

BASIC SYSTEM OUTLINE

This program consists of Four Main Steps:

STEP 1:

Loading & Preparation – Start re:Lease Drops

Prepares your body for Fat Burning. You begin using the re:Lease Drops and load as directed. Begin Journaling

STEP 2:

Fat Burning/Specialized Menu –

Continue re:Lease Drops

Menu taken from list of allowed foods found on page 13

STEP 3:

Preparing for Maintenance – End re:Lease Drops

This step is necessary to prepare your body for maintaining your new weight as you increase your calories.

STEP 4:

Maintenance – No re:Lease Drops

By following the outlined program in Step 4, your body will reset to your new lower weight for long term stabilization.

GETTING STARTED

As with everything worthwhile in life, it's important to make a master plan to achieve MAXIMUM SUCCESS! There are some important things to understand and consider about this System before CHOOSING YOUR START DATE.

Choosing Your Start Date

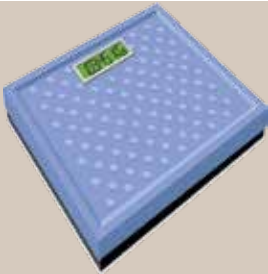
Because of the specific structure of this program, the time you choose to start is very important. There are several determining factors to consider to ensure the best possible results:

1. Determine the next 30 days you can commit to the structure of this System. Life's always busy, simply find the dates with the least amount of distraction.
2. To get off to a good start, it's best to have at least two days off from work and free from distraction in order for **STEP 1: LOADING** to be effective.
3. Women, it's best to start immediately after your monthly cycle ends OR at least 2 weeks before you know it's going to start.

Required Items

Here is the list of required items you'll need to accurately measure your foods and chart your progress. These items are ESSENTIAL to your success.

1. **Digital bathroom scale** is necessary. You'll be recording your weight first thing each day in the **Daily Tracking Journal** provided in the back of this book. Having the same scale each time is important for accurate results.
2. **Digital postal scale** for weighing protein portions in grams. Spring loaded scales or basic food scales have been found not to be as accurate as postal scales. Consistent portion size is critical.
3. **Containers** to store prepared measured proteins. Ziplock bags, aluminum foil or other containers simplify meal planning. We encourage you to prepare ahead all the proteins needed for the next 30 days, and have them easily available at all times.



“Success depends upon previous preparation, and without such preparation there is sure to be failure.”

— Confucius



4. **Nutritional Supplements** provide optimal nutritional support during the fat burning and detoxification process and beyond. Many customers report feeling more sustained natural energy and increased weight loss results with supplements than when they've done the System without them.
5. **Daily Tracking Journal**, as found in the back of this book, has some great tools to help you set goals and track your success. We highly encourage you to review the pages and engage in the goal setting steps! It's worth it.
6. **Daily Support Emails** have been created just for you! Each day of the program you'll receive coaching that provides a more in depth understanding of how to maximize your success. We've coached thousands and can answer your questions before you even ask them. Yes, we're that good!

STEP 1: LOADING

THIS STEP IS CRITICAL TO YOUR SUCCESS

During Step 1: Loading, your goal is to rapidly gain 5 pounds in 2 days. You will be required to eat large quantities of high-fat foods. While this may sound counterproductive, loading is actually what triggers fat burning.

During **Step 1: Loading**, you'll begin taking the Drops. Taking the drops during Step 1 is very critical step in order for your body to be willing to shift into rapid fat burning.

HOW TO TAKE THE DROPS:

- BEGIN taking the re:Lease Drops on **THE FIRST DAY OF STEP 1: Loading.**
- Using the dropper, place 10 drops UNDER your tongue. Allow your tongue to rest into the liquid so it can be fully absorbed.
- Hold liquid under your tongue for about 15-30 seconds before swallowing.
- Take THREE TIMES DAILY for the duration of your system (except during menstruation).
- Best results are achieved if drops are taken at least 15-30 minutes prior to meals. WAIT 15-30 minutes before and after you eat or drink to take re:Lease Drops. Eating or drinking too soon before or after taking the drops will dilute the absorption.

HOW TO LOAD EFFECTIVELY

It is very important to focus on eating foods with high fat content! So, don't be confused by foods that are associated with making you fat, such as foods high in sugar or high in carbohydrates like bread, pasta, and rice. Focus instead on foods with high fat content during loading. **Fat** is the main goal – **not sugar** although they are often found together!



It is not uncommon to eat between 7,000 to 12,000 calories each day and over 350 grams of fat during loading. Realize one slice of pepperoni pizza, at a popular wholesale outlet, has approximately 718 calories and 33.5 grams of fat, so notice how quickly fat grams add up.

IMPORTANCE OF LOADING

Loading is essential for the success of this program. As you eat food with high fat content, your brain will be concerned about this huge, rapid influx of fat and will quickly move into fat burning mode. Once in this mode, it will begin to recognize abnormally stored fat as fuel ready to burn as you progress through **Step 2: Fat Burning**.

LOADING FACTS

- Loading encourages your body to burn fat instead of muscle while on reduced calories in **Step 2: Fat Burning**.
- Loading forces your body to replenish your healthy fat reserves that may have been depleted from previous dieting.
- Loading keeps you from feeling hungry while on **Step 2: Fat Burning**.
- If loading is not done properly, you can expect to release half the weight experienced by those who have loaded sufficiently.

High stress often leads to skipping meals and eating on the run! This can shut down a healthy metabolism allowing the body to store abnormal fat!



Many people today, because of busy, high stressed lives are overweight simply due to skipping meals, continually dieting or eating on the run. These behaviors shut down the metabolism causing late night snacking and over-indulging on the weekends. Behavior such as these, lead to what is referred to as "feast or famine". Your body will then store fat during the feast to prepare itself for the next famine.

The body stores this fat in a very safe place and won't let go easily! This is EXACTLY the fat you want to lose most! This program is designed to help your body feel safe, and be willing to let go of this abnormally stored body fat.

SIDE BENEFITS OF PROPER LOADING

As you begin to read labels to optimize your loading, you gain an awareness of the nutritional value of specific foods. People are amazed when they see the actual calorie and fat content of some of their favorite foods!

This awareness supports you in making healthier choices long term, and in maintaining your new healthy lifestyle.

**Gain an awareness of
the nutritional value
for specific foods!**



ADD MORE LOADING DAYS IF...

You may need to increase the number of loading days if you have had surgery that limits the amount of food you are able to consume at one time. For example, Gastric By-Pass or Lap Band etc. We suggest loading for 4-5 days.

ALSO, you may need to increase the number of loading days if you have been restricting your calories within the last year prior to this program. This does not include those who have previously completed the re:Define System.

OR if after loading for two days, you DO NOT gain 5 pounds, we advise you to contact your coach or customer support to see if additional loading days are needed. It's generally good to load one more day to be make sure your metabolism is ready to burn; even if you don't gain more.

Occasionally, some people have loaded correctly and have actually lost weight instead of gaining. This generally happens to those who are continually dieting or limiting fat calories. Their body is happy to finally be eating some fat! If you experience this, simply load for an additional day to be sure you're on track for optimal results. Then move ahead to Step 2 with confidence.

FOOD SUGGESTIONS DURING THE LOADING DAYS

EAT AS MUCH FROM THESE LISTS EACH DAY AS POSSIBLE

BREAKFAST:

- Cheese and Meat Omelets
- Biscuit's with Sausage Gravy
- Eggs Benedict with Hollandaise sauce
- Pastries and Donuts
- Fruit with Heavy Whipping Cream
- Fried Potatoes
- Bacon and/or Sausage
- Whole fat Yogurt with Granola
- Nachos and Guacamole
- Bacon Cheese Burgers
- Carne Asada Fries
- Thick Ice Cream Shake
- BLT Salad: Greens, bacon, avocado, cheese, full fat dressing

LUNCH AND DINNER:

- Cheese Burgers with Fries
- Hot Dogs/Chili Cheese Dogs
- Enchiladas with cheese, sour cream and guacamole
- Pizza, extra meat and cheese

SNACKS:

- Cookies
- Ice Cream
- Cheese Cake
- Nachos
- Cheese
- Nuts
- Peanut Butter
- Potato Chips
- Chocolate
- Double Stuff Cookies

THE BETTER YOU LOAD – THE MORE YOU WILL BURN!

ATTENTION:

If you know that your body doesn't handle consuming fat well due to a specific medical condition such as gallbladder problems, please discuss this with your Personal Coach for a possible solution. We also highly recommend that you consult with your physician prior to beginning this system.

STEP 2:

FAT BURNING/SPECIALIZED MENU

DAY 3 - DAY 30

Step 2: Fat Burning is the fun part! This is where all the weight loss occurs. As you begin Step 2: Fat Burning, congratulate yourself on completing Step 1: Loading!

WHAT TO EXPECT

As you begin releasing weight, realize your body is going through a lot of changes. First of all, you just loaded your body with a high fat menu, and now you are adjusting to a low calorie restricted menu. Be patient with the feelings and emotions you may experience as your body is going through this period of adjustment.

Here are a few normal adjustments you may experience the first week. Below is a list of some things that are common and you may need to prepare for:

- **Hunger**
- **Light-headedness/Weakness**
- **Headaches**
- **Crankiness and Irritability**
- **Intestinal Changes**

If you experience anything similar, it should quickly correct itself within a few days. By day 6 you should feel great! Again, these experiences are simply dietary changes due to loading, and then quickly reducing your calories. You may use whatever you feel necessary for headache pain. If you experience a headache that is not responding to your ordinary pain management techniques, please contact customer support for suggestions.

If you experience **more** than noticeable hunger before meals the first few days, contact customer support for suggestions. You should not feel "starving" on this program. The amount of re:Lease Drops may need to be adjusted.

Tip: If you work away from home, be prepared to avoid snack machines if you feel that more food is required these first few days. Have an extra meal with you just in case!



The first week sets the pace for the entire program. It is **NOT** recommended to eat out while on this step of the program. It will not yield the results that you are aiming for. Eating out does not give you control on measurements or how the food is prepared. If you must eat out due to circumstances beyond your control, please refer to the restaurant guide in the back of this book for suggestions on how to minimize the damage. Eating out WILL decrease your overall weight loss results.

Your weight loss should be VERY significant the first week, and then taper off to about 1 pound per day average by day 7 and beyond. It is not uncommon for some people to lose up to 12 pounds or more the first week. Loading weight should come off completely within the first few days on **Step 2: Fat Burning**. If you lose less than 7 pounds BY DAY 7, email us for support at support@redefinesystems.com. You may need to make minor adjustments at this point to increase your overall results.

It is almost impossible to catch up if you get off to a slow start. Low weight loss the first week is almost always due to one or all of the following:

- 1. Not loading well. (Gaining under 4 pounds.)**
- 2. Not being prepared with your specific meals.**
- 3. Not drinking enough liquids.**

Drinking a gallon daily assists your body in flushing fat and toxins. Drinking suppresses hunger. The body can't tell the difference between being dehydrated and being hungry; so drink up!



DETOXIFICATION & CONSTIPATION

On the re:Define System, your body will happily release toxins which are stored in body fat and in the colon. This is a great aspect of our weight loss program. As you eat more unprocessed and natural foods, your body may release toxins that have been stored for quite some time. Although you are drinking plenty of liquids, it is often quite common to experience slow moving bowels or even constipation. As your body is flushing, impacted waste may need to be released. We highly recommend using Detox Tea for this very situation. It is truly an amazing product. For more information, see our website.

Remember to keep an accurate record of both **when** and **what** you are eating. This journal should also include your thoughts and feelings about your progress. Continue your journal throughout the remainder of the program! It will be the first place to look for answers if you ever struggle during the program.



ENSURE SUCCESS!!

It is very important to mix up your food choices from day to day!

Pick at least 3 of your favorite's from each food category and alternate them methodically.

CROSS TRAIN YOUR MEALS!!

These foods should be eaten as follows with variations noted:

- Breakfast:** Water or Herbal Tea
Drink ½ Gallon by Lunch time and the other ½ the rest of the day
- Lunch:** 100 grams of protein (raw weight) from list*
One serving of vegetable from list*
One serving of fruit from list*
Optional: ONE PIECE of Melba toast (not one serving)
- Dinner:** 100 grams of protein (raw weight) from list*
One serving of vegetable from list*
One serving of fruit from list*
Optional: ONE PIECE of Melba toast (not one serving)
- Snack:** The 2 Fruits from list may be eaten anytime as a snack OR used with meals, not both. (limit to 2 fruits per day only)
- Liquids:** Drink at least one gallon of either water or herbal tea per day for best results. Avoid caffeinated teas. Recommended herbal tea recipe on page 40 in the cookbook.

LIST OF ALLOWED FOODS

If it's Not on the List... Don't Eat It!

PROTEINS*

100 grams of lean protein weighed raw on a digital postal scale for accuracy. All visible fat must be removed prior to weighing. Different protein choices should be made for each meal daily. *Vegetarian substitutions found on page 15

- Chicken breast
- Beef 93% lean
- Venison
- Buffalo
- Veal
- Lobster
- Crab
- Shrimp
- Fresh white fish
- Tilapia, Cod,
- Haddock, Pollack,
Sole, Halibut,
Flounder, Sea Bass
(not Chilean Sea
Bass)

FRESH VEGETABLES

Use fresh vegetables, not canned. No mixing of vegetables is allowed. Vegetables should be measured raw then steamed if desired. Rotate choices methodically.

- Spinach – 3 cups
- Chicory – 3 cups
- Chard – 3 cups
- Beet greens – 3 cups
- Lettuce – 4 cups +
- Celery – 3 cups
- Tomatoes – 1 ½ cups
- Radishes – 2 cups
- Onions – 1 cup
- Cucumbers – 1, 8" (301 grams)
- Asparagus – 2 cups
- Cabbage – 2 cups

FRESH FRUITS

One PIECE of fresh fruit is allowed twice a day. Size doesn't matter. Rotate choices methodically. **Tomato may be substituted as a fruit.**

- 1 Apple
- 1 Orange
- ½ Grapefruit
- 6 oz. of Fresh Strawberries

MISCELLANEOUS

- Any seasonings not containing sugar or starch
- Juice of 1 lemon daily
- One TBSP Skim milk or Greek Yogurt
- Walden Farms Salad Dressings in moderation
- Coffee & Tea (using caffeine may decrease weight loss by 50%)
- Stevia, Truvia® or Saccharine Sweeteners
- One piece of Melba Toast OR
- 1/3 WASA Cracker per meal

ROTATE FOOD CHOICES DAILY!

VEGAN PROTEIN SUBSTITUTIONS

NON-VEGAN'S DO NOT USE THIS LIST

IF you're not Vegan, DO NOT use the proteins listed in this section.

Generally Vegan's overall weight loss results may be half what meat eaters experience due to the additional carbohydrate and healthy fat (oil) content found in Vegan proteins.

- 8 oz. skim milk
- 1 XL whole egg, PLUS 3 XL egg whites
- 4 oz. non-fat cottage cheese or plain yogurt
- Whey or egg white protein powder with no fat or sugar added (100 calories)
- 100 grams fish as seen in the previous "List of Allowed Foods"
- Soy milk if no sugar added
- Tofu
- 26 grams of Broad-Spectrum Protein

SAMPLE DAILY MENU FOR STEP 2

Here is an example of what your daily meals may look like while following **Step 2: Fat Burning**. Recipes are found in the cookbook section starting on page 31.

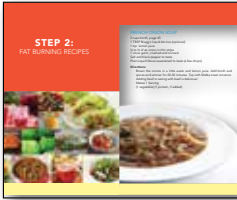
NOTICE FOODS ARE ROTATED; don't eat same foods over & over!

	Breakfast	Snack	Lunch	Snack	Dinner
DAY 1	Water or Herbal Tea	Cinnamon Apples	Fantastic Baked Chicken, Seasoned Sliced Cucumbers	Strawberries	Beef and Cabbage Stir-Fry
DAY 2	Water or Herbal Tea	Orange	Zesty Lime Tilapia, Steamed Spinach	None	Chicken Taco, Apple
DAY 3	Water or Herbal Tea	None	Sautéed Shrimp tossed with Fresh Tomato	Strawberries	French Onion Soup with Ground Beef, Apple
DAY 4	Water or Herbal Tea	½ Grapefruit	Chicken Asparagus Bake	None	Beef with Italian Sauce with Romaine Lettuce
DAY 5	Water or Herbal Tea	None	Cabbage Soup and Talapia	Apple	Chicken Salad, Celery Sticks and Grapefruit

IMPORTANT FACTS

ROTATE YOUR FOODS

FOR BEST RESULTS, YOU MUST mix up your food choices daily. Eating the same few foods over and over will slow your weight loss dramatically. Choose at least 3 favorites from each category and alternate them regularly.



The more you alternate your choices in each food group, the more significant your results will be! You may use the recipe section for **Step 2: Fat Burning**, starting on page 37. Using the foods from the list of allowed foods to add variety to your meals.

STALLED WEIGHT LOSS

Stalled weight loss or 'plateaus' are common; especially with women at some point after the second week (women: generally due to ovulation). This stall is simply your body retaining water. You are still in fat burning mode and it will correct itself. However, if **after four days, and no sooner**, you are still not losing, you may trick your body to release the retained fluids by doing what is called "An Apple Day".

AN APPLE DAY will help your body to release water weight and help you return to daily loss. (This should be done **ONLY** IF your weight has remained the same for **FOUR** days or more. Note: this is not to be used to compensate for **not** following the program). Beginning at lunch, eat only apples until just before lunch the next day. Eat a maximum of 6 apples in that 24 hour period. **Don't eat or drink any additional foods or liquids** except plain water that day. Drink only enough water to quench your thirst as needed. You should show a good release of weight the following morning. Begin again with the normal menu that next day. Your weight loss should resume as normal.



IMPORTANT FACTS Cont'd

Women and Menstrual Cycles

As mentioned earlier, it's best to start the re:Define System immediately after your menstrual cycle ends OR at least 10 days before your next cycle starts.

Because of the shift in your hormones during your cycle, the effectiveness of the drops stops.

1. When your cycle STARTS, simply stop taking re:Lease Drops and continue the meal plan as before. Stopping drops should not increase your hunger.
2. When your cycle STOPS, immediately resume taking re:Lease Drops. If you re-start the drops too soon, your weight loss could stop prematurely. If you are concerned, email us for support: support@redefinesystems.com.

It's not uncommon for women to retain water and not show a steady loss mid-month, around day 14. This is usually due to ovulation and the hormonal fluctuation. Your weight loss will catch up, so be patient. Read the previous page under the heading "Stalled Weight Loss".

Monitoring Your Weight Loss

Weight loss averages on this program are about .5 to 1 pound per day. If your results are slower, there are generally two different solutions depending on which category you fall into. First read below to determine where you fit. If you're still having trouble, contact customer support: support@redefinesystems.com

Low Weight Loss WITH Hunger

If soon after meals your stomach is growling and you're feeling very hungry or weak, it's a good indication you're not fully in fat burning mode. Start by **increasing your drops by two (12 total) three times a day.*** If hunger hasn't changed in 24 hours, increase by another 2 drops (14). You can do this up to 20 drops three times a day. If hunger is unbearable, eat ONE extra serving of protein right then; then resume to the normal meal plan continuing with the increased drops.

*If you need to increase your drops, please understand that your bottle will run out before the end of the 30 days. Extension bottles can be purchased for a small fee in this rare case. Order quickly to ensure you don't run out.

Low Weight Loss WITHOUT Hunger

If your weight loss is slow and you feel no hunger, you may be taking too many drops. **Decrease the amount of drops you are taking to 8 drops** three times per day and see how your body responds the next couple of days. If hunger increases, simply go back to 10. Unfortunately your results will come slower...but they will come!

TIPS FOR MAXIMUM SUCCESS

To achieve the best results possible, make sure you understand the details of Step 2 inside and out! Such as:

- Read this Guide Book at least TWICE; then take the quiz!
- Follow the list of allowed foods on page 13. Understand how to prepare the food, amounts to eat and the times to eat.
- Take the Drops as directed. Start them during **Step 1: Loading**
- Complete the tasks in the “Daily Tracking Journal” on page 83.
- Keep an accurate journal so you’ll know where to adjust if needed.
- Do your best to weigh yourself at the same time every day, and record it in your journal.
- Be certain to rotate your food choices. REPEATING the same basic food choices over and over will completely stall your weight loss.
- Take ‘before’ pictures of yourself. You’ll be so glad you did for an amazing reference later!
- Don’t cheat! Cheating will cost you 3-5 days of weight loss results. It’s simply not worth it. It’s only 30 days! You can do it!

EXERCISE IS OPTIONAL

It is not encouraged to begin a NEW exercise routine until

Step 4 : Maintenance

HOWEVER, if you already have a steady routine for more than 3 months, you can continue.



- Read all food labels! If the ingredients aren’t on the list...don’t eat it!
- Some creams and lotions can inhibit weight loss as they may absorb into the skin. Baby lotion is a safe alternative.
- Avoid artificial sweeteners of all kinds. They have many side effects, and are also known to increase appetite. Stevia is the preferred sweetener. Make sure the Stevia you are purchasing has no other sweeteners, such as sucrose, dextrose or any other “ose”.

STEP 3:

PREPARING FOR MAINTENANCE

TRANSITIONING FROM STEP 3 TO STEP 4

Day 31 through Day 33

Stop Taking re:Lease Drops

It is now time to prepare your body for maintenance. It is important to ease back into eating larger quantities and varieties of food in order to maintain your new lower weight.



“Stop taking the Drops on day 31 staying on the Specialized Menu for 3 additional days.”

Stop taking re:Lease Drops on day 31 and stay on the Specialized Menu for 3 additional days. You should still feel satisfied with your meal portions. Discard the remainder of the liquid.

On Day 32, circle your weight. This is the weight you should reset to long term. Even if you lose more on day 32 and 33, your new target weight to maintain is the final number on day 32.

If you are not at your desired optimal weight yet, you will simply do another session AFTER the defined six weeks of maintenance. This is a very important step toward healthy weight management long term.

If you happen to be 100% at your goal weight after this session, congratulations! Follow Step 4: Maintenance perfectly and you will remain right where you want to be almost effortlessly upon completion of maintenance. Amazing right?

CHART YOUR COURSE

During Step 4: Maintenance, you will be increasing your calories. Many people are often confused as to how much they should eat daily. Below is a formula that can be a basic guide. Put your numbers into the chart and see how many calories are suggested for you.



CALORIC INTAKE FORMULA - SUGGESTED GUIDELINES			
CURRENT BODY WEIGHT <input type="text"/>	X 10=	RESTING METABOLIC RATE <input type="text"/>	
RESTING METABOLIC RATE <input type="text"/>	X 20%= INCREASE PERCENTAGE FOR HIGHER ACTIVITY LEVELS	DAILY ACTIVITY BURN AMOUNT <input type="text"/>	
RESTING METABOLIC RATE <input type="text"/>	+	DAILY ACTIVITY BURN AMOUNT <input type="text"/>	+ 300 - 500 IF EXERCISING REGULARLY
			ENERGY AMOUNT APPROX. CALORIES NEEDED DAILY <input type="text"/>
<p>EXAMPLE: Man weighs 200 pounds, exercises 1 hour daily, average daily activity level; Formulate as follows: 200 X 10 = 2000 2000 X 20% = 400 2000+400+500=2900 calories daily intake suggested.</p>			

Now that you have a suggested daily caloric intake, we highly recommend that you create a meal plan for your 6 weeks maintenance.



SIMPLIFY MAINTENANCE!

Want even more help? A NEW detailed maintenance planner has been created by Tammie Duggar! With pre-made menus, new recipes and a complete shopping list OR you can customize your own meal plan and shopping list with menu pages provided. It is very simple and straight forward. It's the hand holding many people want as they face maintenance. "Maintenance Simplified: for Long Term Success!" is available on our website,

www.redefinesystems.com

KNOW YOUR BODY

During maintenance, you will have a rare opportunity to see exactly how your body responds to certain types of food. This is priceless information that will enable you to manage your weight long term. To gain this valuable insight, you must continue to journal throughout maintenance.

STEP 4: MAINTENANCE



STABILIZING YOUR NEW WEIGHT

Many people get nervous as they begin preparing for maintenance. They learn to love the structure of **Step 2: Fat Burning** after seeing such great success and don't want to mess things up. Don't worry; by following the plan as explained below,

you will do great! You can learn to live again in the real world of numerous food choices and still maintain your new body.

The maintenance plan is simple and enjoyable. Here you will begin increasing your variety and quantities of food. The goal is to be eating "full well-balanced meals" by the end of the 6 week Maintenance Period.

You must complete Step 3: Preparing for Maintenance before you begin Step 4.

During Step 4: Maintenance; your new goal is to stay within 2 pounds of your final weight on day 32. In order to maintain your new weight and reset long term, **you should not go over or under your final weight by more than 2 pounds.** If you gain over 2 pounds you must correct the weight gain immediately. Not the next day, but immediately! This is corrected by doing a 'Steak and Apple Day'. See instructions on page 23.

It is necessary for you to continue to weigh yourself every day and also to keep up with your journaling. This habit will teach you more about your body and how various foods will affect your weight faster than any other process! It will become your best tool in understanding how to maintain your new lower weight long term.

MAINTENANCE OVERVIEW

Maintenance consists of 2 parts broken down into two, 3 week periods.

Part 1: For the first 3 weeks avoid ALL grains, starches and sugars. Gradually increase your caloric intake as described on pages 21–23.

Part 2: Weeks 4-6 You will gradually reintroduce grains, starches and sugars into your daily diet. Study the information on pages 24 and 25.

PART 1: FIRST THREE WEEKS

Part 1: For the first 3 weeks avoid ALL grains, starches and sugars. Gradually increasing your caloric intake as described on page 22 and 23.

The first week of maintenance your meals will look very similar to how you've been eating during Step 2: Fat Burning. By transitioning more foods into your diet slowly, your body has time to adjust and reset. Begin by increasing portion sizes and combining foods. By week 2, you will be ready to add more foods from the new list below



Make sure to avoid all simple carbohydrates such as sugar, rice, bread, potatoes, pastries, starches, etc, during these first 3 weeks. Observe this rule very carefully; READ page 26 completely!!

LIST OF FOODS TO ADD:

PROTEINS

- Steak
- Turkey
- Dark Chicken Meat
- Salmon
- Tuna
- Pork
- Etc

VEGETABLES

- Combined Vegetables
- Salads
- Broccoli
- Cauliflower
- Squash
- Green Beans
- Etc

FRUITS

- Berries
- Pineapple
- Kiwi
- Fresh Peaches
- Pomegranate
- Etc

DAIRY

- Eggs
- Milk
- Cheese

LIST OF FOODS TO AVOID:

GRAINS

- Breads
- Rice
- Beans
- Legumes
- Lentils
- Pasta

STARCHES/ VEGETABLES

- Corn
- Potatoes
- Peas
- Carrots
- Jicama
- Canned Sauces

FRUITS

- Fruit juices
- Canned fruit
- Dried fruit
- Grapes
- Bananas
- Melons

MISC.

- ANY AND ALL SUGAR!

SAMPLE MENU

As you proceed through Step 4 you will be gradually increasing your portion sizes while adding more variety. You will see below that many meals are the same as you have been eating, however it is important to INCREASE THE PROTEIN AMOUNT. See information below regarding portion sizing.

	Breakfast	Snack	Lunch	Snack	Dinner
DAY 1	Small 2 egg omelet with veggies	small fruit, nuts OR low fat cheese	Fantastic Baked Chicken, seasoned sliced cucumbers	small fruit, nuts OR low fat cheese	Beef and Cabbage Stir-Fry
DAY 2	protein shake with fruit	small fruit, nuts OR low fat cheese	Spinach Salad with Chicken and Strawberries and Steamed Asparagus	small fruit, nuts OR low fat cheese	Lettuce Wrap Burger
DAY 3	Small 2 egg omelet of choice	small fruit, nuts OR low fat cheese	Beef Fajita's Green Salad	small fruit, nuts OR low fat cheese	Steak, Chicken or Shrimp Kabobs
DAY 4	1/4 of a Spinach & Cheddar Frittata	small fruit, nuts OR low fat cheese	Chinese Chicken Salad	small fruit, nuts OR low fat cheese	Grilled Tilapia and Asparagus
DAY 5	2 eggs scrambled with fruit	small fruit, nuts OR low fat cheese	Sea Bass with Ginger and Scallions	small fruit, nuts OR low fat cheese	Beef Fajita's Green Salad

HEALTHY PORTION SIZES

PROTEINS:

You may have 2-3 servings of protein per day. Protein portion sizes should remain reasonable, not exceeding 4-6 oz. (125-170 grams) per serving. Your protein portions should resemble the size of a deck of cards or your fist. This is a good visual tip when determining portion size. Your dinner plate should be about 10-20% protein and 80-90% vegetables at this time.



FRUITS AND VEGETABLE:

Eat a variety of different fruits and vegetables. Two servings of fruit daily is what we recommend. Vegetables can now be mixed together and increased as much as you'd like.

FATS:

Eating healthy fats are nutritionally important to keep you hormonally balanced. These types of fats do not cause weight gain. Healthy fats are naturally found in:

- MEAT
- DAIRY
- OLIVE OIL
- BUTTER
- COCONUT OIL
- SAFFLOWER OIL
- AVOCADO
- NUTS*

*Use nuts sparingly as nuts often cause weight control issues for some people. One serving of nuts is equivalent to a small handful (10-12) or 1 Tbsp. of 100% natural peanut or almond butter. They are best eaten raw and unsalted.

STEAK AND APPLE DAY

If you gain over 2lbs during any point in maintenance, you must correct the weight gain immediately by having a "Steak and Apple Day". Don't put it off until the next day, DO IT RIGHT THEN! You should drop the extra weight overnight! Otherwise the weight will not be lost or may take several days of strict dieting to correct the situation. This is imperative in resetting your metabolism at your new lower weight.

Directions:

Skip breakfast and lunch, drinking plenty of fluids. For dinner eat a HUGE steak with only an apple OR a raw tomato. The amount of fat content in the steak doesn't matter. Any size of steak is fine.

Alternative:

Another alternative to the Steak and Apple Day, although much slower and less reliable, is to follow the menu on page 14, increasing proteins to 150 grams and adding breakfast. The goal is to drop a little each day until you are back at the correct weight. Good luck!



MAINTENANCE

PART 2: FINAL 3 WEEKS

PART 2: For the next 3 weeks you will be gradually reintroducing grains, sugars and starches. On the next page you will see many of them listed.

SUGARS

Avoid processed and refined sugars. Refined sugars include: white cane sugar, high fructose corn syrup, crystalline fructose and most forms of agave nectar. Natural forms of sugar include: Unprocessed/unrefined sugar (sucanant, musgovado or rapadura, 100% maple syrup, brown rice syrup, and honey). Stevia is still recommended as often as possible. Only 25 grams of sugar recommended daily. This includes fructose which is naturally occurring in fruit.

STARCHES

Starchy foods react in the body just like sugar and therefore should be eaten in moderation. They should total about 15-20% of the content of your plate. Sugar is highly addictive and sometimes one bite is all it takes to begin the addiction cycle. Some people can handle having one cookie, while others may binge once sugar is reintroduced into their diet. So use caution.



GRAINS

Whole grains contain all the vital nutrients of the grain thus providing you with many essential vitamins and minerals. You will need to read the ingredient list on all packages. Do not trust the advertised label. If it says 'enriched' it's not a whole grain! You should include 3-5 servings of grains per day. A serving is equal to 6 ounces. Your dinner plate should now be about 25% protein, 25% whole grains and 50% vegetables.

BE CAUTIOUS

Watch your weight as you add starches. Introduce them one at a time and keep notes in your journal. Many people have an intolerance to the gluten found in grains. Some common symptoms are bloating, weight gain, depression and inflammation. We encourage you to do your research; one great read is "Wheat Belly" by Dr. William Davis MD.

List of Foods to GRADUALLY BEGIN ADDING

GRAINS

- Breads
- Rice
- Beans
- Legumes
- Lentils
- Pasta

STARCHES/ VEGETABLES

- Corn
- Potatoes
- Peas
- Carrots
- Jicama
- Canned Sauces

FRUITS

- Fruit juices
- Canned fruit
- Dried fruit
- Grapes
- Bananas
- Melons

MISC.

- Coffee
- Alcohol may be consumed in moderation



It is normal to have fluctuations in your weight during the first week of Maintenance. Women especially tend to go over the 2 pound limit at least once in the first 7-10 days. This can be normal. Gaining weight at this point can be emotionally stressful. Remember your body is simply adjusting to the added foods and calories. If you are concerned about these fluctuations please contact us.

DON'T BE FOOLED!

Don't be fooled into being lazy with maintenance! You can create a lot of frustration while attempting to maintain your weight if you don't stay focused. Sometimes it's easy to relax and not follow the guidelines. One mean trick your body will play on you is that it will pretend like cheating isn't affecting you....until a few days later. Perhaps you decide to cheat a little by eating some forbidden sugar or carbohydrates in the first 3 weeks....and you DON'T gain any weight....at first. Sometimes your body can trick you into a false sense of security, and you begin with eating things not on the list with no apparent setbacks. However, you will suddenly gain 3 pounds one day when you wake up! A 'Steak and Apple Day' may not be enough to fix it this time. The only way we know to get back is to do a "Steak and Apple Day" followed by several days of following the plan from the first week of maintenance until you are back at your previous goal weight.

Your long term success begins by following Step 4: Maintenance, exactly as written. It is absolutely as important as the first two steps. Whatever caused you to gain your weight in the first place prior to this program, can happen again if you do not follow the guidelines and make healthier choices.

You can gain your weight back or you can keep it off. It is completely your choice. **When** you choose to follow Step 4: Maintenance exactly, you will be so amazed at the amount and types of foods that you can eat and enjoy and maintain your weight – No more being frustrated over the holidays or after vacation.

You now have the tools to manage and maintain your weight for life. Simply keep track of your weight regularly and if you go over your goal weight, address it immediately.

If you eat too much over the holidays or a vacation, begin eating foods listed in Step 2: Fat Burning. You will need to increase the volume and avoid starches for a few days but your body should return rather quickly to your new weight set point.



LONG TERM STABILIZATION TIPS

Here are a few important things to understand about the basics of good nutrition that can help you as you plan your meals in the future for maintaining your goal weight:

- Eat foods in their most natural form just as you have been doing during Step 2: Fat Burning. This means avoiding processed foods as much as possible. Note that prepackaged foods generally contain added sugars, fillers, and chemical preservatives.
- Eat a balance of protein, fruits, vegetables and healthy fats at each meal. Making sure each meal has one of each will make eating balanced much simpler.
- Keep simple carbohydrates like bread, pasta and sugars as a treat rather than the majority of the meal. This applies to after the first three weeks of maintenance. Follow the plan as outlined regarding the adding of carbohydrates.
- Read labels and watch for artificial ingredients. Avoid foods with words you can't pronounce! Make it fresh. Learn to make simple healthy meals. MSG or Mono-sodium Glutamate is a flavor enhancer that is highly addictive, increases hunger and has many negative side effects such as ADHD, brain fog, headaches etc. Avoid it as much as you can.



- Avoid sodas, even diet sodas. Both are equally bad for different reasons. We encourage you to research this for more information.
- Do not eat late at night. This is basically adding an extra meal of calories. If you are hungry enough that it is disturbing your sleep patterns, have a high protein balanced snack 30-60 minutes before bed. For example, natural almond/peanut butter with apple or cucumber slices.



- Exercise regularly to stay healthy and strong. Some type of cardio daily will greatly increase your metabolism and help to keep your muscles, including your heart, strong!
- Continue with high quality nutritional supplements. Our highly trained staff can help you know which supplements are best for you.
- Drink lot's of water; 'one quart' per 50 pounds of body weight. This will keep your system hydrated and flushing properly.
- Eating regularly will give your body energy and keep your metabolism engaged. Enjoy breakfast, lunch and dinner with snacks as needed. Don't skip meals!

TIPS FOR TRAVELING

Traveling while on Step 2 can be very difficult. Some clients have noted success by taking meals with them. This is not always possible although it would be best.

If you must travel and eat out, we encourage you to continue to track your progress daily so you don't return with added weight.

The suggestions below will help you make the best choices possible.

CHOOSING A RESTAURANT

Wisely choose a restaurant that makes their food from scratch as opposed to a chain restaurant that uses pre-seasoned food from their suppliers. This prevents the chef from preparing meals with added sugar or fats.

Compare the menu with the list of allowed foods; see what will work best. Ask the waiter for suggestions. It helps to recommit yourself emotionally before you even set foot in the restaurant. You'll have a great time and won't be embarrassed. Pretend you eat this way all the time! Most people will think you're a knowledgeable health expert and start excusing the way they eat!



TIPS FOR TRAVELING Cont'd

- Caesar salad with grilled chicken. Request NO croutons, cheese or dressing. Lemon wedges, vinegar or fresh salsa are delicious as a dressing!
- Fresh salsa can be used as your vegetable OR fruit. This makes a great salad option.
- Child's plate hamburger with a side salad or allowed vegetable. Ask for no bun and extra veggies. Mustard may be used.
- Grilled white fish, cooked dry, no added seasonings, NO rice on plate and add a side salad. Ask for extra lemon wedges and/or salsa.
- Order meats cooked dry, with NO oil or sugar. Mention an allergy if necessary.
- Specific fresh fruits are not readily available at most restaurants. If you desire to have a fruit with your meal, we suggest you bring your own or eat the fruit as a pre-meal snack or after your meal when your home.
- Steamed broccoli dry, meaning with no butter. Although not on the list of allowed foods, may be a good alternative on a rare occasion.

LAST RESORT

- McDonalds® kids meal with a burger, side-salad and apple dippers. Obviously, remove the bun.
- McDonalds® Caesar Salad with grilled chicken. NO dressing and remove any thing not allowed like croutons and cheese.
- Chick-fil-a® chicken and fruit salad.

EMERGENCY PAUSE DURING PROGRAM

Should you have an emergency that would prevent you sticking to the plan exactly, there is another alternative which should be a last resort. This alternative works best if you have been on the system for at least 20 days and the interruption is less than 14 days.

- Move to Step 3: Preparing for Maintenance, three days prior to your event. AS SOON as you return from your travels, immediately resume back to Step 2: Fat Burning and finish your system as outlined.

QUICK REVIEW

- Step 1 is Loading; to load properly, I must load for ___ days.**
a. 7 b. 2 c. 1-1/2
- While loading, my goal is to consume large amounts of_____.**
a. high-fructose Corn Syrup b. carbohydrates c. fat
- It is important that I start taking the drops the very first day of Step 1 Loading.**
a. True b. False
- The amount of drops I should take is _____ drops, three times per day.**
a. 4 b. 10 c. one dropper full
- I place the drops under my tongue and hold for _____ before swallowing.**
a. one minute b. 30 seconds c. until I get distracted
- I need to wait 15 minutes after taking drops to eat or drink to increase_____.**
a. absorbability b. my patience c. my hunger
- I have a lot of weight to lose, so I don't have to do maintenance until I reach my goal.**
a. True b. False
- I should weigh my proteins using a _____ _____**
a. good guess b. food scale c. postal scale
- I need a postal scale found in the office section of any retailer with office supplies or online.**
a. True b. False
- I want the best results possible so I will_____.**
a. NEVER eat the same foods twice in a row
b. gain 5 lbs loading
c. drink at least 1 gallon per day
d. all of the above
- Women: If I start my cycle, I need to _____ .**
a. stop drops, continuing on the program, resuming drops when cycle over
b. panic and stop the entire program.
c. eat all the chocolate in sight!

QUICK REVIEW

22. **If I am feeling intense hunger, I should _____.**
a. ask for specific advise
b. grab something from the drive through
c. realize that this program isn't right for me
23. **I'm going to a party for the weekend. If I don't take my drops that day I can eat whatever I want and get back on when I'm ready?**
a. False b. Double False
24. **Eating out at restaurants' regularly is a great way to have success with my busy schedule as long as I make good choices?**
a. True b. False
25. **I fell off the band wagon and cheated. I can repent by____.**
a. doing an apple day
b. beating myself up
c. recommitting and do it right from now on
26. **Why is journaling everything so important?**
a. So I can brag about my results
b. Just in case my weight loss slows, I want to be able to get support for a solution.
c. I will learn a lot about how my body responds to certain foods which will help me have long term success.
d. All of the above
27. **I'm so ready to reach my goal; I think I should start exercising as I begin this program. I will_____.**
a. start with walking or stretching while on program
b. hire a personal trainer
c. sign up for a marathon
28. **I am committed to taking all of my supplements because_____.**
a. I want to feel great and have lots of energy
b. my body needs help while it dumps toxins
c. they are a necessary part of good health
d. I love to feel healthy and strong
e. All of the above

ANSWER KEY:

1) b, 2) c, 3) a, 4) b, 5) b, 6) a, 7) b, 8) c, 9) a, 10) d, 11) a, 12) b, 13) d, 14) a, 15) b, 16) b, 17) b, 18) b, 19) c, 20) d, 21) d, 22) a, 23) b, 24)b, 25) c, 26) d, 27) a, 28) e

ABOUT THE AUTHOR



Becky Kempton has always believed in living life to the fullest. She has a passion for helping others find true joy in life. She thrives on being in creation mode. Her entrepreneurial spirit and love of learning new things has created many opportunities that she has seized wholeheartedly. One such project was the creation of this Detoxification and Weight Loss System.

Prior to the creation of this System, Becky studied nutrition over 25 years and spent 8 years as a certified Aerobics Instructor and personal trainer. Additionally, she spent another 8 years as a wellness advisor specific to nutritional supplementation. As an accomplished hair stylist, she maintained a loyal clientele base for 27 years before retiring to join her husband, Kevin Kempton, in the creation of their first weight loss and wellness center, Pure Simple Health LLC in 2008. They have gone on to develop several companies that promote wellness nationally in different marketing venues.

For the most part, Becky has enjoyed a full life with a strong and healthy body. In 2002 her life changed after a late term miscarriage which led to imbalanced hormones, chronic depression, fibromyalgia, excessive weight gain and chronic fatigue. Through diligent research and much prayer, she found answers to her health challenges through nutritional supplementation. It was eight long years of research before she found the answers that enabled her to conquer her struggle with weight. Due to her dramatic success, her salon clientele quickly begged for help. After helping hundreds find success, she sought her husband's assistance in managing an ever growing demand. This experience was one of the impetuses that led to the development of this Advanced Detoxification and Weight Loss System.

It has truly been a joy for her to see the same success in so many individuals. She has taken what she learned personally as well as the experience of helping thousands of others and compiled it into this educational guide that is sure to help you reach your health and weight loss goals as well.



As much as Becky loves creating and teaching, she loves her family more. She is first and foremost a devoted wife to her amazing husband Kevin and an adoring mother to their 6 children. The three oldest are married to incredible spouses and have added 6 beautiful grandchildren and counting. One legacy that she desires to leave behind is that women can achieve a joyful balance between motherhood and creating financial success. As long as they stay focused on that which is most important...Family!



BECKY BEFORE
AUGUST 2008



BECKY AFTER
MARCH 2009



BECKY
JULY 2011