infections are prevented, and sometimes eliminated with supplements of probiotics.

Since probiotics clean the colon, bad breath and body odor are greatly reduced. This is because the lungs and skin will be utilized by the body to help eliminate toxins when the intestinal tract is clogged and functioning poorly.

Meal Replacement Shakes \$29.95 – [Buy Now](#)

Dosage instructions: Take one (1) or two (2) scoops daily to supplement your diet with extra protein.

Recommended for Meal Replacement while following the HCG Diet. Also a great protein alternative for Vegetarians. Available in French Vanilla and Chocolate Fudge flavors.

Whey-26 is a source of protein derived exclusively from Whey Protein Isolate (WPI) and provides one of the highest percentages of protein per serving, minimal carbohydrates and no fat. In addition, the product is Lactose-free, very low in sodium and no cholesterol. Common to many whey products, Whey Protein Isolate is produced by removing Sweet Whey from cheese curd, then subjected to methods that remove the remaining cheese “fines”, pasteurized, and the fat content is removed by centrifugal separation. Following this pretreatment, the fluid raw material may then be processed into Whey Protein Isolate using one of two methods: Ion Exchange (IE), which is followed by concentration and spray drying, is a process very similar to that used for the production of “soft” water. Microfiltration followed by Ultra filtration (MF/UF), and is then spray dried, incorporates a pressure driven membrane filtration which is comprised of two “molecular sieves”. This process removes differing components in various steps and is then concentrated to achieve the desired product. The two methods differ in production in the composition of the proteins found in the respective forms of Whey Protein Isolate. However, when compared to the MF/UF method, the IE method results in the loss of significant certain protein fractions. For this reason, Vitalabs’ Whey-26 uses Whey Protein Isolate produced only by MF/UF methods. WPI offers an effective means of supplementing the diet with a source of protein that has an excellent Protein Efficiency Ratio (PER) and Biological Value (BV) available. And, due to the natural bland taste of WPI, it offers a very good tasting, versatile form of protein that may be used to create an endless number of protein shakes and smoothies. Each 30 gram serving of Whey-26 provides 26 grams of Protein, only 1 gram of Carbohydrates, No Lactose, No Fat and No Cholesterol. Whey-26 is available in three great tasting flavors, Vanilla, Chocolate, and Strawberry, with some new exciting flavors in the works. Whey-26 is naturally sweetened with Stevia and uses flavor systems guaranteed to be free of MSG and other Exitotoxins.



Detox Diet Guidelines:

Use all the Detox products in combination instructed by the information listed here for a 30 day period while cleansing the body. We recommend eating only organic foods while following the Detox Diet program, due to the fact that organic foods are not exposed to all the growth hormones and pesticides that our every day grocery products are being treated with. If organic foods are not available to you please then only buy fresh or frozen produce, avoid canned goods.

Key Points while on the Detox Diet:

Follow the Detox diet eating solely on your Green Light Food List. Eliminate the foods from the restricted Red Light Food List.

Eat Organic or Fresh foods!!

Drink 8 to 10 glasses of water daily.

Count your daily calorie intake restricting yourself to 1,000 calories.

What is a Detox Diet?

A Detox Diet will remove toxins and poisons from your body. The idea of a good detox diet is to eat pure and natural foods that will aid in the function of the lymph, kidney and liver. All foods that hinder the regime should be avoided.

Why do People go on a Detox Diet?

A growing body of research suggests that many of the chemicals we ingest daily through food, water, and air can become deposited in fat cells in our bodies. A diet that lacks certain nutrients may also impair our natural ability to detoxify chemicals, which further leads to their build-up in the body.

The cumulative load, called the 'body burden', is thought to lead to illness and has been linked to hormonal imbalance, impaired immune functions, nutritional deficiency, and an inefficient metabolism. Signs are thought to include indigestion, bad breath, fatigue, poor skin, and muscle pain.

How Does Detoxing Help Increase Weight Loss?

Weight Loss is a complex physiological process that involves many organ systems. Through this whole process in which you are about to undertake, your body is going through many stresses and changes. The detox process helps prepare our bodies for the upcoming events.

The detox prepares the bowels, liver, and kidney for the metabolic physiological stress on the body during any low calorie dieting. Our liver cleanses and detoxifies the blood and also distributes nutrition. When you have a bad diet the liver is used to working hard processing the bad foods and the liver detox cleans and preps the liver for better nutrient absorption. If you make a drastic diet change immediately without cleansing the liver, it can slow your weight loss.

Due to the reduced amount of actual food intake, your bowel movements will slow causing the body to evacuate the bowels every three to four days. Due to this change you will want to fully clean your colon preventing any build up or constipation. During the Detox Diet you will be excreting stored fats through your urine. Due to this process you will want to cleanse the kidneys to allow for full functionality. Yeast cleansing will rid the body of any yeast overgrowths helping to control hunger pain during any low calorie dieting.

Green Light Foods for PHASE ONE:



Snacks

Almonds
Almond Butter
Pecans
Pumpkin Seeds
Walnuts

Protein

Hemp Protein Powder
Pea Protein Powder
Eggs
All Meats

Staples

Extra Virgin Coconut Oil
Extra Virgin Olive Oil
Mustard (check ingredients)
Hot Sauce (check ingredients)
Melba toast
Grissini Breadsticks

Walden Farms Dressings

Beverages

All Natural Juices, no added sugars
Coffee, Water, Teas
Lemonade, made with Stevia

Fruits (Fresh, not dried!)

Apricots
Cherries
Plums
Grapefruit*
Peaches*
Peach, canned in natural juice
Granny Smith Apples*
Pears
Strawberries*
Prunes
Cranberries*
Raspberries*
Blackberries
Blueberries*
Cantaloupe*
Honeydew*
Tomatoes*
Oranges
Grapes

Raisins

Vegetables

Artichoke
Avocado
Asparagus
Bamboo Shoots
Bell Peppers
Boy Choy
Broccoli*
Brussels Sprouts
Cabbage*
Cauliflower*
Celery*
Chilies
Cucumber*
Eggplant
Fennel
Greens
Green Beans*
Herbs
Lettuce* (Romaine, Mixed Greens)
Mushrooms*
Okra
Onions*
Radishes*

Sea Vegetables
Snow Peas

Spinach
Sprouts
Summer Squash
Tomatoes*
Zucchini*

* = Negative Calories

Red Light Foods for the Detox Diet:

(High in glycemic and/or starch) Avoid These Foods During Detox. Examples...



Breakfast Cereal	Bread	Legumes (Beans)
Cornflakes	White	Beans in Tomato Sauce
Sultana Bran	Bagel	Kidney beans
Bran flakes	French Baguette	Butter Beans
Coco Pops	Croissant	Chick Peas
Puffed Wheat	Hamburger bun	Haricot / Navy Beans
Oats in Honey Bake	Pita, white	Lentils, Red
Team	Wholegrain	Lentils, Green
Total	Pumpernickel	Pinto Beans
Cheerios	Heavy Mixed Grain	Black Eyed Peas
Rice Krispies	Whole Wheat	Yellow Split Peas
Weetabix	Sourdough Rye	Staples
Bran Buds	Sourdough Wheat	Instant White Rice
Mini Wheat	Whole meal Rye	Glutinous Rice
Nutrigrain	Snacks & Sweet Foods	Tapioca
Shredded Wheat	Pretzels	Fresh Mashed Potatoes
Porridge Oats	Water Crackers	French Fries
All-bran	Rice cakes	Couscous
Oat Bran	Puffed Crisp bread	Taco Shells
Rolled Oats	Donuts	Gnocchi
Special K	Scones	Canned Potatoes
Natural Muesli	Ryvita	Chinese (Rice) Vermicelli
Porridge	Digestives	Baked Potatoes
Cream of Wheat	Blueberry muffin	Wheat Pasta Shapes
Fruits	Honey	New Potatoes
Watermelon	Slim-Fast meal replacement	Meat Ravioli
Mango	Snickers Bar	Spaghetti
Bananas	Nut & Seed Muesli Bar	Tortellini (Cheese)
Raisins	Sponge Cake	Egg Fettuccini
Papaya	Nutella	Brown Rice
Figs	Milk Chocolate	Buckwheat
Pineapple	Hummus	Pearled Barley
Grapes	Peanuts	Yam
Kiwi Fruit	Cashew Nuts	Sweet Potatoes
All Dried Fruit	Raisins	Instant Noodles
Orange	Jam	Wheat tortillas
Dates	Chips	Wild Rice
Kiwi	Crackers	Wheat Flour
Vegetables	Popcorn	White Flour
Pumpkin	Maple flavored syrup	Cornstarch
Parsnips	Dairy	Instant Mashed Potatoes
Beets	Ice cream / Custard / Yogurt	Beverages
Peas	Chocolate milk	Sodas
Corn	Processed Cheese	Juices containing sugar
Root Vegetables	Artificially Sweetened Yogurt	Alcohol

Detox Diet Introduction

During the Detox Diet it is imperative to stay with the approved foods list and to maintain a calorie intake of less than 1000. Do not eat less than 500 calories daily, eating too little calories on the Detox Diet will cause a plateau in your weight loss just as well as eating well over the 1000 calories. This is a protein based diet, it is extremely important to intake two separate proteins daily, each weighing 4 to 6 ounces raw. You do not want to eat the same exact foods on a daily basis. Your body will get accustomed to this and you will see lower results. Switch up your proteins, fruits, and vegetables on a daily basis to get the full benefit of the diet.



Detox Diet Guide

Day 1-30

Weigh yourself first thing in the morning without clothing. Make sure to first empty your bladder. Take your Weight Loss Drops as indicated on the label.

Drink 1 gallon of bottle spring water/tea/coffee throughout the day.

You may only eat things on the Green Light Food Menu. Your caloric intake should not exceed 1000 calories per day. Your food intake will consist of proteins, vegetables and fruits.

Do not eat less than 500 calories. It is extremely important to eat two different types of 4 to 6 ounce proteins each day. If your body becomes protein deficient you will not lose weight.

Diet Guide (Quick Tips)

General:

Make sure you eat at least 3 hours before bed time.

You are allowed 2 servings of each per day: fruit, vegetables, and protein.

The 1000 calorie limit is absolute maximum. Eating around 800-950 calories per day is ideal.

Eating less than 500 calories will actually cause you to NOT lose weight. If the body does not get enough protein you will get protein deficient and you will NOT lose weight.

You may season and spice foods with sea salt and approved seasonings.

Liquids:

Bottled spring water or filtered tap water

Organic black coffee (no creamer)

Organic Green Tea

Organic Wu-Long Tea

Organic Chamomile Tea

Any loose leaf teas brewed fresh are acceptable on the diet. The types listed above have specific benefits to help with the protocol.

Breakfast:

Drink plenty of tea and water.

You may have fruit twice a day, once for breakfast and anytime throughout the day as long as it is 3 hours before bed.

Lunch and Dinner:

Eat approximately 4 to 6 ounces, or protein, weigh meat raw (servings should be about the size of 2 decks of cards)

Only use coconut oil or filtered water for cooking (NO butter, margarine, or olive oil)

Vegetables can be eaten raw, steamed, or grilled (without oil)

Exceptions for Diabetic and Vegetarian Dieters

Diabetics

Diabetic will need to add one serving a day of the below vegetable to meet their daily starch requirements. They must still remain under the 1000 daily calorie restrictions. If you are not diabetic, this diet revision will not work for you.

1 cup of broccoli

1 cup of carrots

1 cup of green beans

Also, make sure to eat strawberries for at least one serving of fruit throughout the day. This will help to keep your blood sugar at a healthy level. If your blood sugar is low you can also eat 1 piece of Melba toast with a couple bites of protein, this will also help keep your blood sugar level.

It is also recommended that you take Blood Sugar Support and Chromium Picolinate while on the Detox Diet.

Vegetarians

For the people who do not eat meat, below are a few alternatives for you.

1 cup of skim milk cottage cheese

3 egg whites

50 grams of rice bran protein

Detox Diet is a protein based diet. For this reason, vegetarians lose weight at a slower pace.

This diet is only recommended to people who do not eat meat. Pescetarians are recommended to eat white fish and seafood instead of the vegetarian alternatives.

It is highly recommended that vegetarians take Acai Berry as a protein alternative.

Understanding Why

Protein Deficiency

What the body lacks in protein, it receives from the breakdown of fatty tissue in your system. It is very important that all of the required protein be eaten during the day. If a protein serving is skipped, you can expect to not lose weight. This is because your body will go into “preservation mode”. Basically, it will not burn nutrients or dispel water from your system for fear it will need it later. Therefore it will “preserve” its current storages.

Limiting Meats

The best options for meats are chicken and white fish. Most are able to eat these two for dinner and lunch every day and lose a great deal of weight. The meats that need to be limited are ground beef, steak and seafood. Seafood has lower protein content and is not good for the protocol on a daily basis. Also, these meats aren't as light and lean as the chicken and white fish, therefore should be limited to 3 times a week, maximum.

Water Consumption

You are encouraged to drink 1 gallon of water per day. This is the key to losing weight during the low calorie Detox Diet. The Weight Loss Drops will help release fat cells from storages in the body. These cells will gather in the stomach. Water is necessary for dispelling fat cells outside of the body. The only way to rid these cells is to urinate often. If enough water is not consumed, the body will reabsorb fat cells into the stomach lining resulting in less weight loss for the day.

Fluctuations in Weight Loss

After the fourth or fifth day of dieting the daily loss of weight begins to decrease to 1/2 pound or somewhat less per day, and there is a smaller urinary output. Men often continue to lose regularly at that rate, but women are more irregular in spite of faultless dieting. *There may be no drop at all for two or three days and then a sudden loss which re-establishes the normal average.* These fluctuations are entirely due to variations in the retention and elimination of water, which are more marked in women than in men. The weight registered by the scale is determined by two processes not necessarily synchronized under the influence of the weight loss drops. Fat is being extracted from the cells, in which it is stored in the fatty tissue. When

these cells are empty and therefore serve no purpose, the body breaks down the cellular structure and absorbs it, but breaking up of useless cells, connective tissue, blood vessels, etc., may lag behind the process of fat-extraction. When this happens the body appears to replace some of the extracted fat with water which is retained for this purpose. As water is heavier than fat the scales may show no loss of weight, although sufficient fat has actually been consumed to make up for the deficit in the 1000-Calorie diet. When such tissue is finally broken down, the water is liberated and there is a sudden flood of urine and a marked loss of weight. This simple interpretation of what is really an extremely complex mechanism is the one we give those patients who want to know why it is that on certain days they do not lose, though they have committed no dietary error. People, who have previously regularly used diuretics as a method of reducing, lose fat during the first two or three weeks of treatment which shows in their measurements, but the scale may show little or no loss because they are replacing the normal water content of their body which has been dehydrated. Diuretics should never be used for reducing.

Plateaus

A plateau is defined as waking up on the 4th consecutive morning without showing weight loss. It is normal for a patient to experience a plateau during the Detox Diet. The most common reason for a plateau is water retention. Other reasons include exceeding the calorie limit, drinking under 1 gallon of water or eating foods off the approved list. In the case of a dietary error, you are told to do an "Apple Day". An "Apple Day" begins at noon the first day and continues until noon the second day. On the morning of your apple day begin by eating 3 egg whites for breakfast, drinking any approved fluids as you wish. Starting at noon, and going until noon the second day, you will limit your water intake and eat between 6 and 8 apples until noon the second day. On the second day you may have your typical dinner, a 4 to 6 ounce serving of protein and one or two vegetables. Please keep in mind that you will want to stay within the 1000 calorie restriction each day.

Steak Protocol

As long as your weight stays within two pounds of the weight reached, you should take no notice of any increase but the moment the scale goes beyond two pounds, even if this is only a few ounces, you must on that same day entirely skip breakfast and lunch but take plenty to drink. In the evening you must eat a huge steak with only an apple or a raw tomato. Of course this rule applies only to the morning weight. Ex-obese dieters should never check their weight during the day, as there may be wide fluctuations and these are merely alarming and confusing. It is of utmost importance that the meal is skipped on the same day as the scale registers an increase of more than two pounds and that missing the meals is not postponed until the following day. If a meal is skipped on the day in which a gain is registered in the morning this

brings about an immediate drop of often over a pound. But if the skipping of the meal - and skipping means literally skipping, not just having a light meal - is postponed the phenomenon does not occur and several days of strict dieting may be necessary to correct the situation.

Beware of Over-enthusiasm

The other trouble which is frequently encountered immediately after weight loss drops is again due to over-enthusiasm. Some people cannot believe that they can eat fairly normally without regaining weight. They disregard the advice to eat anything they please except sugar and starch and want to play safe. They try more or less to continue the low calorie diet on which they felt so well during detox diet and make only minor variations, such as replacing the meat with an egg, cheese, or a glass of milk. To their horror they find that in spite of this bravura, their weight goes up. So, following instructions, they skip one meager lunch and at night eat only a little salad and drink a pot of unsweetened tea, becoming increasingly hungry and weak. The next morning they find that they have increased yet another pound. They feel terrible, and even the dreaded swelling of their ankles is back.

Taking Breaks

Dieters are discouraged to break up their cycles of weight loss drops. The reasoning behind this is it takes a consecutive 30 days to completely detoxify the body's organs. If the dieter decides to break up their cycle, it is typically because they have a vacation or party planned and dieting is not desired. If eating foods containing starches or sugars occurs, you will gain all of your weight back. For best results, plan ahead for your Lifestyle Detox Diet.



Frequently Asked Questions

Can I have something extra to eat? It is always best to stick to the diet program exactly. If you choose to cheat, you will interrupt your daily weight loss. You can expect to not lose weight for the three days following. If cheating does happen, it is important to do an apple day. You should resume your regular diet the following day.

Why can't I eat foods with sugar and starches? Sugar stimulates insulin and insulin turns sugar into fat. You will add more fats for your body to burn which will delay reaching your goals. Starches work as a sponge causing tremendous weight gain. Stay away from starches.

Can water be substituted for other drinks? Make yourself an iced coffee with Stevia. It's not quite like Starbucks, but it adds variety. You may make a smoothie. Take a handful of strawberries and add water, ice, and Stevia to your blender. *This is not cheating!* Another option is to use your daily lemon allowance to make "lemonade". Simply add Stevia to taste.

What are some fast snack ideas for between meals? Slice a tomato or cucumber and add salt and pepper. You can broil a tomato or onion in the oven with some spices. These are great ideas for in-between meals. If you are constantly on the go, try slicing up an apple or celery sticks to carry with you. Eating a slice or two every few hours will keep your metabolism going and will keep you full throughout your day.

Can I eat salad during the Detox Diet? It is ok to eat an occasional salad. You may add small amounts of your favorite approved veggies. The salad should only be topped with apple cider vinegar, salsa, or a dressing from the provided recipes. No other salad dressing is allowed. You must add the calories for each ingredient added. If you eat a salad for lunch, only eat 1 vegetable for dinner.

What products can I use on my skin? Makeup, lotions, etc. may clog your pores and could possibly cause you to lose less weight, but it's a matter of a couple ounces difference. For those of you who feel it is necessary to change the products you use, we recommend all natural, oil free lotions and mineral based make-up for the female patients.

What types of exercise are allowed on the Detox Diet? It is best to limit your exercise to light cardio or yoga/palates style workouts. You do not want to burn too many calories in one single activity. Your body is under a lot of physiological stress so you do not want to break down the muscle in a strenuous workout because you are not able to re-build the muscle. Exercise is important to your mental stability, so while on the program you will want to limit the strengths to yoga, palates, or brisk walking.

What happens if I cheat? Under the influence of weight loss drops the blood is saturated with food and the blood volume has adapted itself so that it can only just accommodate the low calorie intakes in which come in from the intestinal tract in the course of the day. Any

additional income, however little this may be, cannot be accommodated and the blood is therefore forced to increase its volume sufficiently to hold the extra food, which it can only do in a very diluted form. Thus it is not the weight of what is eaten that plays the determining role but rather the amount of water which the body must retain to accommodate this food. Any excess food outside of the calorie restrictions will result in a plateau that will only break in time, typically 4 to 5 days.

What food substitutions can I make on the Detox Diet? There are no substitutions (excluding the diabetic or vegan substitutions). If it is not on the approved food list, it is not allowed. The diet used in conjunction with Weight Loss Drops must not exceed 1000 calories per day, and the way these calories are made up is of utmost importance. There are a number of foods, particularly fruits and vegetables, which have the same or even lower caloric values than those listed as permissible, and yet we find that they interfere with the regular loss of weight, presumably owing to the nature of their composition. Pimiento peppers, okra, artichokes and pears are examples of this. When local conditions or the feeding habits of the population make changes necessary it must be borne in mind that the total daily intake must not exceed 1000 calories if the best possible results are to be obtained, that the daily ration should contain 450 grams of fat-free protein and a very small amount of starch.



Food Calorie Counts per Serving

Vegetable & Fruits				
Asparagus (cooked)	40		Shrimp	95
Serving size: 1 cup			Serving size: 3.5 ounces	
Banana Peppers	0		Steak – Lean Top Sirloin	186
Serving size: 1 pepper			Serving size: 3.5 ounces	
Cabbage	17		Tilapia Fish	93
Serving size: 1 cup			Serving size: 3.5 ounces	
Celery	14		Trout Fish	168
Serving size: 1 cup			Serving size: 3.5 ounces	
Chicory	7			
Serving size: 1 cup			White Sea Bass	123
Cucumber (peeled)	14		Serving size: 3.5 ounces	
Serving size: 1 cup			Appetizers	
Fennel	27		Melba Toast	20
Serving size: 1 cup			Serving size: 1 piece	
Lettuce (iceberg, green leaf, etc.)	8		Melba Rounds	59
Serving size: 1 cup			Serving size: 5 pieces	
Onions (all kinds)	48		Grissini Breadsticks (Torini)	60
Serving size: 1 cup			Serving size: 5 breadsticks	
Parsley	22		Staples	
Serving size: 1 cup			Apple Cider Vinegar	0
Jalapeños	6		Coconut Oil – 1tsp	40
Serving size: 1 pepper			Allowed the juice of 1 lemon per day.	
Red Radishes	14		Lemon Juice	7
Serving size: 1 cup			Serving size: 1 full lemon	
Salsa (Pace chunky)	10		Black Coffee	2
Serving size: 2 tablespoons			Serving size: 1 cup	
Spinach	7			
Serving size: 1 cup				
Tomato	32			
Serving size: 1 cup				
Tomato Paste	25			
Serving size: 2 tablespoons				
Apple (small 2 ½")	55			
Apple (medium 2 ¾")	72			
Apple (large 3 ¼")	110			
Grapefruit (1/2 small 3 ½")	32			
Grapefruit (1/2 medium 4")	41			
Grapefruit (1/2 large 4 ½")	53			
Strawberries	46			
Serving size: 1 cup				
Meats				
All meats need to be weighed raw. Caloric intake for cooked meat.				
Chicken Breast	110			
Serving size: 3.5 ounces				
Cod Fish	104			
Serving size: 3.5 ounces				
Crab	86			
Serving size: 3.5 ounces				
Ground Beef	163			
Serving size: 3.5 ounces				
Lobster	143			
Serving size: 3.5 ounces				
Orange Roughy	104			
Serving size: 3.5 ounces				
Perch Fish	116			
Serving size: 3.5 ounces				

Detox Diet Accountability Chart **Name:** _____

Day	Morning Weight	Calorie Intake	Gallon of Water	Under 1000	Over 1000	Daily Supplements Taken
1			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
2			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
3			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
4			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
5			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
6			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
7			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
8			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
9			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
10			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
11			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
12			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
13			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
14			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
15			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
16			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
17			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
18			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
19			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
20			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

21			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
22			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
23			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
24			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
25			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
26			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
27			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
28			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
29			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
30			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
31			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
32			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
33			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
34			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
35			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
36			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
37			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
38			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
39			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
40			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

DETOX DIET CONCLUSION: “LIFE MAINTENANCE”

A TOTAL WELLNESS EXPERIENCE



Lifestyle Maintenance Introduction

in·san·i·ty [in-san-i-tee] – repeating the same act over and over again and expecting different results

In Phase 4 we are introducing a lifestyle change. Looking at our habits over the years and making a plan of action to avoid them and start a new! It is vital that we understand the necessity for a lifestyle change after our success on the HCG Program. We cannot revert back to the same habits that led us to obesity because they will only lead us back to where we started. We must create this change in our lives and COMMIT to them! When thinking of the changes you want to begin making in your routine go back to your SMART goals:

Specific – have I described details rather than general ideas of the goal?

Measurable – can someone else measure and see that I reached my goal?

Attainable – is this goal actually reachable?

Realistic – even if it is reachable, is it realistic that I am willing to do what it takes to reach it.

Timeline – do I have a deadline for reaching this goal?

The most important aspect of your SMART goals in this phase is to make sure they are Attainable and Realistic. You do not have to set goal to join a new gym and workout with your new personal trainer four days a week if this is not going to be attainable financially and realistically fall into your daily routines. Now is the time to review your daily habits and begin to make little changes, changes that will excite you and help motivate you to move towards your path of health and wellness. As we have said before, just making the effort to take a daily stroll around the block will help you move towards a healthier state and is something that you can easily fit into your daily routine and can easily afford!

For some it is harder to make these changes than others. It is hard to have such a paradigm shift in our lifestyles; especially because of socialization – the ways we were raised – our habits are deeply rooted. We have to deal with our daemons, face the habits we have developed in life that led us to the path of obesity and COMMIT to changing them! You do not have to do this alone! Find support in your friends or family to make the changes. When looking for a support buddy think of someone who has the same desire you to do make the change. Find someone who needs your support just as much as you need theirs. Avoid all the negativity of jealous friends who want to make the changes you are creating, but do not have the will power to do so themselves! You are doing this for YOU! Do not think of what your peers say or what they think you need, do what is right for yourself.

After completing Phase 2 most dieters report a whole new mindset towards the foods they want. Embrace this new mindset! Use it to help motivate you towards the end result, maintain a healthy state of wellness! Read on in Phase 4 for more information on maintaining your new healthy state of being!

Glycemic Index

Foods with a low Glycemic Index value (the 0-100 index ranks foods based on the effect they have on blood sugar levels) slowly release sugar into the blood, providing you with a steady supply of energy, and leaving you feeling satisfied longer so that you're less likely to snack. Foods with a high GI value cause a rapid, short-lived rise in blood sugar. This can often leave you feeling fatigued and hungry within a short time. Eating high-GI foods could lead to overeating.

Diets based on GI index encourage you to eat foods with a low GI value and avoid those with a high GI value. Most GI diets also recommend cutting down on fat, especially saturated fats. This means many of the foods which have a low GI value but are high in fat are still limited.

All meal plans on the Glycemic Impact Diet are made up from the following principles:
Approximately 40% of calories are from unrefined, complex carbohydrates, including whole grains and whole grain breads and cereals, and whole pieces of fruit instead of juice.
About 30% of calories are from lean protein (fish, chicken and the occasional beef and pork) with vegetarian options that include soy protein, tofu and textured vegetable protein.
About 30% of calories are from healthy fats, including nuts, fatty fish, avocado and olive oil.

Glycemic Index of Common Foods

Cereals		Beans		Soups/Vegetables	
All Bran	51	bakes	44	beets, canned	64
Cheerios	74	black beans, boiled	30	black bean soup	64
Corn Chex	83	butter, boiled	33	carrots, fresh, boil	49
Cornflakes	83	cannellini beans	31	corn, sweet	56
Cream of Wheat	66	garbanzo, boiled	34	French fries	75
Frosted Flakes	55	kidney, boiled	29	green pea, soup	66
Grape nuts	67	kidney, canned	52	green pea, frozen	47
Life	66	lentils, green, brown	30	lima beans, frozen	32
Nutri-grains	66	lima, boiled	32	parsnips	97
oatmeal, old fashioned	48	navy beans	38	peas, fresh, boil	48
Puffed Wheat	67	pinto, boiled	39	potato, new, boiled	59
Raisin Bran	73	red lentils, boiled	27	potato, red, baked	93
Rice Chex	89	soy, boiled	16	potato, sweet	52
Shredded Wheat	67	Sugars		potato, white, boiled	63
Special K	54	fructose	22	potato, white, mashed	70
Total	76	honey	62	split pea soup w/ham	66
		maltose	105	tomato soup	38
		table sugar	64	yam	54

Glycemic Index of Common Foods, con't

Fruit		Cereal Grains		Breads	
apple	38	barley	25	bagel, plain	72
apricots	57	basmati white rice	58	baguette, French	95
banana	56	bulgur	48	croissant	67
cantaloupe	65	couscous	65	dark rye	76
cherries	22	cornmeal	68	hamburger bun	61
dates	103	millet	71	pita	57
grapefruit	25	Drinks		pizza, cheese	60
grapes	46	apple juice	40	pumpernickel	49
kiwi	52	colas	65	sourdough	54
mango	55	Gatorade	78	rye	64
orange	43	grapefruit juice	48	white	70
papaya	58	orange juice	46	wheat	68
peach	42	pineapple juice	46	Muffins	
pear	58	Milk Products		apple, cinnamon	44
pineapple	66	chocolate milk	35	blueberry	59
plums	39	custard	43	oat & raisin	54
prunes	15	ice cream, van	60	Snacks	
raisins	64	ice milk, van	50	chocolate bar	49
watermelon	72	skim milk	32	corn chips	72

Pasta		soy milk	31	croissant	67
cheese tortellini	50	tofu frozen dessert	115	doughnut	76
fettuccini	32	whole milk	30	graham crackers	74
linguini	50	yogurt, fruit	36	jelly beans	80
macaroni	46	yogurt, plain	14	Life Savers	70
spaghetti, 5 min boiled	33	Crackers		oatmeal cookie	57
spaghetti, 15 min boiled	44	rice cakes	80	pizza, cheese and tom	60
spaghetti, protein enriched	28	rye	68	popcorn, light micro	55
vermicelli	35	soda	72	potato chips	56
<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>Low Glycemic Index – 0-55 Medium Glycemic Index – 56-69 High Glycemic Index – 70 +</p> </div>				pound cake	54
				Power bars	58
				pretzels	83
				saltine crackers	74
				shortbread cookies	64
				Snickers bar	41
				strawberry jam	51
				vanilla wafers	77
				Wheat Thins	67

Common Diet Mistakes

Skipping Meals

Research shows that breakfast skippers weigh more than breakfast eaters. There is a misconception that skipping breakfast -- or any meal -- saves calories. The truth is that most people who eat fewer than three meals usually end up eating more calories during the course of the day. Strive for three meals a day. Always start your day with a healthy breakfast, but be careful to choose wisely. A healthy breakfast should contain both protein and fiber. An egg, a piece of whole-wheat toast, and half a grapefruit has only 250 calories and will keep you feeling full until lunch. Don't have time for three meals a day? Think "kid sized portions" and snack at least six times throughout the day. The key is to fuel your metabolism, it is best to have something every few hours to help keep the metabolic process burning and to prevent the body from going into a preservation mode.

Consistency

How many times have you been doing great with your diet until something unexpected throws you off your game? Whether it's a positive event ("Who can stay on a diet at a time like this? We need to celebrate!"), a social event ("Who can stay on a diet at a party like this? Pass the dip!"), or a crisis ("Who can stay on a diet during times like this? A piece of cake will help me feel better."), special circumstances can throw a wrench into a healthy diet. Let's face it—some circumstances are more challenging than others, and you don't want your diet to interfere too much with your life. If you find yourself in a situation where you feel you really can't stick to your diet (or just don't want it badly enough), it's best to indulge, but on a small scale. Rather than taking it as license to throw your diet out the window, you can probably have nibbles of a few less healthy foods and maintain the feel of the occasion, but still stick close to your diet ideals. Giving yourself a little permission now and then can keep you from abandoning your diet altogether, so it's a good trade-off for the long haul.

Protein

Protein is one of the foundational building blocks of our bodies. Most average Americans diets are deficient in protein. Or they consume protein that is layered with saturated fats, simple carbohydrates, and too many calories. Protein is an important component of every cell in the body. Hair and nails are mostly made of protein. You also use protein to make enzymes, hormones, neurotransmitter (important for mood and brain function), antibodies (for immune function), and other body chemicals. Protein is an important building block of bones, muscles,

cartilage, skin, and blood. Along with healthy fats and whole-grain, low glycemic-index carbohydrates, protein is a "macronutrient," meaning that the body needs relatively large amounts of it. Vitamins and minerals, which are needed in only small quantities, are called "micronutrients." But unlike fat and carbohydrates, the body does not store protein, and therefore has no reservoir to draw on when it needs.

Most microorganisms and plants can internally produce all 20 standard amino acids, while humans must obtain 9 of the amino acids from the diet as they can convert the other 11 amino acids from nutritional intake. This is vital for the building of lean muscle mass. The amino acids that cannot be produced on their own are referred to as essential amino acids. The amino acids that are converted from other amino acids are called nonessential amino acids. However, none of them are truly "nonessential." The caveat is that all 20 amino acids must be present for the body to build and repair tissue. In humans, amino acids are obtained through the consumption of foods containing protein. Ingested proteins are then broken down into amino acids through digestion. Meaning if we don't take it in through our diet we are going to be deficient.

Many proteins are enzymes that stimulate biochemical reactions and are vital to metabolism. Proteins also have structural or mechanical functions, such as actin and myosin in muscle and the proteins in the cell which form a system of infrastructure that maintains cell shape. Protein is important for metabolism and immune system functions.

Lean muscle mass, and not just the kind bodybuilders develop, but the kind that every human being needs is important for metabolism. Lean muscle burns more calories than body fat cells do, even in a resting state. Regular exercise and protein intake are a must to develop lean muscle. Many people are concerned about "bulking up" or getting "too big" if they add resistance or weight training to their exercise routine. This is a huge misconception that needs to be addressed. Most people will not build substantial muscle gains with lifting light to moderate weight 2-3 times per week, especially if they use higher repetitions and lower weight. To build large muscles it takes a very specific type of training and diet. The benefits of resistance or weight training include increased muscle tone, stamina, higher basal metabolic rates, improved libido, better bone health, and better stress management. Additionally, better body image and self-esteem are nice perks.

Dietary sources of protein include fish, poultry, beef, dairy products, nuts, and legumes. The things to consider from these protein sources include fat content, calorie content, and carbohydrate content. Eating a high protein diet that is high in saturated fat is not a good option. Additionally, it is important to eat whole grains and low-glycemic carbohydrates in combination with a high protein diet. Opting for leaner cuts of meat and low-fat or no-fat dairy options is a must.

HOW MUCH PROTEIN

The authors of Nutrient Timing discuss the importance of protein intake in relationship to when we exercise. The protein content of skeletal muscle is approximately 65% of the body's total protein. The protein your body may require will vary depending on your activity level. The basic recommendation is as follows:

Sedentary	0.4-0.5 gm/lb of body weight per day
Active	0.6-0.7 gm/lb of body weight per day
Athletes	0.9-1.2 gm/lb of body weight per day

The most important time to take in protein after exercise is within the first 45 minutes post exercise. They tell us that "at no other time during the course of your day can nutrition make such a major difference in your overall training program". Exercise opens a 'metabolic window' that allows for more enhanced utilization of proteins and carbohydrates. This will help build lean muscle and burn fat more effectively.

Protein and kidney function

Individuals with healthy kidney function can tolerate high protein diets without negative impact on kidney function. In individuals with unhealthy kidney function high protein diets can place additional strain on the kidneys.

Protein and calcium loss

There are some studies that have indicated that with increased protein intake there is higher calcium loss in the urine. However, in these studies calcium and phosphorus intake were restricted and not allowed to be increased proportionally to the protein intake. Since whole-food protein sources contain calcium and phosphorus and most protein supplements are fortified with both any losses can be compensated for.

Protein and Dehydration

Extra protein can cause extra water excretion. To put that in perspective so do alcohol and caffeine consumption. You can offset any losses by drinking more water. In a study done on marine recruits a dramatic decline was noted in the incidence of dehydration in subjects taking the carbohydrate/protein drink versus those consuming water only or carbohydrate and water.

PROTEIN POWDERS

Whey Protein

There are two protein types found in milk. Whey is the most commonly discussed. It has all nine essential amino acids. The concentration of branched-chain amino acids (BCAAs) is higher in whey protein than in any other protein source. Three of the BCAAs in whey protein can be taken up directly by the skeletal muscle instead of first having to pass through the liver. Whey protein is considered a fast-acting protein because it empties from the stomach and is absorbed into the bloodstream from the intestine faster than other proteins. Sources of whey protein:

Whey Protein Hydrolysate. This is a protein that has been broken down into its amino acid components. They tend to be more expensive and can have a bitter taste.

Whey Protein Isolate. A pure form of whey protein that has had almost all of its lactose removed.

Whey Protein Concentrate. The most common form. It is inexpensive and can be used in a variety of products. Some can contain lactose but there are now forms available that do not.

Casein Protein

This is the second protein type found in milk. It is vastly different from whey protein. This protein is not as efficient as whey but does contain high amounts of glutamine which is a critical amino acid for strength athletes. This protein digests more slowly than whey. Most strength athletes use this protein before going to bed as it can help to minimize protein losses through the overnight hours. It has lower amounts of BCAAs than whey and can cause gastrointestinal upset in those who are lactose sensitive.

Soy Protein

Soy protein is the original protein supplement. It is rich in BCAAs but only contains a small amount of methionine one of the essential amino acids. It is a fast-acting protein but usually considered to be a lower-quality protein versus its whey and casein counterparts. Its one advantage is that it contains no lactose. So is good for those who are lactose intolerant. Some forms that are fortified with methionine are now available. Soys should be used with caution in certain individuals because it contains isoflavones (plant hormones) that have been shown to have estrogenic effects in the body. However, there is no evidence that they decrease testosterone levels or decrease muscle gains.

Recommended reading: [The Future of Sports Nutrition: Nutrient Timing](#), by John Ivy PhD and Robert Portman, PhD.

The Importance of Exercise and its Relation to Metabolism

While you don't have much control over the speed of your metabolism, you can control how many calories you burn through your level of physical activity. The more active you are the more calories you burn. In fact, some people who are said to have a fast metabolism are probably just more active – and maybe more fidgety – than are others. Sticking with exercise starts with finding a program you enjoy and that fits in with your lifestyle, goals and needs. That means being realistic about what you'll really accomplish each week rather than going by what you think you should be doing. Use these resources to learn more about enjoying your workouts and making exercise a priority.

You can burn more calories with:

Regular aerobic exercise- Aerobic exercise includes activities such as walking, bicycling and swimming. As a general goal, include at least 30 minutes of physical activity in your daily routine. If you want to lose weight or meet specific fitness goals, you may need to increase your activity even more. If you can't set aside time for a longer workout, try 10-minute chunks of activity throughout the day. Remember, the more active you are, the greater the benefits.

Strength Training- Strength training exercises, such as weightlifting, are important because they help counteract muscle loss associated with aging. And since muscle tissue burns more calories than fat tissue does, muscle mass is a key factor in weight loss.

Lifestyle activities- Any extra movement helps burn calories. Look for ways to walk and move around a few minutes more each day than they day before. Taking the stairs more often and parking farther away at the store are simple ways to burn more calories. Even activities such as gardening, washing your car and housework burn calories and contribute to weight loss.

Calorie Recycling- Calorie cycling is a very simple concept that is aimed at keeping your body and metabolism guessing as to what is coming next. Typically when you are following a calorie cycling plan there are 2 low calorie days and 2 high calorie days with the remainder of days each week being at the normal weight loss calorie range. The low calorie days should be between 300 and 500 calories below the normal range and the high calorie days should be between 300 and 500 calories above the normal range. It is important to remember whether on a low calorie day, normal calorie day, or high calorie day to ensure that the body is getting a healthy mix of protein, carbohydrate and fat.

Understanding Your Body Mass Index

The body mass index (BMI) is a screening tool to assess weight status. You can use the calculation below to determine your BMI. Keep in mind that BMI is only based on height and weight; it does not take into consideration your body composition or genetics. A healthy weight for you may be higher than the BMI standards. Your eating habits, physical activity patterns, other lifestyle choices, body composition and genetics are more important than any number on the scale in determining what weight is right for you. Use BMI as a rough indicator, and consult a health care professional to help you determine what weight is right for you.

How do you calculate BMI

BMI is calculated by the following formula: $\text{weight in kg} / \text{height in m}^2$. If you're not familiar with kilogram and meter measurements, follow the steps below to calculate your BMI.

Step 1. Take your weight (in pounds) x 705

Step 2. Divide that number by your height (in inches)

Step 3: Divide that number by your height (in inches) again

Example: Woman who is 5'3" and weighs 135 lb.

Step 1. 135 lb. x 705 = 95175

Step 2. 95175 / 63" = 1511

Step 3. 1511 / 63" = 24

BMI = 24

BMI Standards

Underweight	< 18.5
Healthy weight	18.5-24.9
Overweight	25.0-29.9
Obese I	30.0-34.9
Obese II	35.0-39.9
Obese III	40+

Tips for Eating Out

Eating out on a diet doesn't have to be cause for panic. We have been raised to clean out plates and socialized to believe that we need three course meals every time we eat out, but that doesn't mean dining out will doom your dieting efforts! Just use these 10 simple tips for eating out on a diet:

Review the menu before you go. Many restaurants post their entire menu online so you can print it out for reference. If you often eat at "mom and pop" type restaurants that aren't online, call and ask for the menu to be faxed to you, or pick up a takeout menu on your next visit. Highlight the healthiest options for each menu and store them all in a central location. Then, when you are planning your next night out, take the time to decide on your dishes at home before you've been tempted by the sight of other choices. If you decide to indulge in an unhealthy item off the menu, prepare for this and eat healthy leading up to that meal, balancing out the day.

Order from the appetizer menu. Not only are appetizers more reasonably-portioned, they will save you some money as well. Too hungry to be satisfied with just a starter? Order a side salad, too -- the fiber-rich veggies will round out your meal. Soup is super-filling, so it's an awesome appetizer add-on, too just steer clear of cream-based ones. Avoid any 3 course meal specials as they will set you up for dieting failure!

Beware these high-fat menu items: Cream sauce, butter, oil, au gratin, breaded, Alfredo, battered or batter-dipped, "with gravy," or smothered. Unless you've spared yourself treats for several days and snacked on salad greens all day, these little "extras" aren't worth the extra calories.

Modify the menu. At most restaurants anything and everything can be found batter-dipped and fried, do not be afraid to make a special request. Many restaurants will take your dietary needs into account so you'll be a happy customer and return. Don't hesitate to request anything on the menu to be prepared in a more diet-friendly and for sauces or dressings to be served on the side. It's not likely that you will be denied.

The meat is on. As tempting as that bucket of fried chicken looked on the commercial before you left home, order poultry steamed, poached, roasted, broiled, boiled, grilled or baked. Ask for skinless chicken whenever possible or remove it yourself. If you do treat yourself to fried chicken, choose white meat as it has fewer calories than dark. Of course, chicken, chicken and more chicken gets old after a while, so if you're asking, "Where's the beef?" allow yourself red meat a few times a week -- just be sure to choose leaner cuts of meat like loin or flank.

"Wrap it up, I'll take it!" You know you're at a nice restaurant when the server takes your plate away and wraps up your leftover food for you at the end of the meal. (And if you're in a really nice restaurant, you'll get the eating out equivalent of a balloon animal

-- the tin foil swan!) To ensure you don't leave sans swan, keep temptation at bay and ask the server to wrap up half of your meal as soon as it is served.

Banish buffets. Portion control can become a foreign concept for even the most determined dieter at an all-you-can-eat buffet. (Who can practice moderation when there are new, clean plates just beckoning to be filled?) The sheer variety of foods available at buffets is also daunting -- studies have shown that when we're given more choices, we tend to eat more without realizing it. Simply avoid buffet restaurants and you won't have to face this temptation.

Think kid sized portions. It's smart to eat smaller meals during the day when you're planning to dine out. Just don't eat too sparingly, though -- you don't want to be so famished by the evening that you overeat. If mini meals don't tide you over, have a small, healthful snack in the afternoon to curb your appetite and you'll be much more in control come dinner time. Consider splitting your main dish with your dining partner as well. This is cheaper and lowers your calorie intake drastically!