

FAT LOSS FAST START

Weight-Loss Type A



TYPE **A**

Welcome

Welcome to **The RealDose® Fat Loss Fast Start Program: Weight-Loss Type A**

I'm really happy that you've taken action to learn your personal Weight-Loss Type ...

Because just this one piece of information gives you a HUGE head start with your weight-loss efforts.

What's interesting about most Type A people — with a low adiponectin level ...

Is that there's ALSO a tendency for THREE other weight-loss hormones to be out of balance in your body at the same time:

1. Ghrelin
2. Insulin
3. Cortisol

It's something I like to call the Type A “Domino Effect.”

And it can wreak havoc on your weight-loss efforts — AND your health.

Although you may have been frustrated in your attempts to lose weight and get healthy in the past, this time will be different. Because this plan combined with Weight Loss Formula No. 1 will address your core issue as a Type A (low adiponectin level) as well as the Domino Effect mentioned above.

Most importantly, by following a plan specifically made for you as a Type A person, you will be able to avoid the mistakes you unknowingly made in the past, and finally be on the fast track to success.

So let's get started!

A handwritten signature in blue ink that reads "Steven Siskind, M.D." The signature is fluid and cursive, with the first name "Steven" being the most prominent.

Steven Siskind, M.D.

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1

Why Losing Weight Is So Hard

*Priming your body to release excess fat starts
with balancing your fat-regulating hormones.*

— Steven Siskind, M.D.

The Science Behind Type A's Stubborn, Hard-to-Lose Fat

Based on the results of your survey, an important reason for your difficulties appears to be a low level of the fat-burning hormone called adiponectin (thus the name “Type A”). When your level of adiponectin is low, you more easily store excess fat. And reducing fat is difficult at best.

The other thing you need to worry about is the Type A “Domino Effect,” a group of related hormonal imbalances that can only deepen your frustration. Because if you’re a Type A person and you’re overweight ...

- Your hunger hormone ghrelin may be too high (so you’re always hungry).
- You have some degree of blood sugar imbalance, making it difficult to burn fat for energy.
- Your stress level is causing your body to crank up cortisol production, creating stubborn belly fat.
- You’re consuming more calories than your body is burning.

That’s the bad news. The good news: It’s correctable. And it doesn’t take years to fix.

When you get rid of the foods that aggravate these factors, exercise right for your type, make certain lifestyle changes, and add certain superfoods ... you will be on your way to getting results fast, while feeling great!



2

Weight-Loss Type A: 10 Winning Moves



Follow these 10 Type A winning moves to increase adiponectin and jump-start your way to becoming a fat-burning machine.

— Steven Siskind, M.D.

Here are 10 key things you, as a Type A person, can do right now to help jump-start your way to increasing your adiponectin level and becoming a fat-burning machine. The closer you follow them, the faster you'll lose weight.

Every one of these winning moves will help increase your adiponectin level, so low levels of this fat-burning hormone will no longer be a barrier to your success.

Here are the 10 Winning Moves for Weight-Loss Type A:

1. Boost Your Intake of Monounsaturated Fats

Choose a diet rich in monounsaturated fatty acids. This includes foods such as olives, avocados, canola oil, many nuts and seeds, among others.

Monounsaturated fatty acids help activate something called your peroxisome proliferator-activator receptor gamma (PPAR γ). This is a good thing because the activation of PPAR γ has been directly found to increase adiponectin levels.

In one trial consisting of 164 adults, the consumption of a diet rich in monounsaturated fatty acids (21% of total calories) for six weeks was associated with a **significantly higher adiponectin level** than either a carbohydrate-rich or protein-rich diet (Yeung 2010).

And in another study, researchers found that following a diet rich in monounsaturated fatty acids prevented central fat redistribution, the decrease in adiponectin gene expression, and insulin resistance induced by a carbohydrate-rich diet (Paniagua 2007).

RealSuccess Tip

Eat most of your fat calories as monounsaturated fats. Try these swaps to replace foods with artery-clogging saturated fats with heart healthy monounsaturated fats:

- Choose olive oil instead of butter
- Choose guacamole or hummus instead of cheese
- Choose almond butter instead of cream cheese
- Choose seafood instead of high-fat cuts of red meat.

When it comes to red meat, think of it as a condiment rather than as the center of your meals. Learn more about choosing the right fats on page 15 (Rule #1: Eat the Right Fats).

RealSuccess Tip

Adding foods rich in monounsaturated fats to your daily meal plans is easy when you know what to look for. Here is a list of common sources to consider along with the amount of monounsaturated fats per serving.

A word of caution: All fats contain 9 calories per gram, so calories can add up quickly. The key is to replace unhealthy fats and select reasonable portions such as those listed below. Enjoy, but don't overdo it.

Nuts (2 tablespoons; about 100 calories)

Macadamia nuts	10 g
Hazelnuts or filberts.	7 g
Almonds.	6 g
Pecans, chopped	6 g
Peanuts, oil-roasted	5 g
Cashews, oil roasted.	4 g
Brazil nuts, dried.	4 g
Pistachios, dry-roasted	4 g
Pine nuts	3 g
Walnuts	2 g

Seeds (1 tablespoon; about 50 calories)

Sesame seeds	2 g
Pumpkin and squash seeds	1 g
Sunflower seeds, kernels	1 g
Flaxseed (ground)	1 g

Seafood (about 3 oz, cooked)

Halibut	7 g
Mackerel	6 g
Herring	4 g
Tuna, light, canned oil.	3 g
Salmon, wild	2 g

Oils (1 tablespoon; about 120 calories)

Avocado oil	10 g
Olive oil	10 g
Almond oil	10 g
Canola oil	8 g
Sunflower oil	8 g
Peanut oil	6 g
Sesame seeds	5 g
Flaxseed oil	3 g
Safflower	2 g

Other (see serving sizes below)

Almond butter (2 tablespoons)	10 g
Peanut butter (2 tablespoons)	7 g
Pork loin (3 oz, backribs/bone-in)	7 g
Lamb (3 oz)	2 g
Pork, ham, cured (3 oz)	2 g
Eggs (1 large)	2 g
Avocado, cubed (2 tablespoons)	2 g
Olives, ripe (2 tablespoons)	1 g
Hummus (2 tablespoons)	1 g
Soybeans, roasted (2 tablespoons)	1 g

Source: USDA National Nutrient Database for Standard Reference, Release 27. Available at: ndb.nal.usda.gov 

2. Eat Like a Mediterranean

Choosing a healthy diet rich in plant-based foods, dietary fiber and ocean fish (and especially, nuts and whole grains) is associated with maintaining a higher adiponectin level.

In a prospective and cross-sectional evaluation, women who closely followed a Mediterranean-type diet experienced a 23% increase in adiponectin (Mantzoros 2006).

Even better, a Mediterranean diet includes lots of the monounsaturated fatty acids mentioned in Winning Move #1, so these two moves work perfectly well in tandem.

3. Supplement With Vitamin D

Low vitamin D and adiponectin levels are both associated with obesity and cardiovascular disease.

In a cross-sectional analysis consisting of 1,645 adults, researchers found that higher vitamin D levels were independently associated with higher adiponectin levels in large populations of women and men (Vaidya 2012).

I recommend taking a daily vitamin D supplement containing at least 1,000 IU per day. Our body is also able to make vitamin D with the help of the sun. However, unless you live in the south and spend a fair amount of time outdoors or consume lots of vitamin D-rich foods such as fortified products and fatty fish, vitamin D supplements are a good choice to ensure you are getting sufficient amounts of this important vitamin.

4. Choose High-Intensity Endurance Exercise

Although all high-intensity cardiovascular exercise is good for you, if you want to increase adiponectin you are going to do cardio in a specific way.

RealSuccess Tip

Follow these four guidelines and you'll be eating like a Mediterranean in no time:

Focus on plant-based foods

The Mediterranean diet is filled with colorful vegetables and fruits, whole grains, beans and legumes, nuts and seeds, and olive oil.

Fresh is best

Visit your local farmers market to get the freshest ingredients around. You will be glad you did and your stomach will thank you. And while you are at it, enjoy a leisurely walk ... as activity is a big part of a Mediterranean lifestyle.

Flavor with herbs and spices

Flavorful spices such as basil, cilantro, rosemary, garlic, thyme and oregano take center stage in the Mediterranean diet.

Choose fish more often

Fish is enjoyed a few times a week in a typical Mediterranean diet, while red meat is seen as a condiment.

Make mealtime enjoyable

Great conversation and sharing savory meals is as much a part of the Mediterranean diet as the food itself. Enjoy!

RealSuccess Tip

Don't overestimate the calories you burn during exercise.

Although exercising does allow you to eat a little more, most people overestimate the amount. Try not to fall into this fat trap — exercising is not an excuse to make every meal a cheat meal!

First, you are going to work out at a specific heart rate. Second, you are going to do this for 45 minutes. Third, you are going to do this 4 days a week.

You want your heart rate to be between 75%-80% of maximum. Compute maximum heart rate by subtracting your age from 220. So, if you are 50 years old, your target heart rate would be between 127 and 136.

If you are out of shape, you will find you reach your target heart rate very quickly. When this happens, slow your pace down dramatically until your heart rate drops down into range.

Most gyms have equipment that measures your heart rate, and most sporting goods stores have inexpensive and accurate heart rate monitors for under \$50.

5. Add Some Resistance Training to Your Exercise Program

In addition to your 4 days a week of high intensity-endurance exercise, you are going to add 1 day a week of resistance training. As a Type A, this will help increase your adiponectin level even more while adding the kind of lean muscle mass that will give you a tighter slimmer look.


Simply work with your main body parts: legs, chest, back, shoulders. You will do 3 sets of 10-15 repetitions for each body part for a total of 12 sets. Once you are able to do more than 15 repetitions for any exercise on the first set, increase the weight to where you can only do 10.

RealSuccess Tip

Sneak in activity whenever you can.

Park a little farther away in the parking lot, use the stairs instead of the elevator, hide the remote control. These things add up!

When done correctly, strength training will tighten and sculpt your muscles and help burn away excess body fat. And contrary to what you might think, strength training will not make you bulky — it will actually make you firmer, shapelier and more toned.

If you've never done strength training before, consider watching [Exercise is Medicine™ — Keys to Exercise – Strength](#) . This is a five-minute video, available on YouTube™ and developed by the experts at the American College of Sports Medicine, one of the world's leading sports medicine and exercise science organizations.

Now you might be concerned that when you combine this with high-intensity endurance training mentioned in Winning Move #5 that you simply won't have time.

So here is a trick ... you can use your resistance training day to replace one of your high intensity cardio days. Just make sure to take only 60 seconds between your sets and you will get the same results as high-intensity cardio workout.

6. Don't Smoke

According to a systematic review of 11 studies (Kotani 2012), smokers had lower adiponectin levels compared to non-smokers, never-smokers and former smokers, with an possible dose-response relationship.

In another study (Takefuji 2007), men who quit smoking for more than 20 years and women for more than 10 years had an adiponectin level similar to that observed in non-smokers.

As if you didn't already have reason.


7. Say Yes to a Cup of Coffee

Regular coffee intake has been associated with elevated adiponectin levels in both young women and Japanese men (Murakami 2013; Imatoh 2011).

It is also important you don't over do the coffee. I recommend one or two cups a day for my Type A clients.

8. Get a Daily Dose of Fish Oil

A systematic review of the literature (Wu 2013) consisting of 14 randomized, placebo controlled clinical trials found that fish oil also increases adiponectin levels. The median dose of omega-3 (EPA+DHA) was 1.3 grams per day and the median duration of treatment was 8 weeks (range 3 weeks to 156 weeks).

Of course, fish oil provides a multitude of other health benefits, which is just one reason why we created a [superior fish oil](#)  , that provides 2.4 grams of omega-3 fatty acids a day.

9. Use Ayurvedic Wisdom Backed by Modern Science

Consume the extracts of two plants that have been used for centuries in Ayurvedic medicine: Piper betle leaf and Dolichos biflorus seed.

When taken at the appropriate real dose (300 mg, 3 times a day), a precise blend of these extracts is clinically proven to boost adiponectin levels by 15.3%.

In fact, in a recent double-blind, placebo controlled study ...

Overweight people who took the real dose of this herbal blend lost over twice the amount of weight compared to those taking a placebo, while following an identical 2000-calorie-a-day diet.

Think about that, people lost twice the weight.

For Weight Loss Type A people, this is one of the most exciting, straight-forward ways to “kick start” your adiponectin level ...

As you might be aware, this is the exact dose contained in Weight Loss Formula No. 1.

Simply take WLF1 three times a day to put this fat-burning advantage to work for you.

RealSuccess Tip

As a Type A, you'll want to make sure you include high-quality oils into your diet. So, along with monounsaturated fats, choose foods rich in omega-3 fatty acids. These include eicosapentaenoic acid (EPA) and docohexaenoic acid (DHA) found in fish oils and alpha-linolenic acid (ALA) found in certain plants, nuts and seeds.

While the body has the ability to convert ALA into EPA, it's limited, so focus on getting an optimal intake of EPA and DHA for maximum health benefits.

Don't forget, **Super Critical Omega-3 TG** provides 2.4 grams of EPA and DHA in each daily serving.

Good Sources of EPA and DHA

Mackerel, 3 oz 3.9 g

Super Critical Omega-3 TG. 2.4 g

Salmon, Sockeye, 3 oz 2.1 g

Herring, Atlantic, 3 oz. 1.8 g

Sablefish, 3 oz 1.5 g

Salmon, Chinook, 3 oz. 1.5 g

Sardines, canned in oil, 1 cup. 1.5 g

Tuna, Bluefin, 3 oz 1.3 g

Salmon, Coho, wild, 3 oz 1.2 g

Halibut, 3 oz 1.0 g

Halibut, Greenland, 3 oz 1.0 g

Tuna, white, canned in water, 3 oz. 0.7 g

Shrimp, 1 cup 0.7 g

Crab, Alaska King, 3 oz 0.4 g

Good Sources of ALA

Flaxseed oil, 1 tablespoon. 7.3 g

Chia seeds, 1 ounce 5.1 g

Canola oil, 1 tablespoon. 1.3 g

Walnuts, chopped, 2 tablespoons 0.4 g

Source: USDA National Nutrient Database for Standard Reference, Release 27. Available at: ndb.nal.usda.gov 

10. Stay The Course


Losing excess weight by itself can significantly improve your adiponectin levels. So, staying committed to your diet plan is especially important for Type A's.


Of course, the best time to lose weight is now. Right now. But, let's face it, the motivation to shed those extra pounds tends to ebb and flow. To help you get through those times when your inner cheerleader is no where to be found, consider this practical tip:


- Write a list of all the reasons you want to lose weight.
- Place your list in your wallet.
- When motivation is low, take out your list and give it a quick review.


It only take a few seconds to review your reasons to be a leaner, more fit you. Yet, it may be just the necessary boost to get you back on track. Remember, these are the reasons that count. They are the real motivation behind your decision to lose weight and the only true inspiration that will help you stay the course. Keep them top of mind!


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3

10 Fat-Burning Food Rules to Counter the Type A Domino Effect

*What you eat can have a profound effect on your
body's natural anti-inflammatory response.*

— Steven Siskind, M.D.

Now that you know the 10 Winning Moves that specifically address your low adiponectin level, it is important you understand how to avoid the Type A Domino Effect.

A big factor in balancing your other fat-controlling hormones is controlling something called inflammation.

You're probably already familiar with one type of inflammation. It's what happens when you cut yourself slicing onions. The injury triggers a cascade of events that bring more blood cells to the area to help it heal. The increased blood cells and fluid make the tissue become red, warm, swollen and painful — what we normally think of as inflamed.

But there's another type of inflammation within cells. When this inflammatory response is activated, a wide range of inflammatory proteins is produced in the cells, which disrupts hormonal signaling and causes pro-inflammatory compounds to continue to circulate at a low level.

The result: chronic, low-grade inflammation and unbalanced fat-controlling hormones.

What you eat — or don't eat — can have a profound effect on this process. The typical Western menu, full of packaged foods, sugary snacks and corn-fed meat, promotes this type of harmful inflammation. On the other hand, certain foods can actually help balance the body's natural anti-inflammatory response.

Reducing inflammation will help prevent the Type A Domino Effect, accelerate your weight loss and help you feel terrific.

Here are your 10 Food Rules for fighting chronic, low-grade inflammation and combating the Type A Domino Effect:

Rule #1: Eat the Right Fats

Don't be afraid of fats. Healthy fats are actually essential for weight loss and keeping your hormones in balance. Healthy fats also play a big role in brain health and in the quality of your mood. And we all know that mood plays a big role in our eating decisions!

Eat more omega-3 fats

One of the building blocks of pro-inflammatory (read: bad!) compounds is a type of long-chain omega-6 fatty acid. Omega-6s are a form of essential fatty acid found in safflower, soybean and corn oils and contained in many processed snack foods, such as cookies. They're also in the fat of corn-fed animals such as chickens.

Omega-3 fatty acids, on the other hand, which are found in olive oil, walnuts and wild cold-water fish such as salmon, can actually help your body work in an anti-inflammatory (read: good!) way. While we require both omega-6s and omega-3s, we need them in about a 4-to-1 ratio. With the proliferation of processed foods and the increased use of corn and similar oils, the ratio in the United States has increased to about 20 to 1.

To combat this, you must increase your ratio of omega 3s to the rest of your fat intake. This will help decrease chronic, low-grade inflammation throughout your body and prime it for weight-loss success.

- Take at least 2,000 mg of high-quality fish oil. (Our product, **Super Critical Omega-3 TG**, delivers more than that if you take it with every meal. See page 40 for more about [Super Critical Omega-3 TG](#).)
- Add flaxseed and chia seeds to your meals.
- Eat fatty fish, such as salmon, haddock, mackerel and others, two times a week.

Add other healthy fats

- Either grill with or add to salads a total of 3 tablespoons a day of olive oil, sesame oil or walnut oil.
- Add some sliced avocado to your meals.
- Include up to two servings of nuts daily, choosing raw, unsalted varieties when possible. Nuts contain healthy fats, protein and fiber, but be aware — the calories can add up fast, so be sure to stick to two servings a day. Here’s a breakdown of serving sizes for common nuts and nut butters:

Serving Size	Nut or Nut Butter
6 nuts	Almonds
2 nuts	Brazil nuts
6 nuts	Cashews
5 nuts	Hazelnuts
3 nuts	Macadamia nuts
6 nuts	Mixed nuts
1½ teaspoons	Nut butter, preferably almond (trans-fat free)
4 halves	Pecans
16 nuts	Pistachios
1 tablespoon	Pine nuts
4 halves	Walnuts

Limit saturated fats and cholesterol

- Read labels and stay away from processed foods high in saturated fats.
- Limit butter and cream. When you do use them, choose products from grass-fed cows.
- Avoid margarine and shortening. These not only contain saturated fats, but the most damaging kind: trans fats (discussed below). If you need a hard fat for cooking, choose coconut oil (up to one tablespoon per day). Unlike most animal-based saturated fats, the saturated fats in coconut oil have a more neutral effect on blood cholesterol.
- Choose non-fat or low-fat sources of yogurts, cheeses and meats.
- If you eat beef, choose only grass-fed varieties. Grass-fed beef has less saturated fat than grain-fed beef. The fat profile of grass-fed beef is also surprisingly healthy, including significantly higher amounts of omega-3 fatty acids and conjugated linoleic acid (CLA). Consuming an optimal amount of CLA has been shown to help you retain lean muscle as you reduce body fat.
- Healthy people can enjoy an egg a day. Limiting your daily intake to no more than one whole egg helps control your daily cholesterol intake. If cholesterol is a concern, choose egg whites only more often, as all the cholesterol is in the yolk.

Avoid trans fats

- These artificial fats are produced as a result of a food-processing technique called hydrogenation. This process stiffens the chemical backbone of liquid oils so they remain solid at room temperature. It's no surprise that almost all of the trans fats in the American diet come from the partially hydrogenated vegetable oils found in processed foods—margarines, vegetable shortenings, crackers, biscuits, donuts, cookies, cakes and a wide variety of other processed foods. Trans fats are dangerous in dozens of ways, among them wreaking havoc on your hormonal pathways, promoting inflammation, expanding your waistline and increasing your risk of heart disease.

Rule #2: Eat the Right Carbohydrates

Rather than focusing on “low-glycemic versus high-glycemic” or “simple versus complex,” focus on the fiber and nutrient content of carbohydrate-containing foods. Your goal is to eat at least 35 grams of fiber every day. Some tips to get there:

Eat at least five to six servings of vegetables per day

The best sources of quality carbohydrates that give you energy without expanding your waistline are vegetables. Eat at least five to six servings every day. One serving is about one cup of raw vegetables or one-half cup of cooked vegetables. A good rule of thumb: Fill at least half your plate with vegetables at every meal.

Liberally use onions and garlic every day to season your food. These foods are highly anti-inflammatory, and they help increase adiponectin levels.

Enjoy as many of these vegetables as you like:

Arugula	Radicchio	Squash, winter (acorn, butternut)
Okra	Cauliflower	Garlic
Asparagus	Radishes	String beans
Onions	Celery	Kale
Bean sprouts	Scallions	Swiss chard
Parsley	Chives	Leeks
Bok choy (Chinese cabbage)	Sea vegetables (including seaweed)	Tomatoes
Peas	Collard greens	Lettuce
Broccoli	Spinach	Turnip greens
Peppers (red, yellow or green)	Eggplant	Mushrooms
Brussels sprouts	Squash, summer (zucchini, yellow)	Watercress
Purslane	Endive	Mustard greens
Cabbage		

RealSuccess Tip

By following Rule #2, you will be eating quality carbohydrates that can fuel even the most intense weight-loss efforts. Every day, aim to:

- Eat at least five servings of vegetables
- Eat at least one serving of cruciferous vegetables
- Eat two to three servings of anti-inflammatory fruits
- Eat at least one serving of dried beans
- Avoid empty sweeteners
- Limit cereals and grains to no more than one serving
- Avoid “white” processed carbohydrates

At least one of your veggie servings should be cruciferous vegetables

- Common vegetables in this group include broccoli, cauliflower, cabbage, kale and Brussels sprouts. These vegetables are not only rich in fiber and other nutrients, they also contain sulforaphane, a phytonutrient that revs up the liver's production of enzymes that help detoxify the body.
- Aim to eat at least one serving daily, but don't hesitate to enjoy more as part of your daily vegetable intake.
- Eat two to three servings of fruits per day; choose anti-inflammatory fruits more often
- For your daily fruit intake, choose at least half (preferably all) of your fruits from the list below. These fruits are naturally rich in anti-inflammatory compounds.

Blackberries

Concord grapes

Red grapes

Cherries (sweet)

Raspberries

Blueberries

Pomegranate

(black or red)

Elderberries

Black currants

Black plums

Strawberries

Cranberries

- A serving of fresh or frozen fruit is no bigger than a tennis ball, so don't overdo it. Fruits naturally contain fructose, a form of sugar that works differently in the body than other sugar types. Our bodies can't use it directly for energy, so it gets turned into fat more quickly than even simple table sugar. Also, unlike table sugar, fructose doesn't provide a signal to your brain that you're full. So not only are you more likely to turn fructose into fat, you're also more likely to finish all your dinner, your spouse's dinner and then polish off dessert without feeling full.
- Many anti-inflammatory fruits are available as concentrates. Blueberry, cherry or pomegranate concentrates are ideal for marinades, salad dressings, smoothies, yogurts and other recipes. Just don't forget to count them in your daily fruit intake. Each tablespoon of fruit concentrate equals one serving of fruit.
- Enjoy fresh lemons and limes as much as you like. They not only aid digestion, they also support immune health and provide antioxidant support.
- Divide your daily fruit intake throughout the day. Too much fruit at once can create spikes in your blood sugar level that can be detrimental to your weight-loss efforts.

Eat at least one serving of dried beans a day

These include navy beans, black beans, pinto beans, kidney beans and other dried beans. Make sure they are unsweetened and not refried. You can eat up to six servings a day if you need more energy. One serving is one-half cup cooked.

Limit grains to no more than one serving per day

When you do eat grains, pick those as close to their natural state as possible. True whole grains like barley, brown rice, buckwheat, millet, steel-cut oats, wild rice and quinoa (a pseudo-grain) contain the entire seed (kernel), which not only provides carbohydrates but also fiber, vitamins, minerals and other nutrients.

Avoid products that contain overprocessed, highly refined cereals and grains. These packaged products may claim to be whole grain, but in reality are devoid of their nutrient-rich benefits. They are also typically loaded with added sugars and fats. (Packaged breakfast cereals are among the worst offenders.)

One serving of whole grains ranges from one-third to one-half cup cooked, as listed below:

Serving Size	Cereal or Grain
⅓ cup	Barley, cooked
⅓ cup	Brown rice, cooked
½ cup	Buckwheat, cooked
⅓ cup	Millet, cooked
½ cup	Oats, steel cut, cooked
⅓ cup	Quinoa, cooked
½ cup	Wild rice, cooked

Avoid empty sweeteners

These include honey, table sugar, high-fructose corn syrup and agave. Instead, use natural sweeteners like stevia, xylitol or pomegranate, cherry and blueberry juice concentrates. (Though again, don't forget to count them as a fruit serving.)

Avoid white carbohydrates

Highly processed carbohydrates are commonly called “white” carbohydrates. White bread, white flour and white rice top the list. Even the so-called “multi-grain” or “whole grain” pastas, breads, tortillas, cereals and other starchy foods can contain some of these over-processed carbs. And because these carbs have been stripped of beneficial nutrients, including dietary fiber, they provide nothing more than empty calories that can spike your blood sugar and derail your dieting efforts. White potatoes, while not processed, can also spike your blood sugar.


But don't panic: You can still enjoy the occasional pasta or bread, you'll just be doing it at your weekly cheat meal. (We'll discuss that later!)

Rule #3: Eat Enough Protein to Protect Lean Muscle Mass

Eat at least 10 grams of protein for every 25 pounds of body weight.

This means if you weigh 200 pounds, you need at least 80 grams of protein per day. If you weigh 150 pounds, you need at least 60 grams, etc.

Choose protein from healthy sources

Low-fat dairy, fish, lean meats and vegetables—yes, vegetables—are all good sources of protein! And, if I might add, a protein-rich shake made with our product, **RealMeal GF**, is an ideal way to boost your daily protein intake. It's also a flavorful base for a healthy smoothie to energize your morning, calm your nighttime routine or just take pleasure in a special treat. (See page 40 for more about [RealMeal GF](#) )

Include at least 20 grams of protein at every meal

This will help you control your appetite until your next meal and make sure you get enough total protein to protect your lean muscle mass while dieting.

RealSuccess Tip

By following Rule #3, you will be eating enough protein to preserve lean muscle as you lose fat, and to control hunger and curb food cravings.

- Eat at least 10 grams of protein for every 25 pounds of body weight
- Choose protein from healthy sources
- Eat at least 20 grams of protein at every meal

Rule #4: Eat These Super Spices

I encourage you to use spices of all kinds, but use these super spices every day if you can:

Basil

Cilantro

Parsley

Cardamom

Cinnamon

Turmeric

Cayenne

Ginger

Curry can be a great source of several of these spices, so feel free to add it to your vegetable soups or meat dishes.

Super spices like these offer a variety of health benefits, including helping to increase adiponectin, balance blood sugar and control inflammation.

Rule #5: Avoid All Artificial Sweeteners

The research is becoming clear: Artificial sweeteners like aspartame and sucralose mimic the same insulin response as natural sugars. A better option is a stevia extract, derived from the stevia plant. Another is xylitol, a sugar alcohol that naturally occurs in many plants. Use these in moderation.

So instead of reaching for a diet soda, try a glass of seltzer with a splash of pomegranate juice concentrate. Or rather than spooning aspartame into your tea, sprinkle in some stevia or xylitol.

Rule #6: No More Than Two Cups of Coffee a Day

As a Type A, you now know that drinking a cup of coffee or two will help raise your adiponectin level. However, too much caffeine can not only cause nervousness and irritability, but also prevent you from getting restful sleep, which is critical for successful weight loss. After one or two cups, switch to decaffeinated green or black tea.

Rule #7: Make Your First Meal Count

Make sure your first meal of the day provides plenty of protein and fiber, such as eggs with beans. Studies show that the quality of your first meal often influences the rest of the day's eating, so start on the right foot.

An easy way to boost the quality of your breakfast is by including a protein-rich smoothie made with **RealMeal GF**. (See page 40 for more about the benefits of [RealMeal GF](#).)

Rule #8: Create a “Cheat Meal” Once a Week

Whenever you have a craving for something that's not on the program, write it down. Then, once a week, enjoy whatever you want on the list in what I call a “cheat meal.” Go nuts and include your favorites, including dessert.

Don't feel even the least bit guilty. Knowing that you have a little indulgence after a week of serious dieting will help you keep your diet resolve high over the long haul.

Rule #9: Drink More Fluids, Especially Water

Getting enough fluids, especially water, not only helps keep you fully hydrated, it also keeps your metabolism humming on high gear. Aim for a total daily fluid intake of at least 9 cups for women and 13 cups for men. This includes not only water, but tea, coffee, milk and other beverages as well.

Drinking 16 ounces (2 cups) of chilled water 30 minutes before each of your main meals has been shown to dramatically improve weight-loss success. Since you'll already be drinking one cup of water with your **WLF1** supplement before your meals, adding one more shouldn't be too difficult.

Rule #10: Don't Drink Empty Calories

Avoid fruit juices, which add extra calories for little nutrition, and regular sodas, which are nothing more than liquid sugar.

The Bottom Line

By following these 10 Food Rules while focusing on your winning moves to increase your adiponectin level ... you will help support a healthy inflammation response and ensure you don't fall victim to the Type A Domino Effect:

1. High Ghrelin Level
2. Insulin Imbalance
3. Elevated Cortisol

In addition, Taking **Weight Loss Formula No.1** three times a day will also counteract the Domino Effect. This is because the ingredients in this formula directly balance the hormones mentioned above.

It turns out that the same blend of Piper betle leaf and Dolichos biflorus seed contained in WLF1 that raise your adiponectin level ... can also help LOWER your ghrelin level ...

In fact, clinical research has shown the same blend of these extracts can also lower your ghrelin level by 20.8% ...

Now, when it comes to insulin, Weight Loss Formula No.1 contains another natural extract.

This extract comes from a special decaffeinated green coffee bean from Madagascar called *Coffea canephora*. This particular coffee bean contains powerful weight-loss substances known as chlorogenic acids.

And this same coffee bean extract with its chlorogenic acids has been clinically proven to promote fat loss -- without unwanted side effects.

In a double-blind, placebo controlled study ... people who took a specific *Coffea canephora* extract at the Real Dose lost more than TWICE the amount of weight as the placebo group while following an identical diet.

Researchers believe this action is due to the chlorogenic acids and their ability to alter glucose metabolism, possibly by inhibiting both sugar absorption in the small intestine and backup sugar production by the liver.

And not only that ...

This ingredient helped them lose fat while KEEPING muscle ... Improving their muscle-to-fat ratio by 4.1% versus 1.6% for the placebo group ...

And lastly, when it comes to cortisol, there's an herb from Siberia called Rhodiola rosea. This herb has a centuries-long track record as a safe, effective, natural stress-reliever.

In fact, research has shown that when taken at 340 mg a day, Rhodiola rosea extract has a powerful anti-anxiety effect. This dramatically reduces one of the biggest contributors to stress in your body.

And less stress means lower cortisol. And maintaining a lower cortisol level means you no longer have that hormonal barrier to weight loss.

This is why it is so important that you take **Weight Loss Formula No.1** every day, three times a day before meals. If you give this formula 90 days to help balance these fat-controlling hormones ... you can expect to see a difference.

And by combining your 10 Type A Winning Moves with the 10 Food Rules to counter the Type A Domino Effect ... your chances of finally losing excess weight are far better than ever before.





4

Applying the Rules

*To maximize your weight-loss success, tap
into your body's natural hunger control.*

— Steven Siskind, M.D.

Now's the time to put the strategies you've learned to use. But I'm not quite done yet. I have a few more quick tricks for you to keep up the weight loss. Here are some you can try today:

Eat slowly

Eating slowly helps you tap into your body's natural hunger control, so you're likely to feel more satisfied on less food. For example, eating slowly helps suppress the stomach's production of ghrelin. This gut hormone sends appetite-stimulating signals to the brain's hunger control center, where it triggers a biochemical cascade that stimulates appetite. If you eat too fast, your brain doesn't get the memo that it's had enough, so it keeps on telling you to pack in the calories. By the time the signal reaches the brain, it's too late. You've already eaten that second helping of pasta. (Not to mention an entire pint of Ben and Jerry's!)

Some strategies that can help shift your eating into slow gear:

- Pay close attention to the taste, texture and smell of every morsel you put in your mouth. Not only will that help slow you down, you'll also enjoy your food that much more.
- Put your fork in your non-dominant hand, or try eating with chopsticks.
- Divide your plate into three sections, and wait at least a minute after eating each section.

Chew each bite at least 15 times. Take a pause. Inhale deeply, sip some water and put down your fork between each bite.

Convenience is your friend

Make things easy on yourself so you've always got something healthy within reach. Don't wait too long between meals. You don't want to be so hungry that your portions or choices are out of control.

- Have hard-boiled eggs ready to go.
- Keep raw nuts around, but be careful to stick to your daily allotment.
- Prepare or buy celery, sliced peppers and carrot sticks, and bring them to work to satisfy the afternoon munchies. Hummus and almond butter are good choices for dipping.
- Always make extra veggies—cooked veggies can last a few days in the fridge. Add them to any meal to bulk it up.
- Make soups that follow the rules, and keep them around for fast meals.
- Grill poultry and lean meat in volume. Make enough to last half a week, then refrigerate and re-heat.

- Keep cottage cheese and non-fat yogurt around at all times.
- Make big salads with nuts, spices, beans, vegetables, non-fat cheeses and lean meats—enough for two days at a time. Use apple-cider vinegar, olive oil and fruit concentrates for dressing.

Restaurant tricks

With your new eating plan you can still eat in restaurants—just remember these simple suggestions:

- Start your meal with a broth-based soup or a green salad with olive oil and vinegar dressing.
- Ask that sauces and dressings be either left off completely or put on the side.
- Beware of descriptions like “succulent,” “velvety” or “juicy.” These evocative words make dishes sound delicious and can make you order something you wouldn’t necessarily have chosen otherwise.
- Request that your food be grilled, steamed or broiled instead of sautéed or fried.
- Swap steamed vegetables for potatoes, pasta or rice.
- Since restaurant portions are typically far more than a serving, as soon as your meal is served, mark off half of it and ask for a box to take it home. Or ask for a lunch portion at dinner, if it’s available.
- Order a bowl of seasonal fresh berries for dessert. It’s a sweet (and healthy) way to end your meal.





5

Track Your Progress

Measuring your progress regularly is one of the simplest ways to stay motivated and keep your dieting resolve high.

— Steven Siskind, M.D.

Study after study on weight loss demonstrates that tracking your progress is essential.

The simple act of consistent measurement and food monitoring will help you lose weight even without a specific goal. Part of the reason is that the act of monitoring your actions and results makes you more conscious of what you do each day. And the first step in making any change is to be aware of your actions.

With that in mind, here's what I'd like you to do:

Snap a photo

Take a picture of yourself today. You may not be thrilled about this right now. But believe me, when you're reaching your milestones later, you'll be happy to have the record of the beginning of your weight-loss journey.

You can do this in a bathing suit, but if that makes you nervous, wear clothes that are form-fitting to show your shape.

Just do it. Put this booklet down, pick up a camera and do it now. You will thank yourself later.

Especially because, as soon as four weeks from now, you will start to see a big difference. With this plan, you could lose over 10 pounds in this period of time and be on your way to reaching your first milestone—and ready for an updated picture.

Weigh yourself

Next, step on the scale. Keep in mind, daily weighing isn't an accurate indicator of your weight-loss progress. Every day your weight can fluctuate, primarily based on water retention. It can be frustrating if you see an increase of one or two pounds from one day to the next. So commit to weighing yourself no more than twice a week for a more accurate—and less frustrating—measure of your progress.

Remember, you'll lose body fat, but you will probably be gaining some lean muscle, which makes you look toned (more on that later). Suffice it to say, even if the scale isn't moving as fast as you'd like, if you're following the plan and taking your **WLF1**, your waistline will be shrinking!

RealSuccess Tip

Become more conscious of what you do each day by monitoring your actions and results, including:

- Take a picture
- Weigh yourself but no more than twice a week
- Take measurements
- Use your clothes as a guide
- Keep a food journal

So first thing tomorrow morning, after going to the bathroom, weigh yourself and write it down. Then do this no more than twice a week.

Take your measurements

As I said, as you burn fat and increase your muscle mass, you may not necessarily see the results on the scale. You've heard that muscle weighs more than fat, right? Well, that's not truly the case—a pound of muscle weighs the same as a pound of fat (one pound!). But the pound of muscle takes up much less room than the pound of fat. As you lose fat and gain muscle, your body will get tighter and smaller.

So an even more accurate gauge of your progress than the scale is measurements of your chest, your waist and your hips. Take them right now and record the numbers. Every two weeks, take your measurements again, and see how the numbers are shrinking.

Use your clothes as a guide

Just as the tape measure will track your progress, the clothes in your closet will assess your shrinking body as well.

Take your favorite pair of jeans. You know ... your go-to pair when you want something comfy. Put them on and see how they fit. Now, every week you're going to put them on again. When you feel them loosen up, you'll know that you're losing inches. By the end of a few weeks, you probably won't even be able to wear them anymore because they'll be falling off!


If you have a pair of skinny jeans left in your closet from the '90s, try those on every few weeks. Before you know it, you'll be sliding right into them. I promise!

Keep a food journal

Finally, keep a journal of your meals. There are many great online trackers you can use and even easier apps for your mobile phone. Get one and use it. A great trick is to take a picture with your smart phone of everything you eat (before you eat it). This will give you a visual log of all your meals. It also sheds light on your overall eating habits, so you won't be able to trick yourself into think-ing you're eating well if you're actually not.

6

Mouthwatering Meal Plans



*Dinner
Lemon shrimp
pasta over kale
4 ounces grilled
shrimp (prepared
with 1 teaspoon
olive oil and 1/2
clove garlic)
1/3 cup whole
grain linguine*

*I've given you seven days of meals so you
have an idea of how to get started.*

— Steven Siskind, M.D.

Menu plans to inspire you


Here you'll find a week's worth of meal plans to jump-start your weight-loss journey. Each daily plan provides about 1,500 to 1,600 calories. For most people, this reduced-calorie level will result in a weekly weight loss of about two pounds, on average. (You will likely lose more weight during the first few weeks as your body adjusts to your new diet.)

These menu plans are only suggestions. You don't have to follow them to the letter. In fact, you don't have to follow them at all. If following a meal plan seems too restrictive, you can follow your own healthy eating plan and just incorporate the suggestions we've already given you. You can also mix and match menus, or you can sub in your own meal whenever you want. I've simply given you seven days of menu plans that follow The 10 Fat-Burning Food Rules (starting on page 14) so you have an idea of how to get started.

Remember, I encourage you to eat a wide variety of vegetables. The menu plans here include at least five servings per day, including at least one cruciferous vegetable (see Rule #2). But you can always add more if you want. Simply select from the list on page 18.

A word about water and other fluids

It's important that you stay well hydrated throughout your day, so drink at least 9 cups (for women) or 13 cups (for men) of fluid every day. For optimal weight loss, it's especially important to drink 2 cups of water before each meal, which contributes to your total daily fluid intake.

All beverages count toward your total daily fluid intake, but it's a good idea to reach for water or seltzer as much as possible. There are plenty of ways to jazz them up if you need some extra flavor. Try adding a splash of cherry, pomegranate or blueberry juice concentrate. Or mix in a spoonful of our powdered drink mix product, **RealReds**, for a delicious berry flavor with a bonus: a phytonutrient boost to help combat chronic, low-grade inflammation. (See page 40 for more about [RealReds](#) )

Sample Meal Plan: Day 1

Up to 30 minutes before each meal: Take your **WLF1** with 2 cups chilled water.

Breakfast

Oatmeal, nuts & berries

½ cup cooked steel-cut oatmeal

½ cup blueberries

2 halves walnuts, chopped

1 tablespoon flaxseed

½ cup 1% low-fat milk

1 small apple, sliced

RealMeal GF made with chilled water

Lunch

Lentil Salad

½ cup lentils

½ cup cabbage

2 cups tomatoes, cucumbers and red onion

5 large green olives

½ cup grilled corn

1 ounce parmesan cheese, shaved

Olive oil (1 teaspoon) with raspberry vinegar dressing

Snack

3 ounces yogurt dip with 1 cup cauliflower and broccoli florets

Dinner

Lamb kebob

3 ounces lamb, cut into pieces for kebob skewers

2 cups onion, mushroom, zucchini and bell pepper, chopped for kebobs

Corn on cob (½ cob)

Green salad

mixed salad greens

low-fat feta cheese (1 ounce)

olive oil (1 teaspoon) and balsamic vinegar dressing

1 ¼ cup fresh strawberries, sliced

1 tablespoon whipped cream

Sample Meal Plan: Day 2

Up to 30 minutes before each meal: Take your **WLF1** with 2 cups chilled water.

Breakfast

Yogurt parfait

6 ounces Greek yogurt, unsweetened

1 ¼ cup strawberries

6 macadamia nuts

RealMeal GF Shake with 1 cup 1% low-fat milk

Lunch

Stuffed potato

½ large potato, baked

1 cup mixed veggies (non starchy)

½ cup black beans

1 ounce lowfat mozzarella cheese

¼ cup salsa

1 small nectarine, sliced

Green salad

mixed salad greens

1 cup fresh raw veggies

olive oil (1 teaspoon) and vinegar dressing

Snack

1 cup broccoli or cauliflower florets

¼ cup salsa

Dinner

Lemon shrimp pasta over kale

4 ounces grilled shrimp (prepared with 1 teaspoon olive oil and ½ clove garlic)

⅓ cup whole grain linguine noodles, cooked

1 cup tomato, chopped

2 teaspoons capers, basil and 2 teaspoons lemon juice

1 cup kale, cooked slightly

3 ounces grapes (about 17), frozen

Sample Meal Plan: Day 3

Up to 30 minutes before each meal: Take your **WLF1** with 2 cups chilled water.

Breakfast

1 egg, hardboiled

½ cup roasted sweet potato, chopped

¼ cup salsa

⅔ cup plain yogurt with ½ cup blueberries

RealMeal GF (vanilla) made with chilled water

Lunch

Steamed vegetable plate

2 cups mixed steamed vegetables (carrots, cauliflower, snap peas, water chestnuts, artichoke hearts, celery)

½ cup corn, cooked

olive oil (2 teaspoons), basil, garlic dressing

1 cup 1% low-fat milk

Snack

1 cup bean soup

¼ cup salsa

Dinner

3 ounces grilled salmon

½ cup broccoli, steamed

½ cup tabouli

Tomato with buffalo mozzarella

½ sliced heirloom tomato

1 ounce buffalo mozzarella

2 tablespoons Haas avocado

Drizzled with 1 teaspoon olive oil and with balsamic vinegar

Mixed berry medley

¾ cup fresh strawberries, sliced

½ cup blueberries

½ cup fresh raspberries

Sample Meal Plan: Day 4

Up to 30 minutes before each meal: Take your **WLF1** with 2 cups chilled water.

Breakfast

Poached egg over veggies

1 egg, poached

1 tablespoon goat cheese

Spinach leaves with ½ cup tomato, onion, basil salsa

1 slice whole grain bread with 2 tablespoons Haas avocado (or 1 ½ teaspoons almond butter)

½ grapefruit, large

RealMeal GF with 1 cup 1% low-fat milk

Lunch

White bean and mixed veggie salad

½ cup white beans

2 cups assorted raw vegetables (mushroom, onions, carrots, cauliflower)

2 tablespoons dried cherries

mixed salad greens

balsamic vinaigrette

2 cups butternut squash

6 ounces plain or Greek yogurt, unsweetened

Snack

1 cup popcorn, plain, lightly salted and misted with olive oil

Pistachios, 32 nuts

Dinner

3 ounces roasted chicken with rosemary

2 cups vegetable medley, sautéed

asparagus, cauliflower and onion

1 teaspoon olive oil and ½ clove garlic

squeeze of lemon to preserve color and add tang

Green salad

mixed salad greens with balsamic vinaigrette

1 cup fresh raspberries

1 tablespoon whipped topping

Sample Meal Plan: Day 5

Up to 30 minutes before each meal: Take your **WLF1** with 2 cups chilled water.

Breakfast

Veggie scramble

*2 ½ cups broccoli, zucchini, mushrooms, onions and tomatoes sautéed in 1 teaspoon olive oil.
2 eggs, scrambled (with rosemary, basil or other herbs for additional flavor)*

1 cup honeydew melon

Lunch

Kale wraps

*½ cup black beans
¼ cup diced onions and celery
2 tablespoons yogurt
1 tablespoon Dijon mustard
4 to 6 kale leaves*

1 ½ ounces homemade baked sweet potato chips
(see recipe)

RealMeal GF Shake made with 1 cup 1% low-fat milk

Snack

1 slice whole grain bread

2 tablespoons Haas avocado spread

¾ cup blackberries

Dinner

3 ounces pork chops with garlic, sage and rosemary

3 cups assorted non-starchy veggies* such as zucchini, carrots, beets, and Swiss chard sautéed in 1 teaspoon olive oil.

Roasted butter nut squash with 1 teaspoon olive oil

½ cup red or purple grapes

Homemade Baked Sweet Potato Chips

Ingredients

1 medium (5-inch) sweet potato
1 tablespoon coconut oil (melted)
Salt and pepper to taste

Directions

1. Wash and dry medium (5-inch) sweet potato with skin.
2. With a mandolin slicer, slice into thin slices.
3. Toss in a bowl with a drizzle of coconut oil (1 tablespoon) and add a dash of salt and pepper, if desired.
4. Spread on a baking sheet lined with parchment paper in a single layer.
5. Bake at 400 degrees until lightly brown and crisp (about 10 minutes).
6. Cool and enjoy.

Makes 3 Servings (About 1 ½ ounces)

80 Calories | 1 g Protein | 9 g Carbs | 5 g Fat | 1 g Fiber

* If possible, visit your local farmers market to buy farm fresh and locally grown.

Sample Meal Plan: Day 6

Up to 30 minutes before each meal: Take your **WLF1** with 2 cups chilled water.

Breakfast

Bean blend topped with egg

1 poached egg

1 ounce goat cheese

½ cup tricolor beans

1 cup chopped tomato, onions and basil

2 tablespoons Haas avocado

¾ cup blueberries

Lunch

Veggie pita pocket

½ whole grain pita, 6 inches across

1 cup string beans

½ cup grape tomatoes, halved

cucumber yogurt sauce (⅓ cup plain yogurt, ¼ cup cucumber, chopped finely, ¼ minced garlic clove, dash of salt and pepper).

1 apple

RealMeal GF Shake made with chilled water

Snack

1 cup raw broccoli and cauliflower florets

⅓ cup plain yogurt (for dip)

Dinner

3 ounces grilled halibut infused with rosemary

2 small roasted purple potatoes with oil and infused with rosemary and seasoned with salt and pepper to taste.

½ cup roasted zucchini and summer squash sprinkled with 1 ounce goat cheese

Green salad with ½ cup purple cabbage and olive oil (1 teaspoon) and balsamic vinegar dressing

Banana shake (see recipe)

Banana Shake

This tasty treat can be made in a snap to satisfy just about any sweet tooth.

Ingredients

1 banana, extra small, frozen

1 cup 1% low-fat milk

Small handful walnuts (about 4 halves)

Stevia sweetener to taste

Directions

1. In a blender, add banana and milk.
2. Blend till smooth, about 45 seconds.
3. Add walnuts and pulse blend for a few additional seconds
4. Serve and enjoy

Makes 1 serving (about 12 ounces)

160 calories | 8 g Protein | 27 g Carbs | 2 g Fat | 2 g Fiber

Sample Meal Plan: Day 7

Up to 30 minutes before each meal: Take your **WLF1** with 2 cups chilled water.

Breakfast

⅓ cup couscous

8 halves dried apricots

½ cup 1% low-fat milk

Pinch of cinnamon

RealMeal GF Shake (chocolate or vanilla) made with chilled water

Lunch

Chickpea salad

½ cup chickpeas

¼ cup ricotta cheese

2 cups tomatoes, cucumbers, onion and green bell pepper

2 cups romaine lettuce

10 green olives

Salad dressing (1 teaspoon olive oil, 1 teaspoon balsamic vinegar, squeeze of lemon and dash of pepper to taste)

12 sweet fresh cherries

Snack

1 cup assorted veggies (broccoli or cauliflower florets, carrots, zucchini)

⅔ cup plain yogurt

Dinner

Your Cheat Meal!

Whatever you've been craving this week, it's time to enjoy!

We're Here to Help


At **RealDose**, we've developed a complete line of science-based products designed to work together to meet your health goals, including weight loss.

Weight Loss Formula No. 1™ (WLF1) works at the hormonal level to balance your fat-regulating hormones and accelerate weight loss. It contains two non-stimulating herbal ingredients, each clinically proven in placebo-controlled trials to accelerate your weight loss up to twice as fast as diet alone.*†

Super Critical Omega-3 TG™ contains one of the highest and purest concentrations of omega-3 fatty acids. Human clinical studies have shown that both EPA and DHA, the omega-3 fatty acids found in **Super Critical Omega-3 TG**, help maintain a healthy inflammatory response, support heart health, promote fat loss and improve mood.*

NEW! RealMeal GF™ delivers 120 nutrient-dense, protein-packed calories to help control hunger and eliminate cravings. It also helps boost your protein intake so you can protect lean muscle mass while you lose body fat. Its key ingredient is one of the most bioavailable forms of whey protein you can find.*


NEW! RealReds™ powdered drink mix provides an innovative way to get the polyphenols and phytonutrients found in red and purple fruits, without all of the fructose that can lead to excess belly fat. Polyphenols help fortify your body's antioxidant defenses, modulate your body's natural inflammatory response and combat premature aging. One serving provides an excellent source of fiber and the amount of polyphenols found in 6 servings of whole fruits—while cutting out more than 350 calories of pure sugar.*

To find out more about our products, visit our website, realdose.com .

And one more important bonus ...

As a **RealDose** customer, you're entitled to membership in our **RealDose Healthy Life Program**, which provides live health and weight-loss education, support and coaching.

The program helps pinpoint your goals and ways to achieve them. During the course you'll learn more about diet and exercise, as well as how to manage stress and how to address other lifestyle challenges that may be holding you back.

To sign up, call us at **800-928-5580** or email support@realdose.com .

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.


† This product is to be used in conjunction with a healthy calorie-reduction and exercise program.

Congratulations!

You've just taken a major first step in your weight-loss journey. The fact that you're here shows me that you're determined to succeed in achieving your weight-loss goals.

Two crucial things to remember:

1. Enjoy the journey. Even before you get to your final weight-loss goal, you'll begin to see many other benefits. Your digestion will improve, you'll have more energy, you'll look and feel better and more. So while you're in the process of losing weight, enjoy some of these pleasant side effects.
2. One step at a time. There's a saying, "The journey of a thousand miles begins with a single step," and this is no different. If ever you feel unsure or doubtful about your progress, just keep taking one step at a time. Trust me, you'll ultimately arrive where you want to be. This is not a race, so go at your own pace and trust (and enjoy) the process.

Last but not least, remember that you're not alone. Along with the entire **RealCare Team**, I am here to support and encourage you as well as provide you with the tools you need to help ensure your success. If you ever have any questions about this program or anything else for that matter, please write to me at drsteve@realdose.com .

I especially love hearing about your successes, no matter how small you think they may be. I promise, they're greater than you think.



Here's to your health!

A handwritten signature in blue ink that reads "Steven Siskind, M.D.".

Steven Siskind, M.D.



RealDose is dedicated to delivering remarkable health improvements that make people's lives better.

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