

Core-22 Weight Loss Program

Dear Doctor,

Every doctor knows how important it is to eat right, but it is difficult and time consuming to try to explain to patients what changes need to be made. It also takes more than just an explanation to get patients to make positive changes. This is where Core-22 excels. We make it possible for doctors to help their patients lose weight and make healthy dietary changes without taking up their valuable time. Core-22 has made a science out of teaching patients how to eat right, and even more importantly, we make this knowledge accessible and understandable for patients. We teach dieters how to make better food choices resulting in weight-loss and many other health enhancements. Included in the Core-22 program are a feedback tool that causes patients to see the consequences of their food choices, and a social support tool that allows them to ask friends and family members to support their efforts. Eating right alone is often not enough to obtain the ideal amounts and kinds of vitamins, minerals, and nutrients that our bodies need to function optimally. Core-22 provides food based, non-synthetic supplements that when taken with a healthy diet of fresh fruits and vegetables provide the nutrients needed for optimum health. This reduces hunger and cravings while improving cell function and metabolism. Dieters get three hours of online education combined with quality supplements, a daily compliance/feedback tool, and social support system. They stay on the diet for at least 13 months after achieving their goal to insure their results are permanent. Core-22 offers everything patients need to be successful, and we make it easy for doctors to manage this vital factor in the health of their patients.

The Core-22 Healthy Weight Loss Program is based on a nutrient rich balanced diet of proteins, fats, and carbohydrates. Dieters eat unlimited amounts of green leaf vegetables, moderate amounts of non-green leaf vegetables, and limited but daily amounts of oil, fresh berries, grapefruit, apples, lemons, and limes. Depending on a person's gender, height, and activity level, we recommend they eat from 8 to 14 ounces of protein (lean beef, poultry, or seafood) each day. We completely eliminate processed food, fast food, and food that contain artificial sweetener or additives. Calories range from 650 to 1,800 per day depending on an individual's body size and activity level and may be adjusted for anyone with special needs. Individuals who exercise eat slightly more.

We suggest dieters eat limited amounts of: pink Himalayan salt, tamari, hot Sauce, Tessemae's dressings, dressing without preservatives or additives of any kind, pepper (black, cayenne, red, white), any herb, olive oil, almond or vanilla extracts, horseradish sauce, or vinegar. They also consume small amounts of: olive oil with food and use coconut oil for cooking.

We suggest dieters drink unlimited amounts of: water with or without lemon, natural teas, Kampuchea, or coffee. They can drink no more than two Zevia natural sodas a day. We ask they drink at least ½ ounce of water per day for every pound of body weight.

The Core-22 weight loss strategy is successful because it does not rely on any one principle for its effectiveness. Instead it is based on 22 core principles of weight control. The Core 22 program educates people to help them make the healthiest weight loss choices possible while giving them the tools and support necessary to get through the most difficult phases of weight loss.

We encourage dieters who are under the care of a physician to consult with them before starting the diet and insist they not attempt to modify any prescription medication or treatment program. If there is any food a dieter or physician feels will interfere with a prescribed medication or is contraindicated for any reason, dieters can simply exclude that from the program. The exclusion of any food should not affect their ability to lose weight and keep it off.

Supplementation

Although the dieters eat mostly vegetables and fruits while on the diet, we recommend they supplement their diet with non-synthetic, food based, multivitamin/minerals, Omega 3 fatty acids from wild caught fish, and a digestive aid to improve absorption of nutrients, detoxify the body, and cleanse the bowel. They may obtain these from any source however we encourage them to purchase them from us to eliminate the possibility of getting an inferior product. We recommend the following.

1. ProOmega –D

Pro Omega D is Omega-3 fish oil, an essential fatty acid recommended mainly for its anti-inflammatory health benefits. Essential fatty acids (EFAs) are fats that our body need but cannot produce. They must be consumed through food or supplements. There are two families of essential fatty acids, omega-3 and omega-6, which need to be consumed in a balanced ratio. The body must receive a balanced supply of omega-3 and omega-6 to ensure proper eicosanoids production. Eicosanoids are hormone-like compounds that affect virtually every system in the body—they regulate pain, help maintain proper blood pressure and cholesterol levels, and promote fluid nerve transmission. The problem is that, in our modern industrialized food system, omega-3s have become largely absent from the food chain while omega-6s have become overabundant. Even the healthiest diets contain too many omega-6s and not enough omega-3s. A decade of scientific evidence indicates that this EFA imbalance can contribute to a variety of chronic health issues.

Ingredients:

- Calories Per Serving 20
- Calories from fat 18
- Total Fat 2.0 g
- Saturated Fat 0.1 g
- Trans Fat 0 g
- Vitamin D3 (cholecalciferol) 1000 I.U.
- Total Omega-3s 1280 mg
- EPA (Eicosapentaenoic Acid) 650 mg
- DHA (Docosahexaenoic Acid) 450 mg
- Other Omega-3s 180 mg
- Oleic Acid (Omega-9) 56 mg
- Less than 5 mg of Cholesterol per serving

2. Optimal Fruit & Veggie Plus or Greens First

Optimal Fruit & Veggie Plus

This is a delicious antioxidant whole-food fruit and vegetable powder formulated to have the highest nutrient value possible. All the main ingredients were picked at their peak ripeness and then put through a specialized low-temperature freeze-drying process that same day. This unique process of transforming the foods into a powder retains all of its enzymes, vitamins, and minerals. Other forms of processing can destroy these vital nutrients. Optimal Fruit & Veggie Plus has 24 raw freeze dried fruits and vegetables. One serving has over 13 times the antioxidant potency than the average American gets per day. The primary reason we have included it for you in the weight loss section is to promote healthy glucose metabolism as well as curb cravings for unhealthy sweets. This powerful shake promotes cardiovascular health, healthy glucose metabolism, vision, inflammatory response, brain function, and aging. It also supports the immune response, skin, and urinary tract.

Ingredients: Banana, pineapple, strawberry, noni, coffee berry, broccoli sprouts, acerola cherry, camu camu, tomato, broccoli, carrot, mangosteen, spinach, kale, and brussel sprouts. The following are organic juices that are added for their high ORAC value: raspberry, cranberry, strawberry, blackberry, carrot, blueberry, pomegranate, acai, cherry and watermelon.

Greens First

Greens First is a gluten free phytonutrient and antioxidant supplement that provides 49 different super foods, extracts and concentrates. It includes super greens, organic fruits & vegetables, probiotics, soluble and insoluble fibers, herbs, spices, natural flavonoids and enzymes to ensure dieters are getting the nutrients they need every day.

100% Natural – Contains Certified Organic Fruits & Vegetables

- • Gluten free
- • Sweetened with Stevia – a Calorie Free Herb
- • Vegetarian & Vegan
- • Easy to Digest
- • No GMO
- • No Nano Particles
- • No MSG or Yeast
- • No Soy Protein
- • No Corn, Rye or Wheat
- • No Dairy, Eggs or Animal By-products
- • No Artificial Ingredients, Sweeteners or Preservatives
- • Rich in Alkaline Nutrients to Balance Your Body's pH Levels

3. Rice Fiber First or Opti-Cleanse and Repair

Rice Fiber First

Rice Fiber First promotes normal elimination and regularity while controlling glucose, cholesterol, and lipid levels in the body. It contains nutritional fiber, significant quantities of gamma oryzanol, and several other phytonutrients that promote cleansing, detoxification, and healthy weight management.

The majority of dietary fiber products on the market are psyllium-based. Most of these produce carbon dioxide and methane in the intestinal track that can produce bloating, gas, and discomfort. Rice Fiber is made with stabilized rice bran, which is a "friendly fiber", promoting regularity and alleviating occasional constipation while helping digest food more quickly and easily.

Stabilized Rice Bran Promotes Bowel and Colon Health

Stabilized Rice Bran is an excellent non-bloating fiber product that helps promote a healthy bowel. It contains proteins, antioxidants, and phytonutrients such as gamma oryzanol, inositol hexaphosphate (IP6) and phytosterols, which provide excellent nutrition to the gut and help to maintain a healthy and clean gut. It also contains a short chain sugar complex, known as fructooligosaccharides (FOS), which is not digestible in the gut but serves as food to the friendly bacteria such as *Lactobacillus acidophilus* or *L. sporogens* to proliferate. It helps in fermenting the undigested food in the colon producing short chain fatty acids, such as butyric and propionic acids in the gut. Scientific data indicates that the short chain fatty acids play an important role in promoting a healthy colon. Other commercially available dietary fibers produce carbon dioxide and methane during colonic fermentation, resulting in abdominal distention, discomfort and gas. Stabilized Rice Bran in the diet promotes bowel regularity and helps alleviate occasional constipation. It provides bulk to the waste and decreases the colonic transit time by several fold, thereby, helping to promote colon health.

Rice Fiber First also helps support normal blood sugar levels by reducing the level of insulin required to process food. (Ref: Cheruvanky et al., U.S. Patent # 6, 126, 943, Oct. 3, 2002). It promotes normal cholesterol levels as well. (Ref: Cheruvanky et al., "Method for Treating Hypercholesterolemia, Hyperlipidemia, and Atherosclerosis," U.S. Patent No. 6,126,934, Oct. 2000).

Stabilized Rice Bran for Gallbladder Health

A diet rich in fiber also helps to promote a healthy gallbladder. This is due to its ability to promote normal cholesterol levels. Further more, researchers showed the effectiveness of a high rice bran dietary fiber intake in reducing renal calcium excretion. (*A. Jahen et al., Dietary Fiber: The Effectiveness of a high bran Intake in Reducing Renal Calcium Excretion, Urol. Res. 1992, 20:3-6*).

Stabilized Rice Bran supports normal blood cholesterol by premature emptying of the gall bladder and trapping the bile salts, which prevents re-absorption. It is believed that the high quality fiber in Stabilized Rice Bran, along with the major bioactive compounds such as tocopherols, tocotrienols, gamma oryzanol, phytosterols, and inositol present in the product, synergistically help in supporting a healthy cardiovascular system. By normalizing the cholesterol level, Stabilized Rice Bran enables the liver to keep cholesterol and other lipids under check and helps to support gallbladder health.

Stabilized Rice Bran is all natural, non-genetically engineered, chemical-free and manufactured using good manufacturing practices. Every batch is tested for quality and safety in the laboratory.

Opti-Cleanse and Repair

This is a unique and effective formula for cleansing the bowel and removing unwanted toxins. This product cleanses your body naturally, while improving your regularity and pulling toxins from your intestinal tract. The Opti-Cleanse Formula was specifically designed to aid and support a low fiber diet, detoxification, heavy metal toxicity and irregular bowel function.

Ingredients:

Zinc (as zinc amino acid chelate)	20 mcg
Copper (as copper amino chelate)	50 mcg
Manganese (as manganese amino chelate)	20 mcg
Optimal Cleanse Blend	695 mg
(Licorice root, Psyllium, Oat bran, Celery, Sweet potato, Apple pectin, Grapefruit pectin, Chlorella)	
Stabilized Glutamine (Magnesium glycyl glutamine)	10 mg
Opti-Blend Delivery System	10 mg
(Amylase, Protase I, Protase II, Peptizyme SP, Lipase, Invertase, Maltase, Cellulase, Lactase, Hemicelb, ZincAAC, Copper AAC, Manganese AAC, Molases)	

4. Multi Nutrient Complete

This is a multi vitamin/mineral supplement with digestive enzymes. It is recommended for its complete approach to satisfying any potential vitamin or mineral deficiency that may cause a dieter to have unnecessary cravings or difficulty digesting or metabolizing food. This product also has over 50 different ingredients that support 6 major areas of health. It has ingredients designed to support digestion, metabolism, immune function, natural energy production, bone, muscle, joint support, and more

Based on 9-capsule daily serving

†Whole Food Cultured Media Blend and Activators: 1,242 mg

Saccharomyces Cerevisiae, Pea Protein, Wild Blueberry, Apple, Cinnamon, Raspberry, Strawberry, Oat Bran, Red Bell Pepper, Carrot, Wild Bilberry, Tart Cherry, Raspberry Seed, Blackberry, Cranberry, Concord Grape, Orange, Pomegranate, Watermelon, Black Currant, Beet, Broccoli, Cucumber, Okra, Wild Yam.

Bio-Active Digestive Plant Enzyme Blend:

Amylase, Protease I, Protease II, Peptizyme Blend, Lipase, Invertase, Cellulase, Lactase, Maltase, Hemicellulase Complex.

1242 mg *

Stabilized Probiotic Blend for Intestinal Balance and Whole Food Vitamin Cultivation: Lactobacillus acidophilus DDS-1, Bi do bacterium bi dum, Enterococcus faecium, Lactobacillus bulgaricus, Lactobacillus salivarius, Streptococcus, thermophilus, Bi do bacterium infantis and Bacillus coagulans.

% Daily Value

Vitamin A (as Beta-Carotene from Whole Food Culture†)	5,000 IU	100%
Vitamin C (as Ascorbic Acid from Whole Food Culture†)	60 mg	100%
Vitamin D (as D-3 from Whole Food Culture†)	400 IU	100%
Vitamin E (as Acetate & mixed Tocopherols from Whole Food Culture†)	39 IU	124%
Vitamin K (from Whole Food Culture Blend†)	80 mcg	100%
Vitamin B (as Thiamin from Whole Food Culture†)	1.5 mg	100%
Riboflavin B-2 (from Whole Food Culture Media†)	1.7 mg	100%
Niacin (Niacinimide from Whole Food Culture†)	20 mg	100%
B6 (from Whole Food Culture Media†)	2 mg	100%
Folate (from Whole Food Culture Media†)	400 mcg	100%
B12 (from Whole Food Culture Media†)	6 mcg	100%
Biotin (from Whole Food Culture Media†)	300 mcg	100%
Pantothenic Acid (as D-Calcium Pantothenate from Whole Food Media†)	10 mg	100%
Calcium (Whole Food Culture of Malate, Carbonate AA Chelate)	1,000 mg	100%
Iron (as Amino Acid Chelate* and Whole Food Culture†)	18 mg	100%
Iodine (from Kelp and Whole Food Culture†)	150 mcg	100%
Magnesium (Whole Food Culture of Oxide, AA Chelate, MGG)	400 mg	100%
Zinc (as Amino Acid Chelate, and Whole Food Culture†)	15 mg	100%
Selenium (as Amino Acid Complex* and Whole Food Culture†)	70 mcg	100%
Copper (as Amino Acid Chelate and Whole Food Culture†)	2 mg	100%
Manganese (as Amino Acid Chelate* and Whole Food Culture†)	2 mg	100%
Chromium (as Amino Acid Chelate* and Whole Food Culture†)	120 mcg	100%
Molybdenum (as Amino Acid Chelate* and Whole Food Culture†)	75 mcg	100%
Potassium (as Citrate Blended in Whole Food Culture†)	35 mg	*
MSM (MSM Cultured in Whole Food Media†)	500 mg	*
Garcinia Cambogia (Cultured in Whole Food Media†)	180 mg	*
Ipriflavone (Cultured in Whole Food Media†)	180 mg	*
Gymnema Sylvestre (Leaf Cultured in Whole Food Media†)	135 mg	*
MGG (Magnesium-Glycyl-Glutamine* in Whole Food Culture†)	90 mg	*
Garlic (odorless garlic cultured in Whole Food Media†)	90 mg	*
Lecithin (Cultured in Whole Food Media Blend†)	90 mg	*
Licorice Root (Deglycirinated Licorice Root Blended in Whole Food Media†)	90 mg	*
Conjugated Linoleic Acid (Cultured in Whole Food Media†)	54 mg	*
Ginkgo Biloba (Cultured in Whole Food Media†)	45 mg	*
Pine Bark Extract (95% Polyphenols in Cultured Media Blend†)	45mg	*
Grape Seed Extract (95% Polyphenols in Cultured Media Blend†)	45 mg	*
Milk Thistle Seed (Cultured in Whole Food Media Blend†)	27 mg	*
Lutein (Cultured in Whole Food Media Blend†)	600 mcg	*

**Statements have not been evaluated by the Food & Drug Administration. Products are not intended to diagnose, treat, cure or prevent any disease.*