

# Core-22 Weight Loss Program

Dear Doctor,

The Core-22 Weight Loss Program was created by a doctor and a health club consultant to help patients and club members lose weight. It's an online program that teaches users to make healthy dietary changes without the cost a professional would have to charge to deliver hours of time-consuming explanation. Instead, Dr. Schmitt uses video to teach the viewer to make better food choices based on fundamental truths that, when applied, result in weight loss and better health.

The Core-22 program comes with tools that significantly increase the user's chance of success. For example, it has a feedback tool that allows them to see the consequences of their food choices. We also include a social support system that will enable them to ask friends and family members to support their efforts. Both the support and feedback system make it much more likely for users to alter their diet and stay with the program long enough to reach their ideal weight.

The Core-22 weight loss strategy is successful because it does not rely on any one principle for its effectiveness; instead, it's based on 22 core principles. These principles represent every possible factor that can influence a person's weight. As a result, it teaches users to make better food choices while giving them the tools and support necessary to stick with the program.

Users receive six hours of online education, so they know everything there is to know about losing and maintaining weight. They are provided the best supplements that, when combined with a nutrient-rich diet, ensure they have the nutrients needed for maximum cell metabolism and ideal function. In addition, they receive a daily text message that links to their management portal. Their portal allows them to list the principles they apply each day, monitor their progress, and send and receive notifications from their supporters. And if they run into trouble, they are directed to unique videos and a questionnaire that identifies the cause of their problem and provides recommendations to correct it.

The Core-22 program offers users everything they need to lose weight and keep it off. In addition, the affiliate program makes it possible for doctors, health clubs, and employers to offer the people they serve a healthy weight loss service.

Core-22 is a nutrition-centered approach based on three basic principles:

1. Hunger and cravings come from a deficiency of nutrients.
2. Your cells need nutrients to burn calories.
3. We must supplement our diet because food alone cannot provide all the necessary nutrients.

If you eat the right food and take the right supplements, hunger and cravings are reduced, cell metabolism increases, and you lose weight.

We recommend our users eat unlimited amounts of green-leaf vegetables, moderate amounts of non-green-leaf vegetables, and limited but daily portions of fruit. We also recommend they eat a healthy serving of protein (lean beef, poultry, or seafood) daily. We completely eliminate 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. Individuals who want to add exercise to their program are taught to eat more fruit before and after to ensure they have the energy for whatever activity level they choose.

We suggest users eat limited amounts of pink Himalayan or Celtic salt rather than processed salt and organic dressings without preservatives or additives of any kind. They can also use pepper (black, cayenne, red, white), spices, organic herbs, olive oil, almond or vanilla extracts, horseradish sauce, or vinegar. We suggest users drink unlimited amounts of pure filtered water, natural teas, Kombucha, or coffee. We ask they drink at least ½ ounce of water per day for every pound of body weight.

When someone reaches their goal, they move into the maintenance phase of the program. In the maintenance phase, the user can eat whatever they want, including dairy products, nuts, and grains, as long as they watch for signs of food allergies.

We encourage users under the care of a physician to consult with them before starting the diet. We insist they do not attempt to modify any prescription medication or treatment programs independently. Suppose there are items on our food plan a physician believes will interfere with medication or are contraindicated. In that case, users are instructed to exclude them.

### **Core Supplements**

Although the Core Food Plan includes the most nutrient-rich fruits and vegetables, we recommend user also supplement their diet. We recommend four products: two, food-based multivitamins/minerals, an Omega 3 fatty acid, and a probiotic to improve digestion.

The Core-22 weight loss program is a healthy way for anyone to lose weight, improve their diet, and realize the need and benefits associated with supplementing their diet. This program works because it has all the ingredients needed to change behavior, establish new habits, and support users when they need help. In the end, people on the program are losing weight, keeping it off, and feeling better than they have in many years. In addition, their blood work is improving, they are reducing their need for medication, and they feel and look great.