

Core-22 Weight Loss Program

Dear Doctor,

The Core-22 Healthy Weight Loss Program is based on eating a nutrient rich balanced diet of proteins, fats, and carbohydrates. These come from eating 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. We provide an array of all natural, nutrient dense, organic whole-food supplements that, when combined with a daily intake of fresh fruits and vegetables, ensure dieters get all of the nutrients they need, often more than ever before

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.

We suggest they eat 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.

They also consume small amounts of: olive oil with food and use coconut oil for cooking.

Below is a complete list of the Core-22 supplements, their ingredients, and reasons for their use. Please keep in mind that the complete program will also include educating dieters about how to make better food choices based on nutritional value of food, fructose levels, glycemic index, trans fat and fiber content. We will also teach dieters about eating throughout the day, portion size, total daily intakes, ideal food combinations, when to avoid eating, optimal amounts of fluids, support, accountability, and much more. If there is any food a dieter or physician feels will interfere with a prescribed medication or is contraindicated for any reason, simply exclude that from the program. The exclusion of any food should not affect a dieters ability to lose weight and keep it off in a significant way. It is our observation that the Core-22 weight loss strategy is successful because it does not rely on any one principle or magic pill for its effectiveness. Instead it is based on 22 core principles of diet control. The Core 22 program educates a person 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 recommend all dieters take the following supplements while on the weight loss and stabilization phases of the program. After they reach their ideal weight we recommend they continue with these if possible. If economics prohibit that, we recommend they at least continue to take the multiple and omega 3 supplements.

1. ProOmega –D

Pro Omega D is Omega-3 fish oil is an essential fatty acid recommended mainly for its anti-inflammatory and 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. Whole Food Multi Complete 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 the 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

% 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%
Ribo avin 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	*
Ginko 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	*

†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 dobacterium bi dum, Enterococcus faecium, Lactobacillus bulgaricus, Lactobacillus salivarius, Streptococcus, thermophilus, Bi dobacterium infantis and Bacillus coagulans.

* Official values for this have not been published

3. Optimal Fruit & Veggie Plus 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.

4. Opti-Cleanse and Support 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)	