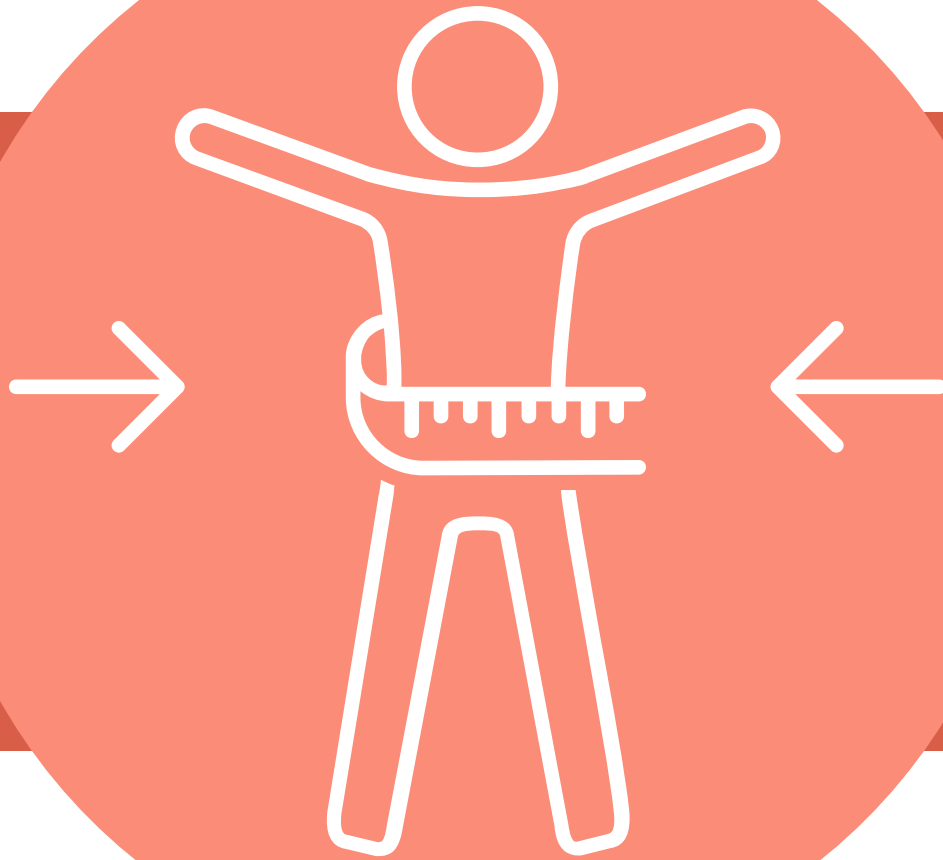


Weight Loss Support Guide



THE SUPPLEMENTS

Berrytone

The ingredients of Berrytone supports:

- Thermogenesis*
- Fat burning hormones Leptin and Adiponectin*
- Appetite control*
- Healthy blood sugar levels and reduced cravings*
- Proper fat metabolism*

Garcinia Cambogia

The ingredients of Garcinia Cambogia:

- Reduces fat formation.
- Reduces fatty acid synthesis by approximately 40-70% for eight to twelve hours following a meal.*
- Reduces food Intake
- Suppresses appetite
- Reduces food consumption by about 10 percent.*
- Chromium helps support lean body mass.*
- Chromium supports glucose levels within normal ranges and supports metabolism of lipids in the body.*

Control

The ingredients of Control help those people struggling with sugar and carbohydrate cravings. Carb cravings can be a symptom of insulin resistance, neurotransmitter imbalance, or mood problems.

Tone & Lean CLA

The ingredients of Tone & Lean CLA helps the body metabolize existing fat deposits. This fat then returns to the blood stream where it is used as energy by muscle cells and the liver. Tone & Lean CLA is a great way to reduce fat and increase lean muscle mass safely and effectively.

**These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.*

THE DRINKS

Pro Reds *Free Radical Fighter*

In addition to fruits and vegetables, Pro Reds features added nutrients and herbs such as the antioxidants quercetin, milk thistle grape seed extract, resveratrol, green tea, and more. Antioxidants battle damage from free radicals, which are believed to play a role in numerous health conditions like aging, cancer, and atherosclerosis.

Pro Greens *Cleanse - Detoxify- Rejuvenate*

Pro Lean Greens is a great tasting combination of nutrient rich fruits, vegetables and herbs blended with enzymes and probiotic cultures.

Pro Oranges *Blood Sugar - Energy - Fitness*

In addition to fruits and vegetables, Pro Oranges features added nutrients like riboflavin (vitamin B-2), vitamin C from acerola fruit, and added fiber as Fibersol[®]-2.

Pro Purples *Focus - Skin - Circulation*

For added brain and nervous system health* Pro Purples boasts ingredients like PQQ, Huperzine-A, Alpha-GPC, and the amino acid L-carnosine. Huperzine A is an isolated alkaloid from the Chinese medicinal herb Huperzia serrata (toothed clubmoss) which has been studied for its beneficial effects on cognitive function and memory disorders.

Super Shake *Meal Replacement*

- A hypoallergenic, vegetarian, low carbohydrate meal replacement powder suitable for those with food allergies and food sensitivities.
- Free from the most common food allergens, including gluten, dairy, and soy. Many protein powders on the market contain common food allergens, making those shakes unsuitable for sensitive individuals.
- Features pea, rice, and pumpkin as its protein sources, providing a delicious alternative for people on a variety of food programs including weight management, detoxification, low carbohydrate, diabetes, food allergies, or those simply looking to add shakes to their daily routine.
- Can be mixed easily with water, coconut, rice or almond milk, and juice.

THE FOOD

Fish

- Fish may be eaten once a day as long as it is wild caught and free from heavy metals and environmental contaminants. Refer to www.nrdc.org for the most updated information on safe fish consumption.
- Prepare fish by steaming, baking, broiling, or poaching. Not fried!

Meat

- Make sure meats (poultry, lamb, red meat) is organic and free range.
- Avoid eating the skin on poultry.
- No pork.

Vegetables

- Vegetables, along with permissible grains, make up the bulk of your diet.
- Prepare by steaming mostly. You may also eat your veggies raw, baked, or roasted.
- Variety is great! Some especially healthy veggies are dark greens like kale, collards, chard, dandelion leaves, spinach, beet greens, and rapini. Also don't forget about broccoli, cauliflower, squashes, turnips, radish, beets, cabbage, artichokes, parsnip, cucumber, etc.
- **NOTE:** Some people feel better avoiding veggies from the nightshade family: tomato, eggplant, mushrooms, potato, bell peppers.

Fruit

- You can eat 1 or 2 pieces per day, or 1/4 cup.
- If you have sugar handling issues (diabetes, pre-diabetes, insulin resistance), discuss fruit with your healthcare practitioner as you may be required to minimize your fruit intake.

Legumes

- The following legumes are acceptable: lentils, kidney beans, adzuki beans, split peas, garbanzo beans, and mung beans.
- Rotate your intake.

Grains

- Cooked grains may include: amaranth, quinoa, millet, steel-cut oats, barley, brown rice, rye, and buckwheat.
- You may eat up to 2 cups a day.
- For variety (and crunch!), you can add the occasional rice cracker, rice cake, or wheat free cracker.
- Avoid wheat and corn as they are common allergens.

Nuts and Seeds

- Walnuts, pumpkin seeds, sunflower seeds, almonds, Brazil nuts, and sesame seeds are permissible in moderation.
- About 1/2 a cup of nuts or a few tablespoons of nut butter is ok.
- Rotate the nuts daily.
- It is preferable to buy raw and organic nuts.

Sweeteners

- Use sweeteners sparingly.
- Acceptable sweeteners include real maple syrup, brown rice syrup, raw honey, and stevia.
- Avoid Splenda, other artificial sweeteners, and sugar (also called cane syrup).

Butter and Oils

- You may use olive oil, coconut oil, sunflower seed oil, avocado oil, and other nut oils (except peanut).
- If using butter, ensure that it is organic and from pasture-raised cows.
- Avoid trans fats, hydrogenated fats, and partially hydrogenated fats.
- Avoid fried foods.

Drinks

- Drink plenty of water: 8-10 glasses a day, or half your body weight in ounces per day. Filtered water is ideal.
- Herbal teas, seltzer waters, and small amounts of rice milk, coconut milk, almond milk, or hemp milk are allowed.
- Avoid coffee, soda, commercially processed juice, and alcohol.

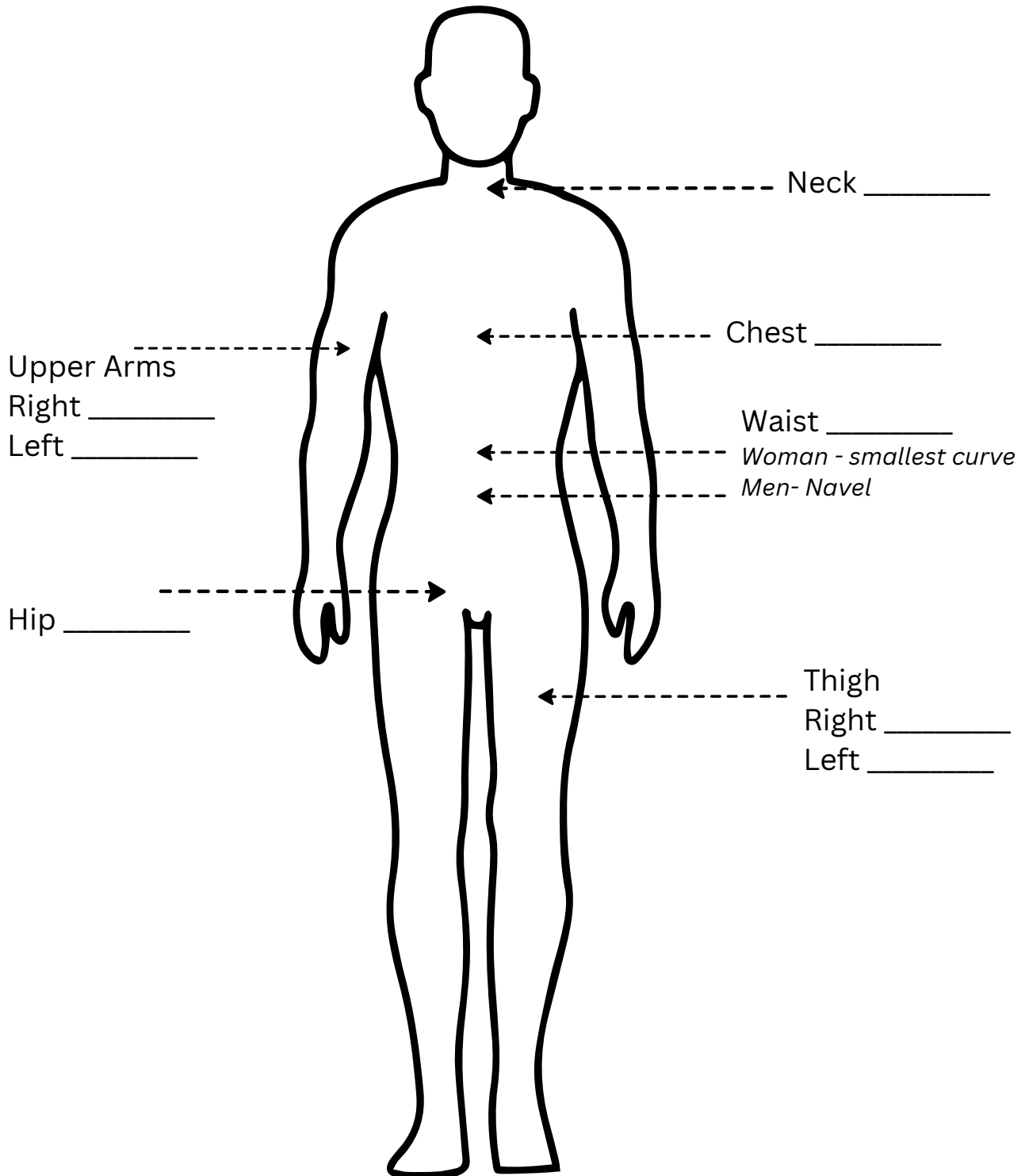
MEASUREMENTS

STARTING DATE: _____

Weight _____

Body Fat % _____

Can be calculated using a caliper or the navy tape measure method

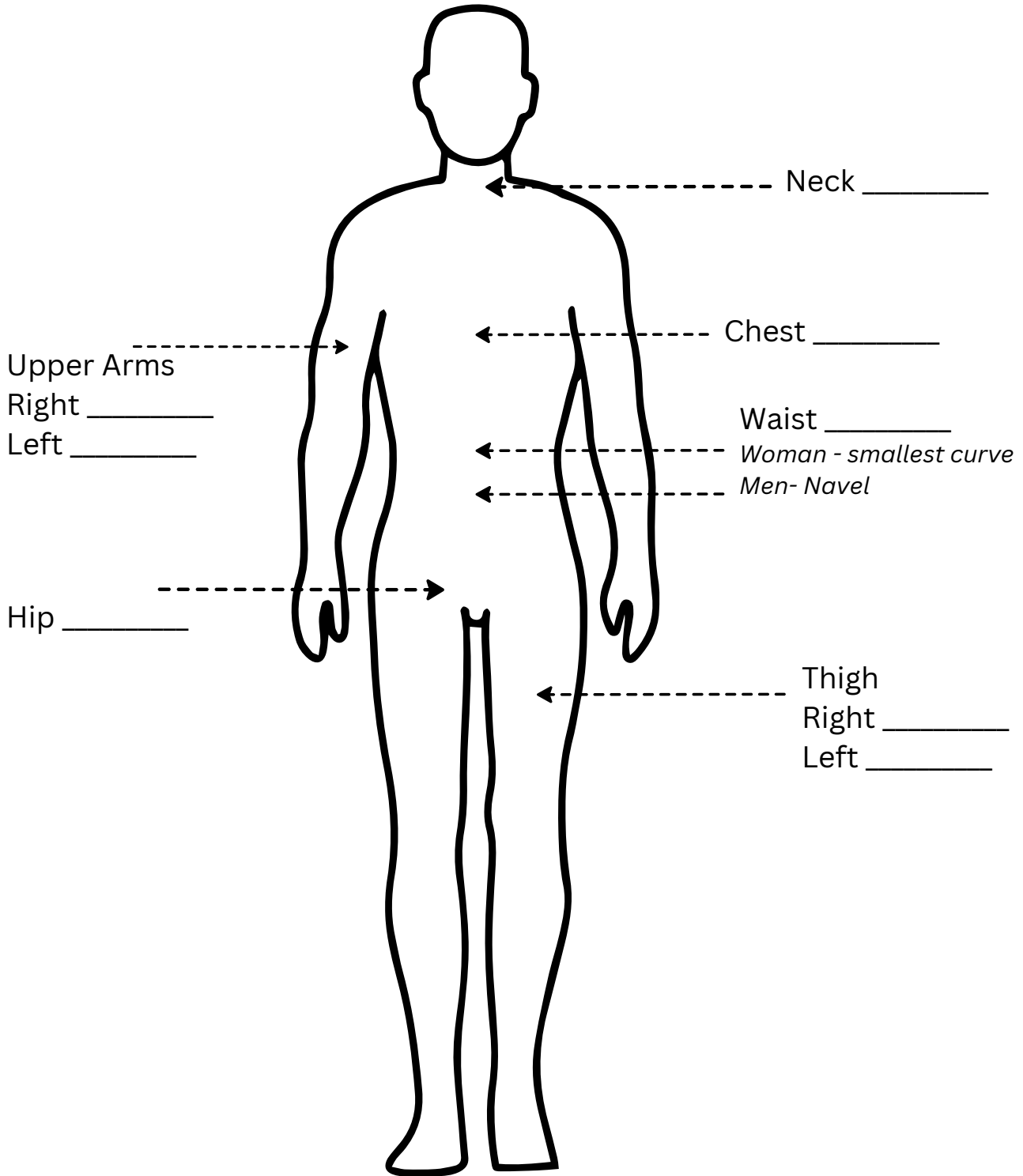


ENDING DATE: _____

Weight _____

Body Fat % _____

Can be calculated using a caliper or the navy tape measure method



DAILY PROGRAM

Supplement	AM	Noon	PM
Berry tone	<i>2 capsules before meal</i>		<i>2 capsules before meal</i>
Garcinia Cambogia	<i>1 capsule</i>		<i>1 capsule</i>
Control	<i>1 capsule</i>	<i>1 capsule</i>	<i>1 capsule</i>
Tone & Lean	<i>1 softgel</i>		<i>1 softgel</i>
Pro Powder	<i>1 scoop</i>		
Super Shake	<i>1 scoop (away from medications)</i>		<i>1 scoop *optional</i>

- **Speak with your healthcare practitioner prior to starting any weight loss program.**
- Powders can be added to water, juice, milks or smoothies.
- Supplements can be taken with food, unless specified otherwise.
- Adding in a type of intermittent fasting can improve your results. Learn more about this at www.LivingWithElevation.com/resources. If intermittent fasting, adjust your supplement schedule to fit within your eating window. If doing 20+ hour fasts, follow the above schedule during your fasting days. If you experience upset stomach, add in a low calorie food, Pro Powder, or Super Shake during your supplement times.
- Follow the recommended diet.
- Follow an exercise plan that works with your needs. Some type of movement is necessary to eliminate fat and toxins.