

IHHS HEALTH AND WELLNESS CENTER

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Weight Control [w Detox program]

[Homeopathic treatment]

Indication: Assists in weight loss programs, suppressing appetite, decreasing fat, and increasing energy and muscles mass.

This is a Homeopathic weight loss plan with glandular and amino acid and remedy support. This product is custom designed for IHHS Health & Wellness Center using years of nutritional, hormonal, and endocrinological study. This is a 21 days course of therapy and 2 weeks off then recycle as needed, for a total of 5 weeks.

Diet should be controlled for the duration of the course of therapy. Carbohydrates should continue to be minimized for 2 additional weeks after completion of the program. Homeopathic reports ended with a lower hunger point and easier satiety ongoing, after finishing the course.

Studies are indicating that weight/fat is also created by the body to protect it from toxins in the environment, and in the food chain that are coming into the body. The body encases these toxins in what is being called 'obeseogens'/fat to protect the body. Part of keeping weight off these days is to remove the toxins released by weight loss and to continue keeping them low in the body allowing weight to stabilize at lower levels due to lower toxicity. The lower toxicity also assists the body in not regaining the lost weight, and keeping leptin levels low also allows weight to not be regained.

Diet and use instructions:

Dose: Adults use 10-15 drops 1 to 3 times a day for 21 days and repeat if desired after 2 weeks rest but continuing to restrict carbohydrates during this off time. Allow 10 minutes before and after taking Weight Control drops before consuming anything other than water to get a complete effect.

Take ½ hour before lunch, dinner, and bedtime, OR the times you are the most hungry.

Breakfast is tea or coffee in any quantity without sugar. Only one tablespoonful of milk is allowed in 24 hours. Stevia may be used for sweetening.

Lunch and dinner is encouraged to be 100grams of a protein source with vegetables [complex carbohydrates]. An apple is to be used mid-morning, mid afternoon, and after dinner.

Diet should be restricted to 1000 to 1200 kcal/day depending on body size.

Diet should have no simple carbohydrates.

It is recommended to use homeopathic detoxification for 1)environmental toxins [Enviro Detox], 2)heavy metals [Metex], 3)pesticides[Addex], 4)toxins from plastics [Plastic Detox], and 5)industrial toxins [Industriox], at bedtime while on the program. The [brackets] = Names of products to use from IHHS.

Detox Instructions: Use 2-3 sprays once a day at bedtime alternating the bottles in the order above while on/or repeating, the Weight Control program. Upon completion of the program it is suggested to continue using all detoxification sprays once monthly and cleanse, especially the liver and kidney, with the homeopathic Liquecence's of various organs the week off the detoxification.

Be sure to drink lots of water every day. It is recommended to drink 1 ounce of water for every kilogram or 2.2 pounds of body weight. Ie at 150lbs one should drink approximately 68 oz of water/day.

The use of the Energy & Wellness Complex, 5,000 units of B-12, multivitamins, and other supplements is encouraged with exercise and weight lifting.

Please check with your physician prior to beginning to any weight loss program.

As we pass 35, the average person loses 1 pound of muscle/year. A pound of muscle burns 50 calories. Let's advance 20 years to age 55—lose 20# muscle – 1,000 less calories being burned! If you continue to eat the same, the fat comes on and usually in the 'belly area'; the unhealthiest area to gain weight! A woman should be at 20-25% body fat. Excess body fat means less muscle and poor posture due to a lack of muscle to hold the body upright. It is not uncommon to lose height!

With a good, organic diet; exercise, working with professionals, and use supplements, it is not uncommon to lose weight but not fat! It usually takes a 10-20# weight loss to drop one size.

One change can dramatically help with this. The Energy and Wellness Complex.

Imagine your surprise when you drop 10 pounds and 3 jean sizes!

A pound of muscle takes up the space of a tangerine and a pound of fat the space of a grapefruit.

You will lose fat and gain muscle, it feels amazing!