



IHHS-HEALTH & WELLNESS CENTER

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The Local People Serving You

IHHS GLP-1 Weight Loss Program

To control appetite, follow these steps with a keto diet, eliminating seed oils GMO's, high fructose corn syrup, simple carbohydrates and other simple sugars.

1. Use the **Energy and Wellness Program** 7 days a week, in the morning on waking, to increase 9 hormones coming from the pituitary, that control muscle to fat ratio, skin thickness, and a variety of processes that will regrow internal organs to the level you are now secreting, which is usually 10-15 years younger.
2. Take with Energy and Wellness in morning, **Fuel 4 purple** 3 capsules, to reduce inflammation, balance glucose levels, while controlling appetite. It is also a gentle diuretic, supporting digestive health, that maintains sustainable weight loss results, with a sense of wellbeing. Take with one **Berberine Complex** capsule, when taking Energy & Wellness, to control blood sugar, regrow pancreas, and decrease appetite for the day, while preserving gi tract flora via morning dosing, all paving the way for positive results.
3. Before lunch take **Fuel 4 red**, take 3 capsules, 15-30 minutes before eating for a thermogenic afternoon of burning calories, by increasing metabolism, increasing energy, and boosting mood, using proprietary compounds. Then at lunch have a multivitamin, with a sensible lunch 200-400 kcal lunch.,
- 4 Take 3 **Hi-Phenolic capsules**, 15-30 minutes before dinner, with one GLP-1 enhancer capsule, to increase HGH, , and to lower leptin levels, which controls appetite and cravings, while also increases metabolic efficiency, and supporting optimal blood pressure, to promotes optimal body weight. Also take with **one GLP-1 Enhancer capsule**, to reestablish the bacterial flora needed to make GLP-1 for iatrogenic weight loss. Have with a multivitamin mineral, trace mineral, and a sensible dinner, 400-800 kcal.

How it works!!

GLP-1 or Glucagon Like Peptide -1, receptors are in the gi tract, and hypothalamus, which controls appetite, weight, and metabolism. This is the target of GLP-1 drugs, which are effective, however they do not provide long term weight loss, and only addresses one part of weight control, while having almost 2 dozen serious side effects, including accelerated aging, loss of lean muscle and organ tissue.

GLP-1 is an incretin hormone which regulated glucose. It has receptors in the small and large intestine, and the hypothalamus. It's release is stimulated by macronutrients such as glucose and fatty acid or good fats. High fructose corn syrup, seed oils, and processed food destroy the glp-1 release pathway, causing weight gain that id difficult to get around. Fortunately, we are understanding more about this system and how it works.

GLP-1 neurons regulate normal body weight, body fat, and food intake.

Fat cells produce leptin, which interacts with GLP-1at it's receptor sites to tell the hypothalamus the fat cells in the body are full.

GLP-1stimulate POMC a hormone that controls thyroid, adrenals, glucose, and night cycles. As GLP-! Affects so many hormone systems, and glands, in the body, it is important to balance hormones properly, to sustain long term weight gain. Thiis is where the IHHS Energy & Wellness program, Hyphenolic capsules, and GLP-1 enhancer, come into play. These products provide nutrition to re-grow the pituitary, which is responsible for making 9 hormones that balance the body, raising growth hormone and lowering leptin and restoring the bacteria needed for GLP-1 production in the body.

Balancing cortisol, lowering leptin, while raising metabolism, along with help from fuel 4 red to create more metabolic energy, and loss of body fat, while retaining lean muscle mass.

Staying active also increases lean muscle mass, which should build easier with this protocol. Creating a sustainable long term weight loss. Physical activity is also a benefit not just for burning calories, it also boosts metabolism, enhances insulin sensitivity, to maintain lean body mass.

You do not just want to lose weight. You also want to be healthy and strong, with a good metabolism to maintain energy, and maximize your lean body mass while losing fat. Muscles will produce more mitochondria. When physically active, making your metabolism increase to prevent regaining weight.

Protein rich food can stimulate your own GLP-1, as well. Protein triggers GLP-1, and peptide YY, which is a satiation hormone. Lean protein, such as fish, chicken, lean beef, and legumes, all increase GLP-1 levels, leading to an increase in appetite control, and weight management.

It is also important to eat when hungry, and control eating from boredom, and grazing from emotions. Try a small amount of IHHS hemp extract, if this occurs, and the urge passes in 20-30 minutes

Make sure you get enough sleep, to reduce stress, and maintain metabolism, sleep in the dark from 7-9 hours daily, keeping cell phones and electronics out of the bedroom. Work on your mind body axis with meditation. This will ensure a healthy metabolism, and in the morning your growth hormone will peak for the day, which also creates lean body mass, lowers body fat, and cortisol.

GLP-1 receptors can be targeted with berberine as in Fuel 4 purple, and dihydroberberine as in Berberine Complex that will last all day. Other compounds that also work on GLP-1 is cinnamon and turmeric.

Habits usually take 14 days to completely change. Start slowly cutting back if desired. Having your hormones balanced with the IHHS Energy & Wellness program will help with this and also to control subconscious thoughts of wanting to eat. This coupled with the rest of this protocol should bio-hack your system to allow for maximum weight loss over time.

Focus on organic nutrition and supplements for building lean muscle mass, such as a Mediterranean diet, or a Keto diet, avoiding starches, sugars, simple carbohydrates, and processed foods, while supporting any other hormone issues you may have due to aging or other physical issues.

Remember stay on your diet for 3 months, and do intermittent fasting eating 2 meals between 12 and 6pm. No snacking after dinner. You will find you really are not hungry, if you think about it. The desire from boredom or emotional eating will gradually decrease over the days and weeks, if not right away. If bored or stressed and wanting manage it, try Hemp extract, vs alcohol or grazing mindlessly.

Do remember extra detox help's to lose weight (Energy and wellness is a detox),[also ioncleanse.com Foot baths, sauna's, Nitrogreens, etc. Keep kcal 800 to 1200 daily, 200-400 for lunch and 300-800 for dinner as preferred. Eat slow, let blood sugar come up slowly for satiety. Realize your stomach is the size of your fist. It fills up quickly. Digestion takes 2 to 3 hours to absorb the k-calories, real hunger does not happen during this time.

Eat if you are hungry, as you go into ketosis you may not be, as your body is burning fat for energy.

Do not go without food. This causes the body to go into cachexia/starvation and stops healthy weight loss. Think ahead to plan what you will have to eat, do not wait and then graze unknowingly. Be sure to take a multivitamin mineral trace mineral to maintain health during weight loss. Eat organic, and fresh, avoid soda

pop, candy simple carbs, and high fructose corn syrup, alcohol, etc. because one serving of simple carbs can stop weight loss for 36 hours.

When you eat limit your intake, and only eat 2 times a day, during sunshine hours, and not after dark. You do not need calories after dark. Have lunch around 1-2pm and dinner 4-5 pm.

Every 15 to 20lbs you typically will hit a set point your body stopped at when gaining weight. it will hover there for a few days to a week, just stay consistent, do some detox, weight loss will continue.

At certain points further along in weight loss, you may feel you need a few calories for energy. For this, I encourage you to have a scoop of Nitrogreens, which will give you only 50 kcal, yet you will get energy, along with the detox, needed to clear the toxins, that were in the fat you are freeing up.

You can do this up to 2 times a day, and still lose weight successfully. Detox is required to stop your body from protecting you from the toxins released from fat cells, and stopping your weight loss.

If you ever feel you want to heal and detox your bowel, or for regular bowel movements, use Spanish Black Radish tablets. consult us for the dosing.

Any other vitamins, minerals, trace minerals, herbs, amino acids, natural hormones, and other non-pharma products, that one wishes to use, is not going to change results, and in some cases may make them better, on an individual basis.

The cost of this program, and eating clean, should be covered by the savings in the old food habits, and physical body symptoms one was treating with medication, that one used to have.

Also, for health, maintain the 13 things needed to protect from cv-19 spike protein, graphene and 5g, to stay alive since bioweapons were used on the public., this will also reduce inflammation needed for weight loss.