

Weight Loss Pack

Losing weight is safe, easy, and healthy for your body when you use the PHP Weight Loss Pack. It is designed to satisfy your body's need for energizing nutrients while providing blood glucose stability and giving your body control over fattening carbohydrates and sugars. Our simple 3-step diet plan will have you feeling better than you have in years, while you shed pounds and inches. This plan is for anyone who wants to lose between 10 and 20 lbs in as little as 90 days while detoxifying their body, beautifying their skin, and energizing their mind.

What you get:

Tool 1: [Organic Kamut Blend™](#) 90 gm.

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 Rhesus. Each and everyday, you will use Organic Kamut Blend™, an amazing green juice extracted from the leaves of an ancient Egyptian variety of wheat, a rare wheatgrass juice with a mild yet powerful effect. Blended with organic oat and alfalfa grasses. *How to use: Take one scoop (2 tsp) mixed in 6-12 oz of water, aloe, carrot, apple, or other vegetable juice, two times a day, best taken on an empty stomach. Shake or mix well.*

Tool 2: [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 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. *How to Use: Mix 1 rounded tbsp. (10 grams) with 6-12 oz of your favorite juice, milk, smoothie or green drink. Shake or mix well.*

Tool 3: [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- Green Tea extract, Nopal, American Ginseng, and White Kidney Bean Extract- 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. *How to use: Take 2 capsules 3 times per day prior to meals with 8 oz of water or take 2 to 3 capsules prior to any fatty meal or dessert followed by 8 oz of water.*

Suggestions on how to use the Weight Loss Pack:

1. Be sure to drink half your weight (in ounces, of course) in pure water everyday! *Please note: green drinks, juices, teas, etc. do not count toward this ratio.*
2. **Within 60 minutes of waking up-** mix one tbsp. of ***Aktivated Barley*** with two tsp. of ***Organic Kamut Blend™*** in 12oz of water, apple, and/or carrot juice- shake up or stir vigorously until powdered juice is thoroughly dissolved (shake or swirl around glass periodically while drinking as contents will start to settle at the bottom). Sip slowly; circulate around your mouth- swish around gums and inner cheeks with tongue till completely gone.
3. **Two hours later-** eat two pieces of raw fruit or 3 cups of fresh watermelon.
4. **Exercise for at least 20-60 minutes each day.** Try Deep knee bends, jumping jacks, jogging in place, sit-ups, biking, hand weights, etc.
5. **Half an hour to an hour before lunch-** Take 2-3 ***Control™*** capsules.
6. When eating lunch, try not to drink too much (for better digestion) and be sure to chew your food very well- ‘bless each bite’! *Most of the digestion should occur in the mouth so it can be moved efficiently through all the proper channels of the body.*
7. **Three hours later-** drink 12-16 oz of water with two tsp. of ***Organic Kamut Blend™***.
8. **1 ½ to 2 ½ hours later-** Take 2-3 ***Control™*** capsules.

9. **Eat dinner ½ hour later.** Dinner suggestions: *You can have leafy green salads with minimum dressing (no croutons or bread) and vegetable or free-range chicken soup without noodles. Preferably cabbage, onion, celery, and other veggies, plus oily fish broiled or poached (salmon, mackerel, etc.) Avoid processed foods and get natural and/or organic food in your diet as often as possible!*
10. **After dinner cravings?** Wait at least three hours after dinner then try tea, watermelon, organic air-popped corn with sea salt (use Coconut oil if possible), or all-natural, organic applesauce.

When following this regimen you should expect to lose approximately 5-15 lbs month, if you increase the exercise to 40 minutes walking or biking daily and 20 minutes weight or resistance training, this could increase weight loss dramatically. Most importantly it will be great for your heart, mind, body, and spirit. What are you waiting for? Get started today!

This information should be shown to your doctor and discussed as an integrative solution to or possible lifestyle Support for the mentioned conditions. Always seek the advice of a licensed qualified physician with an Understanding of integrative therapies.