

Diet Snapshot

1 GENERAL MODEL

This weight loss system is designed in a way that sustains muscle mass while losing accumulated body fat. The focus is to restore the body's metabolic function to a more normal and healthy metabolism that decreases insulin that is being produced, decreases your body's insulin resistance, normalizes gut health, all of which allows the body to heal and repair damaged cells. Our goal is for you to lose weight and keep it off long term. Losing weight, keeping weight off, and healthy eating will benefit you in the short-term, and long term.

2 WHY KETOSIS?

The American diet today consists of foods that are high in carbohydrates and low in actual nutrients the body needs to function properly. A diet that is high in pastas, rice, bread, cereal, pizza, starches like potatoes, processed foods, and over consumption of fruits all lead to metabolic dysfunction in the body. Metabolic dysfunction or syndrome is a name given to a variety of risk factors that occurs from a poor diet. These medical conditions of metabolic dysfunction/syndrome are obesity, blood sugar regulation issues, high cholesterol, and high blood pressure. All of which can lead a person to develop cardiovascular disease, diabetes, and have an increased risk of stroke. Metabolic dysfunction starts with a gut imbalance caused by a low nutrient, high carbohydrate diet. Continuation of this dysfunction can lead to non-alcoholic fatty liver disease which leads to abdominal weight gain. This also causes an excess release of insulin, or hyperinsulinemia due to the liver's inability to remove the excess insulin found in the body. Over time, excess insulin will make our cells become insulin resistant. Insulin resistance causes more insulin to be produced so that the cells will respond and take in glucose. This high level of insulin will cause an increase in fat storage, decrease in blood sugar, and blocks the body's ability to use fat for energy. Because the body cannot use fat for energy, your cravings for sugar increase and the cycle continues.

Ketosis is a metabolic process that uses the body's stored fat for energy when the glucose supply is low. This process is utilized in our weight loss system by limiting carbohydrate consumption, eating foods high in protein, and consuming healthy fatty acids. Our program is developed in a way that allows you to achieve ketosis in a relatively quick manner without having to count carbs, calories, sugars, or fats.

3 THE WEIGHT LOSS SYSTEM

Our weight loss system is broken down into four phases. The first phase is followed until you reach your weight loss goal. During this time you will be allowed four meals a day, three of which are our high protein content foods. These foods are low in carbohydrates, low in sugars, and has the ideal amount of protein per serving to help you reach the metabolic process of ketosis. In combination with our high protein food, the dieter will be given specific recommendations of vegetables, fats, and water intake. The length of time spent in phase one varies from dieter to dieter and depends on how much weight the dieter wants to loose, how well the dieter follows the recommendations, medications, general overall health, etc.

Once you achieve your weight loss goal, the dieter then moves on to the other phases of the diet which includes eating less of our protein enriched food, and more healthy whole foods. The remaining three phases are developed for the body to normalize out of ketosis, teach the dieter to make healthier choices after dieting, teach correct meal portions of carbohydrates, sugars, fats, and protein, and maintain the weight loss achieved during phase one.

The high protein food we provide to the dieters comes in a variety of forms including gluten free, soy free, dairy free, and synthetic sweetener free. There are food options for every craving sweet or salty, smooth or crunchy, hot or cold. Meals also include a selected amount of vegetables, aged cheese and fat. One meal every day is a protein of your choice (chicken, beef, turkey, pork, fish, etc.).

4 GOALS OF OUR WEIGHT LOSS SYSTEM INCLUDE (BUT NOT GUARANTEED):

- Consistent weekly weight loss.
- Healing and repairing of metabolic dysfunction in the body.
- Helps in decreasing insulin resistance.
- Decreases cravings for sugar and carbs.
- Decreases hunger and food addictions.
- Decreases the inflammation found throughout the body.
- Helps achieve healthy weight loss and weight stabilization for the long term.