

Doctor Supervised Weight Loss TM



Welcome to a weight loss program where can you safely lose up to 25 lbs. in only 40 days! Clients of any age, gender, or lifestyle lose an actual average of twenty-five pounds in only six weeks with our all natural

Doctor Supervised Weight Loss™

The good news is that the **Doctor Supervised Weight Loss™** program is now available for everyone at the right price, from the right doctors. Our safe and effective proprietary blend of natural supplements act synergistically as appetite suppressants, metabolism enhancers, and fat burners to give you the RESULTS you deserve.

You have nothing to lose, but unwanted 'Pounds & Inches'

NO: Drugs

NO: HCG

NO: Exercise Required

NO: Pre-packaged Foods

NO: Dieters Remorse

Pounds Down™,

Doctor Supervised Weight Loss™ Team

BENEFITS OF LOSING JUST 10% OF YOUR BODY WEIGHT

adjusttheaction.tumblr.com

- lower cholesterol and blood pressure
- more energy, motivation, and confidence
- less joint pain and lower back pain
- develop regular healthy habits
- lower risk of certain cancers
- reduced risk of heart disease
- develops healthier gallbladder
- lower risk of heart attack
- improves sleep apnea
- improves breathing
- improves sex life
- lower risk of diabetes



SO CELEBRATE EVERY
WEIGHT LOSS MILESTONE!

Table of Contents

<u>DSWL™ HOW THE PROGRAM WORKS.....</u>	1
<u>HOW TO TAKE THE DSWL™ DROPS.....</u>	2
<u>GETTING STARTED - EATING PLAN MENUS & SUPPLEMENTS.....</u>	3
<u>TRACKING SHEETS.....</u>	5-8
<u>PROGRAM PHASES – Daily Food and Supplement Intake.....</u>	9-11
<u>APPROVED FOODS LIST.....</u>	13
<u>FOOD AND COOKING TIPS</u>	14
<u>PLATEAU BREAKERS.....</u>	15-16
<u>OTHER USEFUL INFORMATION</u>	17
<u>MAINTENANCE PHASE SUMMARY.....</u>	18-19
<u>QUESTIONS AND ANSWERS.</u>	20-22
<u>WEIGHING, BEFORE/AFTER PHOTOS AND DOCTOR'S ASSESSMENT.....</u>	24
<u>USING THE OMRON SCALE.....</u>	25

DOCTOR SUPERVISED WEIGHT LOSS™ / DSWL™

HOW THE PROGRAM WORKS:

This weight loss system is based on the following:

- A portion-controlled eating plan
- Doctor Supervised Weight Loss™** liquid supplement components

EATING PLAN

There are three phases of the eating plan:

- 1) Loading Phase (Days 1-2)
- 2) Reduction Phase (Days 3-40)
- 3) Maintenance Phase (Days 41->) maintain achieved results (± 3 pounds)

SUPPLEMENTS

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

- 1) DSWL™ / Doctor Supervised Weight Loss™ Drops**
- 2) DSWL™ Raspberry Ketone (RK) Drops /Start Day 41 on Maintenance Phase)**

These two ‘mandatory’ liquid supplements, along with the portion controlled non-starvation guideline meal program, are the basic foundations for this program. Because the drops are taken under the tongue, maximum absorption into the body can occur while increasing results.

DSWL™ 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 (muscle) 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 off permanently.

DSWL™ Raspberry Ketone (RK) Drops (Start Day 41 on Maintenance Phase)

We've added our proprietary blend of RKs for the “Maintenance Phase” which help burn fat “easier” as the RKs “slice” into the fat cells. The RKs “trick” the body into acting like it’s thin and staying thin.

How To Take The Drops:

As mentioned earlier, the **DSWL™ 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 **DSWL™ 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 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 **DSWL™ 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 for weight loss results is the amount of water you drink ‘daily’.

Drink a minimum of one-half (½) your body weight in ounces / day to remove fats and toxins, while avoiding dehydration and ‘thirst’ pains thought to be ‘hunger’ pains.

Example: 150 lb. person needs 75 ounces per day to avoid dehydration and ‘thirst’ pains

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 where you can still have a conversation 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 / 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 **DSWL™ Drops** help your body not to burn muscle protein for energy, while shifting to the irregular fat storage for needed calories. Burning muscle protein 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” period will be worth the effort and your energy for future exercise regimens will be greatly enhanced.

GETTING STARTED

EATING PLAN MENU & SUPPLEMENTS

BEFORE YOU START

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

So you can ‘see’ how much weight and inches you’ve lost on this program, please take “before” pictures from 3 views (front, back, side). After completing Phase 2 (Day 40) and reaching a certain level of pounds and inches lost, take your “after” pictures to see the comparison.

Complete the Tracking Sheet provided in the Patient Guide on a **daily basis** to log your weight, check-off taking drops 3x/day, and make any important comments regarding that day. You will be using this tracking sheet for the first 40 days to see exactly when your body hits normal ‘plateaus’, so you can do a ‘plateau breaker’ (see Table of Contents) to continue your excellent results.

The most important weight measurement for you is on Day 3, which is the 1st 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. Use the ‘tracking sheets’ provided to consistently enter your daily weight each morning from a digital scale and check off that you have taken your drops 3x/day. You can also track and enter your daily food intake to see which foods work best for you to lose weight over time.



**HEY DUDE, WHEN I SAID "CURLS MIGHT HELP",
THAT'S NOT WHAT I MEANT.**

TRACKING SHEET

5

Day	Date	AM Drop	PM Drop 1 2	Wt (lb)	Food	Notes:
1 PH1					Lunch: Dinner:	DSWL Drops ONLY Days 1-2 BLUE BOTTLE ONLY
2					Lunch: Dinner:	
3 PH2					Lunch: Dinner:	DSWL Drops ONLY: Days 3-40 BLUE BOTTLE
4					Lunch: Dinner:	
5					Lunch: Dinner:	
6					Lunch: Dinner:	
7					Lunch: Dinner:	
8					Lunch: Dinner:	
9					Lunch: Dinner:	
10					Lunch: Dinner:	
11					Lunch: Dinner:	
12					Lunch: Dinner:	
13					Lunch: Dinner:	
14					Lunch: Dinner:	
15					Lunch: Dinner:	
16					Lunch: Dinner:	
17					Lunch: Dinner:	

Day	Date	AM Drop	PM Drop 1 2		Wt (lb)	Food	Notes:
18						Lunch: Dinner:	
19						Lunch: Dinner:	
20						Lunch: Dinner:	
21						Lunch: Dinner:	
22						Lunch: Dinner:	
23						Lunch: Dinner:	
24						Lunch: Dinner:	
25						Lunch: Dinner:	
26						Lunch: Dinner:	
27						Lunch: Dinner:	
28						Lunch: Dinner:	
29						Lunch: Dinner:	
30						Lunch: Dinner:	
31						Lunch: Dinner:	
32						Lunch: Dinner:	
33						Lunch: Dinner:	
34						Lunch: Dinner:	

Day	Date	AM Drop	PM Drop 1 2		Wt (lb)	Food	Notes:
35						Lunch: Dinner:	
36						Lunch: Dinner:	
37						Lunch: Dinner:	
38						Lunch: Dinner:	
39						Lunch: Dinner:	
40						Lunch: Dinner:	
41						Lunch: Dinner:	RK Drops ONLY: Day 41 -> FOR MAINTENANCE PERIOD OF 21-30 DAYS
42						Lunch: Dinner:	
43 PH3						Lunch: Dinner:	
44						Lunch: Dinner:	
45						Lunch: Dinner:	
46						Lunch: Dinner:	
47						Lunch: Dinner:	
48						Lunch: Dinner:	
49						Lunch: Dinner:	
50						Lunch: Dinner:	
51						Lunch: Dinner:	
52						Lunch: Dinner:	

Day	Date	AM Drop	PM Drop 12		Wt (lb)	Food	Notes:
53						Lunch: Dinner:	
54						Lunch: Dinner:	
55						Lunch: Dinner:	
56						Lunch: Dinner:	
57						Lunch: Dinner:	
58						Lunch: Dinner:	
59						Lunch: Dinner:	
60						Lunch: Dinner:	

Program Phases – Daily Food Intake

Loading Phase - during which a high daily caloric level (5k for Men/4k for Women) is consumed to create a dietary base for the main phase. This shocks the body into thinking it needs to prepare to burn high levels of fats, sugars, and oils.

“Only” The DSWL™ Drops (Blue Bottle) are taken during this phase.

Reduction Phase – a controlled eating plan made up of lean meats, non-starch vegetables, salads, fruits, and limited bread starches.

“Only” The DSWL™ Drops (Blue Bottle) are taken during this phase. (Days 3 - 40)

Maintenance Phase – uses the guidelines from the Reduction Phase.

“Only” The RK- RASPBERRY KETONE Drops (Amber Bottle) are taken during this phase.

This phase is for a minimum of 21 days to a maximum of 30 days or until RK drops are gone.

Phase 1 - LOADING PHASE [Days 1 and 2]

Start taking the **DSWL™ Drops (blue bottle)**

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

MANDATORY FOR PROGRAM SUCCESS: “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, sugars, and oils as possible in a 48 hour period in a “grazing” manner all day while taking the **DSWL™ Drops (blue bottle)**. The more calories you can eat during this phase the better the program works. This phase ‘tricks the body’ into thinking that this high fat calorie diet will be normal for you as it prepares to metabolize or burn this excessive fat intake. Fast food restaurants are perfect for these types of “junk calories” for this two day phase.

The “Loading” 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 3-40]

DROPS: Continue taking → **ONLY the DSWL™ Drops (blue bottle)**

***** DSWL Drops are only to be taken through Day 40 (38 Days of the Reduction Phase).**

Place 7 drops from the DSWL™ blue bottle under your tongue, hold for 1 minute, then swallow and repeat 3 x per day. (approx. every 7 hours / AM, Mid-day, PM)

***** 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.

Follow the protocols on food portions and types to help achieve an avg. daily weight loss of .5 - 1.0 lbs./day for the first 21 days where about 70% of the total 40 day weight loss is achieved.

The daily “portion controlled meals” consist of approximately 4.0 ounces each of proteins, vegetables, fruits, and salads per meal for lunch and dinner. 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 lunchtime 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. Always ‘cheat’ with protein if hungry.

Reduction Phase Menu: (see the ‘Approved Foods’ list)

AVOID: DAIRY, NUTS, SODAS, CHIPS, BANANAS, GRAPES, PINEAPPLES, PEAS, BEANS, CORN, CARROTS, POTATOES, AND ALL HIGH STARCH VEGETABLES

Breakfast

- NO Food! Prolong first daily meal as close to lunchtime as possible. (diabetics excluded)
- Coffee & Tea - unlimited daily with a non-fat/non-dairy creamer ONLY. Sweetened with Stevia “in-the-raw”, Truvia™, or Xylitol™ (Diabetic safe sugar alternative)
- Simply avoid ‘real’ sugar ingestion as much as possible to maximize internal fat burning

Lunch and Dinner (Same protocol for each)

- 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... they only include 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 large grapefruit.
***Avoid-> high sugar fruits like bananas, grapes and pineapples.**
- **Flatout™ Flatbread** – 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.

LOAD UP ... to Lean Down !

Typical Results during the Loading and Reduction Phases:

During the Loading Phase (Days 1 & 2), you should expect to see a 3-5 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 program to work properly.

During the immediate 1-4 days of the Reduction Phase (Days 3-7), it is very common to lose the recently acquired 'false weight' 3-5 lbs. gained as you have properly regulated your daily caloric intake to a safe and proper amount.

After Days 6-7, your daily weight loss should begin to stabilize to a steadier pace of about a .5 to 1.0 lb/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. Please refer to the 'Plateau Breakers' section on Page 12 to guide you through this temporary and common condition as needed.

Please contact your Supervising Doctor if the 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 DSWL™ Maintenance Phase starts on day 41 and lasts for 21-30 days

RK-Raspberry Ketone Drops: Only

Increase Caloric Intake as you become hungry as discussed below.

Men: as you become hungry in the am again, immediately add in a healthy protein rich breakfast. For lunch and dinner, continue to eat your same lean protein, low starch vegetable, fruit, salad, and bread ratios recommended on our program.

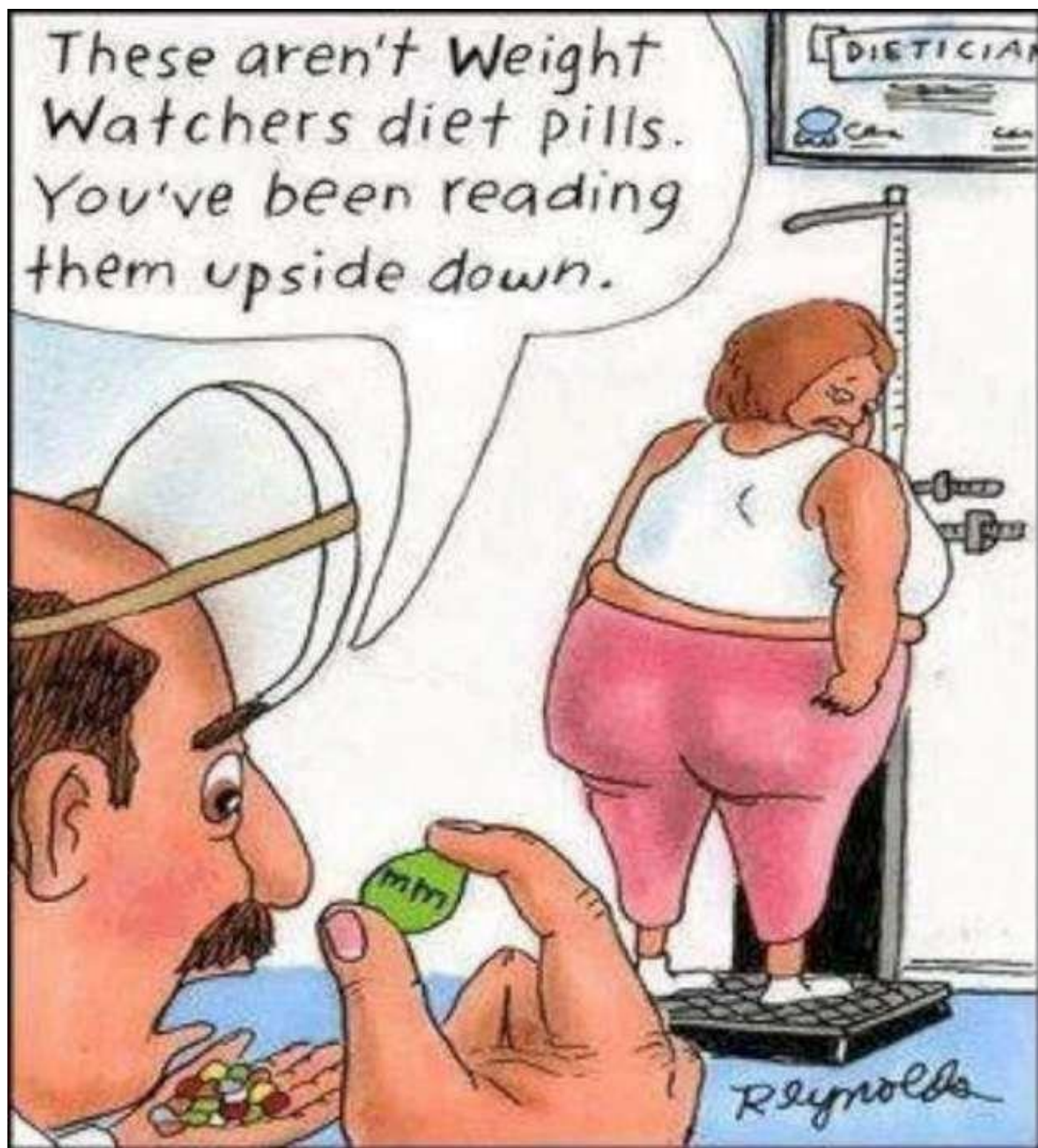
Breakfast Goal/190-500 cal. minimum/ lean proteins and fruits or a Protein Shake

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

Women: as you become hungry in the am again, immediately add in a healthy protein rich breakfast. For lunch and dinner, continue to eat your same lean protein, low starch vegetable, fruit, salad, and bread ratios recommended on our program.

Breakfast Goal/190-400 cal. minimum/ lean proteins and fruits or a Protein Shake

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



APPROVED FOODS LIST

Meat & Seafood

Lean lunch meat of any type	White fish
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)	Wild Game

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: water based veggies can be eaten ‘unlimited’ during meals.

Lettuce, tomato, cucumber, red onion, cabbage, celery and all peppers
 Unlimited salad portions at meals do NOT count against your 4 veggie ounces
 Between meal “veggie snacks” should be limited to cucumber or celery
 Spice up your meals by making a salsa or Pico de Gallo to simmer or eat over 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

AVOID NUTS DUE TO FAT CONTENT

Snack on the “Free Veggies” and increase your “water” intake
 Jell-O - sugar free/fat free is a tasty choice
 2 to 4oz. of lean protein
 Eat a healthy salad

Beverages : Avoid Dairy Beverages (including Almond or Soy Milk)

Coffee, Tea and Water. Avoid any ‘real’ sugar sweeteners; use Stevia, Truvia or Xylitol.
 Flavor your water with fresh lemon or lime juice

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 - used as a complete protein source

(Cook 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 your water and sweeten with Stevia or approved substitute

La Croix- Flavored Sparkling Water

Frozen blueberries are great for snacks anytime ... tasty and reduce hunger

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 , 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 your 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.

Protein/ Carb / Veggie ratio: change from 4oz/4oz to 5oz/3oz or 6oz/2oz.

Walking Exercise- walk a minimum of 2 miles per day (target is in the 20 minute range)

Water Intake: make sure you are drinking a minimum of 1/2 your body wt. in ounces/day

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

Check all condiments for any hidden forms of sugar

-Garlic Salt may list sugar as an ingredient

-Any seasoning salt or seasoning product must be carefully checked

Stop mixing vegetables and eat 1 veggie per meal

Don't eat bread sticks or any bread products

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

***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

PLATEAU BREAKERS

Steak and Apple Days OR Apple ONLY Days (2-3 days as needed to 'break' the plateau)



OTHER USEFUL INFORMATION

Because of the specific nature of this program, 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.

***IMPORTANT: THESE ARE ONLY RECOMMENDATIONS, NOT MANDATORY**

Soaps, Oils and Make-Up

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

Pedicures and Facials: If you get any one of these regularly, please treat yourself “before” you start the **DSWL™ 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 usually fluctuate between 3 - 5 lbs. 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.

Weight fluctuations will normally occur during the Maintenance Phase, so do NOT get discouraged by your weight scale variations as your body stabilizes itself.

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 low sugar content, high quality protein 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, Vegetable and Fruit portion sizes should be increased to 4-6ozs.

Unlimited FREE Salads !

If you feel hungry, cheat with lean protein or a protein 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. (see chart below)

Please do your best not to count calories. If you are following the program properly, your average meal portions will dictate a proper caloric intake for you to maintain.

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 minimum 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 **DSWL™ 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.

If you are considering a 2nd Round, you can end your Maintenance Phase after only 21 days.

If you are satisfied with your 'pounds and inches' lost in Round 1, then simply finish off the bottle of Raspberry Ketones during the maintenance phase and enjoy the New You !!!



Questions and Answers

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

A1. Yes. ONLY DSWL™ 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 and you might experience unnecessary hunger.

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 restaurant 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 with most foods. These free tools will help you plan the first two days.

Q4. Why and When do I need a Liquid Nutrition Supplement? (OR High Absorption Non-Liquid)

A4. Because our case studies have shown that clients taking daily high absorption nutrition on the DSWL™ Program lose 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 most pills and capsules. Higher absorption equals less food cravings because you are getting all of your nutritional needs met.

Start taking your high absorption nutrition supplement on Day 3 any time after your first meal. Nutritional supplements are best taken between lunch and dinner meals to “bridge” your appetite.

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.

Questions and Answers

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?

(Diabetics should always eat as needed to maintain their correct blood sugar levels at all times)

A7. On the DSWL™ 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 Protein 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 !

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? ***(NOT MANDATORY)***

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 in 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 allowed each meal on the DSWL™ Program? What should I do?

A9. Minimally you need to eat the allowed 4oz of protein and 4oz of vegetables. 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 allowed protein first, then vegetables, and lastly fruits.

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, like Walden Farms™ or similar.

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.

Questions and Answers

Q14. How much water do I need to be drinking daily while on the program ?

A14. You need to be drinking 1 / 2 your body weight in ounces/day. This will allow your body to release the fat you are burning. If you're not waking up at least 1x per night to go to the bathroom, then you are probably not drinking enough water. (Water In = Fat Out)

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 non-hot Yoga. You should be doing no more than 30 minutes of light exercise 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**

Q16. How does the Maintenance Phase work?

A16. You need to be in the Maintenance Phase for a minimum of 21 days. This will insure that you keep the weight off. Simply add in a protein rich breakfast. Consume lean protein or a Protein Shake. Add extra protein as needed, as well as continue taking your quality 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 your patient guide. 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 **DSWL™** Program ?

A19. Yes. But you MUST consult with the supervising doctor on maintaining your proper blood sugar levels at all times while on the program.

Diabetics will typically lose about half of the weight per 40 day round as a non-diabetic. 2nd or 3rd rounds of 40 days can be completed to achieve maximum weight loss goals.

Q20. Is it okay to do the **DSWL™** 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. Be aware that water retention will cause a fluctuation in daily weight loss. After the menstrual cycle is complete, normal weight loss will resume.



DSWL™
CAN HELP! 😊

'Before and After'
Weigh-In / Assessment

The Assessment Session is designed to help you set goals and get the most out of the **DSWL™ Program**. The 1st session will be scheduled ideally between days 1- 3 of the program.

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

'Before and After' Picture Standards

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

Standard Measurements and Procedures:

Women: Hips and Waist (umbilicus)

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' for accuracy.

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

Men: Chest & Waist (umbilicus)

Chest: No shirt. 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.

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. A separate detailed tracking chart is provided with the weight 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 straightout 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 Body Fat

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