

Sensible Weight Loss

By Dr. Mike Van Thielen

WEEK 1

SWL SET-UP TO-DO LIST

- Print your 'My SWL record' document and complete the initial measurements: weight, waist circumference, hip circumference, salivary pH, and 'Subjective Feelings' section. Also, take some standard 'before' pictures (front view and side view, minimal clothing) with plain background.
- Purchase Dr. Mike's Weight Loss Success Pack and follow the directions below.

Dr. Mike's Weight Loss Success Pack – \$269.95:

Dr. Mike's Weight Loss Success Pack is for people aiming to have a healthier diet and lose 30+ pounds and includes:

- 2 containers of NV Body meal replacement (chocolate/vanilla)
- 1 NV Blender Bottle
- 1 bottle of NV Crave & Carb Blocker
- 1 bottle of NV Metabolic Boost
- 1 case of NV Mind To Go
- 1 bottle of NV Super Cleanse
- 1 container of NV Soul Super Food

- Purchase the pH-strips for salivary testing. Read the instructions and test the pH of your saliva prior to starting the SWL-program, and then every week on the same day and time. Make sure to record your pH-score bi-weekly on the 'My SWL Record'.
- Start using the supplements as directed. To lose 30 pounds or more: replace 2 meals/day.

Breakfast	Lunch	Dinner
Healthy Breakfast [^]	1 NV Body Shake*	Healthy Dinner [†]
Take your 2-ounce shot of NV Mind To Go	4 capsules of NV Soul Superfood	4 capsules of NV Soul Superfood
4 capsules of NV Soul Superfood	2 capsules of NV Crave & Carb Blocker	2 capsules of NV Crave & Carb Blocker
Optional: For faster weight loss, replace breakfast with 1 NV Body Shake*	2 capsules of NV Metabolic Boost	2 capsules of NV Super Cleanse
		2 capsules of NV Metabolic Boost

*You can use blend with ice, water and frozen fruits for a complete shake, or use the NV Blender Bottle to mix with water (or low-fat milk for taste). Note: For maximum weight loss, milk is not preferred.

[^]A healthy breakfast consists of oatmeal, cereal or 1 NV Body Shake*

[†]A healthy dinner consists of things lower in fats and carbs, and higher in proteins like baked or grilled chicken, rice, grains, turkey, salads, fish, and lighter pastas.

For the REASONING behind the above instructions, visit your ULTRAGLOBAL back-office for a DOWNLOAD and watch the SWL youtube video – WEEK 1.