

Super Weight Loss Combo

Protocol:

- Drink one serving of the Super Weight Loss Combo Powders mixed in water **2 to 4 times per day**.
- Drink as much **additional water** as desired per day (to flush metabolic byproducts out of body).
- Exercise for **fifty plus minutes per day** (to stimulate fat burning mode).
- Get **7 plus hours of interrupted sleep daily** (in order to reset hormone levels).

A Serving is:

- One heaping tablespoon (15 grams) of GPS
- One heaping tablespoon (15 grams) of Hechoco
- One scoop (22 grams) of either E7 (any flavor) or (15 grams) of Zeal for Life (either flavor)
- Mixed in 20 to 30 ounces of water

Things to think about:

- **Bowel movements** –since very little stool is being formed during the Super Weight Loss Combo experience, you may wish to encourage intestinal activity with herbal aids, probiotics, potassium or magnesium supplements and once a week colonics or enemas are very helpful and recommended.
- **Detoxification crises** – your body may choose to do elimination of stored cellular toxins during the time that you are doing the Super Weight Loss combo. As a result, you may experience headaches, cramping, nausea, etc. as toxins are put into the blood stream to be expelled from the body. What will help toxins to leave faster from your body include: sauna, massages and dry brush massage.
- **Iodine insufficiency** – If you are severely Iodine deficient, it may affect how fast you burn calories. Supplementing with Iodine can help one to achieve peak fat burning. Learn more about iodine benefits at www.Healthy-Living.org/iodine.

Notes:

1. **Exercise is absolutely essential** for this program to work because it forces the body into fat burning (regardless of Leptin level). Exercise needs to be sufficiently vigorous to stimulate deep breathing and perspiring. You will want to burn 500 plus calories in an exercise period. We caution you to check with your physician before beginning an exercise program, to gradually introduce exercise and to NOT exercise to the point of exhaustion. Before breakfast and after dinner are the two best times for exercising.
2. Low blood sugar is required to maintain fat burning mode. Low blood sugar will result from eating only the Super Weight Loss Combo mixture. Please consult with your physician before beginning.
3. You can adjust the size of servings and number of servings to match your unique needs. Don't allow yourself to be hungry very long before taking another serving... or else your body will switch into the counterproductive, sugar burning, fat storing mode.

