

Three Simple Habits for Life...



1. Breakfast (Most important meal of the day!)
2. Diet (Remember the 3 evils: Sugar, Starch, and White Flour)

Things you can't eat: Potatoes in any form. White bread, noodles, & rice
Things you can: All vegetables, meats, carbs (Only if they are dark, dark bread, wheat or multi grain pasta, brown or wild rice). Real fruits (Not from a can). No deserts or sweets.

Things you can't drink: All colas and anything with Splenda, NutraSweet, Aspartame, Sweet & Low or any artificial sweeteners. NO BEER (all other alcohols are fine in moderation).

Things you can: Water, milk (All dairy products are good). Unsweetened fruit juices (Cranberry or grapefruit-- Unless you are on a cholesterol lowering medication), coffee or tea with milk, ice tea with lemon. (If you like your tea sweet, use a NATURAL sweetener like Truvia, or Stevia.

* **Rule to remember:** If it has 8 grams of sugar per serving or less, you can have it.

3. Activity or Metabolic Burn... The secret is... Be unpredictable!

Your body hangs on to calories to prepare for an emergency. Create the emergency! Park far away, run up a flight of stairs you would normally not. Your body will set its metabolic burn meter to high because it senses a change, and new challenges. This is what Muscle confusion is all about. Have a tread mill or any exercise machine? Start slow for a few minutes, go extremely fast for a few, slow again, sprint, vary the incline, do a program, mix it up because you won't lose weight by doing an hour at 3.5 every day. You are a survival machine, and it figures out your routine quickly. Try early morning exercise, different machines, challenging yourself all the time, trying new things all the time is great (zumba, palates, jazzercise, wall climbing, hot yoga, etc.) Remember, as you lose weight, you will be losing inches. You will feel it in your clothes, and that is how people see a difference in you. Don't go by weight only. Please note that missing more than three months of appointments signals noncompliance, and you will revert back to original visit charges. Also, Don't forget to Weigh yourself daily in the early am. This program works best if I see you every 30 days. So see you in 30 days.

*Weigh yourself every morning to improve results and prevent any bounce back.

Help boost your Weight Loss efforts!

Ultra Burn injections: A mixture of vitamins and amino acids that helps promote weight loss by its fat burning properties. These key components will give you the energy you need to maintain a healthy routine while increasing your overall health.

* **Injections are taken once a week to achieve maximum results.
The cost is \$25 for each injection
& no appointment is necessary!**

Whats in them exactly..?

Methionine- An amino acid that helps prevent/relieve fatigue, also a lipotropic (fat loving) agent.

Inositol- A mild lipotropic (fat loving) agent that improves quality of sleep.

Vitamin B12- This is referred to as the energy vitamin, used to metabolize fats, carbohydrates, proteins, and fatty acids.



Hours of operation:
Tuesday Shot Clinic Only 11am- 7pm Wednesday 11am-7pm
Thursdays 11am-7pm Friday 9am-5pm Saturday- 8am-1pm
(502)882-8680