

# Power Amino Acids®

## *The Factor4 Advantage in Eating Disorders*



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

## **Power Amino Acids: The Factor4 Advantage in Eating Disorders**

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# Contents

The Factor4 Advantage in Eating Disorders .....	3
Recipes for Factor4 Power Shakes and Smoothies .....	8
Meet Dr. Scheele.....	16

## **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.

## **FACTOR4 Recipes**

## 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!

## 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.

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.



Order FACTOR4 today and you will receive, absolutely free:

- A free FACTOR 4 weight loss guide (a \$14.95 value)
- Join the Factor 4 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 [blog.factor4health.com](http://blog.factor4health.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](http://WWW.FACTOR4HEALTH.COM)

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

[WWW.IMPROVEWORLDHEALTH.ORG](http://WWW.IMPROVEWORLDHEALTH.ORG)

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

[WWW.DRGEORGESCHEELE.COM](http://WWW.DRGEORGESCHEELE.COM)

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

## **BLOGGING SITES**

[BLOG.FACTOR4HEALTH.COM](http://BLOG.FACTOR4HEALTH.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: *Healthy Lifestyles; Weight Control; Metabolic Health; and Anti-Aging.*

Become a free member of the FACTOR4 Wellness Program,  
register at [www.factor4health.com](http://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.