



Mandatory Reading Manual

This is the beginning of the rest of your life. You will be absolutely amazed at the spectacular and potentially “permanent” results that this program/protocol offers simply by following the underlying outline. Remember, if you cheat, you are only cheating yourself. A positive attitude and the avoidance of stress during this protocol are of the utmost importance. This is **NOT** a magic pill – there is no such thing (if there was it would cost Thousands of Dollars) this protocol takes substantial self-discipline to achieve success, and though it is NOT EASY, it seems to be the easiest, most successful program available.

Also, once done with the protocol, though you have supported and rebalanced your metabolism, you still cannot go out and stuff yourself with buffets, eat loads of refined sugars, and carbohydrates. This is NOT a license to do whatever you want. You can enjoy sweets, starches, fats, and oils (keep away from Hydrogenated products and corn syrup products) but be aware of what you consume, how much and how often. They should be a reward-not a daily habit.

According to **Dr. Louis Orr** – past President of the **AMA** – Obesity is the greatest danger to the health of the American people (Cancer ranked as the most dreaded disease). In fact, as a risk factor, obesity ranks as harmful to life expectancy as smoking!

There is good news – **Dr. Edward Gregg** of the **Centers for Disease Control and Prevention** states that merely the **intention** of losing weight can substantially increase your life expectancy!

Also, there have been a plethora of studies done evincing the benefits of caloric restriction to Human and Animal health; of particular importance were adaptive changes within the endocrine system that serve to maintain blood sugar levels; resulting in a decline in pathologies, and an increase in life span.

An important point to note with the **Healthy Systems USA system** is that when you have dropped for example 16lbs, you have probably lost 14 lbs. of abnormal fat. Whereas with other diets, when you lose 16 lbs. you could be losing 8 lbs. of lean body mass, 4 lbs. of good fat reserves and 4 lbs. of abnormal fat.

Our Homeo-energetic All Natural formula targets the abnormal fat!

Everyone is different, and everyone will have different results. Some people will lose 9 lbs. their first week and only 2 lbs. their second week; while others will lose 4 lbs. both week one, and week two. Do not get discouraged. Everyone slows down at some point and may even hit a plateau. By following the specific program outlined here, you will lose weight safely and rapidly from the areas that contain stored fat, and you will not only lose pounds but more importantly inches.

Basically the body has **three types of fat**:

- **Structural** – necessary to give support to organs
- **Normal** – a reserve of fuel, which the body can freely draw upon, when the nutritional income from the intestinal tract is insufficient.
- **Excess/Stored fat** – unwanted, unsightly, and dangerous.

It is this "**stored fat**" that the Healthy Systems USA system endeavors to target.

Stay focused on the long-term goal ... To Lose Fat & Live Healthy !

Unlike other "diets", this program reshapes and re-sculpts the body by releasing abnormal fat deposits in your body.

If you follow this program CORRECTLY, this unique process will POSITIVELY AFFECT your hypothalamus and metabolism potentially making these results "permanent"!

Generally, men will see better and quicker results than women. So if you are a couple or friends doing this together, do not compete against each other. Everyone will benefit with this protocol.

You can do cardio exercise as long as you want, but don't stress too much. Do not bother trying to **build muscle** or **bulk up**. **It will not work**. You will only be unnecessarily fatigued.

You do not have to exercise on this program.

Your goals are to burn fat and reshape your body.

What if you just do a 600-800 calorie a day diet without our Spray?

Contrary to most popular belief is that, if you follow a 600-800 Calorie-a-day diet, you will “lose weight anyway”. Sure, that is true but you will not lose the same weight the same way as you do with this protocol. Your goal is to lose abnormal fat, not just weight. Following a 600-800 Calorie-a-day diet will leave you fatigued and irritable, and within a few days you will start to retain water due to being protein deficient. Please try it on your own. Also remember you are getting a minimum of 1000 calories (possibly more) from your fat each day which is why you will not be hungry, even though you are following a low calorie diet. Some people will have a tough first few days depending on how “clean” your diet and lifestyle were previous to starting this program/protocol. Some people will suffer from “withdrawal effects” or detoxify, which is a good thing as your fat holds toxins and chemicals you have been exposed to in the past. Please don’t just give up or stop – overcome this challenge, and whatever you do don’t start thinking that this protocol is “impinging on your lifestyle” – **Diabetes as a result of obesity will impinge on your lifestyle much more!**

Plateaus are normal with this program. It usually presents in a stair step fashion with a consistent large drop in weight followed by a slight plateau, or a slower loss for a few days. At least one significant plateau occurs in the second half of the program/protocol that can last 4-6 days. **This is normal** and will resolve itself in time so do not be alarmed. We will give you a list of plateau breaking tricks that you can try. Your body will continue to reshape itself even during a plateau. **Don't get hung up on the scale**, an overall loss of inches are even more important and you will be losing a lot of inches, even during plateaus. If a plateau does occur, a way to break it is to have an “apple day”. On your apple day you will drink a minimum of one ounce per body pound of water during the day and eat about six apples throughout the day.

The “apple day” usually resolves the plateau and weight loss occurs the following morning. We are here to support you and answer any questions you may have. We highly recommend that you download for free **Dr. A.T.W. Simeons’ “Pounds and inches”** from the Internet. This can motivate you when the going gets tough.

**This will work for you if you work the program as recommended. We have seen too many success cases with people who have done fantastically with the Healthy Systems USA system.
The same who have had no success with any other diet program.**

The Program/Protocol

The first three days on the protocol you will begin in the morning by taking your first dose of “Healthy Start” our Homeo-energetic All Natural Spray. Start by taking your bottle and **shaking it 10X**, you will then spray 3 sprays under your tongue and hold for a minimum of 3 minutes (do not brush your teeth, eat or drink for 15 minutes before or after your sprays.) You will follow up with the same 3 spray procedure approximately 1 hour before your supper time and then again just before your bedtime. You will also start by taking your Homeopathic “B-12 Primo” tabs every other morning, by letting it dissolve under your tongue, for the first 2 to 3 days. (Do not swallow the tablet) **These first two to three days are your binge days. On these days, you will EAT, EAT, And EAT.** You must eat at least 50% **more** calories than your normal diet and you must eat carbohydrates, proteins and fats. You shouldn't eat a lot of white sugar; a little bit is fine (just don't eat too much as it's not really good for you).

On the 4th day, and until the protocol is completed, you will continue to take your 3 sprays of our “Healthy Start” Spray, only in the morning when you wake and in the evening before bed and you will also continue to take your “B-12 Primo” tab, every other morning, by letting it dissolve under your tongue. (Do not swallow the tablet) You will begin taking your “EA Boost”, energy and appetite control vitamins. Suggested use is: Take one capsule, once a day with breakfast or lunch. You may take up to two capsules in one day if you feel you need to. Take the capsule with your morning or mid-day meal as it may cause nausea on an empty stomach. You will also follow a 600-800 calorie a day diet and the following are foods you should specifically avoid:

- Avoid white sugar including diet sugars such as equal or NutraSweet found in diet sodas or crystal light. (sucralose, saccharine, aspartame, etc)
- Avoid all fruits **EXCEPT**; apples, grapefruit, orange, pears or berries.
- Avoid all starches including breads, rice, pasta, cookies, etc.
- No fast foods.
- No Alcoholic beverages – especially beer. This will put on weight faster than anything else (You can have a Vodka water with lime or lemon within limitation)
- Limit creams, moisturizers, and lotions. Only use what you HAVE to, not what you WANT to. (Our skin is the largest organ of our body and will absorb them & the oils in them can block our product from working, along with taking Fish Oils and Omegas)
- Try to eat organic foods to minimize your consumption of chemicals and preservatives while on the program. As you lose fat you will also be detoxifying and cleansing your body.
- No Turkey (due to the Tryptophan in it) No Pork and No Lamb (high in natural sugars & fat)
- No Salmon – (due to the natural oils, all oils will block the product from working)
- No Peas, Corn, Carrots, Potatoes or Mushrooms.
- No Fruit Juice!!!!
- No Dairy!!! (Dairy is high in fat and natural sugars)
- No nuts!!! (Because of the natural oils)

**Remember you are only eating Protein, Fruit and Vegetables and Salads!
If it is not an allowed fruit, protein or vegetable you may not eat it.**

Healthy Systems USA Menu

Morning:

* You may have as much coffee, green tea, Yerba Mate tea, woo-long tea or herbal tea as you desire. NO Sweeteners are allowed. If you cannot live without a sweetener, we recommend a product called **Stevia**, which can be purchased at any health food store. You can also use **Truvia**, which is the newest natural sweetener and this can be purchased at your grocery store.

For your breakfast, you may have one of the following:

You can have an apple, a small grapefruit, a pear, an orange or a handful of strawberries or any berries. Apples and grapefruits work best with the program because of their enzymes. We prefer you to use organic produce because it tastes better and is better for you. There is more nutrition in one organic apple than five regular apples.

OPTIONAL: Eat 1-3 egg whites if you find you have a history of low blood sugar/hypoglycemia. Please consult our Consultant so they may better instruct you.

Mid-day/Lunch:

* You may eat between 100 to 150 grams (approx. 4-6 oz.) (use the palm of your hand as your guide) of one of the following items: Preferably Organic; beef, chicken breast (skinless), egg whites, any white fish, and shell fish. (shrimp, crabmeat, scallops, etc.). Tuna-fish white albacore water-packed is permissible. Also try to avoid farm raised fish and buy wild fish whenever possible.

VEGETARIANS as a rule do not lose as much weight but may substitute the above meat choices with egg whites, tofu, tempeh, veggie patties or organic unsweetened yogurt.

*In addition to what protein you choose, you may have a HANDFUL of 1 green VEGETABLE and unlimited mixed green salad or cabbage. It may be eaten raw, steamed or grilled. **NO PRE-MADE SALAD DRESSING MAY BE USED.** You can, however, use a teaspoon of olive oil and you may have all of the garlic, lemon, vinegar, black pepper, and sea salt that you would like. Also try Bragg's Liquid Amino spray or Ume Plum vinegar which may be purchased at your local grocery store as a delicious seasoning for your protein, vegetables and salads.

Evening/Supper:

*Follow the same meal plan as mid-day/lunch. **HOWEVER, it is best not to have the same protein, fish, or vegetables that you did for lunch.**

SNACK: You should have three additional fruits - one after breakfast, lunch, and dinner / supper.

NOTE: Eat everything as described. **DO NOT SKIP MEALS!** The people that skip meals do not do as well on the program. You will not benefit or lose any extra weight by doing so. You will not lose more weight by simply eating more vegetables and eating less meat or protein. Always have a protein and a vegetable with lunch and dinner. Those whom only have a piece of chicken for lunch do not do as well on the program. Remember your body needs this healthy fuel even though you're getting additional calories from your fat reserves every day.

Be aware of calories while on this program, but **DON'T STRESS** or waste time counting them. Just follow this protocol and it WILL work for you.

FOOD LIST
Organic suggested

Meat and Fish:

Organic grass fed suggested

- Beef – preferably 93% Lean
- Chicken breast (skinless)
- Venison
- Wild Chilean sea bass
- Sole
- Flounder
- Halibut
- Fresh white fish – includes Codd, Walleye, Mahi Mahi, Tilapia & Albaore Tuna
- Lobster
- Crab
- Shrimp
- Scallops
- Egg whites

***You can ONLY EAT what is listed on this page! If it is not listed, you cannot have it!**

Fruit:

- Lemon (the juice of one daily) – can use this for your salad dressing! Get a fruit juicer!
- Strawberries (large handful)
- Apple (1-2 per day)
- Orange
- Berries
- Grapefruit
- Pear

Vegetables:

- Spinach
- White, yellow or red onions
- Green peppers
- Lettuces of any kind
- Tomatoes
- Celery
- Red radishes
- Green Bean
- Fennel
- Cucumbers
- Asparagus
- Cabbage
- Swiss Chard
- Broccoli
- Brussels Sprouts
- Kale
- Cilantro
- Jalapenos

The highlighted Vegetables you can eat as much of them as you like!

DO NOT MICROWARE or BOIL your Vegetables, you lose all the nutrients in them

Can ONLY Steam, Bake, Grill or eat Raw!

Seasonings:

- Lemon
- White or black pepper
- Thyme
- Sea salt
- Garlic
- Basil
- Parsley
- Any other organic herb
- Raw organic apple cider vinegar
- Balsamic vinegar
- Ume plum vinegar
- Herbamate celery salt

****You can pretty much have any seasonings as long as you check the Ingredients for any kind of SUGAR, if it's listed, you can't use it. Also look for SODIUM and any other "added" ingredients.**

Tea:

- Green tea
- Oolong tea
- Yerba mate tea
- Chamomile tea
- Black teas

**No Bottled Tea allowed
Can only have bagged or loose leaf tea!**

Other:

-one tablespoon of half and half is allowed daily (usually for hot tea or coffee)

**** Water (1/2 to 1 gallon daily) one of the most important elements on this protocol is to drink lots of water to help flush the toxins out of your body.**

Plateau Breakers and Daily Loss Rate Maximizes

- Increase water intake to 2-3 quarts per day.
- Try adding a glass or two of green tea to your day.
- Cut American beef down or out.
- Check all condiments for any form of sugar. 'Garlic Salt' may list sugar as an ingredient. Any seasoning salt or seasoning product must be carefully checked.
- If mixing vegetables, stop (some peoples metabolism does not like to break down one or more vegetables at a time, so if you notice you are not losing days when you are mixing vegetables, then stick with one vegetable for lunch and dinner)
- If having trouble with constipation, we suggest using "EZ FLOW", (Available from us) a Very good natural laxative or get any all natural laxative at any health food store and follow directions.
- Make sure there are no additives in chicken or other protein sources – many times these are injected with some form of sugar even in the grocery store.
- Consider if you are potentially at your ideal weight. Are you in the suggested weight range for your height and build? Are you also hungry and not feeling as good, etc? It may be time to stop losing.
- For women, your menstrual cycle may be coming into play.
- Have you changed or started one or more medications?
- Since the protocol says you are not required to eat all the food each day, you may consider dropping one of your fruits. (If you do this, drop out your evening fruit)
- You may do an "apple day" every so often. To break a plateau, you may have apples throughout the day with purified water and herbal teas and follow with a 4-6 ounce steak or chicken breast with a tomato.
- Consider adding a brisk walk, some yoga, or any type of 15-minute activities to your day – anything that raises the heart rate throughout the day. The activity increases your metabolism and may increase your rate of loss. Exercise is barely mentioned in the protocol. Our interpretation is that exercise is good for everyone; however, it is simply not required to lose weight on this protocol successfully. That being said, we have observed that participants who have a physically demanding jobs, seemed to maintain a slightly higher daily average weight loss than those who did absolutely no physical activity.
- Make sure you are getting enough sleep. More than a few participants have reported being up late and getting up early and the scale reflecting little to no weight loss. However, simply weighing again an hour or so later (without eating or drinking anything) reveals a drop in the scale of 2 pounds. This suggests that routine and adequate sleep can affect what the scale registers. While this probably doesn't actually affect the rate of loss, it can cause discouragement and, therefore, exceptions such as being up late and getting up early should be kept in mind.

Maintenance Phase FOR 21 DAYS is a Stabilization PERIOD.

We cannot express enough the importance of maintaining this part of the program/protocol. This is vital to resetting the metabolism. **SO YOU WILL NOT REGAIN YOUR WEIGHT!**

It is imperative that you continue following your low-calorie diet for two days after your last *dose day*. After the last diet day with our Spray, you will do 2 additional 600 – 800 calorie “diet days” without taking any spray. The next 3 weeks (21 days) will be your “maintenance period. The goal during this time is to “maintain” the weight you have lost. This is an important step to completely reset your metabolism via the hypothalamus gland and improve your metabolism.

During the maintenance phase you will try to instill a new weight set point in your body. You should attempt to keep your weight as steady as possible during this phase. It seems the faster this is done and the more consistent one stays at a weight, the quicker the body takes over in making sure the new weight is maintained. Remember you must **completely avoid all white flour and sugars**. You must eat more than you did while on the initial phase. You may now have the additional vegetables and fruits that you couldn't have before (with the exception of potatoes, juice drinks or dried fruit). You may now also have turkey, lean pork and other fish. Continue to weigh yourself every morning to make sure you do not gain more than 2 pounds on any day. Should a gain of over 2 lbs. occur, you may have a "steak day" during a steak day you will avoid food during the day and in the evening eat a large steak with tomatoes. This should correct the weight gain. You can purchase and continue to take of B12 every day during this phase after consulting with your fat loss consultant, but it is not crucial to do so for your fat loss program.

After 21 days on the Maintenance Phase you may start to slowly add white flour and sugars back into your diet occasionally. Remember, too much white flour and white sugars over a period of time you may find yourself regaining some of your weight. **There are no benefits for you to ever eat white flour or sugars as they are empty calories and will convert to FAT.**

As mentioned above, **the avoidance of major stress is of the utmost importance**. Time and time again, we have seen people regain their weight on this program due to significant stress in their lives. If you do have stress, seek a positive outlet in which you can either reduce or even eliminate your stress.

Doing this phase properly is of the utmost importance to your long-term success!

**It's time to change your Life Today with
Healthy Systems USA!**

IMPORTANT NOTICE
TO HEALTHY SYSTEMS USA
HIGH BLOOD PRESSURE AND TYPE 2 DIABETES
CUSTOMERS

Dear Customers of Healthy Systems USA,

Please notify us if you are on any blood pressure or diabetes medications.

As your body loses FAT your blood pressure and blood sugar levels may normalize (become lower) and your medicine most likely will need to be adjusted by your primary care physician.

Please keep track of your blood pressure and blood sugar numbers DAILY and your primary care physician need to be notified of any changes to your numbers.

REMEMBER your dosage has been prescribed due to your present state as your body changes and you lose the fat / weight your dosage most likely will change or in many cases will no longer be required.

REMEMBER *obesity* is directly connected to hypertension and type 2 adult-onset diabetes.