

Date: \_\_\_\_\_

Client: \_\_\_\_\_

**Call for a free consultation.** Healthy-Weight-Supermarket.com

1366 E Republic Road, Springfield, MO 65804 - 417 881 8600

Hours: 9:30 to 6:00 Monday through Friday / 10:00 to 5:00 Saturday / Closed Sunday.

Mike Brown is usually available for questions 12:00 to 6:00 Monday - Friday & 12:00 to 5:00 Saturday.

**Hydration:** Check [EWG.org](http://EWG.org) to determine if your water supply is fluoridated. If fluoridated, use bottled water or a reverse osmosis filter. If not fluoridated, a carbon filter will suffice. 8 cups minimum.

- Reverse osmosis filtered water w/ [Fulvic 400x](#) remineralization is ideal. Follow label instructions.
- Hydration increases metabolism, dehydration causes fatigue and triggers appetite.
- For best appetite control, 2 - 4 cups at least 1/2 hour before meals, 1 cup with meals.

### Supplements Instructions:

**Probiotics:** (only needed with abnormal bowel movements. i.e. constipation, loose stools, bloating, gas. Pay attention to how your digestive system responds to specific foods to identify problem foods).

3 capsules 2 hours after your last meal or 2 hours before 1st meal with 1 to 2 cup(s) of filtered water.

**Breakfast:** If you skip breakfast, take these supplements with lunch.

[pHBalancer](#): \_\_\_\_ capsules or liquid or [Organi Earth](#): \_\_\_\_ scoops.

(Recommend: 4 to 8 capsule(s) or 15 to 30 ml or ½ to 1 scoop)

[Niacinamide](#): \_\_\_\_ pill (Recommend: 1 pill)

[Omega 3](#): \_\_\_\_ tsp (Recommend: 0 to 1 tsp)

[Magnesium](#): \_\_\_\_ capsule(s) (Recommend: 0 to 2 capsule(s))

[Digestive Enzymes](#): \_\_\_\_ capsule(s) (Recommend: 0 to 2 capsule(s)) (Needed if indigestion presents)

[Iodine](#): \_\_\_\_ capsule (Recommend: 1 capsule)

[Brain Octane Oil](#): \_\_\_\_ tsp (Recommend: 0 to 1 tsp) (Helps boost metabolism) (Great on salads)

**Lunch:** If you skip lunch, also skip taking any supplements.

[pHBalancer](#): \_\_\_\_ capsules or liquid or [Organi Earth](#): \_\_\_\_ scoops.

(Recommend: 0 to 4 capsule(s) or 0 to 15 ml or 0 to 1/4 scoop)

[Niacinamide](#): \_\_\_\_ pill (Recommend: 0 to 1 pill(s))

[Digestive Enzymes](#): \_\_\_\_ capsule(s) (Recommend: 0 to 2 capsule(s)) (Needed if indigestion presents)

[Brain Octane Oil](#): \_\_\_\_ tsp (Recommend: 0 to 1 tsp) (Helps boost metabolism) (Great on salads)

### Dinner:

[pHBalancer](#): \_\_\_\_ capsules or liquid or [Organi Earth](#): \_\_\_\_ scoops.

(Recommend: 0 to 4 capsule(s) or 0 to 15 ml or 0 to 1/4 scoop)

[Niacinamide](#): \_\_\_\_ pill (Recommend: 1 pill)

[Omega 3](#): \_\_\_\_ tsp (Recommend: 0 to 1 tsp)

[Magnesium](#): \_\_\_\_ capsule(s) (Recommend: 0 to 2 capsule(s))

[Digestive Enzymes](#): \_\_\_\_ capsule(s) (Recommend: 0 to 2 capsule(s)) (Needed if indigestion presents)

[Brain Octane Oil](#): \_\_\_\_ tsp (Recommend: 0 to 1 tsp) (Helps boost metabolism) (Great on salads)

### Protein Drinks:

[Whey Protein Drink](#) w/ meal: \_\_\_\_ servings (Recommend: 0 to 2 protein servings per day)

Follow instructions on label. Optional: add 1 to 2 tbsp of [Collagen](#).

[Whey Protein Drink](#) &/or [Collagen](#) as meal replacement: \_\_\_\_ servings. (Recommend: 0 to 1 per day)

serve w/Basmati rice or organic sourdough bread & Kerrygold butter or fruit or some other healthy carb.