



## THE NUTRIMOST ULTIMATE FAT LOSS SYSTEM



### YOUR NUTRIMOST ULTIMATE FAT LOSS ROADMAP

Utilizing the latest developments in cellular biocommunication technology we are able to “listen” to the body – to determine what supplements and the exact amount of each supplement that the body has a biological preference for which tremendously aids our decision making to attain the best results for long lasting and permanent targeted fat loss.

Here’s how it works; Using the most advanced technology with the NRF (NutriMost Resonant Frequency) biocommunication technology, the computer sends a signal to the body in the form of a virtual stimulus, your body responds with very subtle changes in the electrical properties of your skin and the hand cradle measures these changes and sends that information back to the computer; it's like the computer’s asking your body a question and your body's answering. Using this advanced technology we are now able to assess the status of the body as it relates to these biological stressors. This allows us to see where you are weaker or imbalanced and what the body will require to get strong at that site. This technology has enabled us to create this roadmap that we call the NutriMost Ultimate Fat Loss Scan which helps us find a clear direction for your path to fat loss and health.

The other weight loss programs mistakenly focus almost entirely on the diet. We focus on the technology that enables us to turn OFF fat storage and Turn ON Fat burning. It's not your fault that it has seemed difficult to lose weight, powerful chemicals in your food scrambles and disrupts your hormones and neurotransmitters making your body weight loss resistant and exercise resistant. Utilizing NRF Technology and the NutriMost Ultimate Fat Loss scan we now have the technology to assess the factors of fat burning, fat storage and fat metabolism.. Including the organs involved, the hormones, neurotransmitters, vitamins, minerals, toxins, heavy metals, parasites bacteria, viruses, mycoplasma, candida or biotoxins.

Our goal with this scan is to create a personalized and customized plan that will address your body’s top organ stressors as well as finding the best products to balance those biological stressors. All weight gain involves imbalances within the body's organs and hormones. To have lasting and permanent weight loss we must correct these organ and hormonal imbalances. The NutriMost Ultimate Fat Loss Scan has been programmed to help give your body the nutritional tools that it needs to overcome these specific imbalances and to promote bringing the body into a very narrow hormonal range for optimum fat burning.

This scan and customized support program is the core our exclusive 5 component ultimate fat loss system and is what makes this system so unique and so effective.

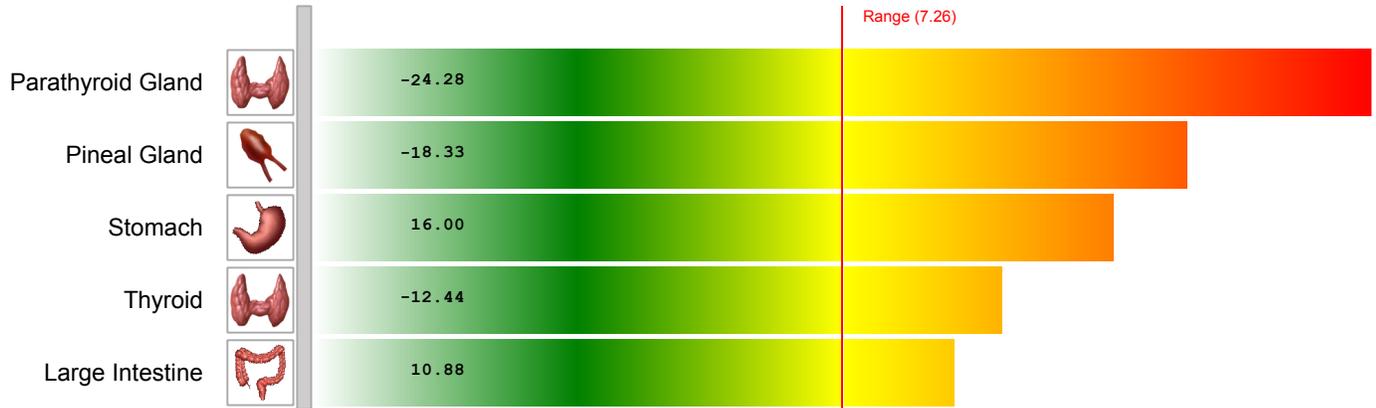
By following this program, we expect to not only bring your body into the optimum fat burning zone but also balance and correct both the organ and hormonal stressors allowing us to go beyond weight loss and help you to actively create a lifetime of health.

### YOUR 5 MOST PROBABLE ORGAN BIOMARKERS

This graph displays a list of the five most probable organ biomarkers that are important to address to improve not only your fat loss but also your health. The higher the value, the higher the probability that this is an area we should focus upon in this fat loss program. Remember.... This technology does not diagnose or treat illness or disease, but rather empowers you with information and education so you can help your body function at its optimum. The location of unwanted, abnormal adipose fat distribution is most often determined by hormonal imbalances arising from imbalances from various organ and gland systems. By focusing on the most probable organ biomarkers this enables us to greatly enhance targeting of your fat loss.



TOP 5 OUT OF RANGE ORGANS AFFECTING FAT LOSS

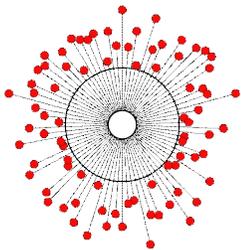


WEIGHT LOSS / FAT LOSS PRODUCT BALANCERS

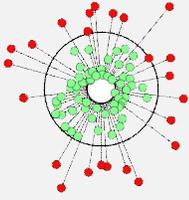
Our bodies are made of energy and substance. Our bodies require both levels of support for optimal healing. Your ultimate fat loss regimen includes a custom energetic support formula as well as a custom energetic detoxification formula. These formulas will support your body energetically. Your ultimate fat loss regimen may also include the physical building blocks, the substance, which is required for healing. These supplements and formulas will be a part of your bodies balancing and detoxing. The first steps in helping you optimize your fat loss, health and wellbeing is to help you detoxify and cleanse your body as well as nourish and support those weak and imbalanced organs, glands and hormonal systems.

These nutritional supplements and formulas will strengthen and fortify the organs and systems of your body for optimal targeted fat loss while resetting the metabolism and weight loss set point along with helping you create lasting health. All supplements and formulas utilized in our centers are natural and of the highest quality available with no toxic excipients such as magnesium stearate and silica, enabling our supplements to be able to match cell resonance of healthy human tissue thus creating greater energetic support to obtain your goals.

It is highly recommended to add the formulas to our alkaline, micro-clustered, anti-oxidant, highly energized, oxygenated water.

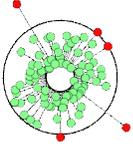


**Baseline**  
Biomarkers Out of Range: 82



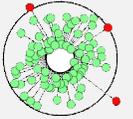
### **CardioVen - 1 vCap at breakfast and lunch**

Biomarkers Brought Into Range: 58  
Category: Fat Loss Balancers



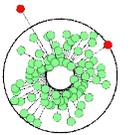
### **Detox-ND - Mix 1/2 tsp. in in 24 to 32 oz. of purified water. Sip slowly for best effect**

Additional BioMarkers Brought Into Range: 19  
Category: Fat Loss Balancers



### **Amino HGH - 7 vCaps at breakfast**

Additional BioMarkers Brought Into Range: 2  
Category: Fat Loss Balancers



### **Rescue Remedy (Bach)**

Additional BioMarkers Brought Into Range: 1  
Category: Bach Flower Remedies

## SIGNATURES FOR THE DETOXIFICATION FORMULA

One of our first steps in helping you optimize your health and wellbeing is to help you detoxify and cleanse your body. By cleansing your body, you are taking a huge step in the direction of lasting health and weight loss because you are helping your cells more efficiently remove wastes. During fat loss, this system also promotes AUTOPHAGY, which is the body intelligently getting rid of bad cells and organelles in the cell by dumping the bad cells into liposomal sacs "cellular hefty trash bags" and taking out the bad cells with the fat. It also does this with XENOPHAGY which is the same process but uses it to remove bacteria, viruses and other microbes.

This process has been shown to overcome many health issues as well as create a condition of rapidly powerful and effective fat loss.

Your body protects itself from toxins by dumping it into fat.. Once you get rid of the toxins, your body can get rid of the fat since it's no longer needed

Detoxification is a process which requires energy from the body. It is a lot of work for your body to mobilize and excrete toxins from your cells.

Listed below are the resonant frequencies of the custom detoxification formula that are embedded into your Detox NRF Carrier Substance. This does NOT mean that you have any of the viruses, bacteria, toxins or heavy metals etc., It merely indicates that your body shows stress and weakness when handling these environmental stressors. This formula is energetic in nature, in which the energetic resonant frequencies have been imprinted onto the special resonant frequency carrier. This formula provides information to your body's cells about how to more effectively detoxify. Start slowly with your custom detox formula. It is suggested that you begin with 4 drops/day and then slowly ramp up to your suggested maximum dosage.

The list below displays the energetic resonant frequencies for which your body showed the highest biological preference. It is important to note that just because it shows a preference does not mean that you have contracted these living or environmental toxins. Rather, it is saying that your body could benefit from using these energies to target your nutrition and more intelligently detoxify your body.

**Methyl Mercury 800X**  
**Lithium 180X**  
**Erbium 6X**  
**Aflatoxin 4X**  
**Cerium 400X**  
**Antimony 20X**  
**Cadmium 6X**  
**Selenium-hm 160X**  
**Holmium 800X**  
**Tetraethyl 3X**

#### INFORMATION ABOUT DETOXIFICATION

As a general rule, there are a few important things to keep in mind before beginning any type of detoxification process:

- Cleansing requires energy from your body. If you are currently working through an illness and/or are on prescription medication, please see your primary physician before beginning any cleanse.
- Do not cleanse while you are pregnant or breastfeeding.
- Make sure that you are drinking plenty of fluids to flush toxins out of your body. Your goal is half your body weight in ounces of water, but you must move up and increase the amount of water from your present status at a rate of 10 to 12 ounces more a day, keeping at that amount for 4 days then raising it some more. Also, use our air dried Pink Salt with meals. Although bowel movements will decrease on the program, your stools should not be hard.. if they are then either put 1 teaspoon of Pink Salt in 16 oz. of warm water and chug it down in the morning for a few days or drink smooth moves tea at night.
- Allow yourself plenty of time to rest and sleep. Our bodies regenerate during sleep, so try to get to bed by 10:00 PM every evening while you are cleansing. The body functions optimally with at least 5 straight hours of uninterrupted sleep.

#### RESONANT FREQUENCIES IN YOUR ENERGETIC HORMONAL FORMULA

Your regimen includes a custom energetic hormone formula. This formula is ideal "recipe" to turn off fat storage and TURN ON Fat Burning. This formula is energetic in nature and provides information to your body's cells for energy and nutritional support.

The energetic resonant frequencies are embedded onto the special Resonant Frequency carrier, and your personal potency and dosage has been calculated for you to optimally reach your goal.

First, succuss the formula at least 8 to 10 times, Then place the dosage prescribed into 24 to 32 oz. of the alkalinized, anti-oxidant, highly energized water and sip the water all day.

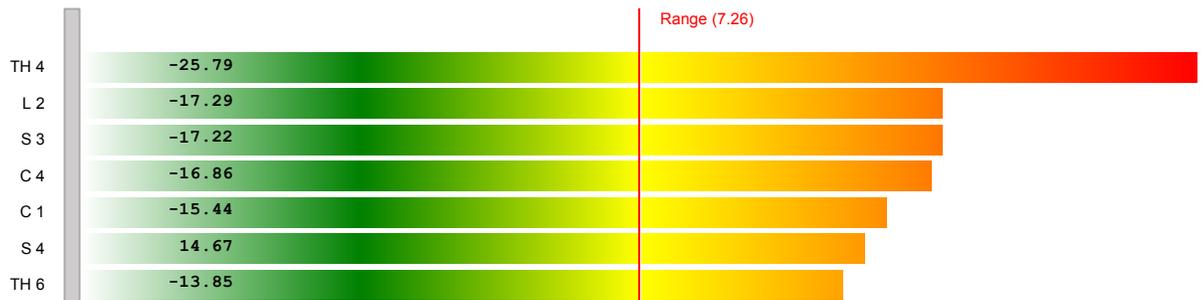
Due to the nature of this energetic formula, we are able to go above and beyond typical formulas by creating the personalized "recipe" just for you and imprinting the digital energetic signal of the affirmation that your body has the highest biological

preference, which has proven to greatly enhance our results.

- Rescue Remedy (Bach) 24X
- Beech 16X
- Lemon 8X
- Vitamin C 20X
- Vitamin E 140X
- Manganese -vi 180X
- Germanium -vi 120X
- Sulpher-vi 160X
- Phenylethylamine 6X
- Acetylcholine Chloride 20X
- 17a-Hydroxypregnenolone 4X
- Vasotocin 140X
- Testosterone -h 1000X

### TOP 7 VERTEBRAL STRESSORS

The following list displays the top 7 Vertebral bio-markers that are showing stress in your body and quite likely sedating nerves. Our goal is to obtain optimal health, optimal fat loss and to reduce the stress of your body so that your innate healing ability can function at its best while reaching peak performance and fat loss. These vertebral stressors are most often associated with sedated nerves. Although the nutrients and formulas recommended will greatly support healing and correcting these vertebral biostressors, the problem is that no amount of nutrition can overcome a sedated nerve. These sedated nerves (subluxation) would need to be verified with a Parathermal Scan and advanced bio-structural corrective x-rays and then a specific corrective Chiropractic regimen be undergone to correct any sedated nerves to restore optimal health and innate healing.



### MY POSITIVE BELIEF CHANGE AFFIRMATION

The following three positive belief changing affirmations are the ones that your body shows the highest biological preference for. Positive belief changing affirmations can transform your fat loss and your emotional well-being. These statements should be repeated 3 times per day. Each time you should repeat the affirmation 3 times while looking into your eyes while gazing into a mirror. These affirmations should be repeated out loud and with intense emotion. You can also utilize these affirmations as a mantra during exercise, prayer, yoga or meditation.

- 12.14 I enjoy taking care of myself physically
- 9.21 I choose beliefs, consciously and subconsciously, that support and promote perfect health

ANSWERS TO DETOXIFICATION SYMPTOMS

- HEADACHES - If you experience headaches while cleansing, increase your intake of pure water. Dehydration is the number one cause of headaches. Also make sure that you are not drinking any diuretic beverages some as coffee or black tea. If water is not enough to reduce the headaches, you can add in some Liver-ND to help your liver more readily release toxins.

- CONSTIPATION - While cleansing, your body needs to be able to eliminate toxins effectively. A primary way that your body accomplishes this task is through regular bowel movements. If you are having a bowel movement less frequent than 2x/day while cleansing, you may need some additional bowel support. First, increase your water intake. Second, get your body moving. Go for a gentle daily walk or try jumping on a rebounder. If these 2 simple suggestions are not enough, you may want to add in some Galactan to your regimen and/or some Laxagen to stimulate your bowels. Follow instructions on the label. Or you may begin taking Smooth Moves Tea especially at night before bed time.

- FATIGUE - Cleansing requires energy. The best thing you can do is listen to your body's guidance. If you are feeling extremely tired, give your body a break and take a nap and/or get to bed early. Your body does the bulk of its detoxification work during sleep so make sure to give it ample time to get its job done. Another great way to boost your energy during cleansing is to do a Medi-Soak footbath. Take a cup or two of Medi-Soak bath crystals and place into a foot tub. Add warm water and soak for 15 minutes.

- SKIN RASH - For some individuals, toxins choose to be released through the skin. The skin is the body's largest detoxification organ. To help this process, you may want to get a skin brush and gently stroke the entire length of your skin towards your heart. This is best done before your daily bath or shower. Also, taking a hot bath with 2 cups of sea salt and 1 cup of baking soda is also very effective at helping to soothe skin and speed up the detoxification process.

- NAUSEA - As your body is releasing toxins, sometimes your body will intuitively not want to eat. Digestion is a very expensive energetic process for the body. While on the Fat Loss System this should be minimized, but if you are experiencing any nausea, listen to your body's guidance and if you don't feel like eating as much then don't.

- DIARRHEA - Your body may choose to evacuate toxins in a rapid manner through your bowels. Loose or frequent stools are very common during detoxification. It is very important to stay hydrated when your bowels are loose. Increase your unprocessed salt (pink salt) intake and if necessary you may need to sip on coconut water to replenish your electrolytes; but before doing this talk to the doctor.

If you have a medical emergency, be sure to call 911.

NOTES – FAT LOSS / HORMONE BALANCE

I believe this is the most incredible breakthrough weight-loss program that I have ever seen or that I have ever heard of. Yes, I know it does sound too good to be true... But here's the best part, not only is it true, but our system will be the easiest weight loss that you have ever done. The typical person loses 25 to 45 pounds in 40 days... And you will not be hungry!!

More important than the weight, is the fact that you improve your health, lower blood pressure, improve sleep, digestion, and energy. But the best part about losing the weight is that you don't just lose weight, you lose FAT. Not only do you lose fat, but you get to lose the fat exactly where you need to lose it as well as resetting your metabolism and weight set point for permanent weight loss.

The latest research is showing that what this system does is also put your body in an incredible state called autophagy which is where the body will take advantage of this fat burning and essentially "eat" any bad cells first along with the fat. The body is smart enough to get rid of bad parts of the cell such as damaged mitochondria or other damaged cell organelles and eliminate them. Albert Einstein College of Medicine has been doing much research in this area and has shown that through autophagy the body can overcome many disease processes. With this system, by detoxifying and balancing the hormones along with autophagy we are able to overcome many health conditions.

The Ultimate Fat Burning System is based on getting your body into a fat burning zone while finding the organ or hormonal

weakness or imbalance that has allowed your fat to become deposited in the areas that it has. This customized system finds the weakness, strengthens and balances the imbalance, allowing us to not only target the fat, but also to improve the hormonal balance of the body as well helping your body reach optimal health. We believe this unique and exclusive one-of-a-kind System is the Fastest, Easiest, Most Cost-Effective Weight Loss (FAT Loss) System Ever!

## YOUR PREFERRED FOODS ON THE PROGRAM

Below are the foods that you are permitted while on the program. The NRF Technology has ranked these foods in order of preference for your body. The foods near the top of the list are your preferred foods. Follow the rules as defined in the manual and the journal regarding your foods, while making an effort to more frequently choose those items near the top of the list. Please take the bottom 6 foods on the list and eat them only on rare occasions (about once a week)

## PROTEIN

**Albacore White Tuna (packed in water)**  
**Elk**  
**Veal**  
**Halibut**  
**Abalone**  
**Crab**  
**Grouper**  
**Perch**  
**Scallop**  
**Beef**  
**Chicken (white meat)**  
**Buffalo**  
**Roughy**  
**Pompano**  
**Bass (freshwater)**  
**Mahi-mahi**  
**Snapper**  
**Shrimp**  
**Ground Meat (grass fed 90% lean or better)**  
**Lobster**  
**Cod**  
**Swordfish**  
**Bass (sea)**  
**Eggs (1 whole egg & 3 egg whites)**  
**Cottage Cheese (lite)**  
**Turkey (white meat)**  
**Tilapia**  
**Venison**

## VEGETABLES

Onions  
Radicchio  
Celery  
Radish  
Tomatoes  
Cucumber  
Spinach  
Fennel  
Beet Greens  
Arugula  
Asparagus  
Lettuce (iceberg)  
Escarole  
Lettuce (romaine)  
Endive  
Mushroom (all varieties)  
Zucchini  
Pepper (bell, all colors)  
Mustard Greens  
Cabbage  
Swiss Chard  
Watercress  
Broccoli  
Palm Hearts  
Daikon  
Cauliflower  
Green Beans  
Brussels Sprout  
Kale

## FRUITS

Lemons  
Tomatoes  
Grapefruit (1/2)  
Oranges  
Apples  
Strawberries  
Plum (2 small)  
Blueberries  
Cherries (1/2 cup)  
Pears  
White Wine (sauvignon blanc or pinot grigio)  
Peaches (1/2 fresh)  
Watermelon  
Blackberries  
Red Wine (cabernet or merlot)  
Apricots