

Dr. Foster's Essential Weight Loss Program:

Begin Steps 1 through 6 immediately. After the completion of the Intestinal Rejuvenation Program, (usually around 2 weeks), advance to the 7th Step (the Liver Regeneration Program). During the cleanse, please follow the suggested diet on the instructional flyers, otherwise, for maintenance, follow the "pH Balanced Diet" recommendations on the website listed at www.drfostersessentials.com/store/ph_bal.php.

- 1. The Essential Nutrients Formula** – take this formula daily during the program and afterwards for maintenance. Take 2 to 4 tablespoons daily. Mix with water, soy milk, rice milk, fruit juice, vegetable juice or any type of beverage. Can also be sprinkled on salad. It provides a rich source of maximally absorbed vitamins and minerals. This cuts down on cravings. Most food cravings are the result of lack of minerals. Unless one's diet is nutritionally adequate, one will continue to crave and reach for foods that are "bad." This is the most important formula to take. When trying to lose weight, this formula can be taken every day for life since it supplies every nutrient, vitamin, mineral and trace minerals one needs each day. It gives energy from natural sources instead of from stimulants. Unlike stimulants, there is never any tolerance that develops to this formula. This formula is so rich in nutrients, it can be taken as a meal replacement for at least one meal per day. I've seen people who've used the formula in this way and achieved outstanding results. A greatly added benefit is that, being very rich in nutrients, it helps protect against all kinds of diseases.
- 2. The Digestive Formula** should be taken at the recommended dose on the product label with meals to help weak digestion or indigestion. One of the leading causes of obesity is improper digestion of foods. Undigested foods end up as waste products that the body stores as fat. I've known even the worst cases of indigestion to respond to this potent formula.
- 3.** In cases of low thyroid function, **the Female Magnetism Formula** is excellent for rebuilding and strengthening the entire hormonal system, including the thyroid. After the age of 40, most people experience a slowing down of thyroid function. This formula works for men as well as for women. Men can take the Adrenal Support Formula if the Female Magnetism name bothers them. If the thyroid is not slow, these formulas will not do harm, but they support and strengthen the hormonal system. Follow the suggested dose on the product label.
- 4.** To reduce hunger pains, try my amazing **Appetite Calmer Essential Oil Formula**. It's easy and convenient to use. Simply carry it with you and inhale 3 times in each nostril to relieve the hunger feeling. About 20 minutes before mealtime is the ideal time. It can be used frequently throughout the day without any adverse effects. An added bonus is the emotional balancing effect that makes you feel nurtured.
- 5. Cayenne tincture** also helps with energy. Not only does it help speed up the metabolism naturally, but it also helps heal heart and circulatory problems. Cayenne activates every organ in the body, including the thyroid gland which is crucial for regulating metabolism. A healthy thyroid is associated with a healthy weight. Start with 5 to 10 drops once daily and very gradually increase to one dropper full three times a day. This may take weeks or months depending on your body's individual response to the cayenne. The drops can be taken straight in the mouth, mixed with water or mixed in any type of fruit or vegetable juice. See product label for more information.
- 6. The One-Week Liver Regeneration Program** - is to be done every 3 months. This includes the Intestinal Rejuvenation Program as well as the L/GB Formula and the Detox Herbal Tea. These formulas optimize the functioning of the liver by unclogging the toxins that block the liver from properly metabolizing fat. This is the CRUCIAL KEY missing in most weight loss programs because if the liver cannot metabolize fats properly, fat gets stored instead of burned off. This causes weight gain. Most people find a significant increase in their energy level after they've completed this program. The program can be extended for longer periods if needed. Please follow the detailed instructions per the Liver Regeneration Program flyer. The other herbal formulas (Essential Nutrients, Digestive Tonic, Female Magnetism, Appetite Calmer) can be continued if needed during the liver cleanse.

The Intestinal Rejuvenation Program – is included in the Liver Regeneration Program. This includes either the Vibrant Colon Formula or the extra strength Colon Start Plus Formula or Colon Activator as needed. Maintaining bowel regularity is extremely important for losing weight and keeping it off. As a general rule, the bowels should move once for each meal eaten during the day. A sign of good colon health is two to three bowel movements per day. Bowel movements back up when bowel regularity is not maintained. Many people carry around pounds of waste in their intestines and do not realize it until they complete this program and lose up to 25 pounds of it. They are amazed at how much clearer their skin becomes while on this program. They can't believe that their intestines had anything to do with their skin. Please refer to Intestinal Rejuvenation Program instructions for more details on these 2 formulas.