

# Doctor Supervised Global Weight Loss Program™



Global  
weight  
**Loss**

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WEIGHT MANAGEMENT PROGRAM

[GlobalWeightLossProgram.com](http://GlobalWeightLossProgram.com)

Welcome to a weight loss program where can you lose up to 25 lbs. of unwanted fat in about 40 days with NO required exercise, expensive pre-packaged foods, or starvation. These numbers are the average amount of pounds lost in about six weeks on the **Global Weight Loss Program**. Age, gender, or lifestyle doesn't matter; as long as you are ready to make your weight loss dreams come true.

The **Global Weight Loss Program** was "originally" based on some of the protocols mentioned in Dr. Simeon's "Pounds and Inches- A New Approach to Obesity". Our natural system is NOT based on an HCG product. Similar systems were previously only available in medical weight loss clinics and only available to wealthy clients due to the high costs involved.

The good news is that our Doctor Supervised **Global Weight Loss Program™** is now available for everyone at a very affordable cost. This simple system uses our safe and effective proprietary blend of **Global Weight Loss Program™** supplements which act as an appetite suppressant and maximize fat burning. You can now lose the pounds & inches you only "dreamed" of with our professional guidance.

*Best in Health,*

*Haresh Mehta- President & CEO  
Dr Mike Chandler, D.C. – COO*

*Global Weight Loss Program™  
Global NutriDynamics™ Partner  
A Skylimit™ Company*

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# GLOBAL WEIGHT LOSS PROGRAM™

## HOW THE PROGRAM WORKS:

This weight loss system is based on the following:

- A portion-controlled eating plan
- Global Weight Loss Program™** liquid supplement components

## EATING PLAN

There are three phases of the eating plan:

- 1) Load Phase (Days 1-2)
- 2) Reduction Phase (Days 3-40)
- 3) Maintenance Phase (Days 41+ patient maintains achieved results (±3 pounds))

## SUPPLEMENTS

There are two “mandatory” liquid supplement components to this weight loss program:

- 1) Global Weight Loss Drops**
  - 2) Global Weight Loss Raspberry Ketone (RK) Drops**
- Global Liquid Complete Nutrition (Optional Pkg)
  - GHI Cleanse and Fit-Metabolix (Optional Pkg)
  - VegaPrime (Diabetic Pkg)
  - FitFuel Vegan (Vegan Pkg)

These “mandatory” supplements”, along with the portion-controlled meal program, are the basic foundation for this program. Because these mandatory supplements are taken under the tongue, maximum absorption into the body can occur naturally. “Optional” packages are patient specific.

### **Global Weight Loss Drops (Blue Bottle)**

These have a direct effect on our body to aid in appetite suppression, reducing cravings, burning excess fats, and increasing energy. By reducing cravings, the body avoids starvation symptoms while consuming fewer calories than being burned throughout a day. This is critical due to the fact that when the body enters a starvation mode, your metabolism will begin to slow down and start to burn protein (your muscles) for the energy it needs to survive. This would be very harmful to your health. Our professional supervision will guide you to a new level of weight loss success and a lifestyle change to break bad habits that have been preventing people from keeping the weight of permanently.

### **The Global Weight Loss Raspberry Ketone (RK) Drops**

We've added our proprietary blend of RKs which act synergistically with the **Global Weight Loss Drops**, helps burn fat “easier” as the Rks “slice” into the fat cell. The RKs “trick” the body into acting like it's thin.

### How To Take The Supplements:

As mentioned earlier, the **Global Weight Loss Drops** are taken under the tongue for maximum absorption due to the increased blood supply and permeability of this area of the mouth. To achieve maximum absorption of these drops, avoid eating, drinking, or brushing your teeth at least 15 minutes before or after taking your scheduled drops.

Administer the **Global Weight Loss Drops** by keeping the dropper at a **45 degree “vertical” angle to the tongue to keep the drops at a consistent size to avoid running out**. Place the 7 drops under your tongue while looking into a mirror, lower and hold the tongue gently over the drops for a minimum of at least 1 minute, but not more than 2 minutes, before gently “swishing” the fluids in your mouth and then swallowing.



Keep the dropper at a **45 degree “vertical” angle to the tongue to avoid running out**

**DO NOT** miss taking your **Global Weight Loss Drops** as scheduled. This will cause your metabolism to slow down and could cause uncomfortable fluctuations in your blood sugar. You may then begin to experience ‘hunger’ because your body does not know how to burn unwanted body fat for fuel instead of muscle.

### WATER INTAKE

A key component to the eating plan is the amount of water you drink.

You should be drinking a minimum of one-half (½) your body weight in ounces per day to remove fats and toxins, while avoiding dehydration.

### EXERCISE

Strenuous exercising is not required for this system. The portion-controlled program cannot support the extra physical activity of strenuous workouts while it is mobilizing the irregular fat storages out of your body. Light exercise is recommended in order to avoid putting your body into a starvation mode while on our portion- controlled meal program. Walking or biking at a normal pace will actually enhance your weight loss.

If you insist on exercising, expect a slower rate of fat loss and you also must increase your daily caloric intake of “lean protein” by the precise amount of extra calories burned to balance your system.

**Protein: 1 gram = 4 calories / 1 ounce = 28.35 grams**  
**100 g = 3.53 oz. of lean protein required/ 100 calories**

Please avoid any type of intense cardio regimen or heavy workouts. Due to your lowered carbohydrate intake, your body will burn up all the available carbs rapidly to meet its immediate caloric demand. The **Global Weight Loss Drops** help your body from burning proteins for energy, so it will shift to the irregular fat storage for needed calories. This will cause you to fatigue at a much higher rate and decrease your stamina, putting you at risk for injury. You do NOT want to place your body into a “starvation mode” that will not allow it to lose the unwanted weight. Your discipline in not trying to overwork your body during this short “restricted exercise” protocol will be worth the effort and your energy for future exercise regimens will be greatly enhanced.

### GETTING STARTED EATING PLAN MENUS & SUPPLEMENTS

#### **BEFORE YOU START**

There are a few items you will be responsible for during this program:

So that you can see just how much weight and inches you’ve lost on this program, take “before” pictures from 3 views (front, back, side). After completing Phase 2 and reaching your desired weight, take your “after” pictures to see the comparison.

Complete the Tracking Sheet on a **daily basis** to log your weight, check-off taking drops and make any comments regarding that day. You will be using this sheet for all three phases.

Sample

Tracking Sheet					Name: _____		
Day	Date	AM Drop	PM Drop		Wt (lb)	Food	Notes:
			1	2			
1 PH1						Lunch: Dinner:	Global Weight Loss - Blue Bottle only Days 1-2
2						Lunch: Dinner:	
3 PH2						Lunch: Dinner:	Global Weight Loss - Both Bottles Days 3-40
4						Lunch: Dinner:	

***The most important weight measurement for you is on Day 3, which is the 1<sup>st</sup> day of your calorie “Reduction” Phase. This is the weight that is to be used to calculate your BMI and set the pace for your amazing weight loss over the 40 day period. Be sure to consistently enter your daily weight each morning from a digital scale. Please track and enter your daily food intake on the “Tracking Sheets” provided with the Global Weight Loss Program™.***

## Program Phases – Daily Food and Supplement Intake

The eating plan, based on portion-control, is made up of three phases:

Load Phase - during which a high calorie level is consumed to create a dietary base for the main phase. *“Only” The **Global Weight Loss Drops (Blue Bottle)** are taken during this phase.*

Reduction Phase – a controlled eating plan made up of lean meats, non-starch vegetables, salad, fruit, and limited bread starches. *Both supplements are taken during this phase through Day 40. (NO DROPS on Days 41 & 42)*

**\*Global Liquid Nutrition™ OR the GHI Cleanse & Fit-Metabolix™ shakes are taken here.**

**\*GHI Cleanse & Fit-Metabolix™ shakes are taken 1hr to 30 min. BEFORE lunch and dinner.**

**\*GHI Cleanse BEFORE Lunch & Fit-Metabolix™ BEFORE dinner.**

**\*1 scoop of each shake for Non-Vegetarians per meal / 2 scoops each for Vegetarians**

Maintenance Phase – uses the guidelines from the Reduction Phase.

*No GWLP drops are taken during this phase.* Extra RK drops can be taken until done.

(Global “Green Coffee Bean Extract Drops” are highly recommended during the maintenance)

### **Phase 1 - LOAD PHASE** [Days 1 and 2]

Supplements: Start taking the Global Weight Loss Drops (**blue bottle only**).

The recommended schedule of consumption is 7 drops 3 times/day on Days 1 and 2 of the Load Phase. (Approximately every 7 hours, such as 7am, 2pm, 9pm)

Large “Junk Calorie” food intake

- Daily goal of 4000 calories/day for females and 5000 calories/day for males.

Your goal is to literally eat as many “junk calories” of fats, oils and sugars as possible in a 48 hr. period in a “grazing” all day manner while taking the sub-lingual **Global Weight Loss Drops**. The more calories you can eat during this phase the better the system works. This phase tricks the body into thinking that this high fat calorie diet will be normal for you as it prepares to metabolize this excessive intake. Fast Food is perfect for these types of “junk calories”.

The “Load” Phase is very important to make sure you set the body up to lose weight at a good pace and avoid hunger during the “Reduction” Phase to follow.

### **Phase 2 - REDUCTION PHASE** [Days 3-42 (40 days total)]

DROPS: Start taking ---→ **“both”** the GWLP & the Global Raspberry Ketone Drops  
**\*\*\* All Drops are only to be taken through Day 40 (38 Days of the Reduction Phase).**

7 drops of each bottle individually. Take 7 drops of one supplement, hold for 1 minute, then take 7 drops of the second bottle, hold for 1 minute, swallow and repeat 3 times / day (approx. every 7 hrs.) \*\*\* 5 drops for minimal weight/body fat loss goals is optional

Portion-controlled meals: Reduce the amount of calories that you ingest so your body will begin to burn away the irregular “fat” to make up for your daily caloric needs.

**\*Global Liquid Nutrition™ OR the GHI Cleanse & Fit-Metabolix™ shakes are taken here.**

**\*GHI Cleanse & Fit-Metabolix™ shakes are taken 1hr to 30 min. BEFORE lunch and dinner.**

**\*GHI Cleanse BEFORE Lunch & Fit-Metabolix™ BEFORE dinner.**

It is important to follow the protocols on food portions and food types to assure yourself of achieving the avg. daily weight loss of .5 - 1.0 lbs. /day fat wt loss others are consistently enjoying.

The daily “portion controlled meals” consist of approximately 4.0 ounces each of proteins, vegetables, fruits, and salads per meal at lunch and dinner time. Your **additional daily caloric intake** can be eaten **as needed** in between the lunch and dinner meals or before bedtime. Notice that we have removed a “scheduled” breakfast meal to avoid any external caloric intake until lunch time to maximize your A.M. fat burning opportunity. You are allowed to eat as many calories daily as necessary from the free foods list to avoid starvation and add additional “lean protein” if you experience any type of true hunger.

### **Reduction Phase Menu**

See the Approved Food List (follows this section) for a detailed list of permitted foods for the **Global Weight Loss Program™**.

#### Breakfast

- NO Food! Prolong any breakfast meal as close to lunchtime as possible.
- Coffee & Tea - Unlimited daily with a non-fat/non-dairy creamer ONLY. Sweetened with Stevia “in-the-raw”, Truvia (Stevia derivative) or Xylitol (Diabetic safe sugar alternative)

#### Lunch and Dinner (Same protocol for each)

**\*GHI Cleanse & Fit-Metabolix™ shakes are taken 1hr to 30 min. BEFORE lunch and dinner.**

**\*GHI Cleanse BEFORE Lunch & Fit-Metabolix™ BEFORE dinner.**

- 4.0 oz. (pre-cook weight) of **lean meat**.  
This includes beef (ground sirloin or bison), chicken, pork and non-fatty fish.
- 4.0 oz. (pre-cook weight) of fresh **vegetables**. Steamed or grilled.  
**Avoid-> corn, carrots, peas, beans, and all high starch vegetables.**
- **Salad** of leafy greens (preferred) and/or iceberg lettuce.  
**Salads are FREE and UNLIMITED daily foods** if it only includes lettuce, tomatoes, red onions, cucumbers, and a low calorie, low fat, no oil dressing like red wine vinaigrette.  
Remember to limit fats, oils, and sugar calories to be safe.
- 4.0 oz. of fresh **fruit**. (also can be used for between meal snacks)  
Includes average sized apples, pears, oranges, plums, nectarines, raspberries, strawberries, blueberries, etc. and ½ of a grapefruit.  
**Avoid-> high sugar fruits like bananas, grapes and pineapples.**
- **Flatout Flatbread – [www.flatoutbread.com](http://www.flatoutbread.com)** (“Fold It” style tastes best)  
1 piece is okay to create a wrap for any of the recommended meats and veggies. Use ½ full size (unfolded) Flatout Flap for a wrap. Melba toast (1 piece) or grissini bread stick (1 piece) are also allowed as an alternative. One complete “Fold It” flap is okay.

- Low fat spicy mustards, jalapeños or zesty peppers make this a real tasty lunch treat.

### **Typical Results during the Load and Reduction Phases:**

During the Load Phase (Days 1 & 2), you should expect to see a 2 - 5 lb. increase in body weight due to higher than normal caloric intake. If you don't see a weight gain, then you probably didn't eat enough "junk calories" for the system to work properly.

During the immediate 1-3 days of the Reduction Phase (Days 3-6), it is very common to lose the recently acquired 2-5 lbs. gained as you have properly regulated your daily caloric intake to a safe and proper amount.

After Days 5-6, your daily weight loss should begin to stabilize to a steadier pace of about .5 to 1.0 pounds/day average range. Many women (and some men) might begin to "plateau" for a few days, and then resume a steady daily weight loss range again. Most men & women will experience periodic plateaus of "no daily weight loss", followed by a sudden loss that re-sets the normal daily weight loss average. These "plateaus" are normal and will occur. At this "plateau" time, please see Plateau Breakers on Page 12 to guide you through this temporary and common condition if needed.

Please contact your Supervising Doctor if Plateau Breakers are not working for you.

Weight loss plateaus, water retention and elimination variations are more prevalent in women and are the primary cause in weight loss fluctuation cycles.

### **Phase 3 - MAINTENANCE PHASE**

**The Global Weight Loss Maintenance Phase** starts on day 43 and lasts for 21 days  
**Global Weight Loss Drops:** None Taken (Exception: Green Coffee Bean Extract Drops)  
**Increase** caloric intake as you become hungry as discussed below.

**Men:** As you become hungry in the am again, immediately add a healthy breakfast or a full **Fit- Metabolix™ Meal Replacement Shake** to your daily meals. Continue to eat your same lean protein, low starch vegetable, fruit, salad, and bread ratios recommended on our program.

Breakfast Goal: 190-500 cal. minimum/ lean proteins and fruits or preferred Fit- Metabolix™ Shake

Lunch and Dinner Goal: 300-500 cal. minimum/ 6-8 oz. of lean proteins, low starch vegetables and fruits,

**Women:** Immediately add a healthy breakfast or a **Fit-Metabolix™ Meal Replacement Shake** to your daily meals. Continue to eat your same lean protein, low starch vegetable, fruit, salad and bread ratios per meal while you were on our program.

Breakfast Goal: 190-400 cal. minimum/ lean proteins and fruits or a **Fit-Metabolix™ Shake**

Lunch and Dinner Goal: 300-400 calorie min. / 6-8oz of lean proteins, low starch vegetables and fruits

## APPROVED FOODS LIST

### Meat & Seafood

Lean lunch meat of any type	
Filet Mignon (trim visible fat)	Shrimp
Sirloin Strip Steak	Scallops
Ground Sirloin	Mahi Mahi
Bison/ Buffalo	Tilapia
Skinless white chicken	White or Orange Roughy
Cornish Game Hen	Swordfish
Skinless white turkey	Walleye
Pork Loin (trim visible fat)	

### Vegetables

All veggies EXCEPT corn or potatoes are allowed.  
Avoid peas due to high carb content. Eat in 2 oz. portions only if you must.  
Avoid carrots if possible due to high carb content. Eat 3 oz. portions if you must.

### “Free” Vegetables

These water based veggies can be eaten unlimited during meals.

Lettuce, tomato, cucumber, red onion, cabbage, celery and all peppers (bell, banana, jalapeño, etc.)

Between meal “veggie snacks” should be limited to cucumber or celery

Unlimited salad portions at meals which do NOT count against your 4 veggie ounces

Spice up your meals by making a salsa or Pico de Gallo to simmer or eat on meat

### Fruits

ALL fruit is allowed **except** pineapples, bananas or grapes

TIP: Eat apples moderately (use as “plateau breakers”) to avoid slowing weight loss

### Breads

Choose any one of these.

“Flatout” Flatbread- any flavor cut in ½. It’s found in most grocery stores

“Fold It” Flatbread- any flavor, can eat whole one since smaller in size)

Melba toast and Melba toast snacks in any flavor

Grissini bread sticks

### Snacks

Snack on the “Free Veggies” and increase your “water” intake if you feel hungry

Jell-O - sugar free/fat free is a tasty choice

2 to 4oz. Lean Protein if you truly feel hungry

Eat a healthy salad

### Beverages

Coffee, Tea and Water. Avoid any sugar sweeteners; use Stevia, Truvia or Xylitol.

Flavor water with fresh lemon or lime juice and sweeten in the same way

### **Healthy Hints:**

Order deli meats and/or steaks cut into 3.5 to 4 ounce portions for convenience  
Fish- look for "flash frozen" fish that's pre- packaged in 4 ounce portions  
Meats: "marinate" meats by soaking for 24 hours in refrigerator  
Before cooking, rinse meat to remove the marinade fats and sugars on the surface  
Add unlimited seasonings and sauces that are listed as "0" calories  
Flavor your foods up. This is not a no salt or no seasoning system  
Avoid adding fats, oil, sugars or carbohydrates to any of your foods  
Avoid "dairy" completely at all cost. Also avoid Almond and Soy Milk until Phase 3  
**If the food is in doubt...keep it out!!!**

### **FOOD AND COOKING TIPS**

Here are some tips on how you can make your meals more satisfying and tasty.

**Quinoa** - Use as a complete protein source  
(Cook it in organic chicken broth; then add 4 oz./veggies and 4 oz./lean meat)

Limit Quinoa to about 2x/week due to carb content or if it slows down your weight loss

Add lemon or lime juice to water and sweeten with Stevia or approved substitute

La Croix- Flavored Sparkling Water

Frozen blueberries. Great for snacking late in evening...creates fullness feeling and tasty

Use "Pam" - fat free spray for grilling meat or sauté recipes, and roasting veggies in the oven

Use organic chicken broth, "Pam" or oil substitute for steaming veggies and adding flavor to any dish, especially greens, cabbage and quinoa.

Your "Free" Veggies (Lettuce, Tomato, Red Onion, Peppers of all types, Cabbage, Cucumber, and Celery) do not count as your 4 oz./ veggie per meal. You can also use some of these, such as onions, peppers and tomatoes to spice up your meals.

Beef will be the most "filling" protein for most people, so if you're feeling hungry, make "lean" beef your primary protein source.

Salsas - make them your new "ketchup"

Mustard- all types, are great on anything to add a little flavor

Make a "bean-less" chili. Use steak or chicken, tomatoes and onions

## PLATEAU BREAKERS

It is common to plateau at some point during the Reduction Phase, especially for women. Here are some suggestions on how to break this plateau and continue the weight loss. Please discuss these with the supervising doctor to decide which may work best for you.

Drops dosage. Increase from 7 drops min/3x per day to 10 drops/3x per day. If still hungry or if plateau continues, add 3 drops between meals. Go back to 7 drops /dose when possible.

Change your Protein/ Carb / Veggie ratio from 4oz/4oz to 5oz/3oz or 6oz/2oz.

Exercise. Walk a minimum of 2 miles per day. Target is in the 20 minute range

Water Intake: Increase from minimum 1/2 body wt. in oz./day to 2 - 3 quarts per day  
Recommended minimum intake- 1/2 body weight in ozs/ day to remove fats and toxins

Cut back on "American" beef or cut out completely due to higher fat content

Check all condiments for any form of sugar. Garlic Salt may list sugar as an ingredient.  
Any seasoning salt or seasoning product must be carefully checked

Stop mixing vegetables

Don't eat bread sticks or any bread products

### **Primary Plateau Breakers: ( used for 1-3 days as needed)**

**\*Shake and Apple Days: 2 days of shakes only with 2 scoops/shake & 4 apples each day**

**\*Steak and Apple Day:** 4 oz. of steak for lunch and dinner, 1 apple with each meal, 1 apple between meals and 1 apple before bedtime for a total of 4 apples that day

**\*Apple ONLY Day:** 6 apples that day only, starting at lunchtime and ending before bedtime

## OTHER USEFUL INFORMATION

Because of the specific nature of this system, there are many items you use every day that could affect your weight loss progress. You will still lose pounds and inches if you do NOT follow these guidelines, but your weight loss may be slowed down and will not be “optimized” in the same time frame

### **Soaps, Oils and Make-Up (recommended, not mandatory for maximum weight loss)**

**Soaps:** Use bar soap only. No body wash products if possible.

- Dial, Zest, Ivory etc.

**Lotions:** Baby oil or gel (Johnson & Johnson), mineral oil or any “oil free” lotion

### **Facial Products Recommendations:**

- Neutrogena oil free lotion
- Almay oil free eye make-up remover
- Any mineral or powder make-up
- Mascara, eyeliner, lip pencil and lipstick are okay
- Do not use Chapstick. Use Carmex instead

**Pedicures and Facials:** If you get any one of these regularly, please treat yourself “before” you start the **Global Weight Loss Program™**. Most salon products are NOT oil free.

## Maintenance Phase Summary

The reason for the Maintenance Phase is to stabilize your weight and be sure that your metabolism is reset completely. If too many simple carbs, fats and oils are introduced back into your diet before the 21 days of the phase, the body will act like a sponge and absorb these types of calories.

**You want to avoid gaining back any weight lost by completely resetting your metabolism.**

The first thing that you must realize is that your body weight will fluctuate between 2 - 4 lbs. immediately once the Maintenance Phase has begun. The more water you drink and the more closely you follow the maintenance protocols, the less likely your weight will fluctuate.

Please do not get consumed by scale weight on a daily basis daily. Weight fluctuation will normally occur during the Maintenance Phase. The Green Coffee Bean Extract is very important in this phase.

**Please follow the following guidelines for optimal results:**

### **Breakfast**

Should consist of mostly Lean Protein. Examples are Eggs or any of the different proteins allowed on the program. A preferred, high quality Fit™ Meal Replacement Shake can be used for breakfast during this phase. Please be sure to continue to drink only water, coffee or tea sweetened with Stevia, Truvia or Xylitol during this phase for optimal results.

### **Lunch and Dinner**

All Protein, Vegetables and Fruits portion sizes should be increased to 4-6ozs.

***Unlimited FREE Salads !!!***

If you feel hungry, cheat with lean protein or a Fit-Metabolix™ Meal Replacement Shake as needed. This is especially true if you have started exercising again. Remember to add 3-4 ounces of protein for every 100 calories burned during a work-out.

Please do your best not to count calories. If you are following the program properly, women will easily get their 1200-1500 calories daily and men will get their 1500-1800 calories daily.

*If you are working out, your caloric intake will need to be increased accordingly.*

**Protein: 1 gram = 4 calories / 1 ounce = 28.35 grams  
100 g = 3.53 oz. of lean protein required/ 100 calories**

## Maintenance Phase Summary

Once you have completed the 21 Day Maintenance Phase, you can then slowly add some simple carbs back in a few times a week. It is best to continue to eat the way you were eating when you were on the Reduction Phase of the plan. We recommend one guilt-free day where you can eat whatever you want within moderation. After that day, immediately continue to consume food the same way you did while on the **Global Weight Loss Program™**. If you have a few challenging days or a week, simply resume eating properly as soon as possible. Use the Plateau Breakers anytime to keep as lean as possible.

## Questions and Answers

Q1. Do I take any drops “during” the loading phase?

**A1. Yes. ONLY Global Weight Loss Drops (Blue Bottle)**

Q2. Why do I need to eat 4,000 to 5,000 junk calories of fats, oils and sugars the first two days?

**A2. Because it tricks the body into getting ready to burn fats, oils and sugars. When we take away the fats, oils and sugars starting on Day 3, it triggers the body to burn stored fats as fuel. If you do not eat the required 4-5K calories on Days 1 and 2, the Program will not work optimally.**

Q3. How do I keep track of eating 4,000 to 5,000 junk calories?

**A3. Start Days 1 and 2 by grazing and consuming all the junk food and snacks you have in the house. Fast Food calories can add up quickly and make it easy to hit this goal.**

**“Drink” these calories by consuming alcohols, fatty shakes, or high calorie coffees.**

**There are free sites online to calculate calories and Google can be used to find calorie charts of most foods. These free tools will help you plan the first two days.**

Q4. Why do I need a Liquid Nutrition Supplement? When do I take the Liquid Nutrition Supplement?

**A4. Because our case studies have shown that clients taking daily liquid nutrition on the Global Weight Loss Program™ lose about 20% more weight and are more likely to succeed on the program. Liquid nutrition absorbs at an average rate of over 90% compared to the much smaller rate of pills and capsules. Higher absorption equals less food cravings because you are getting all of your nutritional needs met.**

**Start taking your Global Liquid Nutrition supplement on Day 3 any time after your first meal. Best taken between lunch & dinner to “bridge” your appetite. GHI Cleanse™ or Fit-Metabolix™ shake supplements best taken 1 hr to 30 minutes before lunch and dinner respectively.**

Q5. What if I forget to take my drops?

**A5. If you forget, take your drops immediately and then take your next round at the time they were originally scheduled to be administered. Try to take all 3 doses before bedtime.**

Q6. What if I have a bad day or days? Should I just stop taking the Drops and start over?

**A6. NO! Never stop taking the Drops, even if you are not following the protocols correctly. By taking the Drops, it keeps them in your system and prevents you from gaining even more weight than you would normally.**

Q7. My medication requires that I eat regularly? I am a big breakfast eater. There is no way I can wait until 11am to eat my first meal. How can I do the program?

**A7. On the Global Weight Loss Program you should NEVER really be hungry! If you wake up and need to eat, you can. If you are going to cheat, cheat with protein. Have a few hard boiled eggs. Have several pieces of deli meat or a small piece of meat. Have a Fit-Metabolix™ shake. These will hold you until your first meal at about 12:00-1:00pm.**

**Do the same thing if you get hungry mid-day or late at night. Always “cheat” with PROTEIN !!!**

## Questions and Answers

Q8. Why can't I wear the make-up I usually wear? Why can't I use the soap I normally use? Why do I have to give up manicures and pedicures?

**A8. The body cannot tell if oils are being ingested orally or topically. It will burn whatever fat it can. When you use make-up, soap or oils that have fat in them, it can prevent you from maximizing your weight loss. Please just do the very best that you can. Look to your local health food stores to find make-up, lotions and soap. If you need to have manicures or pedicures done due to a special event, try to use oil free products.**

Q9. I can't eat all of the food on the Global Weight Loss Program? What should I do?

**A9. Minimally you need to eat the 4oz of protein, 4oz of vegetables and 4oz of fruit. You can split things up a bit and just eat your meat and vegetables first and then save your fruit for a mid-afternoon snack. You can then do the same thing for your dinner meal. Drink a shake !!!**

Q10. If I can only have one type of food at meal time what should it be?

**A10. You always want to eat your Protein first, then vegetables, and fruits last.**

Q11. Is there any type of Salad Dressing I can use on the program?

**A11. Use white or red wine vinegar. (NOT Balsamic Vinaigrette)**

**Use a Low Fat or Low Calorie Dressing. Walden Farms or similar is recommended.**

Q12. Are there any carbonated or alternative drinks?

**A12. Yes. Sparkling Water such as La Croix seltzer, Zevia Sodas or a product found in some health food stores called "Hint" Unsweetened Essence Water.**

Q13. What spices can I use?

**A13. Salt, pepper, onion powder, garlic powder, Mrs. Dash, salsa, oregano, cumin, regular or spicy mustard. This is NOT a salt free or spice free program...use at your tasteful discretion.**

Q14. How much water do I need to be drinking with the system?

**A14. You need to be drinking 1/2 your body weight in ounces or a minimum of 80-100oz daily. This will allow your body to release the fat you are holding on to. If you are not waking up at least once per night to go to the bathroom, then you are not drinking enough.**

Q15. Can I do resistance training or take exercise classes on the program?

**A15. NO. You can walk, ride a bike, or do the elliptical machine as long as you can carry on a conversation. You can also do Yoga. (As long as it is not Hot Yoga) You should be doing no more than 30 minutes daily. For every 100 calories that you burn be sure to add 3-4 ounces of protein to your next meal. If you work out first thing in the morning you will need to have 2-4 ounces of protein before 11:00am. It is best to eat no later than 20-30 minutes after exercise.**

**Protein: 1 gram = 4 calories / 1 ounce = 28.35 grams  
100 g = 3.53 oz. of lean protein required/ 100 calories**

## Questions and Answers

Q16. How does the Maintenance Phase work?

**A16. You need to be in the Maintenance Phase for 21 days. This will insure that you keep the weight off. Simply add breakfast to your diet and make it mainly protein. Use lean protein or a Fit- Metabolix™ Meal Replacement Shake. Add extra protein as needed, as well as continue taking your Liquid Nutritional Supplements to maintain your achieved results.**

Q17. What is a Plateau?

**A17. A Plateau is when you have not lost any weight for 3 consecutive days. This will require a Plateau Breaker found in our protocols. Plateaus are normal and should be expected. You may be losing inches rather than pounds at this time.**

Q18. Are Green Beans allowed on the program?

**A18. Yes. But, ONLY in the form of Verts or French style**

Q.19 Can Diabetics do the Global Weight Loss Program?

**A19. Yes. But you MUST consult with the supervising Doctor on maintaining your proper blood sugar levels while using the system. Use our VegaPrime™ shakes for Diabetics.**

**Diabetics will typically lose about half of the weight per round (40 days) as a non-diabetic. 2<sup>nd</sup> or 3<sup>rd</sup> rounds (40 days) of the program can be completed to achieve weight loss goals.**

Q20. Is it okay to use the Global Weight Loss Program™ during a menstrual cycle?

**A20. Yes. But, the best time to start the system is the last 2 days of a menstrual cycle for the Loading Phase to maximize weight loss. However, be aware that water retention will cause a fluctuation in daily weight loss. After the menstrual cycle is complete, normal weight loss will resume.**

## **What to expect during the “Before” and “After” Weigh-In and Measurement Assessment Session**

The Assessment Session is designed to help you set goals and get the most out of the Global Weight Loss Program™. The 1<sup>st</sup> Session will be scheduled by Day 3 of the program.

The session will consist of taking measurements, weighing, and “Before” pictures. Please note the recommendations on what to wear during this session.

### **Before and After Picture Standard Protocol**

*Solid standard background. Open space. Do not stand in a cluttered area.*

*Women: shorts and sports bra or t-shirt*

*Men: shorts only*

*Same distance and zoom on every shot. Make sure client takes up entire frame. Don't leave space at borders at top and bottom of the frame.*

*Front, side, and back pictures*

Below are the Standard Measurements and Procedures. Please do these on your own so you will know exactly where you are starting from and what we will be measuring.

### **Measuring Men and Women**

#### **Men: Chest, Waist, Hip and Arms**

**Divide Waist Measurement by Hip Measurement for Waist to Hip Ratio: Anything over .9 is High**

Chest: No shirt when measuring chest. Hold tape to nipple line and stand to the side.

Waist: Hold tape at the side and have them take it across the belly button and around.

Hips: Hold tape at side and go around “biggest” part of “glutes”.

Arms: Hold tape around mid-point of upper arm with arm resting at side

#### **Women: Waist, Thighs, Hips and Arms**

**Divide Waist Measurement by Hip Measurement for Waist to Hip Ratio: Anything over .9 is High**

Waist: Hold tape at the side and have them take it across the belly button and around.

Hips: Hold tape at side and go around “biggest” part of “glutes”.

Arms: Hold tape around mid-point of upper arm with arm resting at side

***If you choose to buy an Omron Scale to track yourself for your new lifestyle, then read the notes below to understand exactly how the Doctors are reading this scale.***

### **Assessment with Omron HBF-514C**

You can purchase this machine from Amazon online or through a local housewares store

**\*\*Eating within 2 hours of taking measurements with this device will produce inaccurate results!**

**\*\*Make sure you to remove your shoes and socks.**

#### **Getting Started**

Hit 1 and then "Set". It will blink then default to a number.

Enter Age and "Set" (use the up and down arrow buttons to adjust all these values here and below)

Enter Gender and "Set" (use the up and down arrow buttons to adjust all these values here and below)

Enter Height and "Set" (use the up and down arrow buttons to adjust all these values here and below)

Grab handles, step onto the scale with arms at your sides and feet on the sensors.

The weight will be calculated and show on the screen.

**\*\*Once the screen clears, bring the handles up to chin height with arms extended straight out until all the figures calculate and the figures on the screen are constant.**

#### **Omron Readings:**

Weight will show first.

Click button that says Weight and you will get BMI reading

Click button to the right to get Bodyfat

Click same button to get Lean Muscle.

Click button to the right to get Resting Metabolic Rate

Click button on bottom to get Visceral Fat