

Core-22 Weight Loss Program

Dear Doctor,

The Core-22 was created by a doctor and a health club consultant to help their patients and club members lose weight. Dr. Schmitt teaches viewers how to make better food choices based on fundamental truths that result in weight loss and improved health. In addition, the Core-22 program comes with a feedback tool that allows users to see the consequences of their choices and a social support system that will enable them to ask friends and family members to support their efforts to alter their diet.

The Core-22 weight loss strategy is successful because it relies on 22 core weight loss principles; instead of just one or two.

Users receive six hours of online education, the best supplements available, and a daily feedback tool that sends them a daily text message that links them to their weight management portal. They use the portal to review and apply the principles, graph their progress, and interact with their supporters. If they run into trouble, a questionnaire and troubleshooting video help identify the problems and suggest adjustments.

Core-22 offers users everything necessary to lose weight and keep it off, making it possible for doctors, health club staff, or employers to provide a service that 70% of the people they serve desperately need.

This program is a nutrition-centered approach to weight loss and control based on the fact that:

1. Hunger and cravings come from a deficiency of nutrients.
2. Trillions of cells will burn calories at a much higher rate if they have all the nutrients they need.
3. We need to supplement our diet because we can't eat enough of even the best food to provide our cells with all the nutrients they need for optimum function.
4. Combining good food and the right supplements will reduce weight without hunger and cravings while also improving cell function and cell metabolism.

Our Food Plan

We recommend eating unlimited amounts of green leafy vegetables, a handful of non-green leafy vegetables, and small amounts of oil, fresh berries, grapefruit, apples, lemons, and limes purchased locally. We recommend a daily serving of protein (lean beef, poultry, or seafood) based on a person's gender, height, and activity level. We also exclude processed food, fast food, or food that contains artificial sweeteners or additives. Calories range from 650 to 1,800 per day depending on an individual's body size and activity level while allowing adjustments for those with special needs. Individuals who want to add exercise to their program will eat more fruit before and after a workout to ensure they have the energy calories necessary for whatever activity level they choose.

We suggest users eat limited amounts of pink Himalayan or Celtic salt rather than processed salt and suggest using organic dressings or sauces without preservatives or additives of any kind. They can also use pepper, spices, organic herbs, olive oil, almond or vanilla extracts, horseradish sauce, or vinegar.

We recommend they drink unlimited amounts of pure filtered water, natural teas, Kombucha, or coffee, but at the very least, half their body weight in ounces of water each day.

After reaching their target weight, individuals eat whatever they want, including dairy products, nuts, and grains, with the understanding that they may be allergic to some of these items. If they exhibit signs of an allergic response, they should eat them sparingly or avoid them altogether.

We encourage users under a physician's care to consult with them before starting the program and follow their advice and treatment recommendations. We insist they do not attempt to modify any prescription medication or treatment programs as a result of our program.

Core Supplements

Core-22 eliminates junk food and replaces it with the most nutritious food possible. We recommend users supplement their diet so their body gets all the nutrition it needs. We recommend non-synthetic, food-based, multivitamin/minerals, Omega 3 fatty acids made from cod liver oil, and fiber made from rice bran.

Omega and Vit-D

Omega-3 fish oil is an essential fatty acid included in our package for its anti-inflammatory health benefits to ensure cells can absorb and utilize nutrients. Essential fatty acids (EFAs) are fats that our body needs but cannot produce.

There are two families of essential fatty acids, omega-3 and omega-6. Unfortunately, we consume far too much omega-6 and not enough omega-3, which is not suitable for our health. 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 adequate blood pressure and cholesterol levels, and promote nerve transmission. In our modern industrialized food system, omega-3s have become largely absent from the food chain, while omega-6s have become overabundant. As a result, even the healthiest diets contain far too many omega-6 fatty acids and not enough omega-3. A decade of scientific evidence indicates that this imbalance can contribute to a variety of chronic health issues. Supplementing Omega-3 is a sure way to improve the balance between the high levels of Omega-6 and the inadequate levels of Omega-3.

- 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

Greens Shake

Our shake is a delicious and complete phytonutrient and antioxidant supplement that provides the body with an advanced combination of nature's healthiest fruits, berries, and garden vegetables along with rice bran, flaxseed, and a probiotic blend for healthy digestion.

The shake contains Certified Organic fruits, berries, and garden vegetables along with rice bran, flaxseed, and a probiotic blend for healthy digestion.

- 100% Natural – Every Ingredient Possible Is Organic • Sweetened with Lo Han – (An herb which does not raise insulin levels) • Vegetarian & Vegan • Easy to Digest • No Soy • Non-GMO • No Nanotechnology • No MSG or Yeast • 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

Rice Fiber

Rice fiber promotes regular digestive elimination and regularity while controlling glucose, cholesterol, and lipid levels in the body. In addition, Rice Fiber contains nutritional fiber and significant quantities of rice bran, gamma oryzanol, and several other plant nutrients.

The majority of dietary fiber products on the market are psyllium-based. Most of these produce carbon dioxide and methane in the intestinal tract, producing bloating, gas, and discomfort. Rice Fiber comes from stabilized rice bran, a "friendly fiber" that promotes regularity and alleviates occasional constipation while helping digest food more quickly to promote cleansing, detoxification, and healthy weight management.

Greens Mix Capsules

Our Greens Capsules provide naturally occurring and easily absorbed vitamins, minerals, phytonutrients. These antioxidants work synergistically in your body to provide 49 different superfoods, extracts, and concentrates. Each capsule contains super greens, organic fruits & vegetables, probiotics, soluble and insoluble fibers, herbs, spices, natural flavonoids, and enzymes.