



# *Platinum Health Products*

*Your Body Deserves the Best*

## **Weight Loss Battle Plan**

**These supplements by Platinum Health Products are formulated by world-renowned anti-aging and lifestyle modification expert and author David Sandoval. The products are exactly what you need to give you the willpower to succeed.**

### **Organic Kamut Blend**

In order to properly prepare your body to flush and eliminate toxins like fat, it is very important to alkalize and neutralize the acids that accumulate within the body. It is also very important to increase the uptake of oxygen and to suppress the production of the hormone precursor Rhesan. Each and every day, you will use Organic Kamut Blend, an amazing green juice extracted from the leaves of an ancient Egyptian plant, similar to wheatgrass juice but with a mild yet powerful effect.

### **Aktivated Barley**

In order to succeed with any weight loss program it is important that the body feels satisfied and full. We have an amazing product used by international relief agencies specifically designed to suppress hunger, increase energy, and help normalize cholesterol levels. This is a phenomenal product made from organic pre-sprouted barley grain in a patented process that unlocks amazing energy. Remember Gladiators and the Roman Army survived months at a time entirely on barley gruel.

### **Rice Bran Solubles**

The most potent nutrient rich parts of rice disappear when it is cooked. What are these parts? The soluble fibers that “melt” away in hot water. We call those rice bran solubles and they are amazing plant complex’s containing a wide variety of unique nutrients not found in other foods like rice bran tocotrienols, a vitamin E type tocopherol that is 50 times more potent and protective to your body! Additionally the wide variety of B vitamins, co-Q 10 gamma oryzanol, folic acid, and beta sitertol make Rice Bran Solubles a superstar among foods. Scientific studies indicated that Rice Bran Solubles are vital for maintaining normal cholesterol levels and blood glucose control. Rice Bran Solubles mix well in any beverage or smoothie and have a mild nutty buttery taste!

### **Control**

Control™ is specifically designed to help you through the temptations of life without guilt or feeling unsatisfied. It contains ingredients that have two special functions. One is to help you eat less! It will simply take the edge off your cravings and help you feel satisfied faster. This ingredient is called Citrin® and is an Ayurvedic Herb grown in

India. Scientific studies show Citrin®, derived from Garcinia Cambogia fruits, can help curb the cravings that lead to bingeing. Secondly, the other ingredients actually help reduce the impact of high carbohydrates and sugar foods, lessening the possibility that your body will convert them into fat cells. They may also reduce the “spike” often associated with “comfort foods” and snacks.

### Master Amino Complex

The most important aspect of losing weight is burning fat cells. In order to burn fat cells efficiently it is important that we begin to build lean muscle tissue. The Master Amino Complex is a patented protein formula that is superior to every other protein on the market when it comes to digestions and utilization in the muscle building process. It is clinically proven to help the body burn fat and build lean muscle. The MAC will be an integral part in helping build strength, endurance, lean muscle.

### Organic Spirulina

Anytime you begin to lose weight it is important to provide your body with the maximum nutritional support that it needs to thrive. We have chosen nature’s most potent single food that contains the widest variety of beneficial vitamins, minerals, and other phytochemical compounds including essential fatty acids, trace minerals, chlorophyll, nucleic acids, and phyco-cyan.

### Daily Fiber Blend

Another important aspect of losing weight is detoxification for those who do not have multiple daily bowel movements. It is very important that one begins to cleanse and eliminate the accumulated waste within their body. For this we have created Daily Fiber Blend, an amazingly easy to use product that is extremely gentle and always effective at normalizing the function of the bowel.

### Carrot

Carrot juice is known as one of the most important parts of any juice fast or “raw” food regimen. This is due to the fact that its deep, rich, orange color comes from the abundance of beta-carotene, minerals, and other phyto-nutrients that are unique to the tuber family. Since most people cannot juice fresh organic carrots daily, Platinum Health Products™ has created our unique blend of dried carrot juice, which we combine with soluble rice bran. Soluble rice bran has complementary antioxidants like tocotrienols and helps to balance the effect that the carrot’s natural sugars may have on blood glucose levels.

### Apothe-Cherry

Sleep is incredibly important in any weight loss program and recent studies show that lack of sleep triggers the body signal to store fat while proper sleep actually causes the body to burn fat. Apothe-Cherry is nature’s highest source of melatonin, which not only regulates circadian rhythms but also boasts the highest ORAC antioxidant capacity of

any fruit tested. Delicious and easy to use, Apothe-Cherry should be taken 30 minutes before bedtime. ORAC is an acronym for Oxygen Radical Absorbance Capacity (the ability to scavenge free radicals).

### [Organic Tropic Oil](#)

For those interested in a weight loss regimen, coconut oil is the ideal fat for frying and baking. Coconut oil is a medium chain triglyceride and provides instant energy to the body. It also contains anti-parasitic properties, may help regulate the thyroid and contains up to 25% fewer calories than most cooking oils. Most importantly, it is not a transfat, which means it does not contribute to cancer. It is not a fully saturated fat that means no cholesterol, and coconut oil does not contribute to blood platelet stickiness. It is the ideal cooking oil for any weight loss regimen. Our organic extra virgin coconut oil is the finest in the world.

### [40X Aloe Vera Concentrate](#)

Internal healing is extremely important during any weight loss regimen, particularly one that requires weight loss of 30 pounds or more. It is very important to assist skin cell rejuvenation so as not to have stretch marks, rolls and excessive skin.

Aloe Vera is traditionally used, and known, for its healing of the skin for cuts, burns, and abrasions, however Aloe Vera is even more important at helping regulate skin cell production. This will be an important addition for you as you seek to lose weight but not be burdened with excess flab, rolls, and stretch marks. Our 40X Aloe Vera is the most potent Aloe Vera available in the world - and only 1-2 teaspoons a day has an incredible healing effect on the internal organs and skin.

### [Nutrition Now Meal Option](#)

Over-eating, snacking and choices made impulsively when we realize we are "starving" are the primary reason people gain weight, develop physical problems and begin losing the battle against fat, low energy and poor nutrition. Nutrition Now Meal Option™ is a delicious between meal drink that utilizes real whole foods to create a balanced and nutritious choice that will satisfy your body's needs without compromising on quality. Easy to use, Nutrition Now comes in two extremely yummy flavors, Sweet Strawberry and Creamy Vanilla that contain our scientifically balanced -30-30-10-15 profile. When you compare Nutrition Now to the most popular between meal options, you will be amazed at the superior ingredients.



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## PHP Supplement Protocol for Weight Loss

- Mix 1 tablespoon Organic Kamut Blend with 1 tablespoon Aktivated Barley and 1 tablespoon Rice Bran Solubles with apple juice or water first thing in the morning on an empty stomach.
- Pre lunch green drink or smoothie with 1 tablespoon Organic Spirulina, 1 tablespoon Aktivated Barley, 1 tablespoon Rice Bran Solubles, 1 tablespoon Organic Tropic Oil with fruit and ice. Note, only add Tropic Oil if you are going to blend in a blender.
- You can substitute a meal with 4 tablespoons Nutrition Now Meal Option mixed with rice milk, almond milk or juice.
- Pre dinner green drink same as morning green drink.
- Take 1 Master Amino complex for every 25 lbs. body weight 30 minutes prior to exercise. If not going to exercise in a day, take first thing in the morning.
- Take 2 capsules Control prior to any fatty meal or any time you feel you need appetite control.
- If you are not eliminating at least twice daily, take 2 tablespoons of Daily Fiber Blend with juice or water 1 hour prior to bedtime.
- Take 2 tablespoons Apothe Cherry with 2 teaspoons of Aloe Vera concentrate mixed in 8 oz of water prior to bedtime.

## 7 Step Rotation Diet

The following protocol was developed and used by David Sandoval with 800 lb. "Tiny" Manny Yarbrough. Tiny lost 200 lbs. rotating between the solid food days and liquid days. Many others have jump started their weight loss plan by following the solid day, liquid day rotation for 1 or more weeks. Before starting on any weight loss plan, consult your physician.



## 7 Step Rotation Diet

### Solid Food Days

<b>1</b>	8:00am – Blend 2 tbs. Organic Kamut Blend and 1tbs. Carrot Juice Plus, together with 1 tbs. Aktivated Barley, mix well. Take 5-10 Master Amino*
<b>2</b>	10:00am – Either 2 hard boiled eggs or 2 eggs fried in virgin coconut oil, plus 2 pieces lean turkey bacon and 1.5 cups watermelon. Start with watermelon.
<b>3</b>	12:00 noon – Smoothie with 1.5 cups fresh/frozen fruit, 2 tbs. Vanilla Meal Option, Aktivated Barley or Rice Bran Solubles , 1 tbs. Coconut oil, water, NO JUICE!
<b>4</b>	2:00pm – Large mixed vegetable salad with 4 tbs. Of approved dressing.
<b>5</b>	4:00pm – Green smoothie with 5 grams spirulina, 1 cup fresh apple, or fresh pineapple, 2 tbs. Nutrition Now Meal Option, ice.
<b>6</b>	6:00pm – Cabage stew or chili bean stew. All you can eat until 8:00pm.
<b>7</b>	Before Bed – 2 tspn. Aloe Vera and 2 tbs. Apothe Cherry Drink blended with water 30 mins.

- Note: Workouts must begin 20 minutes after taking 6-10 Master Amino. Workouts should last for 1.5 hour durations or two 45 minute durations per day.
- Drink at least ½ your body weight in ounces of water everyday.



## 7 Step Rotation Diet

### Liquid Days

<b>1</b>	9:00am – Mix 2 tbs. Organic Kamut blend, 1 tbs. Carrot Juice Plus, 2 tbs. Activated Barley, into 20 oz water, also take 5 Master Aminos.
<b>2</b>	11:00am – Meal Option fruit smoothie with 1.5 cups watermelon, 2 tbs. Vanilla Meal Option, Aktivated Barley or Rice Bran Solubles, 1 tbs. Coconut oil, Ice, water, NO JUICE!
<b>3</b>	1:00pm – Green smoothie with 5 grams spirulina, 1.5 cups fresh or frozen blueberries, strawberries, raspeberries, cherries, or pomegranites, plus 2 tbs. Nutrition Now Meal Option.
<b>4</b>	3:00pm – Fruit smoothie with 2 tbs. Vanilla Meal Option, Rice Bran Solubles or Aktivated Barley, 1 tbs. Coconut oil, Ice, water. Optional: Apple or Pineapple. NO JUICE!
<b>5</b>	5:00pm - 2 tbs. Green Kamut blend, 1 tbs. Activated Barley, 1 tbs Rice Bran Solubles mixed with 20 oz water.
<b>6</b>	7:00pm – Daily Fiber Blend smoothie. Blend 3 tbs Daily Fiber Blend, 14oz water, 1 cup fresh pineapple, or unfiltered apple or pineapple juice to taste, with ice until smooth.
<b>7</b>	Before Bed – 1 tspn. Aloe Vera and 2 tbs. Apothe Cherry Drink blended with water 30 mins.

- Each day you can also drink up to 0.5 gallons of fresh brewed green tea, sweetened with agave syrup.
- Drink at least ½ your body weight in ounces of water everyday.