

Excess weight is NOT YOUR FAULT! You've been taught to eat all wrong: low fat diets, sitting after eating to let your food digest, the food pyramid, eating fruit or bread before a meal, and "healthy" processed foods loaded with hidden sugars. These work against your biology to produce weight gain and were pushed on you without any empirical support.

By contrast, significant research shows that food sequencing – eating certain foods you already have at home before eating anything else – and mild post meal movement are each highly effective for weight and A1c control. Thus, by making a very minor change in your life, you can work *with* your biology instead of against it.

While GLP-1 Agonists (the new weight loss drugs) artificially mimic GLP-1 hormones, through The Progression Method™ you can produce *real* GLP-1 hormones *naturally*, to improve digestion, flatten blood sugar spikes, reduce cravings, and reach a healthy weight without dieting or deprivation, all at a fraction of the cost of a prescription and without the accompanying nausea and muscle loss.

Most people feel the results within a few days and see the results within a few weeks. You aren't weak or defective – your advice was. Citing to over 350 peer-reviewed studies, The Progression Method provides you with a science-based program to work with your biology and get the results you deserve.



THE PROGRESSION METHOD

The Revolutionary Method of Using Food Sequencing
and Mild Post Meal Movement to Naturally Increase
GLP-1 Hormone, Lower A1c, Get the Most Out of Your
Food, and Reach a Healthy Weight Without Dieting

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