

Obesity 120-Day Cause & Cure Program - Dr. A. Simeons

The corruption in the established medical community resulting in unscrupulous pharmaceutical conglomerates to take advantage of the vulnerabilities of the overweight by selling them outrageously expensive and dangerous surgical procedures and drugs is more than scandalous and appalling, it should be regarded as criminal. The true root causes of obesity are now known, yet this information is not only being hidden from you, but is being debunked and discredited by those who have financial interests in keeping this knowledge suppressed. The methods of curing the condition of obesity without expensive drugs and surgery in a totally safe manner are also being debunked and discredited. These inexpensive, effective, and safe methods of losing weight and keeping the weight off forever are being hidden from the public. Those who have financial interests in keeping people obese are the main culprits. The shock and outrage is the number of well-known government agencies, associations, and publicly traded corporations that all have a direct financial self-interest in keeping obesity rates going up.

These are some of the Common Denominators that Virtually All Fat People have:

1. ***Their Body Metabolism is Low.*** What this means is when a fat person eats food their body does not burn the food as fuel at a very high rate. People who are naturally thin burn food and calories quickly. Up until now there has never been a treatment that truly addressed this particular problem. This is one of the reasons why when a person goes on a weight-loss program and actually loses some weight, they gain all the weight back very quickly. If you don't correct low metabolism then you are destined to be fat your whole life.

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2. ***High Hunger.*** Thin people can never understand this. A fat person is physically hungry more often and at a higher intensity than the naturally thin person. Thin people always say that fat people don't have enough self-control to stop eating. This is not true. The thin person cannot comprehend the physiological, intense, and almost constant hunger that the fat person has to deal with. It has nothing to do with self-control. This is a real, gnawing, tortuous, intense physical hunger. This is one of the reasons why naturally thin people and exercise gurus have no right to author a book on how to lose weight. They have never really had to deal with the real issues that overweight people deal with.
3. ***Eating When You're Not Hungry.*** Fat people also have a problem with "emotional eating" or cravings. Certain food cravings fall into the above hunger category, as they are physiological in nature. Other food cravings or emotional eating occur when you are physically not hungry, but you are "hungry" to fill an emotional need. This is actually physical in nature. I have read over 300 diet books and only two give any real solutions that address this problem.

Before I started the protocol I weighed 231 pounds, with a forty-two inch waist. Five weeks later, I weighed 195 pounds, with a thirty-four inch waist. I did no exercise at all during the protocol. I was slightly hungry for the first two days, but then I had virtually little or no hunger at all. The two things that all my friends noticed mostly were that I looked ten years younger and my skin was incredibly clear. The other most exciting thing to me was everyone noticed how flat my stomach was. This is very exciting for anyone who has a weight problem. The protocol was everything that I hoped it would be—no hunger, no food cravings, no grumpiness, no feeling of deprivation, no fatigue, a dramatic loss in not only weight but fat; most importantly a dramatic reshaping of the body with the burning of the secure area fat deposits.

Before you learn the exact protocol it is important to know the real untold reasons why you are fat, why you have a low metabolism, why you have intense and constant hunger, why you have uncontrollable food cravings and eat when you're not hungry, and why it is so hard to lose weight yet so easy to gain it. It is also important that you know why this weight loss cure has been debunked, discredited, and hidden from the public for so many years. You must also know the truth about the tens of thousands of people, including major celebrities, royalty, and other members of the rich and famous who have secretly been treated with this protocol and the spectacular, miraculous results they have achieved. I am not a medical doctor. I am a researcher, investigator, and journalist blowing the whistle and reporting on one of the best-kept secrets in the area of weight loss. People are overweight, fat, and obese all over the world. America, however, has the highest percentage of overweight people, fat people, and obese people in the world. In America specifically, more people are on diets, eating diet food, and taking diet pills and products than ever before. More weight loss books are purchased than ever. More "lite," low carb, low fat, no sugar, low calorie, and diet food is purchased and consumed than ever. More people are exercising than ever before. Yet, each year the percentage of people in America that are overweight, fat, and obese continues to rise. This trend is rapidly spreading around the world, but no country comes close to America in terms of the percentage of people that are overweight, fat, and obese. In the 1940s less than 10% of the population of America was considered fat. Using the same standards as in the 1940s, today over 80% of the population is considered fat. The problem continues to get worse. Every diet has failed. Even government statistics show that there has never been a diet plan that has worked.

The key that no one addresses is that fat people and naturally thin people have bodies that operate quite differently. A fat person's metabolism is abnormally low. A thin person's metabolism is normal or slightly high. This means if a naturally thin person and a fat person ate the exact same amount of food over a one-week period, the thin person would not gain any weight and the fat person would gain weight. When your metabolism is abnormally low your body cannot burn the food as fuel. When food is not burned for fuel the excess must be converted to fat, thus increasing your weight and making you fatter. This is the first condition which must be corrected if you want to experience rapid weight loss and, more importantly, be able to eat whatever you want in the future without gaining any weight. "The weight loss cure protocol" is the only method known that cures this problem.

In addition to having a low metabolism, fat people generally eat larger quantities of food than naturally thin people. This has nothing to do with self-control or willpower. Thin people cannot understand the very real fact that fat people have an abnormally high, intense, and constant real, gnawing, and physical hunger. Fat people are hungry with more intensity than thin people. When fat people eat food they do not get a feeling of fullness. When fat people eat food their hunger stays high much longer, causing them to eat more food. Thin people have their hunger mechanism shut off very quickly and their hunger stays low or nonexistent for many, many hours after they eat even a small quantity of food. Fat people, on the other hand, get hungry very quickly even after consuming a large meal. This is one of the reasons why fat people are so miserable while dieting. Nothing addresses the intense and prolonged real hunger. If this physical abnormality is not corrected you are destined to live your life in misery and with feelings of deprivation. This intense and prolonged hunger is a physical abnormality, which is corrected and brought back to normal with "the weight loss cure protocol." The other reason fat people consume large quantities of food is they have uncontrollable intense food cravings to eat, even when they are not physically hungry. This is sometimes called emotional eating, but is actually a physical abnormal condition. Thin people do not understand just how overwhelming and uncontrollable these food cravings and urges can be. There is not a weight loss program ever developed that permanently corrects this condition. This is another reason why weight loss programs fail. If this condition remains intact, the person trying to lose weight or keep the weight off is constantly struggling with these food cravings and urges; therefore living in more misery and deprivation. Thin people cannot understand that these uncontrollable intense food cravings and urges are no different than a drug addicts' cravings for more drugs. "The weight loss cure protocol" corrects this physical abnormality once and for all.

Fat people also eat the wrong types of foods. This is a sub-symptom of hunger and food cravings. When hunger and food cravings are corrected, this symptom is automatically corrected. Upon completion of "the weight loss cure protocol" you will no longer have high intense hunger or uncontrollable food cravings for the types of food that make weight gain happen rapidly. This does not mean you will be restricted to certain kinds of food. On the contrary, when you finish "the weight loss cure protocol" you will be able to eat any food you want in any amount you want any time you want. What will occur, however, is that because the physical abnormalities have been corrected, your body will no longer crave or have intense hunger for certain types of food. This is a freeing experience leading to a life where you are no longer a slave to food or your uncontrollable cravings.

Why People are Fat:

1. **Genetics:** It is true that everyone is born with different metabolic rates. Some people are naturally born with super high metabolisms. Other people are born with abnormally low metabolisms. This is a physical condition. Your metabolism, if caused by genetics, will be corrected once and for all through "the **Weight Loss Cure Protocol**."
2. **Clogged Liver:** Virtually every fat person tested has a sluggish, clogged liver. Non-prescription and prescription drug use, trans fats, including hydrogenated oils, artificial sweeteners, Candida yeast overgrowth, and many other factors, cause this. A clogged liver always results in low metabolism and high storing of body fat.
3. **Candida Yeast Overgrowth.** In your intestine you have good and bad bacteria. If you've ever taken an antibiotic in your life, the antibiotic destroyed the good bacteria. This allows bad bacteria, including Candida yeast, to abnormally overgrow. The Candida clogs the colon, making digestion and metabolism slow. It also creates gas and bloating, as well as food cravings for bread, pasta, cheese, and sugar. Over time, the Candida turns into a fungus and spreads throughout the entire body. Unless you correct this problem you will always have food cravings, gas, bloating, low metabolism, slow digestion, and you will never have a flat stomach.
4. **Clogged Colon:** If you are not having three bowel movements a day you have a clogged colon. The colon gets clogged by non-prescription and prescription drugs, lack of water, lack of fiber, lack of walking and exercise, lack of digestive enzymes in the food we eat, and many other factors. In autopsies, medical doctors have found as much as thirty pounds of undigested fecal matter in people's colons. Unless you clean your colon, digestion will remain slow, metabolism will remain slow, food cravings will remain high, hunger will remain high due to lack of nutrients being absorbed properly, and you will never get a flat stomach.
5. **Lack of Enzymes:** Today's food supply is void of living enzymes. Any food in a jar or a can has been pasteurized, meaning it has been heated to over 180 degrees for thirty minutes, killing all the enzymes in the food. Microwaving food kills the enzymes. Even commercially grown fruits and vegetables are devoid of enzymes due to the gassing used in the ripening process and dowsing the fruits and vegetables in heavily chlorinated water, and irradiation. Without enough enzymes you can never correct low metabolism and will always have gas, bloating, constipation, and slow digestion.
6. **Under-active Thyroid:** Thyroid production can be low due to non-prescription & prescription drugs, nutritional deficiencies, fluoride in the water you drink & bathe in. If you have an under-active thyroid, you will have with a low metabolic rate.
7. **Inefficient Pancreas:** The pancreas secretes insulin. People with a weight problem have a pancreas that is not operating properly and have insulin tolerance problems. This is caused by a multitude of factors, including non-prescription and prescription drugs, Candida overgrowth, nutritional deficiencies, a clogged liver and colon, artificial sweeteners, high fructose corn syrup, and other considerations. If you do not correct insulin intolerance you will continue to have abnormally high amounts of fat in your body.
8. **Hormonal Imbalances:** Hormones partially regulate metabolism. Hormonal imbalances are caused in part by stress; chemical additives in food; chlorine and fluoride in water you drink, shower, and bathe in; cosmetics, lotions, and creams you put on your skin; Candida overgrowth; a sluggish liver and colon; and many more factors.
9. **Artificial Sweeteners:** All man-made artificial sweeteners slow metabolism (aspartame & sucralose)(NutraSweet, Splenda)
10. **Monosodium Glutamate (MSG):** This is called an excite-toxin. It is a man-made chemical that should never be consumed. MSG is now sometimes listed on food labels as "spices," "flavors" or, in many cases, does not have to be listed at all.
11. **Lack of Water:** Most people are dehydrated not knowing it. Lack of pure water hydrates the cells - leads to a low metabolic.
12. **Carbonated Drinks:** These block calcium absorption, leading to nutritional deficiencies lowering metabolism (diet drinks).
13. **Lack of Sleep:** This means less than seven hours per night. Research shows this leads to obesity.

14. **Cold Water Drinks:** Drinking Ice Cold Liquids slows metabolism.
15. **Lack of Sun:** The sun stimulates metabolism plus alleviates depression and stress.
16. **Nutritional Deficiencies:** Without proper nutrition your metabolism cannot be normal. The most common deficiencies include calcium, zinc, magnesium, Vitamin G, Vitamin E, and other amino acids and cofactors (Chromium).
17. **Heavy Metal Toxicity:** Most people are loaded with heavy metals, including mercury from amalgam fillings. These heavy metals clog the liver, colon, and affect circulation.
18. **Poor Circulation:** Without proper circulation metabolism will stay low. People's circulation is poor due to clogged arteries, which is caused by trans-fats, homogenized dairy products, and chlorine in the water. Other causes include vitamin and mineral deficiencies, heavy metal toxicity, Candida overgrowth, misaligned feet and ankles (lack of walking & exercise).
19. **Lack of Oxygen:** Most people have lower than normal levels of oxygen in their blood and cells. This is caused by poor breathing, nutritional deficiencies, lack of exercise, clogged liver & colon caused by non-prescription & prescription drugs
20. **Allergies:** Environmental and food allergies are caused by Candida overgrowth, a clogged liver and colon, poor circulation, parasites, heavy metal toxicity, and many other factors.
21. **Parasites:** Almost 100% of overweight people have parasites. A clogged liver and colon, Candida, heavy metal toxicity, and nutritional deficiencies are the main causes.
22. **Yo-Yo Dieting:** Every time you go on a diet and lose weight and gain it all back you are in fact lowering your body's internal thermostat and internal body weight set point. Every time you diet to lose weight your metabolism goes lower.
23. **Lack of Sweating:** The skin is the largest organ in the body. It must breathe and eliminate toxins on a regular basis. Sweating is a natural body process. Lack of sweating leads to a clogged lymphatic system and sluggish metabolism.
24. **Low Muscle Mass:** If your body does not have normal amounts of muscle your metabolism will always be low. Increasing muscle mass always leads to a high metabolism.
25. **Air Conditioning:** Research shows that air conditioning lowers metabolism.
26. **Breakfast:** Eating no breakfast keeps metabolism low.
27. **EMS:** Electromagnetic frequencies are generated from all wireless devices, including wireless phones, cell phones, computers & even TV and computer screens. They have an adverse affect on every cell in the body, lowering metabolic rate.
28. **Eating Before Bed:** Filling your stomach before bed, with highly refined easily digestible food, promotes low metabolism.
29. **Genetically Modified Food:** In America most fruit, vegetables, and dairy products have been genetically modified, creating food that is in fact man-made. The body does not know how to react to these abnormal food products, causing lower metabolism.
30. **Food Additives:** If food is not 100% organic, the food is loaded with herbicides, pesticides, chemical fertilizers, antibiotics, and over 15,000 man-made chemicals. This is unique to America. Who produces food absolutely, positively, 100% will make you fat.
31. **Lack of Walking:** In America the average person walks less than one-tenth of a mile per day. In other countries people walk five miles or more a day. The body is designed to walk. Lack of physical movement results in lowering of the metabolic rate.

The intensity of hunger causes the person to consume large quantities of food. The frequency of the hunger causes the person to eat more often. This intense constant hunger needs to be normalized or the person will live in misery and deprivation. What causes this intense and constant hunger? The causes include:

1. **Abnormal Hypothalamus Gland:** The hypothalamus is the body's master gland. It is the master gland that regulates metabolism. It is also the master gland that regulates physiological hunger. This gland does not operate in a normal state in fat people. It must be reset and normalized in order to eliminate intense and constant physical hunger. The reasons that the hypothalamus is operating abnormally include genetics, a clogged liver, Candida overgrowth, a clogged colon, lack of digestive enzymes, nutritional deficiencies, stress, high fructose corn syrup, artificial sweeteners, micro-waved food, MSG, lotions and cosmetics put on the skin, non-prescription and prescription drugs, fluoride and chlorine in the water you drink, bathe, and shower in, dehydration and lack of water, carbonated drinks, ice cold drinks, trans-fats, lack of sun, food additives, genetically modified food, heavy metal toxicity, lack of oxygen, environmental and food allergies, parasites, yo-yo dieting, air conditioning, lack of sleep, EMS & lack of fiber.

As you can see, the hypothalamus in an abnormal state is the main cause for both low metabolism and intense constant hunger. There are 2 factors that cause an abnormal hypothalamus, making metabolism low & hunger real, intense, constant.

The **First Factor** that can cause the hypothalamus to lower metabolism and create intense hunger is the **Lack of All the Various "Tastes"** in food we eat on a daily basis. The basic tastes that should be present in most meals throughout the day include saltiness, sourness, sweetness, bitterness, and pungent. "Sub-tastes" include temperature, texture, smells, astringency, fat, tingly numbness, spiciness, lack of spiciness, or coolness. When the body does not get stimulated with all of these "tastes" as well as scents, the hypothalamus is tricked into believing the body lacks food, thus lowers metabolism and increases hunger. In an ideal world all of your meals would have all of these tastes and scents, thus keeping metabolism high and hunger low.

The **Second Factor**, and most interesting & significant cause of intense & constant hunger, is that food manufacturers are specifically and purposely creating food, using manufacturing processes, using food additives, and using **Chemicals in the Foods** that specifically are designed to affect the hypothalamus & increase hunger when you eat the food. Food manufacturers (**Publicly Traded Corporations**) are making food with the sole purpose of creating a physical chemical addiction to the food. In chemists' labs the directives are to create food that increase hunger, lower metabolism, getting people physically addicted to the food (like a drug), making them fatter.

The main reason why it's not your fault you're fat is that the American food supply is being produced purposely to make you fat! This is why when thin people from other countries come to America and eat what they think is the same food that they were eating in their own country, they unexpectedly gain weight rapidly. Generally speaking, the bread in America will make you fat. The bread in other countries will not. The milk, butter, and cheese in America will make you fat. The milk, butter, and cheese in other countries will not. The meat, poultry, and farm-raised fish in America will make you fat. The meat, poultry, and wild fish in other countries will not. The pasta,

rice, and potatoes made in America will make you fat. The rice, pasta, and potatoes grown in other countries will not. Even the fruits and vegetables conventionally grown in America can make you fat. The fruits and vegetables grown in many other countries will not. You see, it is not the calories, the fat, the protein, the simple or complex carbohydrates, the sodium, or the glycolic index rate of food that is the main culprit that is making you fat. ***It is the man-made chemicals, additives, and food processing techniques that are the main issues. It's the man-made trans fats, the man-made high fructose corn syrup, the man-made artificial sweeteners, the genetically modified food, the pasteurization of food, the irritating and micro-waving of food, the growth hormones and drugs in the meat and dairy products, the chemicals in the lotions and creams we put on our skin, and the chlorine and fluoride in the water we drink and bathe in that are the real reasons we get fat.***

The first is ***Candida Yeast Overgrowth***. Your intestine is loaded with good and bad bacteria. If you have ever taken an antibiotic, the antibiotic killed the good bacteria in your gut. This allowed the bad bacteria, including Candida yeast, to overgrow abnormally. When Candida overgrows in the intestine it burrows itself into the intestinal wall. It also turns into a fungus spreading throughout the entire body. The yeast and the fungus feed on simple carbohydrates such as sugar, yeast, bread, pasta, cake, ice cream, etc. ***Candida is the main cause of carbohydrate food cravings***. It is also a major cause of constipation, gas, bloating, and a protruding stomach and waist. It causes depression, lack of concentration, a feeling of spacey and fatigue. When the Candida burrows itself into the intestinal wall it creates pockets where food is trapped. When food is trapped in the intestine it begins to turn toxic. Interestingly enough, these toxic food particles create actual cravings for that food while at the same time producing allergic reactions to that food. It's a *Catch-22*. The condition actually makes you crave foods that make you feel bad.

The drug industry knows that people who are overweight, fat, and obese have more medical symptoms and buy and take more non-prescription and prescription drugs. There is a financial motivation to keep people overweight. Overweight people are sicker and great customers for the drug companies. Remember that the same groups of about 300 families that control the worldwide pharmaceutical industry also control most of the publicly traded food producers and manufacturers. Members of the food industry and the drug industry regularly have secret meetings to determine how they can each increase the other's profits. In Oslo, Norway I was personally at one of these secret meetings. Remember, drug companies and food companies are publicly traded corporations whose only objective is to increase profits and shareholder value. Their only goal is to sell more of their products. Drug companies have publicly stated that they want more and more people buying and using more and more of their drugs. They do not want to prevent or cure disease. Doing so would put them out of business. Their only objective is to convince people through the use of their deceptive advertising that they need to be taking more and more drugs on a regular basis. Food companies simply want to sell more and more food. Their publicly stated objectives are to get more and more people consuming larger and larger amounts of food. These industries work together. Drugs, both non-prescription and prescription, have side effects that include lowering metabolism and increasing hunger. This makes people fatter, making them buy more food, increasing the profits of the food companies making people sicker, therefore, buying and using more drugs. It is a preplanned vicious cycle.

Food companies specifically make food by using genetic engineering techniques, food-processing techniques, and adding chemicals into the food that create disease in the body. ***Just like the tobacco industry knew that smoking cigarettes cause cancer and other diseases, yet lied about it for fifty years, so too do the current food producers and manufacturers know that their genetically modified chemically laced food products cause cancer, heart disease, arthritis, MS, lupus, depression, and a host of other illnesses. One board member from the Mayo Clinic shared with me the data showing that virtually all-cancerous tumors are loaded with pesticides and herbicides used in the production of most commercial food. The food companies are making food purposefully to create new illnesses. The food companies, for example, designed and engineered food that would create the epidemic of such diseases as acid reflux disease, depression, insomnia, restless leg syndrome, constipation, high blood pressure, and high cholesterol. The drug companies knew this in advance. This is why when a new disease becomes common there is already a drug ready to be marketed. The food companies also are specifically putting chemicals in the food, in many cases not listing them on the label that are designed specifically to increase appetite, get you physically, chemically addicted to the food like a drug, and make you fat.*** This way the food companies are assured that each person will be consuming more and more food every year. This increases their profits.

Why Other Weight Loss Programs Don't Work and Actually Make You Fat:

There are a lot of myths and theories about weight loss. We hear things such as: eat fewer calories, exercise more, eat low fat, low carb, low glycolic food, food combining, etc. There are hundreds of special hard to follow diets such as the blood type diet, the high protein diet, the raw food diet, the low fat diet, the low carb diet, the low sodium diet, the high fiber diet, the low calorie diet, the vegetarian diet, the macrobiotic diet, the grapefruit diet, the South Beach diet, the Atkins diet, the Slim Fast diet, the Opti-fast diet, etc. There is even a chocolate diet, the skip a day diet, the Mediterranean diet, and the list goes on. There are weight loss programs, which include Jenny Craig, Nutri-System, Sugar Busters, Weight Watchers, and others. These diet programs do not work and actually make you fatter in the long run. None of them address the true causes as to why you are overweight. ***Not one of them resets the hypothalamus.*** None of them raise and reset your metabolism. None of them correct the intense and constant hunger. None of them correct the uncontrollable food cravings and urges to eat when you are not hungry. Most importantly, no matter how much weight you may lose doing these programs, none of them get your body to release the secure abnormal trouble area fat deposits. None of these programs reshape your body. The whole concept that you have to count calories, eat certain foods and eliminate others, count fat or carbohydrate grams is completely unnatural and unnecessary. If you travel around the world and look at people that are naturally thin, none of them are on a diet. None of them do crazy exercise programs. They eat real food, and lots of it. The prepackaged food diets are probably the worst. They are loaded with monosodium glutamate, high fructose corn syrup, and thousands of man-made chemicals. When you go on any of these diets you may lose some weight initially, but you will not lose the secure trouble area fat deposits. You will not reshape your body. The chemicals in this food will continue to lower your metabolism and increase your hunger, which is why when people stop these programs they immediately gain all the weight back, plus more. This is why it's so hard to lose weight. This is why

losing weight takes a long time. This is also why gaining weight is so easy and takes such a short period of time. In the movie documentary *Super Size Me*, Morgan Spurlock ate only at McDonald's for one month. He gained twenty-eight pounds in one month. He gained the weight fast and effortlessly. This is because McDonald's food is specifically and purposely made to make you gain weight. McDonald's, for example, even puts sugar on their French fries. They even publicly announced that they are now adding **more sugar** into their buns. He also got physically, chemically addicted to the McDonald's food. In between meals he was depressed and had an overwhelming craving for McDonald's food. He exhibited all the common symptoms of a drug addict. When he ate his next McDonald's meal his depression, symptoms, and cravings went away. He said he felt like a heroin addict getting a fix. McDonald's does this purposefully. It wants its customers to be physically & chemically addicted to its food just like a drug dealer wants his victims addicted to drugs. It's the way they guarantee you'll be coming back for more. McDonald's even calls people who eat three or more meals a week at their restaurants "heavy users"! The scariest part of the documentary was the fact that after seven months of diet and exercise Morgan still had not lost the twenty-eight pounds! This is why diets don't work. Diets and diet food only make the problem worse and make it harder than ever to lose weight in the future.

In France people eat bread, cheese, butter, chocolate, and drink wine. Everyone is thin. In Italy people eat pizza, pasta, Gelato ice cream, bread, and tons of fat. Everyone is thin. In Germany people drink beer, eat cake, sausages, bread, butter, and potatoes. Everyone is thin. In Asia people eat rice, noodles, fish, and drink sake. Everyone is thin. All the diet theories are myths, lies, and deceptions. Throughout the world people eat tons of carbs, tons of fat, tons of salt, drink beer, wine, and other alcohol, eat ice cream and other deserts, have bread with real butter, yet everyone remains thin. No one is drinking diet sodas. No one eats low fat food. No one uses artificial sweeteners. They eat real food—real, full fat milk, cheese, and butter. They eat chicken and other poultry with the skin on! No one drinks light beer—they drink full carb and full calorie beer. Why are people thin in these other countries, eating large quantities of real food on a regular basis? Simple. The food is produced differently than in America. In America, for example, the beef is injected with bovine growth hormone and loaded with antibiotics and other drugs. The beef is fed genetically modified, chemically produced grain and ground up dead animals. The beef produced in America is different from the beef produced in other countries. It's not that beef makes you fat; it's the chemicals and growth hormones and drugs put in the American beef that makes you fat. The bread in America is loaded with high fructose corn syrup, dextrose, sucrose, or other man-made sweeteners that lower metabolism, increase appetite and make you fat. They are also loaded with chemical preservatives and stabilizers, which make you fat. In other countries bread is made with flour, water, salt and yeast. It's not that bread makes you fat; it is American bread that makes you fat. **Again the American food supply is being produced and designed specifically and purposefully to make you fat.**

Fasting was once called a treatment for obesity. It is not. In researching fasting clinics around the world and reviewing the records of the participants it is conclusive that the majority of the people gain all the weight back very quickly after fasting. Fasting is for cleansing the body from toxins. It is highly encouraged and beneficial. I fast on a regular basis to clean toxins out of the body. There are many kinds of fasts. Fasting should only be done under the supervision of a licensed health care practitioner. Cleaning the body of toxins will help everything in your bodywork more efficiently and better. The health benefits of fasting are quite extensive but not a cure for obesity.

Laxatives, diuretics, skipping meals, amphetamines, thyroid drugs, liquid diets, fiber drinks, human growth hormone, testosterone injections, acupuncture, laser treatments, homeopathic remedies, and weight loss teas all do not cure the underlying cause of obesity. These treatments, like all others, do not permanently correct and normalize metabolism or hunger. None of them release the problem area fat deposits. They generally make the problem worse in the long run.

A question that comes up often is why do some people have more problem area fat deposits than others? The hypothalamus gland determines where the body stores fat. There are three basic areas where fat is stored in the body. **First Is Structural Fat.** This is good fat, which surrounds the joints and internal organs. You do not want to lose this fat. **Second are the Normal Fat Reserves** spread throughout your body. **Third are the Secure Problem Area Fat Reserves.** The problem area fat reserves are designed as a survival mechanism. Once fat is stored there, no matter how much diet and exercise you do, this fat will not be released. This is the problem with diet and exercise alone. When you do any diet and exercise program you will lose water, structural fat, normal fat reserves, and muscle mass. The problem area fat will never be released. **This is why people who have done constant yo-yo dieting tend to have sore and painful joints, and a sore and painful heel. This means that your body has burned off the good needed structural fat. This is why reduced calorie dieting is not only ineffective, but causes more physical problems. The reason why some people store more fat in these secure abnormal problem area fat deposits is because the hypothalamus gland is not operating properly.** "The weight loss cure protocol" releases these abnormal secure problem area fat deposits and, more significantly, resets your hypothalamus so that in the future if you do consume more than your body burns the excess will not be stored abnormally in these secure problem area fat reserves.

It is important to note that "the weight loss cure protocol" normalizes body function. This treatment resets the body to a normal state. The body needs and requires that it have some secure fat reserves for survival. These secure fat reserves are never released with the exception of two instances. First, as a survival mechanism for the human species, these fat reserves are in fact **Released During Pregnancy.** This is why in third world countries mothers who consume only a few hundred calories a day during pregnancy still delivers healthy full weight babies. The other time that the body releases these fat reserves is at the **Point of Starvation.** This is how prisoners in concentration camps were able to survive. The problem is, when the hypothalamus gets in an abnormal state it abnormally puts fat in these secure abnormal fat reserves at a much higher rate than normal. "The weight loss cure protocol" corrects this problem.

The bottom line is that the major reasons why you are overweight, fat, or obese is your metabolism is abnormally low, your hunger is abnormally intense and constant, you have uncontrollable food cravings causing you to eat when you are not hungry, and when you have excess food that has not been burned off, your hypothalamus stores an abnormally high amount of the excess in the secure problem area fat reserves which will never be released no matter how much you diet and exercise. "The weight loss cure protocol" will once and for all correct this condition.

Weight Loss Cure Protocol History:

In the 1950s obesity was a rare occurrence. In Europe less than a quarter of 1% of the population was considered obese; less than 3% were fat; less than 6% were considered slightly overweight. The Second World War had just devastated Europe. Food was scarce. People ate food that was grown and harvested, usually within a mile of where they lived. Everything was relatively fresh. Fruits, vegetables, and grains were not genetically modified. There were no artificial chemical fertilizers. Herbicides, pesticides, and insecticides were never used. Cows roamed freely and ate grass and hay. They were not injected with growth hormone, antibiotics, or other drugs. Meat and poultry was killed and butchered in local neighborhoods and purchased fresh. Bread was made daily with flour, water, salt, and yeast. Pasteurization and irradiating of food, killing all the enzymes and nutritional value, was not practiced. Microwaving of food was an unheard of technology. Artificial sweeteners like saccharin, aspartame, and sucralose were nonexistent. High fructose corn syrup, dextrose and the over 15,000 chemical additives commonly used today were an unheard of concept. Monosodium glutamate and other flavor enhancing excitotoxins were not even imagined. People ate real, full fat, full carb, full calorie food. Diet sodas, low fat, low calorie, low carb items were not even considered. Due to the devastation of the war, people routinely walked over five miles daily as part of their normal routine. Moving their body as the body was intended was part of normal life. Bending, lifting, pushing, pulling, carrying, reaching were not activities done in exercise classes, but rather acts performed in the normal course of living day-to-day. People did not sit for hours in front of televisions or computers, as computers were nonexistent and televisions were scarce. People drank tea and coffee with real sugar and full fat cream. High calorie and high carb beer and wine were the drinks of choice. Being slightly overweight, fat, or obese was a rarity indeed. It was at this time that a prominent physician, Dr. A.T.W. Simeons, M.D., became interested in the medical condition of obesity. Born in London, Dr. Simeons graduated in medicine summa cum laude at the University of Heidelberg. His postgraduate studies were done in Germany and Switzerland. He was appointed to a large surgical hospital near Dresden. Early in his career he became engrossed in the study of tropical diseases and joined the School of Tropical Medicine in Hamburg. He spent two years in Africa. In 1931, he went to India, where he stayed for eighteen years. He was awarded the Red Cross Order of Merit by the Queen of England for discovering the use of an injectable remedy for malaria, and a new method of staining malaria parasites, now known as the "Simeons stain." During the Second World War he held several important posts under the government of India, conducting extensive research on bubonic plague and leprosy control. In 1949 he moved to Rome, treating patients at the Salvatore Mundi International Hospital. During his career he authored several medical books and contributed to many scientific publications. Dr. Simeons, M.D., was regarded as one of the top research doctors in Europe. Traveling the world, Dr. Simeons became fascinated with the unique and rare condition known as obesity. Up until this time in history the majority of people that were slightly fat, or obese were the rich. The reasons were well known. The rich had plenty of food to eat and did not have to perform any physical labor. Taking in more calories than the body burns through normal metabolism and physical activity creates excess, which must be stored in the body. This creates excess weight. By simply lowering caloric intake and increasing physical activity the body very quickly and easily burned off the excess fat and weight. People today are not so lucky. What Simeons observed was the unique and rare situation where poor impoverished people became obese even though their calorie consumption was quite low and their physical exertion level was quite high. This made no logical sense. Thus began his fascination with the cause and treatment of obesity. Dr. Simeons very quickly became one of the most knowledgeable experts on every known theory relating to the cause of obesity. He also became one of the world's foremost experts on every treatment used around the world to handle the obesity condition. During this time, it was mostly only the rich and famous that had issues with obesity. In today's terms the profit potential or market for weight loss treatments was incredibly small. If anyone was slightly overweight they simply reduced their food intake and increased their physical activity for a week or two and the condition was easily and almost effortlessly corrected. In Simeons's day, obesity was not the epidemic that it is today. The drug and food companies had not yet figured out a way to actually make us fat, make us intensely and constantly hungry, or get us physically addicted to food. The drug and food companies had not yet figured out a way to mess up our metabolisms and fat storing mechanisms, virtually making it impossible for people to lose weight and fat. Simeons worked with thousands of individual overweight, fat, and obese patients and studied the results with incredible due diligence. Every new theory, every new method, every new lead was considered. He personally tested and critically evaluated everything used around the world for obesity. The results were always disappointing and lacked uniformity. The nature of the obesity disorder was a mystery to every doctor and expert around the world. Remember, at this time obesity was relatively rare. His basic findings were that obesity, in all forms, is an abnormal functioning of various parts of the body. It is a medical condition. People suffering from this particular disorder get fat regardless of whether they eat excessively, normally, or less than normal. A person suffering from this disorder will still get fat, stay fat, and never lose the problem area fat no matter how much they diet and exercise. Most importantly, Simeons discovered that when a person is free of this disorder, he would never get fat even if he frequently overeats and does not exercise. When the condition is severe, fat accumulates very rapidly. When the condition is moderate, a person gradually increases fat and weight. When the condition is mild, the weight can remain steady for long periods of time with very slow accumulation of fat, yet fat still accumulates abnormally. Whether the person has a severe, moderate, or mild condition, any loss of weight using any diet and exercise treatments is only achieved with much discomfort, is only temporary, and is rapidly regained as soon as the reducing regime is relaxed or stopped. In order for Simeons to achieve true success he determined his treatment must be equally effective in both men and women, in all age group, and for severe, moderate, and mild forms of obesity. This way, Simeons would know that his treatment in fact corrected the underlying cause of the disorder. To further prove that the treatment, in fact, cured the disorder, all patients must have the ability to eat normally any food he pleases in any amounts without regaining abnormal fat or weight after the treatment. These requirements were met during the research. Simeons then could legitimately speak of "curing" obesity rather than just reducing weight. Never before or since has a true cure for obesity been a legitimate claim.

Three Kinds of Fat in the Human Body:

1. **Structural Fat:** It surrounds the organs and joints. It is important at protecting the organs, arteries, and keeping the skin smooth and taut. It also provides cushioning under the bones of the feet and joints.

2. **Normal Fat Reserves:** They are used as fuel when the body is dealing with nutritional or calorie insufficiencies. This fat is spread all over the body. Structural and normal fat reserves are in fact normal and needed for good health. Interestingly enough, when people do any type of diet and exercise weight reducing regimes, it is this fat plus muscle that is lost. This is why people who lose weight with every other diet and exercise program have a sore heel, sore feet, sore joints, develop arthritis, and have sagging, old looking skin. They are losing important structural fat, some normal fat, and important muscle mass.

3. **Abnormal, Secure Reserves of Fat:** This third fat is a reserve of fuel, but unlike the normal, readily accessible fat reserves spread throughout the body, this fat is located in what is called the "problem areas." In women this is most often the hips, thighs, and buttocks. In men it is most often the waist and upper chest. This fat is stored as a survival mechanism and is only released in the most severe nutritional emergency when the body is close to near starvation. It is also released during pregnancy to ensure the survival of the unborn fetus. In obese patients the body abnormally stores most of its fat reserves in these areas. This creates a grotesque disfiguration of the body shape and guarantees that the person will virtually find it impossible to lose weight and fat in the future.

When an obese person tries to lose weight using any diet and exercise program he loses normal fat reserves, structural fat, and muscle. The patient feels weak and hungry. They look tired and their face and skin become drawn and haggard. To their frustration, the hips, thighs, buttocks, belly, and upper arms show little improvement. The problem areas and grotesque body shape that the patient wants so desperately to correct stays virtually the same. The important structural fat covering their bones gets less and less. Their skin wrinkles and they look old and miserable. This is why dieting and exercise programs can be one of the most depressing and frustrating experiences a person can have. Because this is a medical physical condition, obese patients feel horrible when trying to reduce. They actually feel physically better when they are staying at their current weight or gaining weight. Remember, because this is an abnormal physical condition, the basic theories of simply reducing calories and increasing physical activity to lose weight are not true. Many obese patients actually gain weight when reducing calories and increasing physical activity, going against the conventional wisdom held by the majority of the medical community. Every doctor who has studied obese patients under strictly controlled conditions knows this is true even though it is beyond accepted medical knowledge and understanding.

As part of Simeons's research the thyroid gland, the pituitary gland, the pancreas, the adrenals, the gallbladder, and over 100 other physiological functions were tested. No direct, consistent correlation between obesity and these various body functions were found. The only common denominators in all obese patients were a constant and abnormally intense physical hunger, abnormally low body metabolism, abnormally high food cravings and desires to eat when not hungry, and the body's abnormally storing excess fat in the secure problem area fat reserves. Therefore, **the theory that obesity is caused by overeating and not enough exercise and can be cured only by under-eating and exercising more is categorically false and leads to misery in the patient and utter failure. Simeons's greatest discovery was that these conditions were achieved by an abnormal functioning of the hypothalamus gland.** The hypothalamus gland remains a mystery in the medical profession. Little knowledge as to its functioning is known. Doctors and medical experts simply do not know what the hypothalamus actually does and how it does it. His first theory was that the hypothalamus abnormality was caused by a genetic abnormality. If a person was born with a hypothalamus that did not function properly, their obesity simply wasn't their fault. The second theory as to why a person's hypothalamus would be operating abnormally leading to obesity was that at some point in the person's life their hypothalamus was massively and abruptly overtaxed. Simeons believed that this could be caused by a massive and sudden dramatic, stressful, or emotional event, or series of events, that occurred in a person's life. **This would produce an incredible release of hormones, shocking the hypothalamus and, in effect, resetting abnormally high its fat-storing regulators and hunger-producing regulators. Simeons also concluded that when a person consumed massive amounts of calories in a short period of time this would also cause the hypothalamus to function abnormally.** He found the situation worsened when a person ate little or nothing for twenty-four hours right before this large consumption of food, and if the food lacked sufficient amounts of fiber, and was super highly refined.

It is interesting to note that a common denominator of obese people today is that they do this exact regime almost on a daily basis. For example, **a fat person today eats dinner at 7:00 p.m. They go to bed, and wake up and skip breakfast. They work all day and skip lunch. They go home in the evening and consume a massive meal twenty-four hours since their last intake of food. This causes a severe negative reaction to the hypothalamus.** In Simeons's day, trans fats, high fructose corn syrup, monosodium glutamate, growth hormones, and other chemical man-made additives were not present in the food supply. Today's research is conclusive that these substances make the problem 100 times worse. **Eating a meal in a fast food restaurant is a guaranteed way to mess up your hypothalamus and push it into an abnormal state, lowering metabolism, increasing hunger, and guaranteeing large amounts of fat will be stored in the problem areas making it virtually impossible to lose.** A standard meal in a fast food restaurant consists of over 2,500 calories! Combine that with the massive amounts of man-made trans fats, high fructose corn syrup, artificial sweeteners, MSG, etc. and you have the absolute perfect method to create an abnormally operating hypothalamus guaranteeing you'll become obese. **The fast food industry has done this purposefully. This is not a conspiracy, this is pure economics. It is in the financial best interest of the fast food industry to make you fat, and get you physically, chemically addicted to the food like a drug. Fat people buy and eat more food.**

Simeons also observed that another cause of an abnormally operating hypothalamus was the massive consumption of highly refined food with little fiber. Highly refined food, such as white flour and white sugar, causes slow digestion and a dramatic spike in insulin secretion by the pancreas, thus overtaxing the hypothalamus causing is abnormal function resulting in low metabolism, intense and constant hunger, and the storing of fat in the secure fat reserves. It is interesting to note that in Simeons's day Candida overgrowth was virtually nonexistent. Today, however, over 80% of the American population has a Candida overgrowth. This Candida overgrowth leads to a slowing of the digestion, which leads to overtaxing of the hypothalamus, leading to its abnormal

functioning, which creates obesity. In Simeons's day highly refined food was not common. Today, fast food restaurants, and regional and national chain restaurants, serve food that is over 90% classified as highly refined. Much of this food is more than highly refined; it is classified as super highly refined. These include trans fats, which is anything hydrogenated or partially hydrogenated, and high fructose corn syrup. This is another reason why 80% of Americans can be classified as being overweight, and 50% being classified as obese. ***The food we are being sold is causing the hypothalamus to operate abnormally, creating the condition of obesity.*** Simeons recalled that while traveling in India, he observed pregnant women giving birth to full-size, full-weight healthy babies. This was not unique in itself. What was interesting was the fact that India was a third world country devastated by the war. Food was scarce. People walked for miles and engaged in high amounts of physical activity. The pregnant women were eating a few hundred calories a day. They were walking for miles and doing strenuous physical chores. Two interesting observations were made. The babies delivered were full size and weight and perfectly healthy. The second was the women, after delivering their children, were skinny. Simeons theorized that these secure fat reserves were a survival mechanism, and during pregnancy were released in order to ensure the health of the unborn baby. It was known that when a woman became pregnant a hormone-like substance was created in the body. Where this substance was created, why it was created, and how it was created was a mystery to the medical profession. The substance is called "**human chorionic gonadotrophin," or hCG.**

Thousands of test patients and years later, Simeons had perfected his "weight loss cure protocol." The results were astonishing. Almost 100% of patients were losing approximately one pound per day while on the protocol. They were not losing structural fat or muscle. They were losing the abnormal secure fat deposits. People's bodies were being completely reshaped. There was no hunger or feeling of deprivation during the treatment; no exercise was required. In follow-up studies almost 80% of the people did not gain the weight back. The surprising observations included the dramatic improvement in various medical conditions. Patients with diabetes dramatically improved or were totally cured of their diabetes. Rheumatism, arthritis, high cholesterol, high blood pressure, gout, and peptic ulcers all improved or were completely cured. Simeons was ecstatic with the results. More importantly, his patients felt like his miracle weight loss cure had given them a new life. Simeons's "weight loss cure protocol" discovery received similar treatment. Although no one could deny the clinical evidence of its virtual 100% success rate, critics and opponents of his treatments became widespread. None of these critics ever used the protocol on patients. They did not interview patients who had received the treatment. They did not even read the abstracts, double-blind studies, or any of the extensive detailed clinical research produced. Simeons was not dismayed. He continued to treat patients and achieve almost 100% success. The Simeons "weight loss cure protocol" is the only known cure for the obesity condition. Combined with the knowledge of what causes the condition, the patient can achieve a permanent cure to their obesity and overweight condition. The drug companies, food industry, and weight loss industry do not want you to know the truth about this cure.

Simeons's unexpected death remains a mystery. Throughout history people who made spectacular discoveries that ultimately posed major threats to the profits of multinational corporations have all suddenly, and unexpectedly, died under mysterious circumstances or just plain vanished without a trace. If you wonder if large corporations will go to illegal extreme measures to protect their profits, consider the well-known case of the big three automakers setting up fake corporations to buy and dismantle public transportation in California so that they could increase automobile sales. In court the big three were found guilty, yet due to obvious payoffs and bribes, received only a one-dollar fine. Remember, executives at Big Tobacco had the scientific proof that cigarette smoking caused disease yet lied about it for fifty years. Remember, that executives at Ford Motor Company knew that if they did not recall the "exploding Pinto" thousands of innocent people would die, and be injured. They decided it was more cost effective to deal with the potential lawsuits than to recall their flawed automobile. Corporate executives have routinely chosen profits over the safety of human lives. In just the last ten years, thousands of corporate executives, corporations, and high-ranking government officials have been found guilty of fraud, deception, and committing illegal acts adversely affecting the public in general. Corruption is widespread—more than you could ever imagine. The Simeons "weight loss cure protocol" was so effective and permanent that news of its success did, in fact, spread in the 1970s. Wanting to cash in on the potential profits available in the weight loss industry, a group of businessmen started a company called Professional Reducing. These were not doctors, or people involved in the medical profession; they were businessmen who wanted to get rich. Clinics were set up in various cities in the U.S. and around the world providing to the patients the Simeons "weight loss cure protocol." The group made a fatal mistake. They put full-page ads in newspapers around the world advertising their weight loss clinics. This caught the attention of the food industry, the existing diet industry, the drug industry, and the government and, of course, the media. The government's public line was that it wanted to protect consumers from weight loss scams and rip-offs that did not work. In reality, large corporations to wipe out competition use the government. It is well known today, and has been proven in court, that corporations use lobbyists, bribes, and payoffs to get politicians and government officials in such agencies like the FDA and FTC to do its dirty work in crushing any company or person that could adversely affect these corporations' profits. This is true around the world and has been proven over and over again. The government and its agencies do not protect people; they, in fact, protect the profits of the corporations that are paying the politicians. The drug companies wanted to debunk and discredit the Simeons cure because it would expose how their drugs were partially responsible for obesity. This could adversely affect sales. The Simeons cure also exposed how the food was being manufactured and sold specifically to increase obesity and disease. Knowledge of this could adversely affect drug company sales and profits. The drug companies were also working on surgical methods and expensive patent - able drugs for the treatment of obesity, which they intended on selling, resulting in billions in annual profits. Widespread use of the Simeons cure could dramatically, adversely affect these future profits. The food industry wanted to stop knowledge and use of the Simeons cure because it would result in thinner people, with normal appetites, resulting in less food sold, and lowers profits. They also were afraid of being exposed for purposely creating food that makes people obese and gives them disease. They were terrified of being hit with billion dollar class action suits like the tobacco companies were dealing with. This is why, today, food and drug companies are spending tens of millions of dollars trying to get Congress to pass tort reform, which will make them immune to these lawsuits. The drug and food companies know that their products cause obesity and disease, just like the tobacco companies knew for fifty years that

cigarette smoking caused disease. The tobacco companies lied about this knowledge for almost fifty years. The drug companies and food companies are lying to us now. The diet industry was making billions in profits selling diet products and diet food that not only didn't work, but actually made people fatter in the long run. They did not want Simeons loss cure protocol" in widespread use as it would expose them for the frauds and deceives that they really are. Use of the Simeons protocol could have a dramatic negative impact on the profits of these diet and weight loss companies. One of the most massive and coordinated negative PR and debunking campaigns was initiated in history. These huge, powerful multinational corporations spent tens of millions of dollars, and paid off government officials and news media executives, with the goal of wiping out knowledge and use of the Simeons "weight loss cure protocol," as being marketed by Professional Reducing.

Pounds and Inches: A New Approach to Obesity. This manuscript gives the exact protocol that Simeons used in the 1950s and 1960s. Remember, at the time Simeons was treating patients with his method, many of today's man-made causes of an abnormal hypothalamus did not exist. When Simeons used his protocol the main causes of an abnormally operating hypothalamus were genetics, overtaxing of the hypothalamus due to stress or trauma, overtaxing of the hypothalamus due to previous severe dieting, or overtaxing of the hypothalamus by eating an excessively large meal preceded by an extended period of time (approximately twenty-four hours) of little or no food, and the repeated consumption of highly refined, low fiber food. These caused the hypothalamus to operate abnormally, creating intense and constant hunger, food cravings, low metabolism, and the excessive and abnormal storing of fat in the secure abnormal fat reserves known as the problem areas. Today, however, there are many other direct or indirect causes of an abnormal hypothalamus. These include lack of walking, a clogged liver, Candida yeast overgrowth, a clogged colon, lack of enzymes in food, nutritional deficiencies, an inefficient thyroid, an abnormal pancreas, hormonal imbalance, excessive consumption of super-refined food, high fructose corn syrup, artificial sweeteners, growth hormones and antibiotics in meat and dairy, micro-waving of food, irradiating of food, pasteurization of food, monosodium glutamate, non-prescription and prescription drugs, the chemicals in the lotions and creams that we put on our skin, the 15,000 man-made chemicals routinely put in our food, chlorine and fluoride put in the water we drink and bathe in, carbonated drinks, trans fats including hydrogenated oils, a sluggish lymphatic system, heavy metal toxicity, poor circulation, lack of oxygen in the blood, food and environmental allergies, parasites, low muscle mass, cold drinks, air conditioning, lack of sun, lack of sleep, electromagnet frequencies, stress, lack of fiber, genetically modified food, and more.

Weight Loss Cure Protocol:

Phase 1: Although this phase is not required, based on today's conditions, it is highly recommended. This phase consists of a series of dos and don'ts. It may be difficult for most people to do all the steps in this phase with strict adherence. Do as many as you can for the thirty days prior to starting Phase 2. The more you do in this phase will result in losing more weight faster during Phase 2. This phase addresses and corrects many of the new underlying causes of obesity that Simeons did not contend with in the 1950s and 1960s. If you skip this phase, or do it halfheartedly, you will still achieve spectacular results in Phase 2. However, this phase will accelerate the fat and weight loss in Phase 2, and make the whole protocol easier to complete. The more you do in this phase also will greatly increase your ability to keep the weight off permanently and eliminate food cravings in the future. Here they are in order of importance.

1. Water: Fat people are dehydrated. Drink one large glass of water immediately upon arising, and one-half to one gallon throughout the day. Recommended waters include Volvic, Fiji, and Evian. Spring water is best. If spring water is not available, drink water filtered by reverse osmosis. The last choice is distilled water. Never drink tap water as it is loaded with chlorine, fluoride, & other contaminants.

2. Walk: In the 1970s, two prominent physicians authored *The Neuropsychology of Weight Control*. They discovered that walking outside at a slow steady pace for one hour per day reset the body's weight set point, making people lean and thin. Of all the steps in Phase 1, this may be the most difficult one to do on a daily basis. However, this will have the most profound long-term effects. Walking should be done outside. Use a treadmill only as a last resort. Walk for one hour nonstop. Keep the pace steady and do not overexert yourself. Slow, rhythmic movement is the key. You should be able to maintain a conversation while walking. Getting your heart rate up to a level of aerobic should not be done during your walking. Ideally, this should be done every day. If this is not achievable, any amount of walking will still have a dramatic effect on resetting your body's set point and making you lean.

3. Extra Virgin Raw Coconut Oil: This is now easily available in most stores. Use this as your fat of choice in cooking. Take **two teaspoons per day**. This is proven to stimulate metabolism, improve digestion, and help release fat cells. It stimulates the thyroid.

4. Colonies: Go to a licensed colon therapist, and under their supervision and guidance receive fifteen colonies during the thirty-day Phase 1 period. Colonies are similar to a high enema. They gently flush the colon with water eliminating impacted fecal matter and toxins. Cleaning the colon is absolutely vital for weight loss and good health. When the colon is cleansed people notice a dramatic flattening of the stomach. Colon cleansing this way allows most people to lose five to twenty pounds of excess weight! A clean colon dramatically reduces food cravings, gas, bloating, and constipation. A clean colon means improved digestion, better absorption of nutrients, increased energy and mental clarity, and a general overall improvement of health.

5. Apples: Eat a minimum of **two organic apples every day**. This will help regulate blood sugar, reduce appetite, and increase cleansing of the liver, gallbladder, and colon.

6. Grapefruit: Eat a minimum of **two organic grapefruits daily**. Enzymes in grapefruit are proven to help release fat. These also help regulated blood sugar, reduce food cravings, and stimulate cleansing of the liver, gallbladder, and colon.

7. Raw Organic Apple Cider Vinegar: Take **one tablespoon three times a day**. Use as your vinegar of choice in salads and cooking. This stimulates the metabolism and cleansing of the internal organs. It is also very powerful in helping release stored fat cells.

8. Colon Cleanse: In addition to the colonies it is recommended that you take a colon cleanse product during this phase. Four recommended products are The Almighty Cleanse, The Seven-Day Miracle Cleanse, Dual Action Cleanse, and The Pure Body Institute Cleanse. You will lose weight and fat by doing these cleanses. You will feel better and have more energy. Your skin, hair, and nails will look radiant and younger. Your hormonal imbalances can be corrected. All organs and glands in the body will operate more efficiently; your health will dramatically improve, www.tryal-mighty-cleanse.com, www.qnlabs.com, www.drnatrura.com, www.dr-schulze.com.

9. Eliminate/Reduce Candida Yeast Overgrowth: Candida is a major cause of poor digestion, gas, bloating, constipation, allergies, hormonal imbalances, fatigue, and food cravings. It must be addressed and corrected. Recommended products are **ThreeLac**. Take as directed. If you do not address Candida, food cravings will persist, www.123candida.com.

10. Insulin: The majority of overweight people have some form of diabetes or pre-diabetic condition. The pancreas secretes insulin abnormally. This must be corrected. When this is corrected the person easily loses weight and hunger is also diminished. The recommended product to take is Eleotin. In studies, almost every person who takes Eleotin has a decrease in appetite and begins to naturally lose weight. The Eleotin product is an all-natural combination of herbs that promotes a healthy pancreas. It should be taken for a minimum of **ninety days. Eleotin tea is preferred over the capsules**. Take as directed, www.eastwoodcompanies.com.

11. Drink Green Tea: Ideally, drink a minimum of **one cup per day**. Organic green tea stimulates cleansing of the cells, increases metabolism, and helps regulate hunger. The recommended green tea is Wu Long tea. Available at www.wulongforlife.com.

12. Whole Food Supplement: Everyone has nutritional deficiencies. For the body to operate normally these deficiencies must be corrected. Take each day a whole food supplement, which will supply your body with the needed nutrients for health and weight loss. Recommended are **Garden of Life Living Multiple, Mega Food, & Healthy Habits Maximum Health Maxis** www.qnlabs.com.

13. Coral Calcium: Research has proven that most people are deficient in calcium. Calcium supplementation has been shown to have major health benefits and increase weight loss. Ideally, use coral calcium that comes in a sachet that is added to the water you drink daily. Recommended products include **Eriksson's Coral Calcium, and Coral Calcium Daily**, available at www.trycorcal.com.

14. Probiotics: All people benefit from taking probiotics. This friendly bacteria, when reintroduced into the body, stimulates metabolism, improves digestion, and helps with cleansing. Recommended products include **Probiotics Plus**, available at www.mercola.com.

15. Heavy Metal Cleanse: Ridding the body of heavy metals and improving circulation is vital for health, increased energy, and increasing metabolism. Take **Pectasol Chelation Complex**, available at www.advancedbionutritionals.com.

16. Organic Yerba Mate Tea: Drink at least **one cup per day**. This tea increases energy without creating nervousness or jitters. It reduces appetite and stimulates releasing of fat cells.

17. Eat Breakfast: Eating a **large breakfast** is important at resetting the body's weight set point, increasing metabolism, and decreasing appetite throughout the day. An ideal breakfast would include **organic eggs from cage-free chickens**, wild smoked salmon, organic rye toast (making sure the bread is made with only rye flour, water, yeast, and salt), organic raw butter or organic raw extra virgin coconut oil, organic asparagus, organic tomatoes, **organic buffalo, beef, turkey or chicken** in any fashion, **wild (not farm raised) fish**, organic potatoes cooked in any fashion, organic oatmeal, organic coffee or tea, organic apples, pears, grapefruit, strawberries, plums, peaches, kiwis, mangos, papayas, blueberries, raspberries, nectarines, & melon).

18. Eat Six Times Per Day: It is important to eat throughout the day in order to reset your metabolism high and release abnormal fat reserves. Knowing that during this phase you should be eating a minimum of two organic apples and two organic grapefruits daily, having snacks in between meals should be easy to do. Ideally, you should have a large breakfast, a snack consisting of an organic apple or organic grapefruit mid-morning, a full lunch, a snack consisting of an organic apple or organic grapefruit in mid-afternoon, a full dinner, and an evening snack consisting of an organic apple or an organic grapefruit. Doing this will start the process that allows the body to begin releasing abnormal fat reserves normalizing hunger and increasing metabolism. Eat 6x a day even if you are not hungry.

19. Eat Dinner Before 6:00 pm: Ideally, you should finish eating your dinner three and one-half hours before you go to bed. This is very important at helping reset the hypothalamus so as not to store fat (**organic buffalo or salmon**).

20. Eat Protein Before Bed: Eat 100 grams of organic beef, veal, chicken, turkey, or fish right before bedtime. This helps stimulate the mobilization of fat cells and decreases water retention. It also stimulates metabolism and actually helps you burn fat while you sleep.

21. Take Acetyl L-Garnitine: This amino acid helps turn fat into fuel. It promotes the increase of lean muscle tissue and helps prevent muscle tissue from being lost. It speeds the burning of fat cells and increasing metabolic rate.

22. Eat Hot Peppers: Organic hot peppers and hot salsa stimulate an increase in metabolism and reduce appetite. It is very effective at helping reset the body's weight set point, metabolic rate and, additionally, helps release fat stores. Use organic hot salsa & peppers.

23. Use Cinnamon: Cinnamon helps regulate insulin and blood sugar. This helps **stimulate the hypothalamus into being reset** to a normal state. Cinnamon normalizes appetite and helps release fat reserves.

24. Eat Salad with Lunch and Dinner: In addition to whatever you choose to eat for lunch and dinner, add a big salad made with fresh organic ingredients; include such things as lettuce, onions, radishes, cucumbers, spinach, broccoli, cauliflower, garlic, tomatoes, asparagus, mushrooms, carrots, celery, herbs, fresh lemon juice, extra virgin olive oil, raw organic apple cider vinegar, sea salt, hot peppers, etc. Eating these raw organic vegetables before your meal stimulates digestion, adds important fiber, which regulates blood sugar and appetite, and helps reset the body's weight set point. It adds vital enzymes & nutrients that stimulate the release of stored fat.

25. No Trans Fats: Man-made trans fats absolutely, 100% will make you obese. They also lead to heart disease, cancer, arthritis, and diabetes. The most common trans fat is hydrogenated or partially hydrogenated oil of any kind. You cannot eat food with trans fats. Read the labels on food. If it says hydrogenated or partially hydrogenated oil of any kind, do not eat it. Learn to shop at a store such as Whole Foods, Wild Oats, or Trader Joe's. Read the food labels.

26. No High Fructose Corn Syrup: You cannot eat any food with any man-made sweeteners. Read the food labels. If it says high fructose corn syrup, corn syrup, sucrose, dextrose, or malto dextrose, do not eat it. These man-made super high processed sugars have been designed to overtax the hypothalamus and make you fat. If you buy 100% organic products you can find any type of food you want without these man-made sugars,

27. No Artificial Sweeteners: Do not consume any food that has NutraSweet, Splenda, aspartame, sucralose, or saccharin on the label. These artificial sweeteners absolutely make you fat. They all adversely affect the hypothalamus and create the conditions for obesity. These artificial sweeteners are also highly chemically addicting and cause depression and anxiety.

28. No Monosodium Glutamate (MSG): MSG is a flavor enhancer and preservative. It is called an **excitotoxin**. It adversely affects the hypothalamus, as well as being chemically addicting. It will make you fat and leads to depression. Read the labels.

29. Eat Only Organic Meat & Dairy: Beef, chicken, turkey, milk, cheese, and all dairy products that are not certified organic are loaded with growth hormones, antibiotics, and other drugs. These products lead to obesity. It is perfectly fine to eat meat, poultry, and dairy products as long as they are certified organic, ideally grass fed, and have not been injected with growth hormone, antibiotics, or other drugs. Consuming meat, poultry, and dairy products that are not organic means you are putting in your body massive amounts of animal growth hormone, powerful animal antibiotics, and other animal drugs. This will create hormonal imbalances in the body leading to weight gain, abnormal storing of fat, menstrual cycle problems with women, PMS, and depression.

30. No Nitrites. Read the Labels: If nitrites are listed do not buy the product. Nitrites cause hormonal imbalances and will lead to weight gain, allergies, and food cravings.

31. No Farm Raised Fish: Farm raised fish live in cesspools of poison water. They are fed massive amounts of drugs and chemicals to increase growth and production. Much of the fish is injected with chemical food dyes to make them appear fresher longer. The chemicals and poisons found in these fish cause hormonal imbalances leading to weight gain and depression.

32. No Micro-Waving: Throw your microwave oven away. Any food that has been micro-waved has been chemically altered into an unnatural state. Research shows eating any food that has been micro-waved adversely affects blood cell counts and is linked to depression. Micro-waved food causes hormonal imbalances leading to weight gain.

33. Limit Carbonated Drinks: Carbonated drinks **block calcium absorption and lead to nutritional deficiencies.** They adversely affect digestion and the pancreas. They clog the liver and lymphatic system. These should be avoided. If you absolutely must have a carbonated drink, never drink a "diet" carbonated beverage. Try to choose a **100% organic carbonated beverage.** If this is unavailable, choose a regular soda. The problem is that the major soda manufacturers have changed from sugar to high fructose corn syrup, making their beverages lethal when it comes to weight loss. Drink water, tea, freshly made juice, or coffee.

34. Limit Ice Cold Drinks: Drinking beverages that are very cold slows metabolism and actually increases hunger. These should be limited or avoided altogether. If you are drinking your one-half to one gallon of water per day, and several cups of the recommended teas, you should have no need or desire for any other beverage.

35. No Fast Food: All fast food restaurants, as well as national and regional chains, should be avoided. The foods served are loaded with all of the ingredients that I mentioned above that should be avoided. Food from fast food restaurants and regional and national chains are loaded with trans fats, super high processed sugars including high fructose corn syrup, artificial sweeteners, MSG, nitrates, and meat, dairy, and poultry that are loaded with growth hormone, antibiotics, and drugs. Much of the food is irradiated and micro-waved. The food is super highly refined with little or no fiber. It is perfectly designed to overtax the hypothalamus and do everything perfectly in the body to increase your hunger, make you physically, chemically addicted to the food, make you depressed, make you fat.

36. Eat 100% Organic Food: Ideally, all the food you buy and consume should be labeled 100% organic. This means the food has not been genetically modified and has little, if any, man-made chemicals, preservatives, flavor enhancers, herbicides, pesticides, growth hormone, antibiotics, or other drugs. One hundred percent organic means 100% organic. The next best is when the label says "organic." This means the product is approximately 80% organic. The next best is when the label says "made with organic ingredients." This means approximately 30% of the product is organic. If the label says "all natural," it means nothing. You need to read the ingredient list. If there is something in the ingredients that you can't pronounce, don't buy it. Eating real food will keep you thin. Eating man-made processed food will make you fat because that's what the food manufacturers have designed the food to do.

37. Use Natural Sweeteners: If you need to use a sweetener, choose stevia as your first option. This is an all-natural herb, which helps regulate blood sugar and stimulate weight loss. Other good options include raw organic agave nectar, raw organic honey, or raw organic sugar cane. Remember, science is not better than nature. Natural sweeteners are better than artificial chemically ones.

38. Infrared Saunas: Sweating in a sauna increases metabolism and stimulates the release of fat cells. The skin is the largest organ in the body. Sweating in the sauna helps stimulates the release of accumulated toxins, increasing metabolism, bettering overall health, reducing appetite, and increasing metabolic rate. The two basic types of saunas are conventional saunas and infrared saunas. Both are very good. Based on the current theories, infrared saunas seem to be the better choice. Sweating for **twenty minutes a day in a sauna** can be difficult to do with people's busy schedules. It is highly beneficial, and will increase weight loss, and elimination of toxins.

39. Get Sun: Lack of sunlight on the body has been shown to lead to depression, overeating, increase in appetite, low metabolism, and weight gain. Ideally, **twenty minutes in the sun over a naked body each day** is recommended. Do not use any lotions, sunscreens, or sunglasses. For more information on the benefits of the sun go to www.solarhealing.com. Exposure to the sun increases the release of endorphins, eliminating depression & suppressing appetite. The sun is the best source of Vitamin D, & has shown to prevent cancer.

40. Get Some Sleep: Researchers have concluded that lack of proper sleep leads to obesity. Ideally, you should go to **bed at 10:00 p.m. and arise at 6:00 a.m.** This is ideal. Getting eight hours of sleep is best. The body releases certain healing hormones between 11:00 p.m. and 2:00 a.m. Being in a deep sleep during this time promotes healing in the body, longevity, youthful appearance, eliminating depression, and helps the hypothalamus to stay in a state of operating normalcy.

41. Krill Oil: This oil comes **from marine animals in Arctic waters.** It has one of the highest concentrations of omega-3s. Taking this supplement increases circulation, increases oxygenation in the body, and promotes normal hormone levels. It has been shown to alleviate depression, decrease appetite, and is beneficial to the liver and pancreas. It is a tremendous aid to longevity and health as well as weight loss. Krill oil is available in health food stores and at www.mercola.com and www.qnlabs.com.

42. Vitamin E: All-natural Vitamin E promotes proper circulation, has heart healthy benefits, and improves liver and gallbladder function. It is a powerful aid in weight loss, as well as promoting beautiful young-looking skin, and keeping your arteries open. I know of only two sources of Vitamin E that are truly all natural. Do not buy Vitamin E in a health food store as all brands observed have some synthetic nature to them. The only two brands I recommend are **4 Spectrum E**, available by calling (800) 581-8906.

43. Digestive Enzymes: People who are overweight lack the ability to produce enough enzymes to digest food properly. This is caused by eating super high-refined foods, pasteurized foods from bottles, cans and cartons, nutritional deficiencies, clogged liver and colon,

and non-prescription and prescription drugs. To help bring the body back to normal it is suggested that during Phase 1 you take digestive enzymes with each meal. There are many good brands available including **Garden of Life Q-Zyme Ultra** (www.qnlabs.com).

44. No Lotions or Creams: Look at all the products that you put on your skin. These include lotions, creams, soap, moisturizers, shampoos, bath gels, etc. People, fifty years ago, did not put these types of products on their skin. Remember, the skin is the largest organ in the body. Whatever you put on your skin is absorbed into the bloodstream. When you put toxic, poisonous chemicals on your skin, they enter the bloodstream and adversely affect the organs and glands. These products also block the pores of the skin, reducing the body's ability to naturally detoxify, thus creating internal imbalances. This all leads to health problems, lower metabolism and, ultimately, obesity. The three most deadly ingredients you should avoid are mineral oil, propylene glycol, and sodium laureth sulfate. These are all deadly poisons. Read the labels on the products you currently have. It is advised that you reduce the amount of products you put on your skin. If you do choose to continue putting various products on your skin, choose 100% organic products.

45. Rebounding: Exercise in any form is beneficial. A simple, fun and easy exercise is rebounding, or gently jumping on a mini-trampoline. Gently jumping on a rebounder stimulates the lymphatic system, releases beneficial endorphins and other hormones, and is the only exercise in the world that actually stimulates and exercises every cell in the body simultaneously. Rebounding stimulates muscle tone, muscle strength, and flexibility, oxygenates the blood, improves circulation, and stimulates the release of toxins. Set up a rebounder in front of your television. Five to ten minutes, once or twice a day, will have miraculous physical and mental health benefits.

46. Massage: Getting as many massages as possible, as often as possible, is highly encouraged. Vary the type of massage you receive. Try Swedish massage, Thai massage, deep tissue massage, and Shiatsu. During Phase 1 receiving one to two massages per week is encouraged. The more the better. Massage will get everything moving in the body and speedup the weight loss process.

47. Yoga or Tao Yin (Stretching): Yoga can be done by any person no matter what your flexibility or physical condition. It stimulates all the internal organs and promotes internal health. It increases flexibility and blood flow through the body. It strengthens and tones the muscles; it improves posture. It also unblocks the energy meridians through the body, dramatically increasing physical energy and emotional well being. During Phase 1 doing as many yoga sessions as possible is highly encouraged.

48. Shower Filter: Remember, your skin is the largest organ in the body. The water your shower in is loaded with fluoride, chlorine, and hundreds of other contaminants. Research has proven that when you take a shower your body absorbs more toxins than if you drank eight glasses of the same water. In hot showers steam is created filling your shower with poisonous gas from the contaminated water, which is inhaled into the lungs and, again, absorbed into the skin. Getting a shower filter will allow you to bathe and shower in pure, fresh water. Dry skin caused by the chlorine will disappear. You will never have a bad hair day again. Energy levels and a feeling of well being also increase. Shower filters that I personally use are available at www.ewater.com, and www.wellnessfilter.com.

49. Electromagnetic Chaos Eliminator: We are bombarded by invisible electromagnetic energy every day. This did not exist fifty years ago. Today, however, with satellites, radio transmissions, cell phones, wireless devices, high-definition TVs, and an array of electronic products, every cell in our body is being smashed with trillions of bits of unnatural electromagnetic chaos. Researchers have now proven that this adversely affects the cells in our body, which in turn, adversely affect our health. This also leads to glandular abnormalities including that of the hypothalamus. This in turn leads to increased appetite and lower metabolism, thus contributing to obesity. It is recommended that you obtain a device that neutralizes these electromagnetic frequencies. I personally wear a **Q-Link and E-Pendant**. I also use a **Biopro Device** on my cellular phone. Use of these devices will lead to increased energy, better mental clarity, better body function and reducing of depression. Check out www.ewater.com, www.clarus.com, and www.bioprotechnology.com.

50. Breathe: Interestingly enough, the majority of people in America do not breathe fully and deeply, thus have a body that is deficient in oxygen. This is caused by many factors including the stresses we deal with on a daily basis. Several researchers showed that when overweight people did nothing else but deep breathing **ten minutes, two times a day**, they all lost weight. This is because increased oxygen to the body increases metabolism, lowers appetite, and releases beneficial hormones alleviating depression. Lack of oxygen in the body also leads to a host of diseases including cancer. It is recommended that during Phase 1 and beyond that you engage in a daily practice of deep breathing. You can do this while driving in your car, watching TV, or sitting in front of your computer. For techniques methods, see www.breathe2000.com, www.oxycise.com, www.breathing.com, & www.bestbreathingexercises.com.

51. Reduce Air Conditioning: This is a mystery. Researchers have shown that people who spend long hours in air conditioning gain weight faster than those who don't. There are many theories to why this is true. I would encourage you to limit or reduce the amount of air conditioning you are exposed to.

52. Fluorescent Lights: Being exposed to florescent lights should be avoided or eliminated. Florescent lighting causes chemical reactions in the brain that product fatigue and depression. This leads to food cravings. Florescent lighting also negatively affects the cells of the body, suppressing the immune system and lowering the metabolism.

53. Chamomile Tea: Reducing stress is vitally important for resetting the hypothalamus and achieving permanent weight loss. Organic chamomile tea should be consumed daily to help relax the body. **One cup or more per day** is recommended.

54. AlphaCalm: It is recommended to take **one capsule of AlphaCalm two times a day**. This is a powerful and effective product at reducing stress, promoting profound relaxation without causing drowsiness. It is a revolutionary breakthrough product for anxiety, stress, and mental fatigue. This promotes lower appetite and also helps in relieving depression. It is available by calling (800) 554-6051.

55. De-Stressing CDs: I cannot emphasize how important stress reduction is in reducing hunger, increasing metabolism, alleviating depression, and promoting long-term permanent weight loss. Listening to a stress reducing CD once per day has profound emotional, mental, and health benefits. The recommended CDs are available at www.advancednaturals.com, or call (800) 690-9988.

56. Add Fiber: Adding fiber to your diet during Phase 1 will help speed up the weight loss process dramatically. It will reduce appetite, relieve constipation, improve digestion, help cleanse the body of toxins, help increase energy, and help correct years of eating super highly refined food. One of the best fiber blend products contains organic flax seed, oat bran & acacia (**Organic Triple Fiber Max**).

57. Parasites: Eliminating parasites are important for weight loss. Virtually everyone has parasites that are partially responsible for a host of medical symptoms including inability to lose weight. These are also responsible for food and environmental allergies, asthma,

skin disorders, constipation, gas and bloating, and can lead to ulcers, diabetes, and even cancer. During Phase 1, it is not recommended to do a **Complete Parasite Cleanse After** you complete Phase 1, Phase 2, and Phase 3.

58. Liver Cleanse: In virtually all-obese people tested, a clogged or sluggish liver exists. This leads to improper metabolism of fat, slowing of digestion, increased appetite, low metabolism, and is partially responsible for food cravings. This also creates an overtaxing of the body's immune system and is partially responsible for the onset of many medical symptoms, conditions, and diseases. When the liver is cleansed and operating properly, every organ and gland in the body can work more efficiently. This increases energy, decreases depression, increases metabolism, lowers hunger, and dramatically increases an overall sense of well-being. It is recommended that you do a **Liver Cleanse After** you complete Phase 1, Phase 2, and Phase 3 of "the weight loss cure protocol."

59. Lift Weights or Body Resistance Exercises: Doing any kind of resistance training, such as weight lifting or using the machines available at exercise studios such as curves, is encouraged and beneficial. It will increase muscle mass, which will increase long-term improvement in the metabolism. Resistance training also releases hormones in the body that have anti-aging benefits, including improved skin and a youthful appearance. Strength increases, which leads to increased energy and vitality.

60. Drugs: All non-prescription, over-the-counter, and prescription drugs and medications of every kind absolutely, 100%, are proven to lead to weight gain, obesity and **cause illness and disease**. This is proven. No drug, including even a common aspirin, is safe. Every time you take even the smallest amount of even the most common medications you are causing severe damage to the human body, leading to additional medical-symptoms, conditions, and obesity. The drug manufacturers themselves state this in their own printed literature. It is advised, only under the supervision of a licensed health care practitioner, that you avoid any and all non-prescription, over-the-counter medications, and prescription drugs. If you are taking a drug for such things as acid reflux, high blood pressure, high cholesterol, chronic pain, etc. you should know that there are all-natural non-drug alternatives that are proven to work better and have no negative side effects, but rather only health benefits. In Dr. Simeons's day, less than 5% of the population took any kind of drug or medication on a regular basis. Today, it's an astonishing 70% of Americans who take medication or drugs on a regular basis. If you continue to take non-prescription or prescription medications & drugs, your health will continue to deteriorate & gain weight.

Many of the above items are very easy to do. Drinking water, eating apples and grapefruits, eating breakfast, taking Eleotin, drinking Yerba Mate, Wu Long, and Chamomile tea, taking coral calcium, adding hot peppers and cinnamon, and eating a big salad with lunch and dinner are all very easy to do. Avoiding the forbidden ingredients such as artificial sweeteners, high fructose corn syrup, and MSG is also easy to do. Simply shop at a market such as Whole Foods, Trader Joe's, or Wild Oats, and read the ingredient list on the label.

Phase 2: This is the exact Dr. Simeons "**Weight Loss Cure Protocol**" as used by hundreds of thousands of patients around the world over the last thirty years with spectacular permanent results. The entire manuscript that describes this protocol entitled **Pounds and Inches: A New Approach to Obesity**, by Dr. A.T.W. Simeons, M.D., or **Drink ½ Cup of your Own Urine Daily**.

This Phase must be done under the Supervision of a Licensed Health Care Practitioner.

Day One:

- Take an Injection of between 125-200 units of hCG (Human Chorionic Gonadotrophin) first thing in the morning.
- Drink One-Half to One Gallon of Water throughout the day, ideally with Coral Calcium Sachets.
- Gorge yourself and eat as much food as you can throughout the day.
- Do any of the items from Phase 1 as you choose.

Day Two:

- Repeat Day One.

Day Three:

- Weigh yourself immediately upon arising, after emptying the bladder, without clothes.
- Take an injection of between 125-200 units of hCG (human chorionic gonadotrophin) first thing in the morning.
- Drink one-half to one gallon of water throughout the day, ideally with coral calcium sachets.
- For breakfast have only
 - Black Coffee (Organic Preferred), or
 - Organic Green (Wu Long) Tea
 - Organic Yerba Mate Tea, or
 - Organic Chamomile Tea (Always make your tea with pure water, never tap water)
- For lunch eat 100 grams (weighed raw) of grilled (no oil or fat)
 - Organic Grass Fed Beef or Veal, or
 - Organic Chicken Breast (Skinless), or
 - Wild Chilean Sea Bass, Flounder, Sole, or Halibut
- One Large Handful of one of the following Organic Vegetables
 - Spinach, Chard or Beet Greens
 - Lettuces of any kind
 - Tomatoes
 - Celery
 - Fennel
 - White, Yellow, or Red Onions
 - Red Radishes
 - Cucumbers
 - Asparagus, or Cabbage

These can be eaten raw, steamed, grilled (without oil), or gently boiled. Do mix vegetables in the same meal.

- One Small Organic Apple, or Small Organic Grapefruit, or a handful of Organic Strawberries
- You may season any of the food with the juice of half an Organic Lemon, White or Black Pepper, Organic Raw Apple Cider Vinegar, Sea Salt, Organic Garlic, Organic Basil, Organic Parsley, Organic Thyme, Organic Marjoram, or any other Organic Herb. Absolutely no Oil, Butter, Dressings, or anything else.
- Dinner:
— The same choices as for lunch. Do not, however, have two meals exactly the same in the same day.
- Black Coffee, Organic Green Tea, Wu Long Tea, Organic Yerba Mate Tea, and Organic Chamomile Tea can be consumed in any quantity as often as you wish throughout the day. You should drink at least one cup of each.
- No Medicines or Over-the-Counter Non-Prescription Drugs should be taken. (Done under supervision of a physician.)
- No Cosmetics Other than Lipstick, Eyebrow Pencil, and Facial Powder should be used.
- No Creams, Lotions, or Moisturizers, or anything should be put on the skin.
- You must eat everything as described. Do not skip Meals, and Each Meal must consist of Protein, Vegetables, and Fruit.
- You may eat the Fruit in between Meals instead of with the Meal if you choose.

It is encouraged, but not required, that you do the following activities:

- Drink **Eleotin Tea Three Times per Day**, as the instructions suggest.
- **Walk for One Hour per Day.**
- Listen to **Stress Reducing CDs** daily.
- Use a **Rebounder** as often as possible.
- Do Yoga or **Tao Yin** as often as possible.
- **Sweat for Twenty Minutes** in an infrared or regular Sauna as often as possible.
- Get **Colonies** as often as recommended by a Licensed Colon Therapist.
- Get **Twenty Minutes of Sun Daily** as often as possible.
- Wear a **Q,-Link or E-Pendant**, and use a Biopro Chip on your cellular phone.
- Reduce exposure to Air Conditioning.
- Do not drink very Cold Beverages.
- Get **1-3 Thai Massages a Week**. Thai massages are administered without lotions. You will be fully clothed and the massage consists of a series of assisted stretches. Do not take regular massages where lotions & creams are applied to your skin,

Day Four Through Day Forty-Five:

Follow the Day Three instructions every day for the entire course of treatment. In order to achieve permanent results you must continue the treatment exactly as described for a minimum of twenty-one days and a maximum of forty-five days.

Starting Treatment: Women should start the treatment immediately after their menses, or at least ten days before their next menses. During menstruation no injections are to be taken, but the diet is continued exactly as described. Injections are resumed immediately following the menses.

Duration: This phase must last for a minimum of twenty-one days, and a maximum of forty-five days. If you need to lose more weight after the forty-five days of treatment have been completed, you take six weeks off, eating normally with the exception of no sugar and no starch. You then resume Phase 2 for up to six weeks. If at that point you still need to lose more weight, you must take eight weeks off, eating normally with the exception of no sugar and no starch, and then resume Phase 2.

The Simeons "weight loss cure protocol," as you can see, consists of a daily injection of hCG, combined with a very strict and specific food consumption plan. The specific foods used cause chemical reactions in the body, combined with the hCG to activate the hypothalamus into releasing the secure abnormal fat reserves causing dramatic weight loss without the loss of muscle or structural fat. The amount of food consumed is approximately 500 calories. The reason for the very low caloric intake is that the body will only release the abnormal fat reserves after it has burned the consumed calories. Interestingly enough, eating lower amounts of calories do not speed up the process eating smaller quantities of food actually stop the fat releasing mechanism. Dr. Simeons discovered that by changing the food, the fat releasing process is also slowed or stopped. For example, when Simeons added mushrooms or artichokes, even though they had the same or less amounts of calories, the fat releasing was slowed or stopped completely. This is due to unique chemical compositions in the food. It is of the utmost importance for this protocol to work, you must strictly follow the exact procedures to the letter. The Last Injection Day Injection: On the day you receive the last hCG injection you must follow the diet program exactly. For the next two days you also must follow the diet exactly. This is because your body is flooded with hCG and it should take two days for it to leave the body.

During the entire Phase 2 you should weigh yourself every morning at approximately the same time. Keep a daily record of your weight. You should also take front, side, and rear photos of your stripped down body on the day you start Phase 2. Take measurements of the thighs, calves, hips, waist, chest, back, and arms. Upon completion of Phase 2 take another series of photos and measurements. The weight and inch loss will be absolutely astounding. The before and after pictures combined with the weight and inch loss are a vital key to motivating you to continue with Phase 3 and Phase 4. This will also start reprogramming your mind with the belief and mental image of the body you desire. This is a very important component, as it will counteract the programming we have self-imposed, as well as the food company advertising brainwashing we have endured over the years. During this phase you should lose approximately one pound per day. This will vary from day-to-day. Hunger will vary for each individual. Hunger pangs will last no more than five to seven days. The majority of people have no hunger pangs at all, even from the first day, or have mild hunger pains that last only one to three days. The more you did in Phase 1, in many cases, determines how long the hunger pains last. If you have severe Candida overgrowth, a clogged colon, or have taken large amounts of non-prescription and prescription drugs over the years, your hunger pains may initially

be higher and duration slightly longer. The vast majority of patients, however, state that hunger pains are very mild or nonexistent. The major feeling that people deal with in the first few days of Phase 2 is a feeling of emptiness in their stomachs. This is quite different than hunger pains. Weighing yourself daily and seeing the spectacular results will keep your motivation high, allowing you to overcome any short-term hunger.

The most common question asked is that if a person just did this low calorie diet without the hCG injections, wouldn't they still lose weight? Every legitimate double-blind study shows that when people eat this diet without the hCG injections they do, in fact, lose weight. However, they do not lose the problem area secure fat deposits. Their body is not reshaped. They lose muscle and structural fat. They have massive hunger and fatigue. When they stop the diet they immediately gain all the weight back, plus more! Those who do the diet *with* the hCG injections lost more weight than the other group, had no hunger or fatigue, and lost fat in the problem areas. Their bodies were completely reshaped. ***They did not lose structural fat and muscle. Most importantly, when they stopped the diet and hCG injections, they did not gain the weight back! Although there are critics and so-called experts that continue to debunk and discredit Simeons's "Weight Loss Cure Protocol,"*** the hundreds of thousands of patients achieving these results, combined with the massive amounts of scientific documentation, double-blind studies, clinical studies and observations, are proof beyond a doubt that this is in fact the ultimate cure for obesity. This method has passed the test of time. Once you have completed one or more six-week rounds of Phase 2 and have lost the weight and reshaped your body to your personal satisfaction, then it is time go to Phase 3.

Phase 3

This is an important phase of the treatment. This is also part of the original Simeons protocol. Successfully following the instructions in this phase should result in a resetting of the body weight set point and hypothalamus. This is the phase that resets metabolism to a high normal state, eliminates future intense and constant hunger, and prevents the abnormal future storing of fat in the secure problem area fat reserves in the body. This phase is relatively simple. For twenty-one days immediately following the last day of the Phase 2 restricted diet you are allowed to eat as much food and any type of food you choose. The exceptions are as follows:

- *No Sugar, Dextrose, Sucrose, Honey, Molasses, High Fructose Corn Syrup, Corn Syrup, or Any Sweetener.*
- *No Starch, Including Breads, Pastas, Any Wheat Product, White Rice, Potatoes, Yams, etc.*
- *No Artificial Sweeteners, Including Aspartame, Sucrolos, Nutrasweet, Splenda, Saccharin, etc.*
- *No Food from Fast Food Restaurants.*
- *No Trans Fats, Including Hydrogenated or Partially Hydrogenated Oils.*
- *No Nitrites.*
- *Limit Non-Prescription and Prescription Drug Use.*
- *Limit Ice Cold Drinks.*
- *Limit Exposure to Air Conditioning.*
- *Limit Exposure to Florescent Lights.*
- *Drink One-Half to One Gallon of Pure Spring Water Daily, ideally with Coral Calcium Sachets.*
- *Walk for One Hour per Day.*
- *Eat a Minimum of Two Organic Apples per Day.*
- *Eat a Minimum of One Organic Grapefruit per Day.*
- *Take a Teaspoon of Raw Organic Coconut Oil Twice per Day.*
- *Take One to Three Teaspoons of Raw Organic Apple Cider Vinegar per Day.*
- *Continue to drink Eleotin Tea Three Times per Day, as the directions suggest.*
- *Take ThreeLac as directed.*
- *Drink Organic Green (Wu Long) Tea, Organic Yerba Mata Tea & Organic Chamomile Tea Daily in desired quantities.*
- *Use Stevia as the sweetener of choice.*
- *Sleep Seven to Eight Hours per Night, ideally going to bed at approximately 10:00 p.m. and arising at 6:00 a.m.*
- *Eat a Large Breakfast.*
- *Eat something Six Times per Day.*
- *Finish your Dinner Three and One-Half Hours before Bedtime.*
- *On occasion eat 100 grams of Organic Chicken, Turkey, Veal, Beef, or Fish before Bedtime.*
- *On occasion take Acetyl L-Carnitine.*
- *Take Digestive Enzymes with food.*
- *Take Probiotics Daily.*
- *Take a Whole Food Supplement Daily.*
- *Take Vitamin E Daily.*
- *Take Krill Oil Daily.*
- *Use a Rebounder five to Ten Minutes Twice Per Day.*
- *Sweat Twenty Minutes per Day In An Infrared or Conventional Sauna.*
- *Get Twenty Minutes of Sun Daily.*
- *Get Additional Colonics as recommended by a Licensed Colon Therapist.*
- *Do Yoga as often as you can.*
- *Do not use the Microwave.*
- *Continue wearing a Q-Link or E-Pendant and use Biopro on your cellular phone.*

- *Add Hot Peppers to Food.*
- *Add Cinnamon to Food.*
- *Always eat a Big Salad with Lunch and Dinner.*
- *Avoid Lotions, Creams, and Body Care Products with Propylene Glycol or Sodium Laurel Sulfate.*
- *Avoid Monosodium Glutamate.*
- *Avoid Farm-Raised Fish.*
- *Add fiber from Flax Seed, Oat Bran, and Acacia Daily into your diet.*
- *Continue to listen to Stress Reducing CDs Daily.*
- *Do Resistance Exercise such as Weight Lifting or Body Stretching.*
- *Take AlphaCalm Daily.*
- *Buy and use a Shower Filter.*

You must absolutely weigh yourself every morning after first emptying your bladder. You must do this daily without fail. As it takes about three weeks after completing Phase 2 before the weight stabilizes, it is important that daily weighing during this phase be adhered to. As long as your weight stays within two pounds of the weight reached on the day of the last injection you are fine. The moment the scale goes beyond two pounds, even by only a few ounces, you must do the following steps:

- *The same day you notice the increase you must entirely skip all food until 6:00 p.m. During this time you should drink as much water, up to one gallon, as you can. You must drink a minimum of half a gallon of pure water. In addition to the water, drink as much of the various teas that are recommended. You may use stevia in the teas. In the evening eat the biggest steak you can from grass fed organic beef. The steak can be grilled or fried with oil and seasoned with pepper and herbs, but no salt. You may have either a large organic raw tomato or large organic raw apple.*

It is of the utmost importance that these steps of skipping meals occur on the same day as the scale registered an increase of more than two pounds from the weight you achieved on the last day of injections. You must not postpone this protocol until the following day. Weighing yourself daily is vitally important. Because the hypothalamus is now corrected from its abnormal condition, when you gain weight the body will not store the excess in the secure abnormal fat reserves. This means that weight gain will now result in storing of fat evenly throughout the body in the normal or structural fat areas. This means that by looking in the mirror, or by feeling how your clothes fit, will be misleading. You can actually gain ten to fifteen pounds and never notice it. This is why daily weighing is so important.

. Some basic guidelines that will help change past behavioral habits that lead to obesity include the following:

- ***Sit at a table and be relaxed when eating a meal.***
- ***Do not eat in front of the TV, in the car, or standing up.***
- ***Eat slowly and consciously chew food thoroughly.***
- ***Play relaxing music while eating, ideally baroque classical music.***
- ***Put smaller amounts of food on your plate, and don't go for seconds.***
- ***Be aware about whether you are really hungry or full. Stop eating when you are no longer hungry, full or satisfied.***

You should never gain more than two pounds during this phase without immediately correcting this situation by doing the skipping meals and steak protocol. Surprisingly, Simeons discovered that it is equally undesirable for you to lose more than two pounds after the last injection. This is because any loss of weight after the last injection is usually a loss of muscle, or structural fat. Simeons noted that some patients become overly enthusiastic after the success they achieved during Phase 2. These patients do not believe they can eat normal amounts of food six times per day without regaining weight. They disregard the advice to eat anything they please (with the short list of exceptions) and want to play it safe. They try, more or less, to continue the low calorie diet from Phase 2 with minor variations. To their horror they find that their weight actually goes up. They then follow the instructions of skipping breakfast and lunch, but are afraid to eat the steak for fear of gaining more weight and instead have something such as a small salad. They become hungry and weak. The next morning they find they've increased yet another pound! They feel terrible and even the dreaded swelling of their ankles comes back. Dr. Simeons explained these phenomena in these terms. During Phase 2 the patient is just above the verge of protein deficiency, but because of the hCG injections protein is being fed back into a system from the breakdown and release of the secure problem area fatty tissue. Once the treatment is over, there is no more hCG in the body and this process no longer takes place. Unless an adequate amount of protein is eaten as soon as Phase 2 is over, protein deficiency is bound to develop. This inevitably caused a marked retention of water, increased weight, which at times results in swelling of ankles, huge hunger, tiredness, or irritability.

Phase 4

When you start this phase it will be the first day of the rest of your life. It will be a whole new life. Your life now will be different than before. Your hunger will be normalized and will no longer be intense and constant. ***You will eat normal, small amounts of food and be perfectly satisfied and full. You will no longer have uncontrollable urges and desires to eat.*** You will no longer have food cravings, causing you to eat when you are not hungry. Your metabolism will be high so you easily burn for fuel the food you consume. You will not gain any more weight. Your body will no longer abnormally store fat in the secure problem area fat deposits around your body. Your energy levels will be high. You will sleep deeply and soundly. Your skin, hair, nails, and eyes will be youthful and radiant, glowing with vibrant health. You will be happy and no longer suffer from depression, stress, or anxiety. You will find yourself more energetic, doing things and exercising more than you ever imagined. You will be more social and your relationships with other people will be better. ***The simplest rule to follow is to eat anything you want, as much as you want, as often as you want. The only caveat is only eating 100% organic food.*** If you do this you will never be consuming all of the things that are designed to overtax your hypothalamus and create the conditions of obesity. In real life, in the real world, eating only 100% organic food can be next to impossible. Basically then, what you work to achieve is to avoid, as best you can, the man-made ingredients that cause obesity. Remember, obesity and weight gain is generally not caused by calories, fat, simple or complex carbohydrates, foods with a high

glycolic index rate, or sodium. **Obesity and weight gain is caused by the man-made ingredients, chemicals, and food processing techniques employed in the growing, producing, and manufacturing of food. To keep the weight off permanently, and to achieve vibrant dynamic health, here is a list of dos and don'ts:**

1. **Eat only 100% Organic Food:** Although this is the ideal scene, in real life this can be next to impossible. Do the best you can. You don't have to count calories or be concerned with fat, carbohydrates, protein, or sodium. As we've learned so far, real food without man-made chemical ingredients and food processing techniques, that are not super highly refined, do not create the conditions for obesity. As you go throughout your life following this rule will not only prevent weight gain, and give you dynamic, vibrant health, it will also allow you to fully indulge in the most delicious food without deprivation.
2. **No "Brand Name" Food:** The rule here is not to eat food produced by **Publicly Traded Corporations**. Remember, large publicly traded food companies are the enemy. They are producing food that is genetically modified, loaded with chemicals, growth hormone, drugs, trans fats, and other ingredients specifically and purposely created to increase your appetite, get you chemically addicted to the food, and make you fat. You cannot trust any of the mass-produced food they sell. They are using deceptive advertising techniques and sophisticated brainwashing techniques in their advertising to create mental triggers that cause us to have compulsive urges and cravings for their food. Staying away from any brand name heavily advertised product is the best action. Knowing that every publicly traded large food company will use every deceitful and misleading technique, and fancy food label, to get us to buy their product & make us fat is reason to avoid supporting them by never buying their products.
3. **No Fast Food, Regional or National Chain Restaurants:** This is the same as the previous rule. Virtually all the food available from regional and national restaurant chains and fast food companies is specifically designed to increase appetite, get us chemically addicted to the food, and make us fat. This is a new phenomenon. It did not exist in Simeons's day. If you go back to eating food from these unscrupulous companies you will get fat again.
4. **Do a Candida Cleanse:** In Simeons's day Candida yeast overgrowth was almost nonexistent. Today, over 80% of the U.S. population has some degree of Candida yeast overgrowth. This condition creates massive food cravings, gas and bloating, depression, increased hunger, poor digestion, and fatigue. In order to make your weight loss permanent and to ensure no food cravings or feelings of deprivation, it is vital that you do a Candida cleanse as soon as possible. A good beginner cleanse is the ThreeLac program, available at www.123candida.com. The most complete and powerful Candida cleanse is the LifeForce Program available at www.lifeorceplan.com. There are many other Candida cleanse and programs available. Consult with a local licensed health care practitioner who uses non-drug and non-surgical methods to cure and treat disease.
5. **Clean your Colon:** Hopefully, you have done this step in Phase 1. Since it is impossible for you to eat perfectly for the rest of your life, it is necessary for you to clean your colon at least once per year. I generally do some form of colon cleanse three to four times per year. Good colon cleanses include a series of five to fifteen colonies in a thirty-day period. Other good colon cleanses can be found at www.drnatrura.com, www.tryalniigjitycleanse.com, www.pbiv.com, www.qnllabs.com
6. **Do a Liver Cleanse:** Cleansing the liver will dramatically improve digestion, increase metabolism, and make permanent weight loss very easy. Several liver cleanse products and programs can be found at www.drnatrura.com, www.liverdoctor.com,
7. **Drink One-Half to One Gallon of Pure Water Daily.** This is vital to keep the cells hydrated and continually flush toxins from the body. Ideally, **Drink Water with Coral Calcium Sachets**.
8. **Do a Parasite Cleanse:** After you have done a colon cleanse and a liver cleanse, it is wise to use a parasite cleanse product or program. In addition to promoting long-term weight regulation, the benefits also include dramatic increase in energy and alleviating of a multitude of medical symptoms and conditions. It has been shown that majorities of people have parasites, which are partially responsible for the development of many degenerative diseases. For a list of recommended parasite cleanse products and programs go to www.naturalcures.com, www.qnllabs.com, www.drnatrura.com, www.drstockwell.com
9. **Do a Heavy Metal Cleanse:** The best-known method is intravenous chelation performed by a licensed health care practitioner. Products that can be taken at home that help remove and help the body cleanse heavy metals can be found at www.rxvitamins.com, www.advancedbionutrit.io-nals.com, www.scienceformulas.com, www.qnllabs.com, www.drnatrura.com.
10. **Walk** for one hour, outside, every day.
11. **Eat! Always Eat Breakfast, Eat Something Six Times per Day,** and finish your dinner three and one-half hours before you go to bed. **Avoid eating a Huge Meal as this Overtaxes the Hypothalamus.**
12. **Eat Protein before Bed.** On occasion eat 100 grams of organic beef, veal, chicken, turkey, or fish right before bed.
13. **Take Acetyl L-Carnitine.** This helps turn fat into fuel.
14. Eat a minimum of **One Organic Apple Every Day.**
15. **Eat Organic Grapefruits** as you desire.
16. Have a **Big Salad with Lunch and Dinner** (made with organic ingredients).
17. **Add Organic Hot Peppers and Cinnamon** as often as possible.
18. **Use Organic Virgin Coconut Oil** as often as possible.
19. **Use Organic Raw Apple Cider Vinegar** as often as possible,
20. **Sleep Eight Hours per Night;** ideally, between 10:00 p.m. and 6:00 a.m.
21. **Drink Organic Yerba Mate Tea, Chamomile Tea, Wu Long Tea, and Green Tea** liberally.
22. Every day **Take a Whole Food Supplement, Probiotics, Vitamin E, and Krill Oil.**
23. **Use Stevia** as your sweetener of choice.
24. **Get Sun** on a regular basis.
25. **Use an Infrared or Conventional Sauna** as often as possible.
26. **Use a Rebounder** as often as possible.
27. **Do Yoga or Tao Yin** as often as possible.

28. **Do Resistance Training**, such as weight lifting, as often as possible.
29. **Take Digestive Enzymes** with food.
30. **Take AlphaCalm** as needed.
31. **Listen to Stress Reducing CDs** often.
32. **Reduce Exposure to Florescent Lights and Air Conditioning.**
33. **Limit Ice Cold Drinks.**
34. **Get Massages** often.
35. **Use a Q-Link, E-Pendant, and/or Biopro** for neutralizing electromagnetic chaos.
36. **Limit Carbonated Drinks.**
37. **Limit Non-Prescription, Over-the-Counter, and Prescription Drug Use.**
38. **Use Deep Breathing Techniques** on a regular basis.
39. **No Super Highly Refined Sugars.** These include high fructose corn syrup, corn syrup, sucrose, and dextrose.
40. **No Genetically Modified Food.** If it doesn't say 100% organic, it is probably genetically modified.
41. **No Artificial Sweeteners.** This includes NutraSweet, Splenda, aspartame, sucrolos, and others,
42. **No Trans Fats.** This includes hydrogenated or partially hydrogenated oils,
43. **No Monosodium Glutamate.**
44. **No Food with Nitrites.**
45. **No Meat, Poultry, or Dairy That Is Not 100% Organic.** All meat, poultry, and dairy that is not 100% organic is loaded with growth hormones, antibiotics, and other drugs. These create weight gain and other physical and emotional problems.
46. **No Farm Raised Fish.**
47. **No Propylene Glycol or Sodium Laureth Sulfate:** Make sure your shampoos, conditioners, moisturizers, soaps, lotions, and creams do not contain these deadly poisonous chemicals.
48. **Do Not Use a Micro-Wave.**
49. **Drink Fresh Cantaloupe & Watermelon Juice:** Juicing experts Jay Kordich and Jack LaLane suggest drinking freshly made juice from cantaloupes & watermelons speed cleansing of toxins & promote weight loss. Use Juiceman or Jack LaLane Juicers.
50. **Do a Full Body Fat Cleanse:** The best known cleanse that releases toxins from the fatty tissue in the body is called the **Purification Program**. I, and many of my friends, have done this program with spectacular results. Cleansing toxins out of the fatty tissue is vital in reducing or eliminating food cravings and urges. Check out www.purification.org.

People ask me if they can still eat the foods they are accustom to. The answer is absolutely yes, but you must change brands! If you like Oreo cookies change to another brand such as **Paul Newman Organic Cookies** that are almost identical to Oreos. The Oreos are loaded with trans fats and super highly refined sugars and ingredients that make you fat. Paul Newman's cookies have no trans fats, organic ingredients, and no super highly refined sugars and ingredients. They taste better, and are more filling; they do not give you the sugar crash and increased hunger associated with Oreos. In normal amounts they will not make you fat. If you have successfully completed Phases 1, 2, and 3, implementing the suggestions in Phase 4 should be easy. You should have renewed energy, enthusiasm, and confidence for keeping the weight off permanently. It may seem hard to do. I can assure you that the protocol outlined in Phases 1, 2, 3 and 4 will be easy and enjoyable. When I first learned of the Simeons "weight loss cure protocol" I thought it was very strict and would be very hard to follow. I was fearful that I would have to use superhuman willpower to stay on the protocol. I believed I would be hungry, tired, grumpy, and feeling deprived throughout the course of treatment. I believed I would be giving up all the pleasures of eating. This fear made me come up with every excuse to delay starting "the weight loss cure protocol." It took over one year before I actually got started. I can tell you all of my fears and apprehension was totally unjustified. I was never hungry, I had tons of energy, my disposition was bright and pleasant, I did not have to use any willpower, and my motivation to stick with the protocol was very high. I, like every other patient I talked to, found this approach to obesity very easy to do. I only wish I had done it a year earlier. I encourage you to do this protocol exactly as Simeons outlined it.

*If hCG is completely unavailable to you there is an option. First, do ALL the steps in Phase 1 for thirty days. Then, you replace Phase 2 with the **Turbo Protein Diet** as described in the book written by Dieter Market. This protocol uses a product called Almased, available at (800) 256-2733 or www.almased.com. Do this protocol for up to six weeks. Then, continue with Phase 3 and Phase 4 exactly as described. This protocol is not as effective as the Simeons "Weight Loss Cure Protocol" with hCG. However, it is the next best alternative. If you do this protocol you must do all the steps in Phase 1 and you must do the Candida cleanse, liver cleanse, and parasite cleanse in Phase 4 in order to achieve the same results.*

*A prime example of the deceit and fraud these companies partake in is the recent initiative brokered by former president Bill Clinton with soft drink manufacturers and school systems. President Clinton announced that he had brokered a deal with the soft drink manufacturers that would help fight obesity and promote health in school children. His announcement was that the soft drink manufacturers would no longer be selling soft drinks in schools through vending machines and at school lunch programs. This was supposed to help reduce the large consumption of sugar contained in soft drinks. This sounds like a wonderful thing. It was made to appear that the soft drink companies were losing profits and were sincerely interested in helping fight obesity in school age children. This is a great lie and deception. What they didn't tell you is that the number of soft drink vending machines in the schools continues to increase. The number of soft drink dispensers in school lunch programs continues to increase. The most significant thing they did not tell you was that diet sodas will continue to be sold and served to our children. This is a huge profit windfall for the soft drink manufacturers. Soft drink companies want to sell more diet sodas than regular sodas. Why? **Diet sodas are cheaper to make and are more profitable. Diet sodas contain artificial sweeteners, including NutraSweet & Splenda that are physically, chemically addicting. Diet sodas also increase depression and obesity. Diet sodas are being called the new crack.** Soft drink manufacturers are popping the Champagne over this initiative. **They are like crack cocaine dealers, selling their product to young school children,***

getting them physically and chemically addicted and creating a life-long consumer who cannot stop consuming their products. The drug companies, the food companies, and the diet industry companies do not want you to know the truth about the safety and effectiveness of the Simeons "weight loss cure protocol" because it absolutely will cost them huge profits. They are so fearful about this information becoming accepted that they are paying lobbyists tens of millions of dollars to get lawmakers to enact legislation that will stop this information being disseminated and used by the masses. Additionally, this information is blowing the whistle and exposing the dirty secrets about how the food industry is purposefully designing and creating food that makes us physically, chemically addicted, increase our hunger and appetites, and actually make us fat! Exposing how the food companies are purposefully creating the obesity epidemic, it is putting great fear in the executives who could face massive multibillion class action suits from angry citizens who have been duped, lied to, and deceived by these multinational publicly traded corporations.

Eating in restaurants is a nightmare. The food is heavily processed, loaded with trans fats, high fructose corn syrup, MSG, and lacks fiber. It is almost never fresh. The portions are outrageously huge. It is cheaper because they want you to consume the chemicals in it so you eat more and become addicted to it. The environment in restaurants creates massive overeating, and eating food that is specifically designed to make us fat. On one occasion I was in a restaurant eating breakfast. It noticed on the menu a "fresh fruit salad." I asked the waitress if the fruit salad was fresh. She said yes. When it arrived it was obvious that it was canned, loaded with heavy sugary syrup (chemicals). I told the waitress that the fruit salad appeared to be canned. She said yes. I was surprised. I asked her, "Didn't you say it was fresh?" She replied, "It is fresh; we opened the can this morning." On another occasion I asked if the chicken wings on the menu came pre-made and frozen. The waitress said yes, but they were "all-natural." I asked if I could see the bag so I could read the ingredient list. There were over seventy-five ingredients in these chicken wings, including monosodium glutamate, high fructose corn syrup, and trans fats. It's hard to eat restaurant food. This is why you must consistently do the various cleanses throughout the year to get poisonous toxins out of your system. An effective technique that I use when eating in restaurants is this: knowing that the portions will be enormous, I normally tell the waitress to take half of my food and put it in a "to go bag," and only serve me a half-size portion. This is always more than enough food and makes it so I don't have to use willpower to stop eating. I also order one main course and share it with my dinner companion.

All nonprescription over-the-counter and prescription drugs cause disease and obesity. All decongestants, even those found in cough syrups, create high blood pressure. High blood pressure itself leads to obesity. High blood pressure medication creates dehydration and dry mouth syndrome. This also leads to obesity. All drugs have a cumulative effect by continually leaving trace toxic residue in fatty tissues in the body. This leads to obesity and other health conditions. This is why cleaning these toxins out of the fatty tissue by doing the Purification Program is so vitally important.

A good beginner Candida protocol is called ThreeLac, available at www.123candida.com. The most comprehensive and complete Candida cleanse is the LifeForce Plan, available at www.lifeforceplan.com. A longtime friend, Dr. Jeff McCombs, created the LifeForce Plan. It is the only program I know of that cleanses the body of not only the Candida yeast, but also the fungus that the Candida turns into and which is spread throughout the body. Doing the complete LifeForce Plan will be a profound life-changing experience. Not only will sugar and carbohydrate cravings be gone forever, but you will experience a dramatic increase in energy, almost miraculous relieving of anxiety, stress, and depression, develop beautiful radiant young looking skin, hair, eyes, and nails, eliminate constipation, gas, and bloating, and see a dramatic flattening of your stomach. Sleep will also dramatically improve. Metabolism will skyrocket.

Suggested Read & Viewing:

- *Natural Cures "They" Don't Want You To Know About*, by Kevin Trudeau
- *More Natural "Cures" Revealed: Previously Censored Brand Name Products That Cure Disease*, by Kevin Trudeau
- *Sweet Deception: Why Splenda, NutraSweet, and the FDA May Be Hazardous to Your Health*, by Dr. Joseph Mercola
- *Don't Eat This Book: Fast Food and the Supersizing of America*, by Morgan Spurlock
- *Fat Land: How Americans Became the Fattest People in the World*, by Greg Critser
- *The Hundred-Year Lie: How Food and Medicine are Destroying your Health*, by Randall Fitzgerald
- *Chew on This: Everything You Don't Want to Know about Fast Food*, by Eric Schlosser and Charles Wilson
- *The End of Food: How the Food Industry is Destroying our Food Supply—And what we can do about it*, by T. F. Pawlick

DVDs include:

- *Super-size Me*
- *Who killed the Electric Car*
- *Iraq for Sale: The War Profiteers*
- *The Corporation*
- *The Constant Gardner*
- *Tucker*
- *Sister Kenny*
- *The Smartest Guys in the Room: The Story of Enron*

Basic Callahan Technique

This technique should be done every time you have a strong urge to eat or have any food cravings.

1. Ask yourself on a scale of one to ten, how severe is your urge or food craving? This is very important.
2. With two fingers from your right hand tap 15 to 20 times directly under the right eye. About half an inch to one inch is perfect. You do not have to tap very hard.
3. Now tap directly under the right armpit, approximately three to four inches down. Tap 15 to 20 times.
4. Find the collarbone point. This is located approximately one-half inch below the small dip in the front of the neck, and

two to three inches over on the right side of the chest. You are looking for the top of the collarbone. Tap 15 to 20 times.

5. Find the "gamut spot" on the back of the left hand. This is located between the little finger and ring finger, approximately one inch below the "V" on the back of the hand. Tap repeatedly on this spot as you do the following:
 - Keep your eyes open for five seconds.
 - Close your eyes for five seconds.
 - Open your eyes for five seconds.
 - While keeping your head still, move your eyes down to the right and hold for five seconds.
 - While keeping your head still, move your eyes down to the left and hold for five seconds.
 - Roll your eyes in a circle to the right.
 - Roll your eyes in a circle to the left.
 - Count to five out loud.
 - Hum a tune for five seconds, out loud.
 - Count to five out loud again.
 - While keeping your head straight, look down as far as you can and slowly move your eyes upward until you are looking up as high as you can.
6. Take three slow, long, deep breaths.
7. Ask yourself on a scale from one to ten what your urge or food craving is now. If the urge or food craving is gone you are finished with the process. If it is the same, higher, or slightly lower, repeat the process one more time.

Dr. Linus Pauling, the only doctor to win the Nobel Prize for science twice, discovered that the all-natural bio available form of **Vitamin G**, when given in high doses, killed every known virus. The drug companies immediately tried to get Vitamin G patented so it could be sold as the world's most powerful, effective, and safe antiviral agent. When it was determined that Vitamin G could not be patentable, therefore making its profit potential extremely low, the pharmaceutical cartel debunked Dr. Pauling's research and engaged in a massive campaign to discredit the use of Vitamin G in the treatment of viral infections. Even though it was proven that Vitamin G was the most powerful, most effective, and safest method of handling viral infections, any widespread use of Vitamin G would dramatically and negatively impact the profits being made on the dangerous and ineffective antibiotics sold by the pharmaceutical giants. The truth about inexpensive, all natural, safe, and effective cures is always suppressed because the drug companies need to continue to sell their expensive, profitable drugs, and surgical procedures. Every country that the U.S. Government creates strong diplomatic ties with has its food supply virtually taken over by U.S. food manufacturers. This is supposed to create exports from America to these respective countries, therefore benefiting the U.S. companies and the U.S. economy. When this occurs, fast food restaurants spring up throughout those countries. The influx of products, that for the first time contain such ingredients as high fructose corn syrup, trans fats, MSG, artificial sweeteners, growth hormones, and antibiotics, begins to permeate the diet of the local people. Almost instantly the local people of these countries begin to gain weight unexpectedly. I have visited dozens of countries around the world and have seen the meteoric rise of obesity occur in direct relation to the increase of fast food and these U.S. produced food products. Obesity in one particular country was up over 10,000% since fast food restaurants appeared.

Seventy Causes of Obesity:

The following is a list of the main causes, sub-causes, & interrelating components that create the condition of obesity:

- **Abnormal Hypothalamus**
- **Genetics**
- **Intensely High and Constant Hunger**
- **Low Metabolism**
- **Abnormally Storing Fat in Abnormal Secure Problem Area Fat Deposits**
- **Stressful Incidents**
- **Eating High Calorie, Large Meals, with Highly Refined Food & Little Fiber after a Long Period of No Eating**
- **Eating Highly Refined or Super Highly Refined Food with Little Fiber on a Consistent Basis**
- **Lack of Walking**
- **Clogged Liver**
- **Clogged Colon**
- **Poor Digestion**
- **Candida Overgrowth**
- **Little or No Enzymes in Food**
- **Nutritional Deficiencies, Primarily Calcium, Zinc, Vitamin E**
- **Hypoactive Thyroid**
- **Insulin Resistance and Abnormal Pancreas**
- **Hormonal Imbalances**
- **Uncontrollable Urges to Eat when you are Not Hungry**
- **Food Cravings**
- **Artificial Sweeteners**

- *High Fructose Corn Syrup and other Highly Refined Sugars*
- *Eating Micro-Waved Food*
- *Eating Irradiated Food*
- *Eating Pasteurized Food*
- *Monosodium Glutamate (MSG)*
- *Pesticides, Herbicides, and All Chemical Additives*
- *Non-Prescription Over-the-Counter Drugs*
- *Prescription Drugs*
- *Antibiotics and Growth Hormone in Meat, Poultry, and Dairy*
- *Mineral Oil, Propylene Glycol, and Sodium Laureth Sulfate in Products put on the Skin*
- *Lack of Water Consumption and Dehydration of Cells*
- *Drinking, Showering, and Bathing in Chlorinated and Fluoridated Water*
- *Trans Fats, including Hydrogenated and Partially Hydrogenated Oil*
- *Parasites*
- *Yo-Yo Dieting*
- *Skipping Breakfast*
- *Not Nibbling or Eating Six Times per Day*
- *Emotional and Mental Stress*
- *Lack of Fiber in the Diet*
- *Genetically Modified Food*
- *Homogenized and Pasteurized Dairy Products*
- *Sluggish Lymphatic System*
- *Lack of Sun*
- *Heavy Metal Toxicity*
- *Poor Circulation*
- *Lack of Oxygen in the Body*
- *Environmental and Food Allergies*
- *Poor Breathing & Not Enough Sleep*
- *Eating Highly Refined Food Late at Night*
- *Exposure to Electromagnetic Frequencies from Cell Phones and Other Wireless Devices*
- *Overexposure to Air Conditioning & Florescent Lights*
- *Depression and Anxiety*
- *Lack of Muscle Mass*
- *Ice Cold Drinks*
- *Carbonated Beverages*
- *Not getting all "Flavors" in Food on a Consistent Basis*
- *Programming, Mental Triggers, and Brainwashing from Food and Restaurant Advertisers*
- *Constant Dieting*
- *Lack of Exercise*
- *Consuming Too Many Calories*
- *Stockpiling Food*
- *Lack of Sweating*
- *Fast Food Restaurants*
- *Lack of Raw Fruits and Vegetables*
- *Eating Fast, Standing Up, in Automobiles, or in Front of the TV*
- *Toxins in the Fatty Tissue of the Body*
- *Farm Raised Fish*
- *Over-consumption of Wheat*

Phase 1 (1st 30 Days) *Summary*

Phase 1 is strongly recommended, but is not required. This phase contains many dos and don'ts, which are designed to address the new causes of obesity that did not exist when Simeons developed "the weight loss cure protocol." It is recommended that you do as many of the dos and don'ts during the Phase 1 thirty-day period. The benefits of Phase 1 include increased energy and mental clarity, increasing metabolism, decreasing hunger, decreasing food cravings, alleviating depression, increasing overall health and vitality, and flattening of the stomach. People should lose between five and thirty pounds during Phase 1. Ideally, do this phase for at least thirty days. You can do this phase for a shorter or longer period if you so desire. When you complete this phase immediately begin Phase 2. These results are achieved by Cleansing the Liver, Cleansing the Colon, Reducing Candida Yeast Overgrowth, Handling Nutritional Deficiencies, Correcting the Thyroid, Pancreas, and Hormonal Imbalances, Cleansing the Body of Toxins, Hydrating the Cells, Reducing Heavy Metals, Reducing Parasites, Increasing Muscle Mass, Stimulating the Lymphatic System, and Reducing Stress. All of these factors have been now proven to create an abnormally operating hypothalamus contributing to your overweight condition:

Things you **Must** do:

- Take **ThreeLac** as directed (www.123candida.com **Vit. E (800) 581-8906 \$55.90/Month**)
- Drink one-half to one gallon of pure water with **Coral Calcium** daily (www.trycoreal.com)
- Drink **Wu Long or Green** tea as directed (www.wulongforlife.com)
- **Walk** one hour each day outside
- Do **Colonies** as directed (**Laser Gallstones (520) 615-9811**)
- Eat **Two Organic Apples** per day
- Eat **Organic Grapefruits**
- Eat **Breakfast, Eat Six Times per Day & Finish Dinner Three and One-Half Hours Before Bed**
- Do a **Colon Cleanse (Hydrogen Peroxide (800) 284-6263)**
- Take **Organic Extra Virgin Coconut Oil (Coconut Oil (800) 993-4367)**
- Drink **Organic Raw Apple Cider Vinegar** (www.rawfoodsworld.com)
- Take **Eleotin Tea or Gel Tablets** as directed (www.eastwoodcompanies.com (604) 247-2101)
- Use **Callahan Techniques** as needed (**Exercises**)
- Eat a **Salad with Lunch and Dinner**
- Take **Probiotics** daily (www.jarrow.com (800) 726-0886)
- Take **Krill Oil (Omega-3s)** daily (www.mercola.com)
- Take a **Whole Food Supplement** daily (**Liver & Kidney Cleanse Dr. Schulze (877) 832-2463**)
- Drink **Yerba Mate Tea** daily (800) 482-9254
- Drink **Chamomile Tea** daily
- Take **Saunas** as often as possible (**Infrared Saunas (800) 946-6001**)
- Take **Acetyl-L Carnitine (Amino Acids)** daily (**N Zimes (800) 446-7462**)
- Take **Digestive Enzymes** with meals (**Dr. Bisci (866) 729-3438**)
- Look at and repeat the phrase "**I weigh 155 lbs.,**" using your ideal weight and look at pictures of you with your ideal body many times throughout the day
- Use **Stevia**, organic agave nectar, organic raw honey, or organic raw sugarcane for sweeteners
- Get personalized individual care from **Licensed Healthcare Practitioner** who don't use drugs or surgery

Things **Strongly Suggested** you do:

- Take a **Heavy Metal Cleanse** product or get chelation
- Drink **Organic Green Tea** daily
- Take **Vitamin E** daily
- **Sleep Eight Hours**, ideally between 10:00 p.m. and 6:00 a.m.
- Do **Deep Breathing** daily
- Listen to **Stress Reducing CDs** daily
- Eat **100% Organic Food**
- Add hot peppers or **Hot Salsa to Food**
- Use **Fresh Cinnamon** and Do **Yoga**
- Use a **Rebounder** or mini trampoline daily
- Get **Twenty Minutes of Sun** daily
- Get **Massages** often
- Use **AlphaCahn** as needed (800) 445-1962 (877) 858-9082
- Use a **Q-Link, E-Pendant, or Biopro**, or other such device (800) 456-9887
- Eat only **100% Organic Grass Fed Beef, Veal, Lamb or Poultry** (www.tollforwellness.com)

- Eat **Organic Raw (Not Pasteurized Or Homogenized) Dairy** products
- Take a **Homeopathic Human Growth Hormone Supplement** as directed by your doctor
- Eat **Raw Organic Nuts and Seeds** in small quantities for snacks
- Use a **Shower Filter** (www.ewater.com (800) 964-4303 (\$170))
- **Chew Thoroughly and Eat Slowly**
- Play **Baroque Classical Music** or other relaxing music at meal time
- Read **Books And Watch DVDs For Education And Deprogramming** from the Appendix suggested list
- Take **Flax (Forti-Flax (360) 384-0485)**
- Take a **High Fiber Product**
- **Buy Food Each Day**
- **Sing, Go Dancing, Laugh, Play with Pets or Children**, Give & get **Hugs** often, Play **Musical Instrument**
- Try to include as **Many of the "Tastes" in Every Meal** or throughout each day
- Have a drink of **Wine, Beer, or Other Alcohol to Relax**
- Do **Natural Body Resistance Training**
- Eat **100 Grams of Protein Before Bed (Organic Egg)**

Things you **Must Not** do:

- **No Fast Food, Regional, or National Chain Restaurants**
- **Limit Highly Refined Food**, super highly refined food, such as white sugar and white flour
- **No Monosodium Glutamate (MSG)**
- **No Artificial Sweeteners**, such as NutraSweet and Splenda
- **No Trans Fats**, such as hydrogenated or partially hydrogenated oils
- **No Super Highly Refined Sugars**, such as high fructose corn syrup, corn syrup, sucrose, and dextrose
- **No Non-Prescription, Over-Counter, or Prescription Medication** (under the supervision of a physician)
- **No Nitrites**

Things **Strongly Suggested** you **Do Not** do:

- **No Meat, Poultry, or Dairy with Growth Hormone and Antibiotics**
- **No Restaurant Food**
- **Don't go to Restaurants or Buy Products that Heavily Advertise**
- **Limit Homogenized or Pasteurized Dairy Products**
- **No Farm Raised Fish**
- **Limit Wheat, choose Rye instead**
- **Don't worry about Calories, Fat, Carbohydrates, or Sodium**
- **No Micro-Waved Food**
- **No Diet Food, Low Carb, Low Fat, "Lite," or Nonfat Food**
- **No Skin Products with Propylene Glycol, Sodium Laureth Sulfate, or Mineral Oil**
- **Don't Watch, Read, or Listen to Ads for Food or Restaurants**
- **No Genetically Modified Food**
- **Limit Ice Cold Drinks**
- **Limit Exposure to Air Conditioning & Florescent Lights**
- **Limit Carbonated Drinks & No Juices that have been Bottled, Canned, or are in Cartons**

Phase 1 (1st 30 Days) Consumption Directions Daily (As Directed on Bottles)

- 1) **11 Supplements: (Take Daily)**
 - 1) **½ Gallon of Water with Coral Calcium**
 - 2) **ThreeLac Twice per day**
 - 3) **Probiotics**
 - 4) **Krill Oil**
 - 5) **Food Supplements**
 - 6) **Acety-L Carnitive**
 - 7) **Digestive Enzymes**
 - 8) **Chelation**
 - 9) **Vitamin E Oil**
 - 10) **Flax Seed Oil**
 - 11) **High Fiber Supplement**
- 2) **4 Teas with Stevia Drops (Take Daily)**
 - 1) **Cup of Organic Wu Long (Green) Tea**
 - 2) **Cup of Organic Eleotin Tea**
 - 3) **Cup of Organic Yerba Mate Tea**
 - 4) **Cup of Organic Chamomile Tea**
- 3) **6 Meals Daily – Eat Nothing after 6:00-6:30pm Except Protein before Bed**
 - 1) **2 Organic Apples Daily**
 - 2) **2 Organic Grapefruits Daily**
 - 3) **Organic Salad with Organic Coconut Oil & Organic Apple Cider Vinegar**
 - 4) **100 Grams of Organic Protein before Bed (Egg, Fish or Meat)**

Phase 2 (2nd 30 Days)

Phase 2 is the exact Simeons "**Weight Loss Cure Protocol**" as outlined in the manuscript *Pounds and Inches: A New Approach to Obesity*. It is the exact protocol being used by medical doctors around the world with spectacular results. This phase is designed to stimulate the hypothalamus to release the secure fat deposits in the problem areas at an accelerated rate. This phase must be done for a minimum of three weeks and a maximum of six weeks. During this phase you should lose approximately one pound per day. You will be losing the secured abnormal fat reserves. You should notice a dramatic reshaping and re-sculpting of your body. Energy levels will be high, hunger and appetite low, and many people see an improvement of other medical conditions and symptoms.

Things you **Must Do**:

- Be supervised and under the care of a **Licensed Physician & Weigh Yourself Daily (Take Before Pictures)**
- Take **Daily Injections of hCG** as directed by your doctor or **½ of a Cup of your Own Urine Twice Daily**
- **Same Procedure as Phase 1 for Must Do, Strongly Recommended, Must Not Do & Strongly Suggested**

If you cannot or do not want to do the **hCG and 500 Calorie Diet Simeons Protocol**, replace that protocol with the **Turbo Protein Diet** as explained in the book by **Dieter Market (www.almased.com)** & will be your **Phase 2**.

Phase 3 (3rd 30 Days)

Phase 3 lasts three weeks. This phase should be done immediately upon completing Phase 2. This, combined with Phase 2, is the original Simeons "weight loss cure protocol." This phase is designed to reset the hypothalamus and bodyweight set point. This is an important phase that keeps the weight off permanently. Successful execution and completion of this phase resets your metabolism higher, resets your hunger lower, and resets your hypothalamus so that in the future it does not store fat in the abnormal problem area secure fat reserves*This phase helps guarantee that your body is corrected from the abnormal condition which caused the obesity.

Things you **Must Do**;

- **Weigh Yourself Daily & Take Threelac Daily**
- **Same Procedure as Phase 1 for Must Do, Strongly Recommended, Must Not Do & Strongly Suggested**

Phase 4 (4th Last 30 Days)

Phase 4: This phase is for the rest of your life. It contains the simple, easy to follow dos and don'ts that make sure that the hypothalamus does not get overtaxed and go back to the abnormal state, creating low metabolism, high hunger, food cravings, and the abnormal storing of fat in the problem area fat reserves leading to a return of the weight and the obesity condition.

Things you **Must Do**;

- **Weigh Yourself Daily & Take Threelac Daily**
- **Same Procedure as Phase 1 for Must Do, Strongly Recommended, Must Not Do & Strongly Suggested**
- Do a **LifeForce Candida Cleanse**
- Do a **Liver & Parasite Cleanse**
- Do a **Colon Cleanse**
- Take a **Heavy Metal Cleanse Product, or get Chelation**