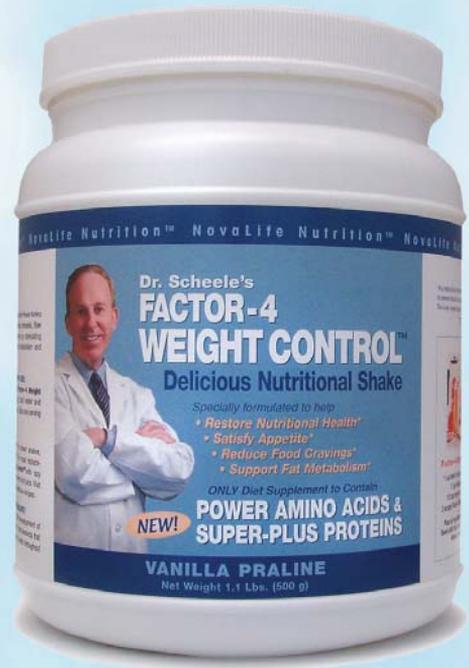


Power Amino Acids®

The Factor4 Advantage in Weight Loss Success



Dr. George A. Scheele
Creator of Factor4 Weight Control®

Power Amino Acids: The Factor4 Advantage in Weight Loss Success

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Contents

Introduction.....	5
<i>The Secret to Healthy Weight Loss</i>	11
America Is Losing the Battle of the Bulge.....	13
<i>Dieting Fads in the United States</i>	13
<i>Why Weight Loss Regimens Have Not Worked in the Past</i>	14
<i>Over-abundance of Calories</i>	15
<i>Four Nutritional Traps that Lead to Obesity</i>	18
Public Enemy #1: Refined Sugar and Processed Carbohydrates .	24
Public Enemy #2: Protein Deficiency Syndrome.....	29
<i>Importance of Protein</i>	30
<i>Essential and Nonessential Amino Acids</i>	32
<i>Power Amino Acids® and Protein Health Provide a</i> <i>Breakthrough Discovery in Weight Loss</i>	33
<i>What Can You Expect When You Take FACTOR4?</i>	34
<i>FACTOR4 Weight Control® Suppresses Appetite</i> <i>to Optimize Body Weight</i>	35
<i>FACTOR4 Works!</i>	36
<i>The FACTOR4 Study</i>	36
<i>FACTOR4 Is Superior to High-protein Foods</i>	37
<i>FACTOR4 Is Superior to Protein Shakes</i>	38

The FACTOR4 Diet Plan	41
<i>End Points for Monitoring Weight Loss Success</i>	42
<i>The Importance of Body Type</i>	43
<i>Join the FACTOR4 Health Club</i>	44
<i>How to Use the FACTOR4 Diet Plan to Lose Weight NOW</i>	46
<i>FACTOR4 Weight Control®: The Key to Weight Loss Success</i> ...	47
<i>Time-honored Principles of Dietary Health</i>	52
<i>Exercise</i>	62
Appendix I: FACTOR4 Is Superior and Complementary to All .	67
Other Weight Loss Strategies	
Appendix II: Power Amino Acids® Are the #1 Dietary Supplement in Today's Market	79
Appendix III: FACTOR4 Recipes	88

Introduction

If you are like so many of your friends and neighbors, you have tried to lose weight, probably many times. Your diet worked... for a while. You lost some pounds. You felt good. You looked good. Your belt tightened. You bought new clothes. People told you how vital and alive you looked. You felt proud and optimistic that this time, you were really going to do it.

And then, it happened all over again. You stopped losing weight. The pounds crept back on. You packed up your new clothes and got the old ones out of the attic. No one said anything to you. They didn't have to. You already knew from what you saw in the mirror and the way your belt felt that you had failed again. Perhaps you even began to feel discouraged that you'd never be able to lose weight.

Take heart! Your weight may have had nothing to do with your character, your glands, your genes, or your will-power. Your *diet* may have set you up for failure. You'll come to understand as you read this book that it's not your fault. Of course, *some* people do have medical conditions that promote weight gain, but they are the exceptions. If you believe you are one of those people, by all means see your doctor and find out for certain. But the vast majority of frustrated dieters are normal people who have received well-intended but wrong advice. One of the purposes of this book is to set the record straight. It is possible

for almost everyone to lose weight naturally without feeling deprived or burdened.

How do I know this?

I am a medical doctor with board certification in internal medicine. I was trained at Princeton and Johns Hopkins Universities and the University of California, San Francisco. I have served as Professor of Medicine and taught at Rockefeller University, Yale, and Harvard. I participated in research efforts that won not one, but two Nobel Prizes in 1974 and 1999. I am the inventor of the 2D Gel Electrophoresis technique that made possible the definitive study of proteins and amino acids in vertebrates, mammals and humans. I am one of the world's leading authorities on the pancreas, the organ that produces digestive enzymes and insulin. I am the author of *Power Amino Acids & Weight Loss Success: A Breakthrough in Weight Control, Metabolic Health, and Revitalized Youth*.

All this experience has given me a respect for the workings of the human body that borders on awe. The body—your body—is a finely tuned instrument that functions in a dynamic balance with its environment. We still may not be able to delay aging, disease, or ultimate death, but after eons of evolution, our bodies have learned how to respond quickly to changes in the diet or food chain.

During the last century, however, we have also learned to manipulate the food chain, often with unanticipated consequences. One of the most troublesome of these changes has been the so-called modern diet that is heavy in refined sugars and processed carbohydrates. The body has responded to this new diet just the way it is supposed to. It has become fat and vulnerable to an entire syndrome of diseases and conditions that are perfectly natural results of a diet the body has never seen before. Food researchers

and scientists who gave us this modern diet did so with the best of intentions. However, this diet has led to an epidemic of individuals suffering from poor metabolic health, obesity, type 2 diabetes and the Metabolic Syndrome associated with chronic degenerative diseases, accelerated aging and early death.

One of the most alarming trends has been the deterioration of protein health. Protein may be the king of all foods. It provides the amino acids that are the building block of life. Protein stimulates the body to manufacture the hormones and enzymes on which life depends. Protein is a source of energy. Yet this modern diet is notably lacking in protein, and it forces the body to digest food and store energy according to “strategies” that are less than ideal. And too often the modern diet leads to diseases of civilization, including obesity, diabetes, heart disease, stroke, certain kinds of cancer, and other conditions that people dismiss as simply the hallmarks of aging.

It’s not just protein health that suffers. It’s also amino acid health, and this may be the bigger problem. Amino acids are the building blocks of proteins. There are about 25,000 different proteins in the human body, all of them built from 20 amino acids. When the body consumes a full spectrum of amino acids, it can function the way nature intends. But when amino acids in the diet are out of balance, as they are in the modern diet, amino acids become handicapped. In particular, the modern diet may be especially deficient in “essential” amino acids, which can be acquired only by diet.

Thankfully, your body is more intelligent than even the smartest scientist. It knows what to do to bring this damaging and dangerous process to a halt. All the body requires is for you to give it the nutrition it requires. It will do the rest of the work by

itself. It may not be able to reverse all the damage the modern diet has caused, but it knows how to restore the balance and vitality you may fear has gone out of your life.

That's why I developed FACTOR4 Weight Control®. FACTOR4 Weight Control® is a delicious and nutritious shake that contains proprietary complexes of Power Amino Acids®, the essential nutritional components that allow you to achieve optimal body weight. FACTOR4 Weight Control® is built on breakthrough technology developed after 35 years of nutrition research conducted in advanced medical centers in the United States and Europe. The scientific technology is so novel and advanced that it is protected by a pending patent.

The FACTOR4 Diet Plan™ allows you to achieve lasting weight control without losing your joy of eating. The plan is unique in that it uses Power Amino Acids® to treat the four nutritional traps associated with overweight conditions and obesity: the *taste trap*, the *vanity trap*, the *food swing trap*, and the *sedentary trap*. We'll discuss each these later in this book. The FACTOR4 Diet Plan™ will restore your nutritional health and switch your body from fat-storing mode to fat-burning mode.

The diet plan includes an innovative weight loss program that will help you lose weight and achieve lasting weight control through four simple steps:

- It encourages you to lose weight by supplementing your diet with power amino acids® in the form of power shakes, snacks, smoothies, and meal replacements.
- It turns your attention away from carbohydrates and processed foods and toward brightly-colored vegetables. This

will naturally reduce your intake of sugar and processed carbohydrates.

- It restricts saturated fats by helping you avoid processed and baked foods and supplements your diet with omega-3 essential fatty acids.
- It encourages healthy exercise that may accelerate your weight loss. Exercise is not essential to this diet, but your weight loss may be facilitated by the natural increase in energy levels and physical activity that occur when you add exercise to the FACTOR4 Diet Plan.

Most traditional diets achieve weight loss through limiting food intake. Dietary “starvation” routines result in rapid loss of body fluids and muscle mass. And yet they do not work over the long haul, because they waste muscle tissue that is necessary to burn fat. The FACTOR4 Diet Plan™, on the other hand, builds muscle at the same time it decreases fat. Since lean muscle weighs twice as much as fat, you’ll notice that your physique looks better before you begin to lose weight. Be patient. Muscle burns 4 times as many calories as fat, so as you build up your muscle, your body will burn more fat.

More than this, the Power Amino Acids® in FACTOR4™ correct deficiencies in amino acids, protein, and metabolic pathways that result in supercharged health with balanced metabolic pathways. Balanced protein health and metabolic pathways will result in optimal body weight. Most overweight and obese individuals have lower metabolic rates because they eat too much high-carbohydrate processed foods and too few foods that contain the full spectrum of amino acids and proteins. The FACTOR4

solution combines Power Amino Acids™®, vitamins, minerals, and micronutrients. When you combine it with physical activity and a sensible diet, you will rapidly restore your nutritional health and begin to control your weight once and for all.

I designed the FACTOR4 Diet Plan™ to build a healthier, leaner, and younger you. In time you will feel better in up to 50 different ways in the eight major health systems of the body! Your weight loss results will be directly related to your level of commitment to the FACTOR4 Diet Plan™. With the appropriate lifestyle changes, you will see amazing results! And what results you'll see!

- You will lose significant body fat
- You will gain lean body mass and discover the better-body definition and physique that you have been looking for
- Even after your healthy body has been established, you will continue to lose fat tissue until you achieve lasting weight control
- You will lose your cravings for empty calories and find that weight loss and maintenance happen instinctively without superhuman willpower or Spartan lifestyles

FACTOR4 is so powerful that it does all this without drugs, without deprivation, and without gimmicks. It is totally natural, working through the body's own pathways for burning fat and managing weight. It is easy. It is even fun as you watch your shape change, your weight drop, and your overall health improve.

The FACTOR4 Diet Plan™ is the only diet plan you will ever need!

The Secret to Healthy Weight Loss

Ninety-six percent of individuals lose weight on FACTOR4 Weight Control®. FACTOR4 works as a highly effective appetite suppressant that provides feelings of “comfort, satisfaction and well-being” within minutes of taking a shake. FACTOR4™ also stimulates fat metabolism and increases body pep, energy and activity.

FACTOR4 Weight Control® power shakes and smoothies are the secret to the success of the FACTOR4 weight Loss Program. FACTOR4™ smoothies, made with blackberries, blueberries, strawberries or cranberries should be taken in lieu of AM or PM snacks and desserts. Take FACTOR4™ power shakes at night to avoid night-time eating binges.

An 8-oz power shake (70 Calories) or 16-oz double power shake (140 Calories) will stimulate fat metabolism while blocking food cravings, hunger pangs, famished states and eating binges. When taken before meals, as instructed, including one or two meal replacements a day, you may lose up to 1 pound every 2 days.

Power Amino Acids® contained in FACTOR4 Weight Control® close the food-chain gap and correct deficiencies in amino acids, proteins and metabolic pathways that control body weight and energy. In the presence of these deficiencies, the body stores excess energy in fat pads that lead to unsightly overweight disorders and obesity.

By taking power amino acids® and other essential nutrients in FACTOR4 Weight Control®, these deficiencies are corrected leading to the four major weight-loss benefits of this breakthrough product:

- FACTOR4 **burns calories**, by resetting metabolic pathways that control fat storage and fat metabolism.
- FACTOR4 **suppresses appetite** by satisfying appetite centers in the brain and stomach
- FACTOR4 **satisfies cravings** with feelings of comfort, satisfaction, and well-being
- FACTOR4 **boosts energy** by increasing muscle mass and anabolic health

The FACTOR4 Weight Loss Program™ allows you to achieve lasting weight control without intense exercise routines or strict dietary regimens. The FACTOR4 Weight Loss Program™ will restore your nutritional health and switch fat-storing pathways to fat-burning pathways.

America Is Losing the Battle of the Bulge

Dieting Fads in the United States

According to MarketData, a market research company in Tampa, Florida, 72 million people—approximately one quarter of the population of the United States—are normally dieting at any given time. Forty-four million of these are women and 28 million are men. In 2007, people gave an estimated \$58.7 billion to the diet industry.

People have been following weight-loss diets for centuries. Yet they have not worked as well as expected for two main reasons:

- Popular diets drain the body of essential nutrients
- Popular diets break down muscle tissue and body health by promoting destructive *catabolic* reactions in the body

Weight Loss Meal Programs

Many overweight and obese people have turned to commercial weight-loss meal programs in the last few decades. Designed by professional nutritionists, these meals claim to remove excess calories from the diet. They may also offer convenience for those who are unable or unwilling to do the shopping and meal preparation that promote healthy eating habits. However, meal programs may

not promote weight loss without causing nutritional deficiencies. And the taste of pre-prepared food leaves much to be desired.

Weight Loss Drugs

Other people have asked chemistry to help them lose weight. Pharmaceutical companies have been more than willing to oblige them with prescription and nonprescription drugs designed to “melt fat” away. Unfortunately, many of these pharmaceutical agents (like PhentermineTM and related products) and nutraceutical agents (caffeine, guarana, and theophylline, for example) can produce unpleasant side effects, such as nervous agitation and uncontrolled “jitters.” Some over-the-counter agents block fat absorption and starch absorption, but these can give you bloating and cramping, and they may lead to diarrhea and embarrassment. Some of the more extreme appetite suppressants, such as cocaine, methamphetamine, and ephedrine (Ma Huang) are illegal. So-called metabolic enhancers as well as the illegal substances may cause bodily harm and actually accelerate your aging. You can’t fool mother nature!

All popular diets, meal programs, and weight-loss products have undesirable side effects. Among these are loss of essential nutrients, such as vitamins, minerals, micronutrients, and important amino acids. Many doctors and a growing numbers of patients as well believe that the harmful effects of prescription and over-the-counter weight loss drugs outweigh their potential benefits.

Why Weight Loss Regimens Have Not Worked in the Past

How is it even possible that a country as wealthy and informed as the United States has nutritional disease? The reality is that

overweight and obese people in this country are growing at an alarming rate. The figures are just staggering: 64.5% of adults—*almost two thirds of all adults!*—are overweight, as are 32% of children between the ages of 6 and 19. Almost everyone is dieting, but most of those who lose weight gain it back within a short period of time.

This country enjoys unparalleled wealth. Thanks to massive funding from the National Institutes of Health, we lead the world in scientific discovery and medical research. We enjoy the most advanced medical practice in the world. We have even sequenced the human genome and cracked the code for many of the genetic diseases that afflict the human race.

So, why is it that over the last 30 years, obesity has evolved into a major health problem? From 1960 through 1980, the obesity rate remained unchanged. Then, between 1980 and 2000, the rate of obesity in the United States literally *doubled*. All the while, we were discovering more and more about health and diet. And yet, the more we discovered, the less we seemed to have learned.

Over-abundance of Calories

People are overweight and obese mainly because they eat more calories than they burn. Some of this is the result of breakable habits. But much of it is also caused by a food industry that flourishes by offering shelf upon shelf of processed and convenience foods that are loaded with “empty calories.” These foods may taste good, but they often lack essential nutrients and fail to fully satisfy the appetite center. As a result, they tip the caloric scales toward unwanted weight, weight-related diseases, and accelerated aging.

Consider this: 70% of the foods sold in modern grocery stores and restaurants are processed foods that have been developed, manufactured, and packaged by the food industry. Almost three quarters of the food you can buy today would be unrecognizable to your parents or grandparents. In as few as 100 years, the food supply has changed dramatically. In 1900, food was pulled from the ground, plucked from trees, harvested from grains, gathered as berries, fished from waters, milked from cows, or cooked after slaughter. The food we ate at the beginning of the last century was barely changed from the food our prehistoric ancestors ate. Humans evolved very successfully over millennia by eating fresh foods in an organic food chain that had itself evolved naturally over hundreds of millions of years. The metabolic processes found in plants, fish, birds, bees, animals, and humans existed in a balanced state of health and coexistence. Until recently, that is.

The twentieth-century food industry changed all that. The modern food industry developed sophisticated national and international systems of food production and distribution. The evolutionary balance between diet and the food chain was disrupted overnight, just as the balance between calories consumed and calories burned was changed. Factory-like agriculture, the domestication of wild animals and fowl, the introduction of cross-breeding techniques, the use of food chemicals, the development of cooking methods, the invention of refrigeration boxes, and the freezing of foods, all these transformed the food we eat.

The greatest harm related to processed foods has involved the adulteration of food by food chemists intent on improving taste. It's not just that many of the chemicals used are alien to the human body. For the first time in history, we have been able to choose foods because of taste, not nutritional value. It is not a coincidence

that the proliferation of processed foods has been accompanied by bulging waistlines and an epidemic of obesity in this country.

Over the past 50 years, the food industry has enhanced the sugar and fat content of processed foods in order to appeal to the taste buds on the tongue and in the oropharynx. These heavily advertised processed foods are now so common in grocery stores, convenience stores, fast food chains and even health food stores that many American consumers simply accept them as dietary staples.

But processed foods are high in calories and low in nutritional value, and they are addictive, too. They pose a considerable threat to the sedentary societies of today's advanced world. Most people who consume these high-calorie processed foods filled with empty calories will inevitably gain weight.

These processed foods violate a number of important nutritional principles. Chief among these are:

- They contain excessive amounts of refined sugars and processed carbohydrates
- They contain excessive amounts of fat
- They capture consumers in a "taste trap" of addictive, low-value, fattening foods
- They contain excessive amounts of hydrogenated trans fats, which, in addition to being addictive and unhealthy, are known to promote cardiovascular disease

Grocery superstores and wholesale clubs, such as Wal-Mart and Costco, sell abundant quantities of discounted foods. Remember the last time you visited one? Happy consumers in search of low prices stuff oversized grocery carts, twice the size of regular carts, with oversized packages of food products, many of which are

heavily processed. Did you notice how many of these customers were oversized themselves?

Eating out provides no respite. Restaurants serve gargantuan food portions to customers who live in sedentary societies. Admittedly, it is difficult to produce a single size menu for customers who vary widely in height, weight, gender, and age. Nevertheless, this phenomenon reflects a national obsession with “bulk” and “value for the dollar.” It is no wonder that so much of the restaurant fare is composed of less expensive processed foods rich in carbohydrate and sugar that enhance profits for the food industry.

Consider the executives who dine nightly in expensive restaurants on appetizers, main courses, salads, and bottles of wine, often one for each diner. In mild inebriation, they follow dinner with rich desserts and sweet after-dinner libations. Or think about the blue-collar workers who drive to the fast food restaurants to buy huge portions of food and beverages loaded with sugar, carbohydrates, and hydrogenated fats. The French fries and onion rings are cooked in trans fat. These meals are designed to maximize appetite. They are fattening and so addictive that customers keep returning for more!

Four Nutritional Traps that Lead to Obesity

There are 4 nutritional traps that ensnare people and lead to overweight disorders and obesity.

The Taste Trap

The taste trap captures people in a feedback mechanism of consumption and satisfaction by appealing to taste. Many of the

processed foods in fast food chains, convenience stores, and grocery stores bait this trap. Things like potato chips, cookies, cakes, pies, popcorn, and other manufactured foods have low nutritional value in spite of their high taste quotients.

Processed foods in particular contain excessive amounts of nutritionally harmful substances. Simple sugars fill popular products such as fruit juices, soft drinks, and sweetened foods. Starch-rich carbohydrates are loaded into pastas, rice, potatoes, breads, muffins, and cereals. Saturated fat is a main ingredient in cookies, cakes, pies, and fatty meats. Trans fats saturate fried and other fast foods as well as margarine.

These low-value processed foods were developed by the food industry to produce revenues and profits. The better the taste, the higher the sales. The “lip-smacking” taste of these low-quality foods actually increases the number of taste buds that respond to these products on your tongue and in your oropharynx. The proliferation of these taste buds, in effect, makes these low-value foods more addictive, and this magnifies the negative nutritional effects that come from eating these foods.

The food industry initially believed food processing would improve the quality of food in the United States. However, by the late 20th century it became more than clear that processed foods had the opposite effect. They are now one of the major causes of obesity in America.

The Vanity Trap

Out of vanity, many people, including many highly educated professionals, try to keep weight off by selectively managing their diet. The consequences, unfortunately, are often exactly the opposite of the intention.

For breakfast, they may choose a cup of coffee with milk, cream, sugar, or a sugar substitute and a bowl of cereal or a pastry, such as a Danish, a muffin, a croissant, or a bagel. This meal is deficient in protein. The coffee is a mild gastric irritant, while the solid food is rich in refined sugars, processed carbohydrates, and saturated fat. This breakfast is full of empty calories and does little to provide sustenance. It is also quite fattening, even though the volume of food consumed is relatively small.

They may then brag about their “power lunch,” which may be somewhat more nutritious, but not by much. The sandwich is heavy on the bread and mayonnaise, and the salad is weighted down with gobs of rich dressings. Again seeking to cut down on the amount of food they eat, these dieters often replace proteins with carbohydrates and thus add to their dietary woes.

The story often gets worse. Intent on avoiding calories, these disciplined but badly informed dieters may skip one or both of these meals or substitute a can of diet soda for lunch. The soft drink is laced with chemical sweeteners that double as gastrointestinal irritants. As a result, they stay hungry all day long. They may even grab a powerbar or two with high glycerol content to get through the day and think they are doing themselves a favor.

The more they restrict the food they eat, the more famished these individuals become. Overcome by hunger pangs, they may turn to eating binges later in the evening. Too often, these binges are composed of easy-to-prepare, low-value, processed foods. These well-intentioned individuals will often experience, not weight loss, but excessive weight gain. Then they worry even more about how they look. In reality, the vanity trap eventually leads to overweight disorders and obesity.

The Food-Swing Trap

Sugar puts dieters and nondieters alike on a vicious treadmill. Sugars are rapidly absorbed into the body, where they abruptly increase the sugar in the blood circulation. This causes *hyperglycemia*, which is characterized by a “rush” of energy and increased clarity of thought. For the moment, this rush feels energizing and desirable.

However, when the body recognizes that the level of simple sugars in the blood has increased, it sends signals to the pancreas to secrete more insulin into the blood circulation. This insulin causes the body to transfer the sugar from the blood stream into cells of the organs and tissues. This often results in a rapid decrease in blood sugar and a condition called *hypoglycemia*. The symptoms include headaches, dizziness, rapid heart rates, and a feeling of weakness, all of which may last for hours. Many people then eat more sugar in an attempt to regain the energy and the clarity. So the cycle begins again, and people continue to gain weight.

The Sedentary Trap

In fewer than 100 years, we have become the most sedentary people who have ever lived on earth. Cars and public transit reduce the amount of exercise we get as we move around local communities. We put clothes and dishes in our washers, dryers, and dishwashers and minimize the effort to keep house. We stay glued to the chair in front of the television for hours at a time (except when we rush to the kitchen for a snack or a beer). At work, we spend ever-greater amounts of time in front of the computer that has taken the place of physical labor. Our kids have it

worse. Increasingly, they watch movies and play video games instead of participating in sports or games on the playground. It is especially alarming to note the growing bulk of pre-teen children. With energy to spare, children have historically been relatively undernourished during their growth spurts. Today, so many kids are overweight and obese that clothes makers have begun manufacturing super-sized clothing for all these under-active kids.

While our physical activities have been diminishing, our food intake has been increasing dramatically. It puts us at particular risk when our increase in food consumption is not offset by an increase in physical activity. And unfortunately for all of us, that is what has occurred. Our two primary and interconnected metabolic activities have been accelerating in opposite directions.

Young and old, we are becoming a sedentary society that substitutes electronic devices for real-time human activities and human interactions. Considering the dramatic changes across all age groups, it is no wonder that our body weights have climbed to unprecedented heights. All the indications suggest that this trend will continue, with no end in sight.

Dieting Gets Harder As You Get Older

As you may have discovered already, losing weight is more difficult as you age. Life is a process of growth and maturity. It often occurs in stages. Nutritionally, there are at least three distinct nutritional phases in life: youth, midlife, and maturity.

When you are young (up to the age of 20 or so), you have a robust metabolic system that supports your growth, development, and maturation. This is an *anabolic* (constructive) system

that moves you smoothly into adulthood. During this first phase of your life, your physiology typically burns more calories than it takes in, and you emerge from your early years as a vigorous, lean, healthy adult ready to assume the tasks of adulthood.

As you enter your midlife phase in your early 20s, you continue at the peak of health. Your hormonal systems are at their prime, and your health and stamina are ideal for supporting reproduction. Somewhere between the ages of 20 and 30, however, your hormone levels begin a long, slow decline. You may begin to notice yourself aging as *catabolic* (destructive) processes begin; these will continue and accelerate through the rest of your life. Your hormonal systems and lifestyles begin to change, your nutritional systems begin to falter, and maintaining your weight becomes increasingly more difficult. To avoid obesity and expanding waistlines, you need to develop new dietary and nutritional practices. But do you? Most people don't because it's not easy to change accustomed and well-established habits and behaviors.

From roughly age 50, you find it much more difficult to maintain your weight. The natural aging processes of menopause and andropause change the way your body maintains its health now that reproduction is not its primary drive. Constructive anabolic processes give way to destructive catabolic activities, making the continuation of youthful activities considerably more challenging.

Public Enemy #1

Refined Sugars and Processed Carbohydrates

Most people think that the solution to obesity is simple: to lose weight, eat less and exercise more. It is no more complicated than that. Even government officials over the past 60 years have echoed this generalization: anyone who can't lose weight is simply "undisciplined" and "poorly motivated."

Why is it, then, that many individuals who struggle with their weight, regardless of age, eat no more than lean and healthy individuals? Often, they eat less!

Why is it that many individuals easily maintain their weight early in life and develop significant weight disorders only later in life without changing the amount they eat? In fact, most people, particularly as they age, have significantly greater difficulty in losing weight. A common complaint among older individuals is, "I am eating almost nothing and I cannot lose another pound!" The paradox is that many individuals cannot seem to lose any weight, no matter how little they eat. Or, if they do lose weight at the beginning of a diet, they gain it back over a very short period of time, sometimes even rebounding to a higher weight.

For many people, the answer is *carbohydrates*.

For years, the medical and nutritional establishments have advocated a diet high in carbohydrate and low in fat, even in the face of alarming evidence that these diets don't work and, in fact, may hurt you. Now, carbohydrates are natural parts of the "normal" diet. They are found in fruits, grains, seeds, and an enormous variety of foods that have always been part of the human diet. Because they've always been part of the diet, your body already "knows" how to deal with carbohydrates. Your body changes its digestive processes in response to the foods you eat.

It's not that carbohydrates are inherently dangerous. In fact, by themselves, complex carbohydrates are not dangerous. It's what your body does when you consume too many refined sugars and starch-rich foods compared to protein and fat. Just consider one example: insulin. Insulin is a hormone that is produced by the pancreas to manage blood sugar. The more carbohydrate in your diet, the more insulin your pancreas produces, and the more insulin your pancreas produces, the more your body stores fat and burns sugar. It's a little more complicated than that, but the big picture is pretty clear: the more carbohydrates you eat, the more fat your body wants to store.

Humans have always eaten carbohydrates. Until recently, though, the carbohydrates we have eaten have largely been *complex* carbohydrates, unrefined and unprocessed. These carbohydrates contain starch, which consists of long chemical chains of hundreds to thousands of sugar molecules that take time to digest in the intestinal tract before the individual sugars are absorbed into the body. What makes today's carbohydrates different is the extraction of sucrose from sugar cane, the extraction of glucose and fructose from corn syrup and the processing of

whole grains to white grains whereby white starch is separated from brown husks containing protein and fiber. In contrast to complex carbohydrates, sugars found in sucrose or high-fructose corn syrup (HFCS) are rapidly absorbed into the blood circulation leading to excessive increases in blood sugar. Furthermore, whole grains are healthier than white grains because digestion of starch is attenuated in the presence of insoluble fiber.

In contrast, simple carbohydrates may contain individual sugars (glucose and fructose) as found in HFCS or the disaccharide chains containing glucose and fructose as in sucrose extracted from sugar cane. These sugars are rapidly absorbed into the blood stream, where they stimulate storage of fat in depots covering the hips, butt, and waist—*your* hips, butt, and waist.

Sugar is among the simplest of carbohydrates. The greatest single disturbing change in the American diet over the past two centuries has been the dramatic increase in the amount of sugar the average consumer eats every year. In 1830, sugar consumption was about 15 pounds per year. By 1920, this had risen to about 100 pounds per person per year. In 2000, the average American consumed almost 150 pounds of sugar every year.

You may have heard of the “glycemic index,” (GI) which is a measure of the impact a particular food has on blood sugar 2 hours after you’ve eaten it. The GI of glucose is 100. The higher the GI of a particular food, the faster carbohydrates are digested and the greater the rise in blood sugar and insulin. Think about the GI of some common foods: white bread is 69; white rice is 72; corn flakes is 80. These are all relatively “modern,” processed foods. Compare them to the GI of an apple (39) your grandfather or grandmother might have eaten as a snack. Even ice cream, with a GI of 60, has less sugar impact than many of these everyday foods!

High fructose corn syrup (HFCS) is one example of the Faustian bargain between food processing and carbohydrates. This low-cost sugar substitute made from corn was introduced only in 1978. It revolutionized food processing. By 1985, fully half the sugar consumed in the United States each year came in the form of HFCS. It is now found in hundreds of products in pantries everywhere, including sports drinks, fruit juices, low-fat yoghurt, and other products consumed by children and adults in copious amounts.

Although HFCS has been advertised as “safer” than sugar it is, in fact, more harmful than sugar because its sugar molecules (glucose and fructose) require no digestion and are more rapidly absorbed into the blood circulation than sucrose (cane sugar). HFCS actually causes more fat deposition than sugar; it elevates blood pressure; and it contributes far more rapidly to heart disease and diabetes.

Neither ordinary sugar—sucrose—nor high fructose corn syrup contains any nutrients other than sweet calories, and both are added in prodigious amounts to beverages and many foods. The difference between high fructose corn syrup (HFCS) and sucrose, which is derived from cane sugar, is that glucose and fructose are bonded into a disaccharide in sucrose, while they exist in free form in HFCS. This means that the two sugars are absorbed more rapidly from HFCS than from sucrose, which requires digestion to break the disaccharide bond before the two sugars can be absorbed into the body.

HFCS and sucrose are just two examples of how food processing has led to an excess of carbohydrate consumption. Wherever this has happened, the results have been tragic. Anthropology, epidemiology, and ethnology are filled with accounts of indigenous peoples who have suffered obesity and weight-related disorders

only after adopting so-called modern diets built around white flour, white rice, potatoes, and sugar—lots and lots of sugar.

Over the past 50 years medical scientists have documented the toxicity of high sugar levels in the body. Refined sugars, in excessive concentrations, over prolonged periods of time, show deadly effects on human health. High levels of glucose lead to increases in insulin levels in the blood stream. Insulin blocks the metabolism of fat, which results in fat accumulation in fat pads. In this process, sugar-rich diets lead to uncontrolled hunger and uncontrolled weight gain through high blood sugar, high blood insulin levels, and insulin resistance. Insulin appears to be involved in fat transport into cells that line the arterial wall and a cascade of harmful effects, including free radical formation, oxidative stress, protein glycation, advanced-glycation-end-products (AGE) and inflammatory processes that ultimately lead to cardiovascular disease, including heart attack and stroke.

However, carbohydrate excess is only half the story. High-carbohydrate diets are usually low in protein and fat, and protein deficiencies cause additional health problems.

Public Enemy #2:

Protein Deficiency Syndrome

History has taught us that high-carbohydrate weight-loss diets with low amounts of fat and protein generally produce insignificant weight losses that range between 0 and 1.5 pounds per month, even though they drastically reduce the number of calories that may be consumed per day. By contrast, weight loss diets that increase protein and fat while minimizing carbohydrates produce impressive weight losses ranging between 8 and 12 pounds per month. Although these results would seem to be counter-intuitive, there are, in fact, a number of very good reasons for this dichotomy.

- Fat and protein diets are more satisfying because fat and protein have greater effects on appetite reduction. Furthermore, fat and protein digest more slowly, leading to more pronounced feelings of satiation.
- Carbohydrate diets are less effective at reducing hunger. Furthermore, because carbohydrates, and particularly refined sugars, are rapidly digested and absorbed into the body, they often cause food swings that increase appetite.
- Weight loss and hunger are not necessarily related to the absolute number of calories consumed.
- Satisfaction and weight loss are easier to achieve when carbohydrates are restricted.

- High-protein diets are much more effective at achieving weight loss without stimulating hunger.
- Diets with a high proportion of carbohydrates encourage both hunger and weight gains.
- Weight loss occurs with a high-fat, high-protein diet even when a greater number of calories are consumed.

If you think about it, this all makes perfect sense. Over the millennia, humans evolved while hunting and gathering food. They regulated energy metabolism mainly by regulating protein and fat intake. Humans were at the top of a food chain that was built largely around a process in which larger animals fed off smaller animals. In the beginning, the primary food source was game. Meat ingested from game consisted mainly of protein and fat.

Importance of Protein

In many ways, protein is the optimal source of nutrition and energy. It is totally self-sufficient, in that protein by itself supports the entirety of life. The same cannot be said for either carbohydrate or fat. Protein not only provides amino acids, the unique building blocks of life, but it also acts as a source of energy for metabolism. Protein simply cannot be replaced in the diet.

Protein is the primary and most important food staple of life for the following reasons:

- Protein is the only abundant food source that contains nitrogen, which is necessary for the body to function properly

- Protein provides the building blocks—amino acids—for both the positive-charged and negative-charged proteins that lead to supercharged health
- Protein contains essential amino acids that mammals and humans cannot produce
- Protein can also be used as a fuel supply for energy, providing 4 calories per gram of protein
- The amino acids contained in protein can be converted into glucose and fatty acids, providing the necessary components for carbohydrate and fat synthesis.
- In contrast, while carbohydrates and fatty acids can be used as sources of energy, they cannot be converted into amino acids.

Proteins are the “working units” of life, acting as the enzymes that drive metabolic pathways that synthesize and break down the organic molecules of life—the proteins, fats, and carbohydrates—that the body uses to build, maintain, and repair its cells, organs, and tissues. Indeed, proteins are responsible for all the active processes of life, including metabolism, movement, and thought. Because many proteins function as the enzymes that synthesize and degrade glycogen and fat, they also are critical for determining body weight.

A number of astute doctors have already called our attention to the importance of protein in the diet. A brief list of these doctors includes Dr. Robert Atkins (*Dr. Atkins Diet Revolution*); Dr. Bill Wheeler (*The Gold Standard Protein*); Drs. Michael and Mary Dan Eads (*Protein Power*); Dr. Barry Sears (*The Zone Diet*); and Dr. Arthur

Agatston (*The South Beach Diet*). Many people have lost weight on their high-protein diets. Unfortunately, for reasons that are now becoming clear, much of the weight loss has been short-lived, and people have put the weight back on.

Essential and Nonessential Amino Acids

Humans require 20 amino acids to build proteins in the body. However, humans can only produce 11 of these amino acids. They cannot produce the other 9 amino acids. Thus it is necessary for humans to obtain the other 9 amino acids from the food chain. These 9 amino acids are called “essential amino acids” because it is essential that they are obtained from dietary sources, which we refer to as the diet.

However, higher food sources, including cows, chickens, and fish, also cannot produce these 9 essential amino acids. The purpose of the food chain is to move amino acids and other essential nutrients from plants and bacteria, which do make all 20 amino acids, up to higher animals, including vertebrates, mammals, and man. Thus, the food-chain is vulnerable or deficient in moving the 9 essential amino acids to higher animals. We call this the food-chain gap.

When food is plentiful, the food-chain gap is closed and higher animals achieve optimal health. However, when dietary deficiencies occur due to poor eating habits or the process of aging, the deficiency that occurs in essential amino acids results in a further deficiency in positive-charged proteins, leading to further imbalance in metabolic pathways. This imbalance upsets the processes that store and burn body fat. The result is overweight disorders and obesity.

Fortunately, FACTOR4 Weight Control®, containing power amino acids®, has the capacity to close the food-chain gap and correct the deficiencies in amino acids, positive-charged proteins, and metabolic pathways. Once these deficiencies are corrected, the restored balance in metabolic pathways stimulates the loss of body fat and produces sustained weight control.

Why are amino acids so important? Because your body is rebuilding itself every minute that you breathe. As part of this rebuilding process, your body uses amino acids as building blocks for the proteins and enzymes that regulate your metabolism. The rebuilding process also serves to repair the body from the deleterious effects of oxidation, aging, and other destructive processes.

Power Amino Acids® and Protein Health Provide a Breakthrough Discovery in Weight Loss Health

My breakthrough discovery in weight-loss health allows us to take a revolutionary step beyond the low fat/protein diets of public health policy and the high fat/protein diets of Dr. Atkins and other physicians. It shows us how to develop, for the first time, a low-fat and low-carbohydrate diet that produces significant weight loss without drastic reductions in carbohydrate intake, as recommended by Dr. Atkins, or hunger-producing starvation diets, as recommended by public policy officials.

The secret that this discovery revealed is that power amino acids® can be used to maintain anabolic/constructive health while at the same time achieving the feelings of comfort, satisfaction, and well-being that are associated with natural appetite suppression. Because of the power of amino acids to provide multiple benefits that correct deficiencies in amino acids, proteins, metabolic

pathways, and dissatisfaction while improving weight loss health, Power Amino Acids® have patent-pending status and have been registered as a mark in the U.S. Patent and Trademark Office.

What Can You Expect When You Take FACTOR4?

You'll notice some of the benefits of FACTOR4 and its power amino acids right away. But even when FACTOR4 is working in the background, you will be resetting your protein health, your metabolic pathways, and your nutritional health to increase fat metabolism. Your entire body will thank you! Just some of the benefits from FACTOR4 and power amino acids include:

- FACTOR4 and power amino acids provide you with anabolic building blocks for strong bones, ligaments, and tendons; healthy cartilage; strong muscles; healthy organs; and important energy reserves.
- FACTOR4 and power amino acids prevent your body from lapsing into the destructive catabolic states of extreme dieting characterized by food cravings, hunger pangs, eating binges, and unwanted weight gains.
- FACTOR4 and power amino acids suppress your appetite. Within 5 to 10 minutes, you'll begin to experience comfort, satisfaction, and well-being, and these feelings will increase over time. These are the same feelings you experience after you've eaten a meal.
- FACTOR4 and power amino acids correct the deficiencies in amino acids, proteins, and metabolic pathways that produce unwanted weight gains. When these deficiencies are corrected you will begin to burn fat again.

- FACTOR4 and power amino acids supercharge your health and stimulate both weight loss and sustainable weight control. When you experience supercharged health, your “sweet-tooth” and your “fat-tooth” will naturally disappear, and you will find it much easier to shift your diet away from harmful fats and carbohydrates and maintain a lean, attractive figure.

FACTOR4 Weight Control® Suppresses Appetite to Optimize Body Weight

FACTOR4 Weight Control® has strong effects on appetite suppression. This is because the essential and positive-charged amino acids contained in FACTOR4 Weight Control® function to signal satiety to the appetite centers in the brain and in the gut.

You'll know appetite suppression. It is the feelings of “comfort, satisfaction and well-being” you'll experience within minutes of drinking a FACTOR4™ power shake or smoothie. These feelings may continue for hours, allowing portion control or meal replacements without food cravings, hunger attacks, or famished states that otherwise might lead to eating binges and unwanted weight gains. In fact, within days of beginning to take two or more FACTOR4™ power shakes per day, most dieters lose their “sweet tooth” and their urges for carbohydrate-rich snacks.

The appetite suppression that accompanies FACTOR4 Weight Control® is significantly greater than that observed with protein shakes because of the time required for protein to be digested in the intestinal tract. The table below compares the differences in appetite suppression and absorption times of FACTOR4™ shakes and protein shakes.

Nutrient	Absorption time	Appetite Suppression
FACTOR4 Weight Control® with Power Amino Acids®	5 to 10 minutes	++++
Whey protein shake	4 hrs.	+
Soy protein shake	6 hrs.	+
Casein protein shake	8 hrs.	+

FACTOR4 Works!

How do we know FACTOR4 works? We can compare the results from taking FACTOR4 Power Amino Acids with the results of a diet study reported in the prestigious *Journal of the American Medical Association* in March 2007. The JAMA study examined weight loss experienced from four popular diets: the Atkins diet, the national guidelines published by the National Institutes of Health, the Dean Ornish diet, and the Zone diet over a full year.

Diet Plan	Weight Loss
Power Amino Acids (12 months)	33 lbs
Power Amino Acids (6 months)	21 lbs
Atkins (12 months)	10 lbs
National Guidelines (12 months)	6 lbs
Dean Ornish (12 months)	5 lbs
Zone (12 months)	3.5 lbs

The FACTOR4 Study

We studied a group of 25 obese males and females over a 3-month period to determine how effective The FACTOR4 Diet was in reduc-

ing body weight and fat. All of these people had been obese for at least 10 years and some for as long as 25 years. Most had tried and failed to lose weight in the past, regardless of the weight-loss products they had used or the diets they had followed. One person had tried more than 25 diets and 6 weight-loss medications over the previous 20 years. This was truly a challenging group!

The results were more than impressive! Twenty-four of the 25 subjects lost weight during the 3-month period. We extended the study to 6 months and then to a full year. All of the subjects who stayed on the program continued to lose significant amounts of weight. Better yet, all of them also reduced their percentage of body fat and their body mass index.

Since this initial study was completed, we have given FACTOR4 Power Amino Acids to more than 400 additional overweight and obese patients. The results have confirmed our initial study. In fact, the more FACTOR4 Power Amino Acids patients consumed, the more weight they lost. Committed patients who exercised portion control and selective meal replacements lost up to a pound every two days without experiencing the discomforts of hunger. Unlike so many diet programs that work for a while and then stop working, FACTOR4 Power Amino Acids continue to work for as long as people need to lose excess weight.

FACTOR4 Is Superior to High Protein Foods

Many people believe that protein is protein and that they can solve their protein deficiencies simply by increasing the amount of high-protein foods in the diet. After all, these high-protein foods are readily available in abundance in grocery chains throughout the advanced world. That's not necessarily the case.

- Many of these high-protein foods also contain fat, and particularly saturated fat. This may be an important reason why high-protein diets ultimately fail: they contain too much fat for long-term consumption unless intense exercise routines are performed.
- High-protein foods almost always come from muscle tissue in livestock, chicken, or fish. As we have seen, this muscle tissue cannot provide the full range of amino acids that your body requires for optimal health and weight control. To obtain a complete balance of amino acids from meat sources, you'd have to eat far more calories than you could possibly burn.
- High-protein foods are relatively expensive. In the farming industry, it costs far more to raise livestock than to grow vegetables. Livestock and meat products are more difficult to handle, more difficult to store, and, because they are perishable, more difficult to sell at a profit.

FACTOR4 Is Superior to Protein Shakes

Other people turn to protein shakes to supplement their diet. Protein powders made from whey, casein, egg white, and soy don't have the fat calories that high-protein foods do, and they do bring protein levels up to the USDA recommendations. However, they, too, have their limitations.

- It takes between 2 and 8 hours of proteins digestion before their amino acids can be absorbed into the bloodstream. Because of the time it takes for the amino acids to be absorbed, amino acid levels in your bloodstream may never

reach the levels required to suppress your appetite, and you may actually need to exercise intensely to keep from gaining weight.

- All protein supplements need to be enriched with essential and positive-charged amino acids. None of these protein supplements contain the correct balance of amino acids. In fact, while protein powders do improve your nutrition and health, they are often better suited for weight gain and muscle building than for weight loss.

FACTOR4 overcomes the limitations of high-protein foods and protein shakes. At the same time, it provides a number of additional benefits:

- FACTOR4 does not cause the problems associated with the fat in high-protein foods
- FACTOR4 contains a full spectrum of amino acids and corrects deficiencies found in natural food products
- FACTOR4 contains amino acids that are quickly absorbed into the bloodstream and promote rapid appetite suppression
- FACTOR4 costs no more than protein supplements, and it is considerably less expensive than high-protein foods in grocery stores and restaurants

Appendix I presents the many ways that FACTOR4 Weight Control® may be added to existing weight loss strategies to improve results and ensure success. These topics are discussed under the following headings:

- Add FACTOR4 Weight Control® to any diet plan to improve results and ensure success
- Add FACTOR4 Weight Control® to any weight-loss meal program to improve results and ensure success
- Add FACTOR4 Weight Control® to any weight-loss product to improve results and ensure success
- Add FACTOR4 Weight Control® to any vegetarian diet to improve health
- FACTOR4 Weight Control® combats eating disorders while maintaining body health and shape

Review these summaries in Appendix 1 to learn the top 10 reasons why FACTOR4 Weight Control® will ensure success in each of these weight loss goals.

Appendix II presents the many ways that Power Amino Acids® constitute the newest, safest, and most effective dietary supplement in today's market.

Learn how Power Amino Acids® are light years more effective than either vitamins or antioxidants in providing positive benefits to core body health in the following health-care areas:

- The four cornerstones of health
- The four major benefits in weight loss health
- The Top 20 general health benefits of FACTOR4 Weight Control®
- The Top 50 ways you will feel better in the 8 major health systems in the body

The FACTOR4 Diet

The secret to successfully controlling body weight and living a healthier life may be adding something to—rather than subtracting something from—your daily diet. The FACTOR4 diet does exactly that. We formulated FACTOR4 Weight Control® to deliver power amino acids®, protein, vitamins, minerals and micronutrients to the human body. The power amino acids contained in the formula will help you reach your weight loss goals while you maintain optimal body health without diets, meal programs, or weight loss drugs. It does this in a variety of ways:

- FACTOR4 rebuilds your body with power amino acids, the essential ingredients for supercharged health
- FACTOR4 corrects the deficiencies in amino acids, proteins, and metabolic pathways that cause overweight disorders and obesity in the first place
- FACTOR4 suppresses your appetite and blocks food cravings, hunger pangs, and eating binges
- FACTOR4 turns off your desire for the refined sugars and starch-rich foods that increase your appetite and pump your body with empty calories
- FACTOR4 resets your body processes from fat storage mode to fat burning mode

FACTOR4 does more than help you lose weight. It relies on nature's own processes to improve your overall health and vitality:

- FACTOR4 improves metabolic health in all the major health systems of your body
- FACTOR4 revitalizes youthfulness and gives you new-found pep, energy, stamina, and endurance
- FACTOR4 improves your quality of life and boosts your feelings of comfort, satisfaction, and well-being
- FACTOR4 provides supercharged health and converts many of the destructive processes associated with aging into constructive processes you remember from your youth

When you follow the FACTOR4 program, you *will* lose weight. Highly motivated people can lose up to 1 pound every 2 days. Don't be disappointed if you don't see results quite that dramatic. Remember that it took years for you to gain those excess pounds. It will take time for you to lose those pounds and regain the weight and physique that you once had. But be assured: you *will* succeed.

Endpoints for Monitoring Weight Loss Success

Benefit 1: Comfort, Satisfaction and Well-Being

Drinking power shakes or smoothies with FACTOR4 Weight Control® containing Power Amino Acids® will give you feelings of comfort, satisfaction and well-being within minutes. When you recognize these feelings, you'll experience that FACTOR4™

effectively suppresses your appetite, food cravings, hunger pangs, and famished feelings.

Within a few short days, you will lose your “sweet tooth” and your “fat tooth,” which means you will lose your cravings for sweets and fats.

Benefit 2: Increased Energy

Within one to two weeks of starting on FACTOR4 Weight Control® with Power Amino Acids®, you’ll notice that you have significantly more pep, energy, activity, stamina, and endurance. These states of increased energy indicate that significant changes are occurring in the metabolic pathways of your body. Changes in your metabolism will produce increases in your muscle tissue (anabolic state) and decreases in your body fat. Since muscle tissue is the most important organ for burning off body fats, these two processes work together to reset your body weight and energy.

Benefit #3: Loss Of Body Fat

The first sign that your body is losing fat deposits is that your clothes will fit better. The second sign that you are losing body fat is when your weight decreases according to the weight scale. However, your weight according to the gravimetric scale will not decrease until after your muscle tissue is built up. This may take several weeks or a month depending on your body type. See below for more information on body type and weight loss.

The Importance of Body Type

You may not see immediate results on the scale. FACTOR4 begins by replacing your fat with muscle, and muscle weighs more than fat. You are likely to see results in the mirror first. In fact, the first sign that you are losing fat is that your clothes fit better. Your actual weight may not decrease until after you begin developing muscle tone. This may take several weeks or even a month, depending on your body type. Furthermore, fat disappears first from the extremities (arms and legs) and only later from the abdominal region. Trust FACTOR4.

How long will it take for you to begin to see results on the scale? The chart below will give you a general idea.

Body type	Metabolic Rates & Activity Levels	Time needed to rebuild your body with Power Amino Acids	Weight loss begins in
Type 1	Rapid metabolism Physically active	1 week	Week 2
Type 2	Rapid metabolism Physically inactive	2 weeks	Week 3
Type 3	Slow metabolism Physically active	3 weeks	Week 4
Type 4	Slow Metabolism Physically inactive	4 weeks	Week 5

The key qualities of the FACTOR4 diet are persistence and patience...and FACTOR4 Weight Control®! The rewards are significant weight loss without painful exercise routines or boring dietary regimens and sustained weight control for the rest of your life!

Join the FACTOR4 Health Club™

Join the FACTOR4 Health Club™, at no added cost, to ensure that you achieve weight loss, sustained weight control, and metabolic health. The FACTOR4 Health Club™ is a continuity program that will help you supercharge your health with the following promise: By committing to FACTOR4 Weight Control® daily, you will *Look Younger Every Day* and *Feel Better in Every Way!* When you join the FACTOR4 Health Club™, you will receive two containers of FACTOR4 Weight Control® each month plus the following benefits of membership:

- With your first order of FACTOR4™ you receive, FREE OF CHARGE, your own personal Weight Loss Guide that explains how you can achieve *Optimal Weight* and *Metabolic Health 4Life™*, a \$14.95 value.
- When you join the FACTOR4 Health Club™ as a continuity member, you will receive, FREE OF CHARGE, your own blender bottle to make perfectly smooth, nutritious FACTOR4™ power shakes in your kitchen or on the go, an \$8.95 value.
- Go to www.FACTOR4health.com and create your own personal profile, including Body Mass Index (BMI), and receive guidance on how to identify your weight loss goals and define your road map to weight loss success, ABSOLUTELY FREE.
- Share your experience with like-minded individuals who are interested in losing weight and regaining supercharged health for revitalized youth and anti-aging health with improved quality of life. Learn from others in your age group and share your personal success too, ABSOLUTELY FREE.

- By committing to FACTOR4 Weight Control® in a continuity program, you will lose excess weight and feel better in up to 50 ways in the 8 major health systems of the body, as listed below!

How to Use the FACTOR4 Diet Plan to Lose Weight NOW

This is the section you've been waiting for. Here is where we make the transition from the *why* to the *how* of weight loss and weight control. Here is where you learn how simple, sensible, and intuitive weight management strategies can lead to metabolic health and weight control. That doesn't mean weight loss is *easy*. It takes attention, dedication, and structure, and it may seem like it involves sacrifice. Keep the goal in mind; hold on to that picture of a thin, healthy you in the mirror. Be patient. The results will make it all worthwhile. You'll look back when it's all over and wonder why you waited so long to take care of yourself. So, let's get started!

The FACTOR4 weight management program combines time-tested diet and weight-loss principles and state-of-the-art innovations for shedding pounds and keeping them off. It is based on common-sense principles:

- Eat the right foods to ensure a sound nutritious diet
- Select the right exercise routine to keep your body in shape
- Take FACTOR4 Weight Control® at least twice every day!

The FACTOR4 Diet is easy to stay on because it gives you all the nutrition you need while it provides you with the sense of sat-

isfaction and fullness that other diets don't. It does require your commitment and your perseverance. But it makes weight loss manageable and spares you the hunger pangs, the discomfort, and the demand for Herculean "will-power" that so often ruin the best dieting intentions. Before you know it, you'll be wondering why losing weight was so difficult in the past.

FACTOR4 Weight Control®: The Key to Weight Loss Success

The FACTOR4 Diet™ is designed to restore your protein health. As a result, it emphasizes not just the amino acids that are found in protein, but the correct balance of essential and non-essential amino acids that your body needs for you to manage your weight.

Many of these amino acids—the *essential* amino acids—can be obtained only from the diet. We have seen how the modern diet places taste and convenience above health. That is why we developed FACTOR4 Weight Control®, a delicious, low-calorie, nutritious supplement designed to fill in the gaps left by the typical diet. Formulated with power amino acids, health-plus proteins™, vitamins, minerals, and fiber, FACTOR4 Weight Control helps promote weight loss, burn fat, and stimulate nutritional health.

FACTOR4 Weight Control® is the key to the FACTOR4 Diet. It is a convenient powder you can blend with water, low-fat milk, soy milk, fruit juice, or other liquid to make FACTOR4 power shakes. You can sprinkle it on fruit or yogurt for an elegant topping. You can put it in the blender with fruit and liquid to make delicious smoothies. You can use FACTOR4 Weight Control in place of snacks and junk food.

Appendix III provides a number of delicious recipes for FACTOR4 power shakes, smoothies, snacks, breakfasts, desserts, and meal replacements, as well as both hot and cold drinks.

Best of all, you can customize FACTOR4 Weight Control for your own needs, goals, and body type. You don't need to buy prepackaged foods. You use FACTOR4 Weight Control as an adjunct to your regular diet. Of course, you do need to eat intelligently. But you don't have to sacrifice control over your menu just to stay on the program.

FACTOR4™ works first to restore your nutritional health and switch your body from the fat-storing mode encouraged by the modern diet to the fat-burning mode promoted by FACTOR4 Weight Control® that leads to weight loss and vitality. Because it rebuilds your body and nutritional health first, The FACTOR4 Weight Control program may not produce immediate results on the scale. Depending on your body type, it may take as long as a month for you to actually lose weight. But keep the faith. You are replacing fat with muscle, and muscle weighs more than fat. If you want immediate feedback, look in the mirror. Your clothes will fit better and you will begin looking better well before you see changes on the scale.

Four Power Levels of Commitment to FACTOR4 Weight Control®

You cannot overdose on FACTOR4 Weight Control. In fact, the more FACTOR4 Weight Control you take, the more weight you will lose. Your success in weight loss is limited only by your goals and not by your age, gender, genetic profile, exercise level, or metabolic rate. For this reason, we have developed four weight-loss profiles to fit the needs of almost everyone who follows the

FACTOR4 diet. Choose the power level that best fits your goals, and get started today!

Power level 1 (Snack Control): Take FACTOR4 twice a day to curb your appetite and maintain your nutritional health. Mix up power shakes instead of snacking on carbohydrate-loaded foods like candy, chips, pastries, and ice cream. FACTOR4 works immediately to block food cravings, hunger pangs, famished states, and eating binges.

Power level 2 (Portion Control): Take FACTOR4 before or with meals. This will help you control portion size and minimize your calories. FACTOR4 makes it easy to eat less food, reducing the number of calories you eat all day without enduring aggravating pangs of hunger.

Power level 3 (Meal Replacement): Take FACTOR4 as a meal replacement once or twice a day. This will reduce your calorie intake even further. For dinner enjoy protein (fish, chicken, lean beef, or vegetable protein) and two colored or leafy vegetables. The nutrients in FACTOR4 will keep you energized and satisfied while you consume much fewer calories.

Power level 4 (Boot Camp): Take FACTOR4 at 3 to 4 hour intervals throughout the day. This will maximize the burning of fat while minimizing the carbohydrates and fat that add pounds. Take FACTOR4 Weight Control 5 to 8 times a day (for women and men, respectively). To vary the program, eat a large salad every day, containing only fresh vegetables, such as lettuce, tomatoes, onions, carrots, peppers, mushrooms, and green leafy vegetables. Because

power level 4 is aggressive, you may want to consult with your doctor if you plan to stay on this power level for more than 2 weeks.

How to Select the Power Level That Is Right for You

The secret to effective weight loss and sustained weight control is to vary the power of the FACTOR4 weight management program to match your needs and your weight loss goals.

If you are younger and want to lose 5 to 10 pounds, you may achieve your weight loss goals by committing to FACTOR4 Power Level 1.

If you are slightly older and desire to lose 15 to 25 pounds, you may achieve your weight loss goals by committing to FACTOR4 Power Level 2.

If you desire to lose 30 to 50 pounds, you may achieve your weight loss goals by committing to FACTOR4 Power Level 3.

If your goal is to lose more than 60 pounds, you may achieve your weight loss goals by committing to FACTOR4 Power Level 4.

The Power Chain of FACTOR4 in Weight Control

Once you have lost your excess weight, you can move down the power chain to a lower value. For example, if you have selected power level 4 to lose 80 pounds of weight over a 6 month period, you may be able to move down the power chain to power level 3, then power level 2, and finally to power level 1 as your weight loss and weight control goals are achieved.

Naturally, if you begin to gain weight back again, you can move up the power chain to levels 2, 3 or 4 to block further weight gain, reverse the undesired trend in your body weight, and again achieve weight loss health.

The real secret of FACTOR4 Weight Control® is that it contains the essential nutrients (power amino acids®, vitamins, minerals and micronutrients) that you need to reset metabolic pathways and turn on your fat-burning metabolism without resorting to the starvation mechanisms that harm the body by destroying the vital organs and muscle tissue that you need for optimal health.

With your ability to move up and down the FACTOR4 power chain, replacing one power level strategy with another to offset unwanted shifts in body weight, you can use FACTOR4 Weight Control® to regulate your body weight without causing the catabolic (destructive) effects that popular diets and weight loss gimmicks have on your metabolic health.

Four Power Bonuses with FACTOR4 Weight Control®

FACTOR4 Weight Control® provides 4 nutritional bonuses that further stimulate weight loss and make sustained weight control easier:

- FACTOR4 Weight Control® suppresses appetite by abolishing food cravings, hunger pangs, famished states and eating binges.
- FACTOR4 Weight Control® corrects amino acid and protein deficiencies that reset metabolic pathways to burn fat.
- Power Bonus 3: FACTOR4 Weight Control® provides essential nutrients that rebuild the body with the anabolic potential of youth.
- FACTOR4 Weight Control® serves a delicious nutritional drink which helps meet daily nutrient and fluid require-

ments that increase energy levels without the harmful effects of refined sugars, caffeine and alcohol.

Time-honored Principles of Dietary Health

In addition to reviewing the FACTOR4 Diet Miracle that will allow you to lose significant weight with Power Amino Acids®, it is important to review some of the time-honored dietary principles that still apply in your quest to achieve better health. Let's first consider the major food categories.

Protein

Get your protein from a variety of sources. Most people think they have to eat huge amounts of meat and eggs to get protein. As a matter of fact, it is not necessary or even desirable to eat meat everyday, especially when you are also taking FACTOR4 Weight Control. Many cuts of chicken, turkey, beef, lamb, and pork contain high amounts of saturated fat and cholesterol. Other excellent sources of protein are low-fat dairy products, seafood, and many plant foods, such as spinach and legumes.

Legumes—beans, lentils, and peas—contain no cholesterol and little fat. They also make great complementary side dishes, allowing you to eat smaller portions of meat and poultry. Unlike meat, beans help reduce LDL (bad) cholesterol levels, and the minerals they contain help to control blood pressure. Soybeans contain a complete set of nonessential and essential amino acids. Not all beans are so healthy, but that can be offset by FACTOR4 Weight Control®.

Fish and shellfish are excellent sources of protein, and some represent rich sources of the important omega-3 fatty acids as well. Fish is low in calories, saturated fat, and cholesterol,

so it makes a good substitute for poultry and meat. Eat fish at least twice a week. Omega-3 fatty acids (in fish like salmon, mackerel, and herring) help lower the triglycerides that are associated with cardiovascular disease. In addition, they may also help prevent cardiac arrhythmias (dangerous heart beat disturbances) and help regulate blood pressure and improve your immune system.

The following table lists healthy sources of protein:

Fish, Poultry, Meat & Eggs	Dairy	Legumes
3 oz fish	1 cup of low-fat milk	1 cup of soy milk
3 oz chicken	1 cup of fat or sugar-free yogurt	½ cup of tofu
3 oz of turkey	¼ cup, low-fat cottage, feta, ricotta, or cream cheese	½ cup cooked beans
2-3 oz lean beef	¾ – 1 oz. whey protein	soy protein
2-3 oz of lamb	¾ – 1 oz. casein protein	
2-3 oz of pork		
2-3 oz of buffalo		
2 egg whites daily		
1 egg daily		

Protein-rich foods may add abundant fat calories to diets because protein is often accompanied by fat, so limit the size of your protein portions.

Choose the right carbohydrates

Study after study has shown that refined sugars and processed carbohydrates are the enemies of body weight control. They set off a chain reaction of enzymes and hormones that encourage you to pack on excess fat. The first step in the FACTOR4 weight loss program is to curb your intake of refined sugars and processed carbohydrates as much as possible.

These harmful carbohydrates can then be replaced with fruits, vegetables and whole grains. Most fruits and vegetables are low in starch. When eating starch-rich carbohydrates, choose whole grain pastas, breads, and cereals and brown rice and avoid processed grains (such as white bread and white rice) from which the bran and germ have been stripped away. Processing destroys many of their natural vitamins and nutrients and removes most of the fiber. Potatoes are a good example. Potato skins are full of nutrients, including protein and fiber, while the white center consists of high-density starch that is loaded with empty calories.

High-density, starch-loaded carbohydrates add enormous calories even before you pile on the extras, so controlling portion sizes is crucial. This means consuming no more than half-size proportions. The following table lists some of the healthy, high-density carbohydrates and reasonable portions.

High-Density Carbohydrates

½ cup dry cereal	½ whole grain English muffin
1 slice whole grain bread	1 slice whole wheat bread
½ cup of cooked bulgur	½ cup cooked whole wheat pasta
½ large baked sweet potato	½ cup oatmeal
½ cup shredded wheat	

Here are a few simple guidelines for cutting down on refined and processed carbohydrates:

- Lower your consumption of refined sugars (sucrose or high fructose corn syrup) by 90% or more
- Avoid soft drinks, colas, and energy drinks altogether. They are heavily laden with sugar, HFCS and often caffeine
- Cut out 50% of your processed fruit juices, which contain a lot of added sugar. Replace them with the natural fruit itself
- Say *no* to sugar-rich foods containing “empty” calories, such as candy, cakes, pies, cookies, ice cream, pastries, and sticky buns. Substitute fresh fruits and berries that are naturally lower in sugar.
- If you must add sugar to your coffee, consider substituting artificial sweeteners or switching to tea and drinking it without any sweeteners
- Cut in half your consumption of bread, potatoes, white rice, flour products, pastas, pizza, and other high-density, starch-rich carbohydrate foods and substitute whole grains for white grains in these foods

Vegetables and fruits

Fresh vegetables and fruits are the healthiest of the dietary staples. They are rich in essential vitamins, phytonutrients, and antioxidants. They are key sources of essential minerals. And they are rich in fiber that may stabilize blood sugar, lower cholesterol levels, and increase regularity in intestinal function. People who eat generous portions of fruits and vegetables show a lower risk for the leading

causes of death and health problems. As your mother used to tell you, eat your vegetables and fruits: they are good for you!

Don't limit your daily servings of brightly-colored fresh and frozen vegetables and fruits. The only exceptions are dried fruits and fruit juices that contain significantly higher levels of sugar than fresh fruit.

The following table lists healthy fruits, vegetables and legumes.

Fruits	Vegetables	Legumes ¹
½ Banana	Carrots	White and navy beans
Grapefruit	Green beans	Lima beans
Grapes	Broccoli	Pinto and black beans
Strawberries	Cauliflower	Black-eyed peas
Blueberries	Salad greens	Split peas
Blackberries	Squash	Brown and red lentils
Cranberries	Spinach	Chick peas
Tomatoes		

¹ Legumes contain considerable amounts of protein. They are also listed with protein and dairy.

One advantage of fruits and vegetables is their low energy density. Large portions contain only a few calories. For example, an average vegetable serving contains only about 25 calories; while an average fruit serving contains only about 60 calories. The Mayo Clinic, one of the country's leading centers for nutritional research and health, recommends 4 or more vegetable servings and 3 or more fruit servings a day.

Reduce your intake of fat:

Fat by itself is not necessarily “bad.” After all, we evolved over millennia on a diet composed of high-protein and high-fat foods. But certain kinds of fat are worse than others. Fats in processed foods are particularly dangerous because they have been modified, transformed, and hydrogenated into substances like trans fat that your body does not process well. Fats in meat, poultry, and fish may be high in calories, but they are recognized and processed by your metabolism.

When you do use fat, choose liquid vegetable oils instead of saturated animal fats. For example, canola and olive oils are rich in unsaturated fats and preferable to solid oils like butter and margarine. Because “fat follows protein” in many meats, seafood, and dairy products, look for low-fat and lean cuts of these foods. Low-fat dairy products are better than their full-fat counterparts. Avoid fat-rich salad dressings, cooking oils, and butter. All fats are high in calories. They contain 9 calories per gram, which is more than twice the calories contained in protein and carbohydrates. Use all fats, including vegetable oils like olive and canola oil, in moderation.

Healthy Fats
7 almonds
4 walnut or pecan halves
1 ½ tsp of peanut butter
1 tbs sunflower seeds
9 large olives
1 tsp canola or olive oil
2-4 tbs fat-free mayonnaise

The following table lists healthy fats and reasonable portion sizes.

Here are a few tips to help you cut down on the bad fats in your diet.

- Buy lean cuts of red meat, such as top and bottom round steak, and remove all the visible fat before you cook them
- Broil, bake, or barbecue. Do not fry anything
- Steam your vegetables and season them with herbs and spices instead of butter and sauces
- Sauté or poach fish, chicken, and similar foods with wine or defatted broth. Use olive oil only sparingly
- Use non-fat milk, 1% fat milk, or soy milk and non-fat or low-fat cheese instead of their full-fat versions
- Use low fat salad dressings at home. In restaurants ask for salad dressings, rich sauces, and butter “on the side,” and don’t use any more than you have to
- Avoid processed foods that are high in saturated and trans fats, including crackers, chips, cookies, cakes, pies, and popcorn
- Avoid palm oil or cocoa butter that are rich in saturated fat
- When you do buy foods that are higher in fat, look for products like vegetable oils, canola oils or soybean oils that are rich in mono- and poly-unsaturated fats.
- Pay particular attention to prepared and commercial foods that are high in both carbohydrates and fat. They may taste great. But when carbohydrates are part of high-fat, high-protein diets with unrestricted calories, the “diet” turns into a sure-fire prescription for rapid weight gain. In fact, excess

fat, protein, and carbohydrate combine to create the deadliest diet known to mankind.

Increase the fiber in your diet

Dietary fiber is the indigestible carbohydrate in fruits, vegetables, whole grains, and legumes. Most Americans get no more than 15 to 20 grams of fiber in their diet, which is far below the amount men and women need. Fiber is important for several reasons. It improves digestion. It stabilizes sugar and cholesterol levels in the blood. And best of all, fiber can reduce the absorption of calories and help you lose weight.

There are 2 kinds of fiber: soluble and insoluble. Both are important for losing weight. Insoluble fiber is also known as “roughage.” It is found in vegetables and whole grains and decreases the amount of calories absorbed by the body. Soluble fiber can be found in foods like oats, barley, peas, beans, and citrus fruit. It can help keep your cholesterol down and improve your overall metabolic health.

Consume 20 to 30 grams or more of fiber per day. The following vegetables, legumes, fruits, and whole grains are good sources of fiber.

Source	Approx grams
1 small apple	2.8
1 medium banana	2.0
½ cup kidney beans	5.5
½ lima beans	4.4
1 slice, whole wheat bread	2.0

¾ cup broccoli	5.0
4 raw carrot sticks	1.7
½ cup green beans	2.1
Source	Approx grams
½ cup canned peas	3.0
½ cup oat bran	3.0
1 small orange	3.0
1 medium peach	2.0
1 small pear	3.0
potato skins	4.2
½ cup brown rice	5.5
Watermelon (thick slice)	2.8

If necessary purchase crispy rye crackers in your local health food store. These crackers are loaded with healthy fiber that can help you meet your daily requirements.

Increase your water intake with FACTOR4

Government guidelines recommend that we each drink at least 8 glasses of water a day. Commercial drinks, available in grocery stores, may substitute for the fluid ounces of water. However, most if not all commercial drinks, including soft drinks/colas, Gatorade, Vitamin Water, Lemonade, Iced Tea and fruit juices all contain between 20 and 30 grams of sugar. Supersized soft drinks at 64 oz contain 160 grams of sugar. Sugar (sucrose) and high fructose corn syrup (HFCS) both represent quick sources of energy. Many other fluid drink brands are touted as “energy” drinks that contain high levels of caffeine as well as sugar or HFCS. Some of these energy drinks even contain alcohol! The combination of high concentrations of sugar and caffeine, with or without alcohol, are toxic to the human body.

Nutrition experts believe that the current epidemic of obesity could be explained by the consumption of an extra 20-oz soft drink each day. Refined sugars are considered “empty calories” because they provide calories without satisfying appetite and lead, in part, to chronic degenerative diseases that are associated with the Metabolic Syndrome, accelerated aging and early death.

Fortunately, FACTOR4 Weight Control® can energize the body and substitute for fluid ounces of water without including the harmful effects of sugar, caffeine and alcohol. FACTOR4™ contains power amino acids® that stimulate the anabolic processes of youth which lead to supercharged health. In addition, FACTOR4™ stimulates weight control, metabolic health, revitalized youth and anti-aging health. As such FACTOR4™ is the ultimate elixir of life!

General Tips

Keep a positive attitude about your weight loss goals. And remind yourself, whenever necessary, that you *will* lose the weight you are trying to lose. Here are five tips that will insure your ultimate success:

- Don't starve yourself. Eat three meals a day. If you are hungry in between meals, drink a FACTOR4 Weight Management shake or smoothie. Eat slowly and savor the flavor of good food and conversation.
- Don't be impatient. Changing life-long behavior cannot happen overnight. Let it take as long as it takes
- Don't let occasional setbacks weaken your commitment. You are in this for the long haul. Expect lapses and know you can overcome them.

- Don't try to be perfect. Learn from your mistakes. Don't let "perfect" be the enemy of "good."
- Don't give up or give in. Persistence leads to success.

Exercise

Exercise by itself will not help you lose weight. But exercise will work with your FACTOR4 Weight Loss program to produce better results faster. Exercise programs have the potential to accelerate weight loss and improve body fitness. Government guidelines currently recommend at least 30 to 60 minutes of physical activity each day to ensure health and fitness.

When you take FACTOR4 Weight Control, you will notice significant increases in your energy levels within a few days. Once you feel energized, your physical activity will increase spontaneously and you'll discover a new interest in exercising. As the anabolic effects of FACTOR4 build up your muscle tissue, your exercise program will accelerate your weight-loss success and improve your fitness.

Aerobic Exercise

Aerobic exercise does wonders for your heart and your metabolism. A few examples of aerobic exercise are walking, running, jogging, biking, and rowing. But any exercise that calls upon you to use large muscle groups to raise heart rates, breathing rates, and body temperatures is aerobic.

Aerobic exercise has a multitude of benefits: It

- improves your cardio-respiratory and cardio-vascular systems

- decreases your resting heart rate and increases your heart's pumping efficiency
- improves the circulation in your arms and legs
- stimulates your ability to burn fat after 15 minutes of exercise
- raises your metabolic rate, which also burns fat
- builds up your muscle mass, which helps burn fat
- reduces your stress levels
- improves your sleep and mood
- decreases your blood pressure
- reduces the LDL cholesterol in your blood
- increases the oxygen levels in your blood
- stimulates the anabolic processes that revitalize your youth
- tones your muscles and physique
- improves your balance and flexibility and reduces your injury potential
- improves your posture

You can start as simply as taking a brisk, 1- to 3-mile walk. Each mile should take about 20 minutes. If necessary, start with 1 mile and work up to longer distances. Once you are comfortable with walking, you can burn a few more calories by carrying weights in your hand while your walk. Or you can bike 3 to 5 miles (30 to 40 minutes) a day, Look for hills to burn more calories. This is also a great exercise for your heart.

The frequency, intensity, and duration of your aerobic exercise will determine your fitness level. During your aerobic exercise, the American College of Sports Medicine recommends you set a goal of increasing your heart rate by 50% to 85%.

Schedule each session to last from 30 to 60 minutes, 3 to 5 days a week. During the first 15 minutes, you'll be burning off sugars and glycogen. Fat metabolism starts after about 15-20 minutes. Only then will you begin to see serious fat losses.

Weight Training

Weight training develops your muscle strength and makes your body leaner with increased muscle tone. Then, as your muscles grow stronger, you'll increase your metabolism and burn more fat, and your success will build momentum. Strength training increases your bone density as well as the strength of tendons and ligaments, which decreases your risk of injury. It improves your posture and helps prevent your muscles from atrophying as you get older. And strength training can improve your blood pressure, too!

You can do all this at home without spending a lot of money. Purchase some light-weight dumbbells from a local sporting goods store. Buy them in pairs, one for each hand. Most women can start with 2½-pound weights and work up to 5 pounds. Men can start with 5-pound weights and work up to 7½ pounds.

A beginning home routine might include:

- 5 minutes of stretching
- Push-ups (chest muscles and triceps)
- One arm rows (back and biceps)
- Arm curls (biceps)
- Triceps extensions (triceps)
- Shoulder press (traps and front delts)
- Side lateral raises (side deltoid and shoulder)
- Front lateral raises (rear deltoid and shoulder)
- Squats (quads, hamstrings/upper leg and gluteus)

- Lunges (quads, hamstrings/upper leg and gluteus)
- Calf raises (calf/lower legs)

Start with one set of 12–15 repetitions and increase the number of repetitions as your fitness and endurance increase.

If you prefer to work out at the gym, you'll be able to put together a much more sophisticated workout. If you are really serious, make an appointment with a certified trainer who can help you put together an exercise program for your specific needs. You can also take advantage of the personal training services that most gyms offer.

A typical gym routine might look something like this::

- Warm up for 5 minutes on a bike, treadmill, stair-climb, or other cardio machine
- Leg press machine (total lower body)
- Chest press machine (chest)
- Cable pulldown—wide grip (back)
- Leg extension machine (quadriceps)
- Bicep machine (arms)
- Cable pushdowns (triceps)
- Leg curl machine (hamstrings)
- Overhead shoulder press machine (shoulders)
- Row machine (back)
- Calf raises—standing or sitting (lower legs)
- Fly machine (Chest)
- Lower back machine (lower back)

Start with a set of 12–15 repetitions and increase the number of repetitions slowly as your fitness and endurance improve.

Whether you work out at home or in the gym, vary your weekly exercise routines. For example, alternate 3 days of aerobic exercises with 2 or 3 days of small weight training. This allows your body to rest and recover from one exercise while you are exercising different muscle groups. Giving your body a recovery period reduces your risk of fatigue and injury. If any exercise causes pain other than that you would expect from muscle use, stop the exercise and consult with a physician.

APPENDIX I

FACTOR4 is Superior and Complementary to All Other Weight-Loss Strategies

Add FACTOR4 Weight Control® to Any Diet Plan to Improve results and Ensure Success

Although diets to stimulate weight loss have been popular for centuries, they are less effective than generally believed for two main reasons:

- Popular diets drain the body of essential nutrients.
- Popular diets break down muscle tissue and body health through catabolic (destructive) reactions.

Here are the top ten reasons why FACTOR4 Weight Control® can ensure that you reach your weight loss goals while maintaining optimal body health:

- FACTOR4 Weight Control® is complementary to other diet plans because it rebuilds the body with Power Amino Acids®, the essential ingredients for supercharged protein health

- FACTOR4™ corrects “protein deficiency syndrome” which leads to overweight disorders and obesity in the first place
- FACTOR4™ suppresses appetite, blocking food cravings, hunger pangs, famished states, and eating binges
- FACTOR4™ inhibits the desire for refined sugars and starch-rich foods that increase appetite and provide “empty calories” to the body
- FACTOR4™ improves metabolic health in the 8 major health systems of the body
- FACTOR4™ revitalizes youth with pep, energy, activity, stamina, endurance, and performance
- FACTOR4™ improves aging health with increased “quality of life,” including comfort, satisfaction, and well-being
- FACTOR4™ provides supercharged protein health, converting the catabolic reactions of aging to the anabolic processes of youth
- FACTOR4™ resets metabolic pathways from fat storage to fat burning metabolism
- FACTOR4™ uses nature’s way to rebalance the caloric equation and achieve weight loss health

Add FACTOR4 Weight Control® to Any Weight-Loss Meal Program to Improve Results and Ensure Success

Weight loss meal programs have proved to be of some benefit for people suffering from overweight disorders and obesity. By providing meals designed by professional nutritionists, excess calories may be removed from the diet. In addition meal programs are optimal for senior citizens who are unable to perform grocery shopping and meal preparation efforts that result in healthy eating habits.

However, meal programs may be insufficient to rid the body of excess unwanted fat without causing nutritional deficiencies. In this case a highly nutritious product that primes the body for weight loss may tip the balance and ensure that you meet your weight loss goals while maintaining optimal nutrition and health. FACTOR4 Weight Control® was formulated with these goals in mind.

Here are the top ten reasons why FACTOR4 Weight Control® can complement your weight loss meal program and ensure that you reach your weight loss goals:

- FACTOR4 Weight Control® is complementary to weight loss meal programs because it provides Power Amino Acids®, the essential ingredients for priming the body for efficient weight loss
- FACTOR4™ corrects “protein deficiency syndrome” which leads to overweight disorders and obesity in the first place
- FACTOR4™ suppresses appetite abolishing food cravings, hunger pangs, famished states, and eating binges
- FACTOR4™ inhibits the desire for refined sugars and starch-rich foods that increase appetite and provide “empty calories” to the body
- FACTOR4™ improves metabolic health in the 8 major health systems of the body
- FACTOR4™ revitalizes youth with pep, energy, activity, stamina, endurance, and performance
- FACTOR4™ improves aging health with increased longevity and improved “quality of life,” through feelings of comfort, satisfaction, and well-being

- FACTOR4™ provides supercharged protein health, converting the catabolic reactions associated with aging to the anabolic processes associated with youth
- FACTOR4™ resets metabolic pathways from fat storage to fat burning metabolism
- FACTOR4™ uses nature's way to rebalance the caloric equation and achieve weight loss health

Add FACTOR4 Weight Control® to Any Weight-Loss Product to Improve Results and Ensure Success

Weight loss products fall into several distinct groups according to mechanisms of weight loss:

- Metabolic enhancers (Phentermine©, Caffeine, Guarana, Theophylline, Ephedrine)
- Appetite suppressants (Cocaine, Methamphetamine, Sudafed)
- Fiber supplements that inhibit the digestive process and therefore reduce the number of calories that are absorbed by the body (Cal-Trap)
- Fiber supplements that expand in the stomach to create a feeling of fullness

However, pharmaceutical agents (Phentermine©) and nutraceutical agents (Caffeine, Guarana, and Theophylline) lead to the "jitters." Appetite suppressants such as cocaine and methamphetamine are illegal as is Ephedrine (Ma Huang). Fiber supplements decrease the digestive process in the intestinal tract. The

great majority of weight loss products drain the body of essential nutrients, and both metabolic enhancers and illegal substances may cause bodily harm and accelerated aging. In addition the FDA has recently clamped down on many weight loss capsules and tablets that are tainted with dangerous illegal drugs.

FACTOR4 Weight Control® was formulated as a weight loss product that improves body health and resets metabolic pathways to convert fat storage processes to fat burning processes. Because FACTOR4 Weight Control® rebuilds the body with Power Amino Acids® and optimizes metabolic pathways, it may be used to great benefit in conjunction with other weight loss products. FACTOR4 Weight Control® may also be used to replace other weight loss products.

Here are the top ten reasons why FACTOR4 Weight Control® can complement and synergize popular weight loss products to ensure that you reach your weight-loss goals and maintain optimal body health:

- FACTOR4 Weight Control® is complementary to other weight loss products because it rebuilds the body with Power Amino Acids®, the essential ingredients to prime the body for weight loss health
- FACTOR4™ corrects “protein deficiency syndrome,” an imbalance between positive-charged and negative-charged proteins, which leads to overweight disorders and obesity in the first place
- FACTOR4™ suppresses appetite blocking food cravings, hunger pangs, famished states, and eating binges that accompany the use of other weight-loss products

- FACTOR4™ inhibits the desire for refined sugars and starch-rich foods that increase appetite and provide “empty calories” to the body
- FACTOR4™ improves metabolic health in the 8 major health systems of the body
- FACTOR4™ revitalizes youth and boosts metabolism by increasing pep, energy, activity, stamina, endurance, and performance
- FACTOR4™ improves “quality of life,” with feelings of comfort, satisfaction and well-being
- FACTOR4™ provides supercharged health, converting the catabolic reactions of aging to the anabolic processes of youth
- FACTOR4™ resets metabolic pathways from fat storage to fat burning metabolism
- FACTOR4™ uses nature’s way to rebalance the caloric equation and achieve weight loss health

Add FACTOR4 Weight Control® to Any Vegetarian Diet to Improve Health

Within America there is a growing popularity of vegetarian diets. Vegetarian diets can be healthy and control unwanted weight gains. Vegetarian diets also avoid animal-based foods that rely on sacrifice of living animals.

However, vegetarian diets may also be deficient in protein if the individual does not consume dairy products. Vegetables, fruits and legumes help provide protein, but these are insufficient by themselves to supply the daily minimum requirement for pro-

tein in the diet. With marginal levels of protein in the diet, many vegetarians develop an “unhealthy appearance” in their skin, hair and nails within the first five years on a strict vegetarian diet.

Although their body remains slender, it may suffer from protein deficiency syndrome, a newly discovered disorder that results from a deficiency of essential and positive-charged amino acids and proteins. Protein deficiency syndrome normally results in an imbalance in metabolic pathways that can lead to poor nutritional health in organs and tissues throughout the body. For example, some vegetarians show harmful decreases in the thickness of heart muscle that may impair circulation of essential nutrients through the body. Many other harmful effects may occur in the 8 major health systems in the body.

Fortunately, FACTOR4 Weight Control® rebuilds the body with power amino acids that correct protein deficiency syndrome and re-balance metabolic pathways. FACTOR4 stimulates anabolic (constructive) health and prevents catabolic (destructive) health.

In summary, Factor Weight Control® supplementation is ideal for individuals who are committed to vegetarian diets but seek to ensure that they remain in optimal health with regard to body weight, metabolic health, revitalized youth, and anti-aging health as well.

Here are the top ten reasons why FACTOR4 Weight Control® will ensure optimal protein health in individuals who adhere to vegetarian diets:

- FACTOR4 Weight Control® is ideal for individuals who are committed to vegetarian diets because it rebuilds the body with Power Amino Acids®, the essential ingredients for protein health throughout the body

- FACTOR4™ corrects “protein deficiency syndrome,” an imbalance between positive-charged and negative-charged proteins, which leads to poor metabolic health in the first place
- FACTOR4™ suppresses appetite and blocks food cravings, hunger pangs, famished states, and eating binges that may accompany diets that are deficient in protein
- FACTOR4™ inhibits the desire for refined sugars and starch-rich foods that increase appetite and provide “empty calories” to the body
- FACTOR4™ improves metabolic health in the 8 major health systems of the body
- FACTOR4™ revitalizes youth and boosts metabolism by increasing pep, energy, activity, stamina, endurance, and performance
- FACTOR4™ improves “quality of life,” with feelings of comfort, satisfaction and well-being
- FACTOR4™ provides supercharged health, converting the catabolic reactions of aging to the anabolic processes of youth
- FACTOR4™ resets metabolic pathways from fat storage to fat burning metabolism
- FACTOR4™ uses nature’s way to rebalance the caloric equation and achieve weight loss health

FACTOR4 Weight Control® Combats Eating Disorders While Maintaining Body Health and Shape

Young women want trim healthy bodies with figures that accentuate feminine beauty. As the body develops during growth and

maturation, in today's fast-paced world, poor eating habits and chronic stress may lead to overweight disorders and even obesity. Smart young women want better health and more attractive bodies.

To stay slim and trim, many women alter their diets to avoid the overabundance of calories found in "traditional meals." New trends in eating disorders are as follows:

- Increasing numbers of women are turning to "vegetarian" and even "vegan" diets that are or may be deficient in protein
- Others have become bulimic or anorexic with hormonal disorders
- Still others become professional models who restrict food intake to meet fashion standards
- Many more are caught up in the "vanity trap," refusing food and skipping meals to avoid unwanted weight gains
- Some endure chronic hunger and simply starve themselves to the desired body weight

Each of these dietary strategies eventually leads to an imbalance between positive-charged and negative-charged proteins (Protein Deficiency Syndrome), a condition that can actually result in poor metabolic health and increased fat storage. The poor nutrition associated with eating disorders may cause a number of harmful reactions to the body, including:

- Poorly nourished diets lead to catabolic reactions that breakdown muscle tissue leading to increased body fat as well as poor muscle tone and body definition

- Catabolic reactions lead to decreased energy and performance
- Starvation leads to sluggish behavior and poor brain function
- Chronic hunger may lead to anger, rage, aggression, and uncontrolled mood swings, sometimes called “hangry” reactions
- Chronic hunger may lead to anxiety reactions, panic attacks, and fear states
- Poor nutrition may lead to attention deficit and obsessive-compulsive disorders. They may also lead to depression, loss of self-esteem, and even suicidal tendencies
- Catabolic reactions associated with eating disorders lead to food cravings, hunger attacks, famished states, eating binges, and more, all of which accentuate the yo-yo nature of dietary restrictions

There has to be a better way!

FACTOR4 Weight Control® both Prevents and Treats Eating Disorders

FACTOR4 Weight Control® comes to the rescue with an all-new, all-natural active product that treats eating disorders by maintaining control over body weight while restoring body health.

Top 14 Reasons Why FACTOR4 Weight Control® Combats Eating Disorders:

- Restores body health in young women who are suffering from eating disorders

- Rebuilds the body with Power Amino Acids®, leading to supercharged health for women who desire healthy, attractive feminine bodies without excess weight
- Corrects Protein deficiency syndrome, which leads to overweight disorders and obesity in the first place
- Prevents protein deficiency in individuals who eat vegetarian diets
- Suppresses appetite, thereby blocking food cravings, hunger attacks, famished states, and binge eating
- Enhances feelings of comfort, satisfaction and well-being without ingesting "comfort" food rich in carbohydrates
- Removes the "sweet tooth" that leads to the "food-swing trap" that results in the yo-yo metabolism of high carbohydrate intake
- Stimulates loss of unwanted body fat and achieves sustained weight control without food cravings, hunger attacks, or famished states
- Avoids the catabolic effects of eating disorders while maintaining the anabolic effects of body shape, youth, and health
- Maintains body shape and body tone without increasing body fat
- Stimulates significant weight loss and sustained weight control
- Prevents the Metabolic Syndrome, which leads to a spectrum of chronic degenerative diseases and accelerated aging
- Establishes the trim, athletic, and sexy body that young women desire

- Stimulates pep, energy, activity, stamina, endurance, and performance

Summary

FACTOR4 Weight Control® is the ideal product for prevention and treatment of eating disorders because it minimizes body fat, rebuilds body health, and preserves the attractive nature of body shape.

APPENDIX II

Power Amino Acids®: The Newest Breakthrough in Dietary Supplements

REBUTTAL: I Thought Vitamins and Antioxidants Were!

As described in this book, power Amino Acids® show numerous positive benefits on weight loss health, metabolic health, revitalized youth, and anti-aging health. It is instructive in this regard to compare the efficacy of vitamins, antioxidants, and power amino acids in these four important areas of health and to understand which of these supplements provides the greatest benefit in today's market.

Vitamins and Antioxidants

Ever since Nobel Prize winning biochemist Linus Pauling promoted megadoses of vitamin C 40 years ago, Americans have been hooked on vitamins. Today about a half of all adults use some form of dietary supplement, usually vitamin supplementation, at a cost of \$23 billion a year.

But the question is: *Do these vitamins and/or antioxidants have a positive effect on America's health?*

Over the past 30 years, the National Institutes of Health has spent hundreds of millions of dollars in attempts to demonstrate that vitamins and/or anti-oxidants reduce the incidence of disease. These studies have been inspired by the finding that people who eat lots of nutrient-rich fruits and vegetables have long been known to have lower rates of heart disease and cancer.

Negative Results on Vitamins and Antioxidants

While early results showed suggestive effects, the final results indicated no beneficial effects whatsoever.

- In February, 2009, the Women's Health Initiative reported on 161,000 older women who received multivitamin supplementation over 8 years. This study found no improvement in health benefits from multivitamins.
- A study published in 2008 tracked 15,000 physicians for a decade and found no difference in cancer or heart disease rates among those using vitamins E and C compared with those taking a placebo.
- In October, 2008, a study of 35,000 men dashed hopes that high doses of vitamin E and selenium could lower the risk of prostate cancer.

Other Studies Show Harmful Effects

- In 2007 mortality rates in randomized trials of antioxidant users was assessed in 47 trials of 181,000 participants. The results showed a 5% higher mortality rate among antioxidant users. The main culprits were vitamin A, beta carotene, and vitamin E. Vitamin C and selenium seemed to have no meaningful effects.

- In a recent animal study at the University of North Carolina, mice with brain cancer were given both normal and vitamin-depleted diets. The ones who were deprived of antioxidant vitamins had smaller tumors, and 20% of the tumor cells were undergoing cell death by apoptosis, which is fueled by free radicals. In the fully nourished mice, only 3% of tumor cells were dying.
- High lung cancer rates were found in two studies of beta carotene use.
- One study suggested that folic acid use led to higher risk of precancerous colon polyps.

Conclusions

- The benefit of high doses of vitamins and nutrients is not supported by scientific data
- Most scientists suspect that the benefits of a healthful diet come from eating the whole fruit or vegetable, not just the individual vitamins found in it

Comment

Yes, vitamins are essential nutrients that the body cannot produce on its own. However, a balanced diet typically provides an adequate level of these nutrients, and today many popular foods are fortified with extra vitamins and minerals as well.

Evidence on Power Amino Acids®

In contrast to the lack of evidence that vitamins and antioxidants have any health benefits to Americans, Power Amino Acids® contained in FACTOR4 Weight Control® show numerous positive

benefits on body health. The evidence shown below more than demonstrates that power amino acids® are the safest and most effective dietary supplement on the market today.

Positive Benefits of Power Amino Acids® on Core Body Health

Power amino acids® help to establish the *four cornerstones of health* in the FACTOR4 Wellness Program. These cornerstones are:

- **Weight Loss Health**, providing you with a healthy body physique that will ensure success
- **Metabolic Health**, allowing you to avoid many of the chronic degenerative diseases that afflict mankind
- **Revitalized Youth**, restoring levels of pep and energy that decrease your functional age
- **Anti-Aging Health**, providing you with feelings of comfort, satisfaction and well-being that presage longevity with improved quality of life

Four Major Benefits in Weight Loss Health

Here are the top four reasons why Power Amino Acids® confer unique benefits on metabolism and body weight:

- Power Amino Acids® **burn calories**, by resetting metabolic pathways that control fat storage and fat metabolism.
- Power Amino Acids® **suppress appetite** by satisfying appetite centers in the brain and stomach
- Power Amino Acids® **satisfy cravings** with feeling of comfort, satisfaction, and well-being
- Power Amino Acids® **boost energy** by increasing muscle mass and anabolic health

Top 20 General Health Benefits of FACTOR4 Weight Control®

Here are the top 20 general health benefits of Power Amino Acids®, which:

- Rebuild the body with essential amino acids that improve metabolic health in the body and provide amino acid precursors that rebalance neurotransmitter levels in the brain
- Close the food-chain gap, which corrects deficiencies in amino acids, positive-charge proteins, and metabolic pathways that preserve core body health
- Correct protein deficiency syndrome, which leads to overweight disorders and obesity in the first place
- Reset metabolic pathways from fat storage to fat burning metabolism
- Use nature's way to rebalance the caloric equation and achieve weight loss health
- Suppress appetite through natural mechanisms, thus blocking food cravings, hunger pangs, famished states, and eating binges
- Inhibit the desire for refined sugars and starch-rich foods that increase appetite and provide "empty calories" to the body
- Revitalize youth with pep, energy, activity, stamina, endurance, and performance
- Tone the body by increasing muscle tissue and decreasing body fat.
- Improve anti-aging health with increased longevity and improved "quality of life," with feelings of comfort, satisfaction, and well-being

- Provide supercharged protein health converting the catabolic reactions of aging to the anabolic processes of youth
- Increase clarity of thought and sharpen memory
- Relieve mood swings, anger, rage, and aggression
- Relieve stress, anxiety reactions, and panic attacks
- Relieve depression, loss of self-esteem, and suicidal tendencies
- Relax the muscles in the body and enhance restful sleep
- Help to relieve drug, alcohol, and nicotine dependency
- Combat the risk factors associated with the Metabolic Syndrome, including high blood levels of cholesterol, triglycerides, and sugar
- Combat the chronic degenerative diseases associated with the Metabolic Syndrome, including overweight disorders, type 2 diabetes, cardiovascular disease, certain type of cancer (breast, prostate, endometrial, and colon), osteoarthritis, and gall bladder disease
- Improve metabolic health in the 8 major health systems of the body

Feel Better in the Eight Major Health Systems in the Body

Here are the 50 ways you may feel better in the eight (8) major health systems in the body:

Health System	Effects of the FACTOR4 Weight Control with Power Amino Acids and Health-Plus Proteins
Body weight and energy health	Fat loss in extremities ^{2,3} Fat loss in central torso ^{2,3}

Body weight and energy health (continued)	Decrease in total body weight ^{2,3} Increase in pep & energy ^{2,3} Metabolic balance ² Increase in lean muscle mass ^{2,3} Muscle strength enhanced ² Muscle relaxation increased ²
Beauty health	Skin color, texture, and health increased ² Hair becomes smoother, thicker, and healthier ² Nails increase in color, strength, and radiance ²
Mental balance/health	Clarity of thought increased ² Memory improved ^{2,4} Mood stabilized ^{2,3} Stress reduced ² Depression relieved ² Sleep enhanced ^{2,3} Addictions decreased ^{3,4} Sensory health increased (peripheral vision ² , hearing ² , taste, smell, touch)
Digestive health	Taste adapts to high-value foods ² Appetite satisfied ² Shrink the stomach and intestinal tract ² Calming effect on stomach ² Decrease in acid reflux & heartburn ² Increased regularity of bowel movements ²
Metabolic and cardiovascular health	Type II Diabetes reduced with weight loss ¹

Metabolic and cardiovascular health (continued)	<p>Systolic and diastolic blood pressure reduced¹</p> <p>Total and LDL cholesterol levels reduced¹</p> <p>Decrease in glycemic index (high blood sugar)¹</p> <p>Metabolic Syndrome prevented & treated^{1,2,3}</p> <p>Body wasting disorders corrected^{2,3}</p>
Immune health	<p>Increased resistance to viruses²</p> <p>Increased resistance to bacteria²</p> <p>Increased resistance to fungi²</p> <p>Decreased free radicals⁴</p> <p>Decreased non-specific inflammation⁴</p> <p>Decreased C-reactive protein¹</p>
Reproductive health	<p>Sexual desire increased²</p> <p>Erectile function increased²</p> <p>Sexual activity increased²</p> <p>Ejaculate volume increased²</p> <p>Ovarian health increased⁴</p>
Aging health	<p>Decrease in tired, weak feelings²</p> <p>Anabolic (beneficial) effects on organ functions, including heart, lung, liver, kidneys, etc.^{3,4}</p> <p>Decrease in functional age²</p> <p>Disease prevention during aging^{2,3}</p> <p>Aging performance increased²</p> <p>Increase in longevity⁴</p>

1 Demonstrated in published clinical trials on Whey protein

2 Demonstrated in testimonials

3 Predicted with supporting evidence in literature

4 Predicted

Final Conclusions

Despite the enormous amounts of money that have been spent on multivitamins, individual vitamins, and antioxidants over the past 40 years and the enormous amounts of money that have been spent in efforts to demonstrate the health benefits of these supplements, the scientific results of extensive, well-designed studies indicate there are no measurable benefits to these products.

Power amino acids® represent a relatively new concept in dietary supplementation. Their delivery is best achieved through FACTOR4 shakes rather than capsules. Power amino acids® confer enormous benefits to health throughout the entire body. These benefits are not only revealed by objective standards but also perceived through the feelings of improved health that are quickly noticed by individuals that take this supplement. For these compelling reasons, **POWER AMINO ACIDS®** now stand-out as the **#1 dietary supplement** that all people over 30 years of age should take to maintain **GOOD HEALTH** as the #1 priority in life.

APPENDIX III

FACTOR4 Recipes

FACTOR4 Weight Control® is easy to use. It tastes great, too! When shaken in a bottle blender or shaker cup it dissolves rapidly in liquid, and its vanilla-praline flavor blends with many different foods. You can use it in power shakes and smoothies or sprinkle it directly onto fruits. You can add it to coffee or tea and economize on the cost of expensive lattes from coffee bars. The flavor can easily be changed by adding berries or sugar-free chocolate syrup. If you want it sweeter, add a little Splenda®, stevia, or other non-calorie sweetener.

The recipes that follow are just a few of the delicious ways you can enjoy FACTOR4 Weight Control®. Follow your imagination. You may find that FACTOR4 is your favorite part of the meal!

Power Shakes*Basic shake*

- 2 scoops, FACTOR4 Weight Control®
- 8 oz. water
- ice cubes

Add 2 scoops of FACTOR4 to water and ice cubes in a blender bottle or mason jar. Shake well. Total calories: 70, with 10 grams of protein, less than 1 gram of fat, and only 1.2 grams of carbohydrate.

“Egg creme” shake

- 2 scoops, FACTOR4 Weight Control®
- 8 oz. club soda
- ice cubes

Add 2 scoops of FACTOR4 to club soda and ice cubes in a blender bottle or mason jar. Shake well. Enjoy a low-calorie FACTOR4 egg cream without the egg or the cream.

Chocolate shake

- 2 scoops, FACTOR4 Weight Control®
- 8 oz. water
- sugar-free chocolate syrup
- ice cubes

Add all ingredients in a blender bottle or mason jar and shake well for a low-calorie chocolate shake.

Soy milk shake

- 2 scoops, FACTOR4 Weight Control®
- 8 oz. low-fat soy milk
- ice cubes

Combine all ingredients in a blender bottle or mason jar. Shake well and enjoy a thick, satisfying milk shake with extra protein and a few extra grams of unsaturated fat and carbohydrate. For variety, alternate plain soy milk with some of the many flavored soy milks.

Smoothies

FACTOR4 Weight Control® goes well with fruits. It combines with the natural sweetness and flavor of fruit to make smoothies that are both healthy and low in calories.

Berry-banana smoothie

- 2 scoops, FACTOR4 Weight Control®
- ½ frozen banana
- 8 strawberries
- 4 oz water
- 2 cubes, crushed ice

Combine all ingredients in a blender and process until smooth. Experiment with other berries, such as blackberries and boysenberries.

Blueberry smoothie

- 2 scoops, FACTOR4 Weight Control®
- 1 cup, vanilla or plain soy milk
- ½ cup, blueberries
- crushed ice

Combine and blend well in an electric blender. Try other berries as well. FACTOR4 Weight Control® tastes great with all berries!

Orange "Julius"

- 2 scoops, FACTOR4 Weight Control®
- 6 oz. orange juice (fresh or from concentrate)
- crushed ice

Combine all ingredients and blend well. This will remind you of a liquid orange creme popsicle!

Peanut butter smoothie

- 2 scoops, FACTOR4 Weight Control®
- 8 oz. water
- 1 tsp., natural peanut butter
- ice cubes

Blend well, making sure the peanut butter completely dissolves. Try it with chocolate soy milk or low-fat chocolate milk instead of water!

Apple pie smoothie

- 2 scoops, FACTOR4 Weight Control®
- 1 small apple, peeled and cored
- ½ cup, water
- 2 ice cubes
- cinnamon and sweetener to taste

Combine all ingredients and blend well. Use low-fat vanilla or plain soy milk instead of water to give it an a la mode touch!

Breakfast and Dessert

FACTOR4 *oatmeal*

- 2 scoops, FACTOR4 Weight Control®
- ½ cup, uncooked oatmeal
- ½ cup, blackberries
- ½ cup, soy milk, low-fat milk or water

Cook oatmeal, then stir in the FACTOR4. Top with berries and soy milk.

FACTOR4 *cream of wheat*

- 2 scoops, FACTOR4 Weight Control®
- 1 cup, cooked cream of wheat
- ½ cup, strawberries

Stir FACTOR4 into the cooked cream of wheat. Top with strawberries or other berries. Add soy milk or low-fat milk if you wish.

FACTOR4 *shredded wheat*

- 2 scoops, FACTOR4 Weight Control®
- 1 cup, shredded wheat
- ¼ cup, raspberries
- ½ cup, soy milk or low-fat milk

Sprinkle FACTOR4 on top of shredded wheat. Top with raspberries and soy or low-fat milk.

FACTOR4 *protein pudding*

- 2 scoops, FACTOR4 Weight Control®
- 1 package, sugar- and fat-free vanilla or chocolate pudding mix
- 3 cups, soy milk, low-fat milk or water

Follow the directions on the pudding mix, adding the FACTOR4 and using soy milk in place of regular milk. Makes 6 servings.

FACTOR4 *and fruit*

- 2 scoops, FACTOR4 Weight Control®
- 4–6 oz., water
- 1 ice cube
- 1 cup, fresh fruit

Mix FACTOR4 and water and pour over the fruit. Experiment with different fruit and berries. Mix FACTOR4 with soy milk for a thicker, creamier topping.

FACTOR4 *and yogurt*

- 2 scoops, FACTOR4 Weight Control®
- 1 container, light yogurt

Stir FACTOR4 into yogurt and enjoy!

FACTOR4 Meal Replacements

You can use FACTOR4 shakes as meal replacements. Don't replace more than 2 meals a day without your doctor's recommendation.

Option 1: light meal replacement (120 calories)

- 2 scoops, FACTOR4 Weight Control®
- 8 oz., cold soy milk
- 2 ice cubes

Option 2: regular meal replacement (220 calories)

- 2 scoops, FACTOR4 Weight Control®
- 12 oz., cold soy milk
- 4 oz., water
- 2 ice cubes

Option 3: Double power meal replacement (240 calories)

- 4 scoops, FACTOR4 Weight Control®
- 8 oz., cold soy milk
- 8 oz., water
- 2 ice cubes

Hot Drinks

Hot tea with FACTOR4 “power cream”

- 2 scoops, FACTOR4 Weight Control®
- tea leaves or tea bags of your choice

Add FACTOR4 weight control to water and shake thoroughly. Store in refrigerator for up to 8 hours. Add FACTOR4 “cream” to tea. Stir and enjoy!

Coffee latte

- 2 scoops, FACTOR4 Weight Control®
- Regular or decaffeinated coffee

Add FACTOR4 to water and shake thoroughly. Store in refrigerator for up to 8 hours. Add FACTOR4 to hot coffee that has been allowed to cool on the counter for a minute. Stir and enjoy!

Iced FACTOR4 Lattes

Iced FACTOR4 coffee latte

- 2 scoops, FACTOR4 Weight Control®
- 1 cup, cooled black coffee
- crushed ice
- Splenda or stevia to taste

In a large blender bottle or mason jar, add ice and FACTOR4, and pour coffee on top. Mix well. Try add-

ing ground cinnamon, cardamom, or other flavoring for variety.

Iced Viennese FACTOR4 café

- 2 scoops, FACTOR4 Weight Control®
- 6–8 oz. water or low-fat soy milk
- ½ cup, cooled black coffee
- 1–2 ice cubes

Prepare a shake from the FACTOR4 and water or soy milk. Add coffee to taste and the ice cubes. Tastes like a Viennese iced café without the sugar, ice cream, or whipped cream!

Iced FACTOR4 Chai tea latte

- 2 scoops, FACTOR4 Weight Control®
- 1 cup, crushed ice
- Chai tea

Brew the Chai tea and let it cool. In blender bottle or mason jar, add the ice and FACTOR4. Top with 1 cup of the tea. Mix well and enjoy. Try other teas as well!

START YOUR LAST DIET TODAY!

If you have been frustrated with the diets you've followed in the past, your disappointments are about to end.

If you are ready to begin your last diet, order FACTOR4 today. FACTOR4 Weight Control® is a delicious nutritional shake specially formulated to burn calories, regulate hunger, satisfy cravings, and boost your energy.

The proprietary, patent-protected complexes of Power Amino Acids® and proteins in FACTOR4 restore your nutritional health and reset your metabolic pathways to burn fat so you can achieve *lasting* weight control. It works the way nature works, without tricks or gimmicks. FACTOR4 produces lasting results, not temporary successes that set you up for discouragement. It's everything you could ask for in a diet supplement. It succeeds where other diets fail.

Best of all, you can try FACTOR4 *without any risk!*



Simply go to www.factor4health.com. Fill out the order form. I will send you a 2-week supply of FACTOR4 Weight Control®. Try

it, *risk free*. If at any time during the 2 weeks, you are unhappy with the results, let us know . . . and keep the rest of the FACTOR4 Weight Control® with my compliments.

I believe so much in FACTOR4 that I have made it easy for you to continue receiving FACTOR4 Weight Control® for as long as you want to keep on experiencing the miracle that FACTOR4 brings.

But that's not all!

Sign up for a FACTOR4 continuity program and you will receive, absolutely free:

- A free FACTOR4 weight loss guide (a \$14.95 value)
- A free Dishwasher-safe blender bottle (an \$8.95 value)
- Join the Factor4 Wellness Program to receive timely information on healthy lifestyles, weight-control, metabolic health and anti-aging ABSOLUTELY FREE.

Visit Dr. Scheele's blogging site at www.weightcontrol4life.com to learn from others the MIRACLE of FACTOR4 Weight Control®

Order FACTOR4 today Start the last diet you'll ever go on tomorrow!

The #1 Shake for Weight Loss & Anti-Aging Health

MORE INFORMATION

WWW.FACTOR4HEALTH.COM

More information about power amino acids® and the FACTOR4 weight loss study

WWW.IMPROVEWORLDHEALTH.ORG

More information about the mission of a non-profit organization to improve world health with power amino acids®

WWW.DRGEORGESCHEELE.COM

More information about the author including the author's past achievements

BLOGGING SITES

WWW.FACTOR4LIFESTYLES.COM

WWW.WEIGHTCONTROL4LIFE.COM

WWW.METABOLICHEALTH4LIFE.COM

WWW.AGINGHEALTH4LIFE.COM

FACTOR4 WELLNESS PROGRAM

The FACTOR4 Wellness Program sends out weekly information on essential health care to its members. The program includes four weekly themes that rotate on a monthly basis: These themes are *Healthy Lifestyles; Weight Control; Metabolic Health; and Anti-Aging.*

To become a free member of the FACTOR4 Wellness Program, register at www.factor4health.com

MEET DR. SCHEELE, CREATOR OF FACTOR4 WEIGHT CONTROL®

Dr. George A. Scheele, world lecturer, physician and founder of NovaLife, Inc., in La Jolla, California, has recently introduced **FACTOR4 Weight Control®**, a delicious nutritional shake, for treatment of the four nutritional traps in overweight conditions and obesity: **the Taste Trap, the Vanity Trap, the Food Swing Trap, and the Sedentary Trap**

FACTOR4 Weight Control® provides all the nutrients that your body needs, including vitamins, minerals, micronutrients, health-plus proteins™ and power amino acids®, to (i) restore nutritional health, (ii) control appetite and (iii) burn fat.

Power Amino Acids® and **Health-Plus Proteins™** contained in FACTOR4 Weight Control® are critically important in today's sedentary society to provide the essential nutrients (essential amino acids) that are needed for nutritional health, mental health and weight control. These power supplements will enhance your feelings of "wellness" in up to 50 different ways in the eight (8) major health systems of the body.

Schooled in the Ivy League and trained in Medicine at Johns Hopkins and the University of California at San Francisco, Dr. Scheele served as Professors of Medicine at The Rockefeller University, Yale University School of Medicine and Harvard

Medical School. A pioneer in the development of the fields of Cell and Molecular Biology and their impact on understanding chronic human diseases, he participated in work that won two Nobel Prizes in Medicine awarded in 1974 and 1999.

In a series of celebrated papers published between 1975 and 1995, Dr. Scheele and his collaborators invented new techniques that ultimately “cracked the code” in understanding the “molecular secrets” for how Power Amino Acids® and Health-Plus Proteins™ treat amino acid and protein deficiency disorders associated with overweight conditions and obesity.

As a leader in nutritional science and a pioneer in medical research, Dr. Scheele’s passion has always been to “**Make the World a Better Place**”. After moving to La Jolla in 1998, he founded NovaLife, Inc. and utilized his vast experience to develop superior health-care products for individuals living in today’s fast-paced world. His recent book, entitled *Power Amino Acids and Weight Loss Success: A Breakthrough in Weight Control, Metabolic Health and Revitalized Youth*, explains the link between protein health and normal body weight.