



DOCTOR SUPERVISED
CHIROTHIN
WEIGHT LOSS PROGRAM

PROGRAM QUICK START AND OVERVIEW

2 Things to Buy

- ✓ Simple food scale to measure your meals
- ✓ Digital Weight Scale-weigh yourself every morning when you awake

The Key is Preparation

Try to prepare your meals the day before and always have fresh fruit and vegetables on hand. Use a lunch box if you are always on the go, and if you are not home for lunch or dinner. Make sure you have food for your meals the next day. Keep your drops in your pocketbook or take with you.

Online Training and Tracking

Watch the video at www.HowToChiroThin.com. The password is thinkthin.

This online training will answer many questions you may have and reinforce what we told you.

Taking the ChiroThin Drops

- ✓ ChiroThin Drops are taken under the tongue, 3 times per day, 7 hours apart (7am, 2 pm, and 9 pm)
- ✓ Do not eat or drink 10 minutes before or 10 minutes after taking the drops
- ✓ Hold drops under your tongue for 1-2 minutes. After 1-2 minutes, swish around your mouth and then swallow.
- ✓ Keep the dropper completely vertical!

**** Do not skip or miss taking drops. You may get hungry and it will slow your metabolism. Set your smartphone to remind you to take the drops.

**** Drink 80-120 ounce of water every day.



DOCTOR SUPERVISED
CHIROTIN
WEIGHT LOSS PROGRAM

Loading Phase (Days 1 & 2) - YOU MUST DO BOTH DAYS!!!
7 drops, 3 times per day

- ✓ Eat as many calories as possible with a minimum goal of 5,000 calories. Eat whatever you want, all throughout the day on BOTH days! -Whatever you want including bagels with butter, hamburgers, French fries, cheeseburgers, pizza, fast food, milkshakes, ice cream, Starbucks type Frappuccino with whip cream, syrup etc.
- If you are diabetic, load predominately with high calorie, high fat foods.
- If you have had your gallbladder removed, load predominantly on high calorie carbohydrates unless you are taking CN-Gallbladder

During the loading phase, it is important that you "graze" (eat throughout the day) and not consume just 3 meals per day.

Example: Bagel with butter, with ice coffee for breakfast, a donut and nuts mid-morning, 2 slices of pizza for lunch with ice cream or milk shake, snack on nuts, big fatty hamburger with fries for dinner...and dessert again!

Losing Phase (Days 3-39) - 5 drops, 3 times per day

It is critical that you adhere to the blends and amounts of food types to get the best results. If you cheat, even a little, you will not maximize your weight loss results and will lose less weight.

Breakfast

No Food! Coffee tea, water is fine. Get Stevia in the Raw or Sweetleaf Stevia (liquid Drops) at iherb.com, Whole Foods, Molly Stones, etc.

Lunch & Dinner

- ✓ For each meal you will consume 4 ounces of approved lean protein (beef, pork, seafood, or poultry), 4 ounces of approved vegetables, and 4 ounces of approved fruit. The "Approved Foods List" is included in both the "ChiroThin Instruction Book" and also the "Food & Weight Tracking Journal".
- ✓ Make your meals the day prior. Preparation is key.
- ✓ You must eat all 3 meal components (protein, vegetable, and fruit) at both lunch and dinner. There is no snacking between meals. "Free vegetables" are only to be consumed at meals.

See the ChiroThin Instruction Manual and Recipe Book for the approved food lists



DOCTOR SUPERVISED
CHIROTIN
WEIGHT LOSS PROGRAM

More Tidbits, Commonly Asked Questions & Rules To Follow...

- ✓ Drink at least 100 oz. of water per day; anything added besides lime/lemon wedge will not count towards your 100 oz. For optimal results drink half your body weight in ounces of water. Propel Zero, skinny water is allowed but do not count as part of your regular water consumption.
- ✓ "0-Calorie" salad dressings like Walden Farms Salad Dressings are allowed. (Waldenfarms.com) – Choose Oil / Fat Free ones
- ✓ No beans are allowed except for green beans and they count towards your vegetable allowance.
- ✓ NO GUM CHEWING OR MINTS!!! IT TRICKS YOUR BRAIN.
- ✓ Remember all protein has to be 93% fat free. No Egg Yolks while on the plan. Egg Whites are fine.
- ✓ Do not take fish oil and No Fatty Tuna or Salmon while on the plan due to the high concentration of fat.
- ✓ If on Blood pressure meds and feel light headed in the morning then have the BP medication adjusted by your primary care doctor. Blood pressure will get better while on the plan.
- ✓ If you are prone to hypoglycemia (low blood sugar) and notice the symptoms, please notify your ChiroThin supervising doctor and add a small breakfast composed of 1/2 apple and 1 piece of melba toast.
- ✓ No Alcohol should be consumed while on the program. Diet soda is not recommended but allowed.
- ✓ "0-calorie" non-dairy creamer is allowed.

If you stay the same weight for 3 days in a row then call THE OFFICE and we will get you over that stall.

REMEMBER TO WRITE ALL OF YOUR FOODS IN YOUR DAILY FOOD JOURNAL & BRING YOUR JOURNAL WITH YOU AT EACH WEIGH-IN.



DOCTOR SUPERVISED
CHIROTHIN
WEIGHT LOSS PROGRAM

Other Items or Apps to Consider:

- ✓ Bragg Apple Cider Vinegar – Liquid or Capsules
- ✓ Bragg Apple Cider Vinaigrette Dressing – NO OIL Version
- ✓ Bragg Amino Acids – Healthy Soy Sauce Alternative
- ✓ Himalayan Pink Salt – USE EVERY DAY!!
- ✓ Pam Coconut Oil Spray – CAN use every day!
- ✓ For Constipation: Contact your ChiroThin office if you haven't had A Bowel Movement in 2-3 days!!!
 - We recommend Cascara Sagrada – Use if no bowel movement for 2-3 plus days.
 - 1-2 Teaspoons of Baking soda mixed with 8-10 oz of room temp water with fresh squeezed lemon juice – drink 1-2x per day or more if needed.
 - Smooth Moves Tea