



You can lose up to 12 lbs without dieting and extreme workout!

Easy program to follow even if you are working full time!

Get in shape; restore your health in just 3 weeks!

Lower your Blood Pressure and Cholesterol

Weight Control

In order for weight control to be successful, it must represent a permanent change in lifestyle. The old lifestyle has been demonstrated to produce overweight and a change for a few weeks or months, followed by a return to the former lifestyle will be unsuccessful.

Fat ordinarily accounts for about 10 to 20 percent of the weight of an adult male, and about 25 percent of the weight of a female. Anymore than this is unnecessary and unhealthy. Ideally, your weight should remain roughly constant after the age of 25. Most people do gain a little as they grow older, and reach their heaviest weight at about 50, but there is no obvious physiological reason for this. It is usually due to a combination of a less active lifestyle and an over adequate diet.

The key to long-term successful weight loss is making a healthy lifestyle change. Many other weight loss programs only want to sell you cases of (preserved) pre-fabricated foods, frozen dinners or meal-replacement products. The problem with these programs is that you learn nothing about the foods your body needs and nothing about how to make a healthy lifestyle change.

Program is based on a healthy diet of regular foods that you can buy in a grocery store. We'll arm you with a complete list of recommended grocery store foods as well as 3a-wellness recipe book and other helpful tips.

General Principles of Healthy Weight Control (This program is for 3 weeks to 3 months.)

- Adopt a No Oil, No Fat Program
- Low protein diet.
- Drink 6- 8 glasses of water daily.
- Correct wrong habits. Stop eating between meals; eliminate drinking during meals; balance your meals, do not eat (or drink) vegetables and fruit at the same meal.
- Not a morsel between meals. This is a principle of life. (4--5 hours between meals). If you are hungry drink water with a lemon twist.
- Eat 6 almonds daily. (Add to vegetable meal when not eating meat substitute)
- Hunger may be experienced only on a regular schedule if the biologic rhythm has been properly programmed.

- “Correct” sleep gives one more will power. Be regular.
- Avoid irritants. Anything that irritates the stomach or the nervous system or acts as a stimulant to the appetite: vinegar, mayonnaise, mustard, caffeine, alcohol, baking soda, baking powder, and spices (black pepper, cloves, nutmeg, ginger).
- Adopt God’s bible-based diet for maximum health (vegetables, fruits, grains and nuts). Do not eat any flesh foods or refined foods.
- You should chew your food thoroughly and swallow each bite before taking more food into your mouth. You should also cut up your food, including fruits and vegetables, into smallest pieces possible, and eat only one piece at a time.
- Do not leave snacks out for nibbling. Tell guests to bring flowers, not candy.
- Re-establish right conditions in the system. Take the “NO ENEMA INTESTINAL CLEANSER”

NO ENEMA INTESTINAL CLEANSER (do this for 2 weeks):

1 Tsp. Psyllium Husk powder in 4 ounces of juice, shake well, and drink before it gets thick. Drink additional glass of water. Do this 3 times daily.

Take 3 Senna capsules every other day around 5:00pm (stay at home after).

Meal program:

- **Breakfast:** Drink 1 cup of water with fresh lemon juice.
Blend in the blender: 1 ½ cups of Unsweetened pineapple juice, 1 handful spinach, 1 leaf of kale, broccoli, green bell pepper, 2 tablespoons flaxseed oil and 1 teaspoon Brown Rice protein powder*. You can mix greens per your taste. Take supplements.
- **Dinner:** First eat one raw carrot and ½ cup raw cabbage. One plate of Large mixed salad, one potato (cooked or baked) and ¾ cup of beans (or lentils, or brown rice).
Use no empty calories, no dressing only olive oil and lemon juice. Take supplements.
- **Supper:** Blend 1 cup of Soy or Almond milk with 2 kind of fruits you love, 1 teaspoon of Brown Rice protein mix. Add ice cube if you like. Take supplements.

How to exercise:

- 10 to 15 min. exercise BEFORE breakfast and supper.
- Warm up for one or two minute. Raise your heart rate up to your anaerobic threshold for 20 seconds, and then you recover for 40 seconds. Repeat this cycle at least 8 times. Cool down for a minute.
- The intensity is absolutely individual. For some it may be as simple as fast walking alternating with slow walking.
- You can improvise it into just about any type of exercise, and you really don't require a gym membership or any equipment to do it. If you do have access to equipment, using an elliptical or recumbent bike work really well.
- After exercise have shower before your breakfast and bath with Epsom salt before supper.

To learn more about Natural Health and how to improve your wellbeing go to:

<http://www.3a-wellness.com>

Shopping List:

	<p>BREAKFAST</p>	<p>Unsweetened Pine apple juice Organic spinach Organic kale Organic bell pepper Organic broccoli Flaxseed oil Organic Brown Rice Protein Supplements* (dosage as directed on product)</p>
	<p>LUNCH For the healthy recipes go to www.3a-wellness.com</p>	<p>Organic raw carrot Cabbage (or cauliflower) Organic Salad mix Organic potato (boiled or baked) Beans (lentils or brown rice) home prepared Dressing: cold pressed olive oil and lemon juice Supplements* (dosage as directed on product)</p>
	<p>SUPPER</p>	<p>Organic Soy milk or Almond milk Fruit: strawberry, kiwi, mango, banana, grape Organic Brown Rice Protein Supplements* (dosage as directed on product)</p>
		
<p>Probiotic (for bowel detox)</p>	<p>Oregano oil</p>	<p>Milk Thistle Spirulina Turmeric</p>
		
<p>Organic Brown Rice Protein*</p>	<p>Bladderwrack</p>	<p>Magnesium, Calcium and Vitamin B6</p>