



Straight Medical Labs™ specializes in the manufacturing of high-end supplements and meal replacing products.  
-Available only from selected medical practitioners-



**YOUR WEIGHT LOSS GUIDE**



Garcinia Cambogia | Amino Acid Blend | ThinAdventure Fiber | Leptincore

## All of these food groups are found in each of our Straight Medical Labs™ Functional Meals

Studies have shown that eating foods containing lean protein, fish oil, flaxseed, fiber and other items shown on the plate will cause you to lose weight and get healthier.

Since it would be difficult to carry this plate with you, Straight Medical Labs™ has taken all the ingredients shown, (doing so with minimal processing) and made them into functional meals and other foods to enjoy!

### It Works Naturally

The Straight Medical Labs™ Program was designed by a Team of Board Certified Doctors, Dietitians, Nutritionists and AIB Certified Bakers to control hunger while providing you with proper nutrition and quick, safe weight loss results. The Functional Meals are made from natural ingredients including whole algae protein, soy protein, organic fruits, vegetables, wheat, milk and egg whites.

You would have to combine all of these foods shown on the plate, above, to get all the nutrients and hunger suppression found in Straight Medical Labs™ Functional Meals. Our Meal Replacements are delicious, mostly organic and a great value.

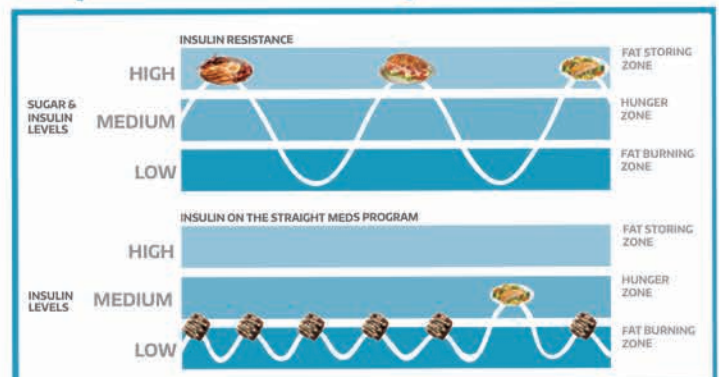
### Fiber

ThinAdventure™ Fiber is a blend of fibers including ForteFiber. They are modified natural fibers that provide greater benefits, gram per gram, than regular fibers. Not only do they help control hunger, they help to maintain cholesterol, glucose and insulin levels that are already within normal range. \*

"The Straight Medical Labs™ Functional Meals and all of our Foods were designed to satisfy your hunger and curb your cravings throughout the day. They are natural and mostly organic. It is important to eat all 6 Functional Meals, (or equivalent in other Foods) to meet your healthy daily protein and caloric requirements, and remain in the Fat Burning Zone. (see graph below)

By following the Straight Medical Labs™ weight loss plan, you are re-training your eating habits and will adjust to a new routine of small, multiple meals. For ultimate results and personal satisfaction, you must follow, exactly, the Straight Medical Labs™ program as explained. Get healthy, lose weight."

### Why seven meals a day?



#### Why 7 Meals?

While on the Straight Medical Labs™ program, you will remain in the Fat Burning Zone losing up to 15 lbs. in 4 weeks.



## KEEP IN MIND...



### NO FRUIT ALLOWED

#### Why isn't Fruit Part of the Program?

After all, we've been taught that fruit is a healthy food. And yes, we agree that fruit is full of healthy vitamins and more, **but they are full of natural sugar- the number one cause of hunger. Fruits are not vegetables;** therefore, fruits are absolutely off limits. A multivitamin a day will provide the vitamins you need, while the Functional Meals and vegetables will provide you with fiber. Once on maintenance, you may introduce fruits into your daily routine.



### NO ALCOHOL ALLOWED

**Alcohol's long-lasting effects:** Losing weight does give you a reason to celebrate but there is no quicker way to sabotage your efforts than with alcohol. Alcohol slows down the fat burning process. Left alone, alcohol calories are carried off and stored in your body as fat. That's why alcohol is known as a "straight-to-the-stomach" beverage. The calories always seem to be stored in the belly first.

### WATER

**8 glasses of water a day help flush the pounds away!** It's true! Water is a natural appetite suppressant and the key to the metabolism of fat. Why? Your kidneys rely on a certain level of water to function properly; when they are dehydrated, not enough blood circulates through your fat tissues. As a result, the liver metabolizes less and less fat, you lose less and less weight.

If the body does not get an adequate amount of water, it will go into "survival mode". To put it simply, when you're dehydrated, your metabolism slows down and so does your weight loss.

\*Please make sure the glasses of water you're drinking are at least 8 ounces, equaling 64 ounces a day total.



64 ounces a day



#### YOUR COMFORT ZONE:

The Smart Difference Between Feeling Hungry and Being Full.

The Straight Medical Labs™ plan helps you develop a Hunger Comfort Zone, where you learn to satisfy your appetite, while meeting your weight loss goals.

Become familiar with your body's hunger cues. Think of hunger as a fuel tank. When the gauge is on empty, you need to fill up. When it is on full, you should be very satisfied. By eating the Functional Meals every 2-3 hours, you will learn to feel satisfied (if the gauge rests between  $\frac{1}{4}$  and  $\frac{3}{4}$  tank full). This will keep you from overeating. Keep this visual in your mind and ask yourself what your gauge is reading **BEFORE** you reach for food. Never let yourself get too empty or too full. (see gauge above)

#### Advantages of Straight Medical Labs™ Products:

- Suppresses hunger and helps release your own fat stores.

#### REMEMBER

Do not force yourself to finish your food within a specific period of time. Stop eating as soon as you start to feel full. If necessary, wait and finish your meal later. Give yourself some time to learn to recognize these signals. You are becoming familiar with your stomach as a new and different part of your body.



Are You Ready to Lose up to 15 Pounds in 4 Weeks?

# START HERE!

Please follow the plan exactly. It works!

**You must eat all 6 cookie meals, or equivalent in other functional meals throughout the day\*,** 1 cookie at a time with water, preferably every 2-3 hours. Start with your first cookie within an hour of waking up. For all of you night-owls, save 1 cookie meal for after dinner. Heat up your cookie (no more than 10 seconds in the microwave) to bring out the full flavor.

## EQUIVALENCY CHART

TRIPLE FILTERED WATER	NO GMOs	NATURAL	NO PRESERVATIVES	NO TRANS FATS
<b>1 PROTEIN BAR</b> We load our protein bars with more protein per calorie (20g) than any other leading brand. Our protein bars are Gluten-Free and serve as a complete meal replacement.	=	<b>2 Straight Medical Labs COOKIES</b>		
<b>1 SHAKE</b> Satisfy your cravings with a shake! Just add water and/or ice and blend. This also applies to our shake in a bottle.	=	<b>2 Straight Medical Labs COOKIES</b>		
<b>1 SOUP</b> Just add water, microwave and enjoy! You won't believe these soups are healthy, satisfying and taste so good! Also filled with Thin Adventure fiber.	=	<b>1 Straight Medical Labs COOKIE</b>		

Drink at least 64 ounces of sugar-free, calorie-free liquids. (i.e., eight 8 ounce servings) **preferably water.**

Dinner consists of 10 ounces of protein for most women. Women who exercise regularly, all men or if you are over 6 feet 2 inches tall add 2 more ounces for a total of 12 ounces (**recommendation NIH expert committee**).

**YES** Chicken  
Turkey  
Fish  
Non-Fat Cheese  
Shellfish  
Egg Whites/Substitutes  
Tofu  
Ostrich  
Lean Deli Meat (Turkey and Chicken only)  
Buffalo/Bison

**NO** Beef  
Pork  
Lamb  
Veal

Eat at least 3, and preferably up to 5, servings of allowed vegetables in your dinner meal. Break up your servings by having a small salad first and then more vegetables with your protein or have one large salad topped with lean protein. Vegetables may be fresh, frozen or canned and eaten raw, steamed, roasted, grilled, sauteed, boiled or baked.

**YES** Arugula  
Broccoli  
Cabbage  
Celery  
Lettuce  
Mushrooms  
Spinach  
Zucchini  
Eggplant  
Asparagus  
Green Beans  
Brussel Sprouts  
Tomato  
Cauliflower  
Cucumber  
Onion

**NO** Chickpeas  
Corn  
Kidney Beans  
Legumes  
Peas  
Potatoes

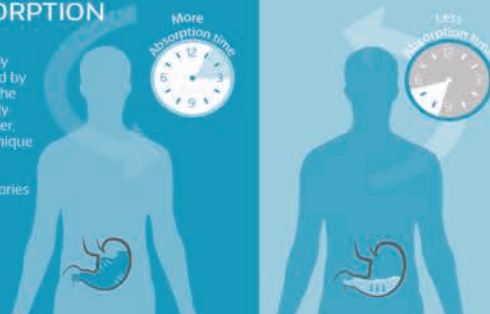
**All green leafy vegetables are unlimited.**

## Straight Medical Labs™ Slows Down Absorption

### SLOWER ABSORPTION

Feel fuller longer

Our special formula not only takes longer to be absorbed by the stomach, it also slows the absorption of what's already there - making you feel fuller longer. What's more, our unique ingredients stimulate your stomach, telling your brain you've consumed more calories than you really have.



\*If you are 6'2" in height, increase your daily functional meals to 7 per day and if you are 6'4" in height, increase your daily functional meals to 8 per day.

Frozen dinners may be used as a dinner replacement, but should be limited to no more than 3 per week due to high sodium content. When selecting a frozen dinner, these nutritional guidelines should be followed.

- 600 calories or less.
- Minimum 40 grams of protein (if not 40 grams, add extra protein) such as turkey slices.
- 6 grams of fat or less.
- Maximum 40 grams of carbs or less.
- Rice and pasta dishes are allowed in frozen meals only as long as they meet above guidelines, because the servings are measured precisely.

- **Do not eat fruit or drink fruit juice** (lemon and lime included). The natural sugar will cause hunger.
- **Do not eat bread, pasta, corn, rice or potatoes.**
- **Use Zilch only.** Coffee creamer and milk products should not be used as they can make you hungry.
- Use sugar substitutes only. **No sugar or honey in any form.**
- Use breath strips and sprays only. Chewing gum and breath mints should not be used. (They may trigger hunger).
- **Alcoholic beverages are completely forbidden.** This will stop your weight loss.
- Avoid any personal trigger foods and shelf-stable foods (foods that are prepared with preservatives and do not require refrigeration).
- **It is recommended to take one multivitamin a day.**

### Classifications for BMI

	BMI
Underweight	<18.5 kg/m <sup>2</sup>
Normal Weight	18.5-24.9 kg/m <sup>2</sup>
Overweight	25-29.9 kg/m <sup>2</sup>
Obesity (Class 1)	30-34.9 kg/m <sup>2</sup>
Obesity (Class 2)	35-39.9 kg/m <sup>2</sup>
Extreme Obesity (Class 3)	≥40 kg/m <sup>2</sup>

(Diagram A)

"There is evidence to support the use of BMI in risk assessment since it provides a more accurate measure of total body fat compared with the assessment of body weight alone". (National Institutes of Health (2000). The Practical Guide: Identification, Evaluation, and Treatment of Overweight and Obesity in Adults. NIH Publication).



## How Straight Medical Labs™ Program really works

# PRACTICAL INFORMATION

### A better understanding of weight loss

**Straight Medical Labs™** makes sure to keep you well informed and that the information we provide to you is current and accurate. Previous studies backup what you can see on Diagram A and it can be found on "The Practical Guide: Identification, Evaluation, and Treatment of Overweight and Obesity in Adults". Published by the NATIONAL INSTITUTES OF HEALTH (NIH).

## FOR YOUR INFORMATION...

**BMI (Body Mass Index)** is a formula that uses both weight and height to estimate body fat. For most people, BMI provides a reasonable estimate of body fat before beginning any diet program. Due to its ease of measurement and calculation, the BMI Calculator is the most widely used diagnostic tool to identify weight problems within a population, whether individuals are underweight, overweight or obese.

As you now know, BMI can be used to indicate if you are overweight, obese, underweight or normal. Here are the facts: A healthy BMI score is between 19 and 24.9. A score below 19 indicates that you may be underweight; a value above 25 indicates that you may be overweight. Excess body fat is related to serious health conditions as shown in our Health and Wellness Tools. Assessment of a patient should include the evaluation of body mass index (BMI), waist circumference, and overall medical risk. (see diagram A for BMI)

## The Problem of Overweight and Obesity

"These conditions substantially increase the risk of morbidity from hypertension, dyslipidemia, type 2 diabetes, coronary artery disease, stroke, gallbladder disease, osteoarthritis, sleep apnea and respiratory problems, as well as cancers of the endometrium, breast, prostate, and colon. Higher body weights are also associated with an increase in mortality from all causes."

(National Institutes of Health (2000). The Practical Guide: Identification, Evaluation, and Treatment of Overweight and Obesity in Adults. NIH Publication).

## Physical Activity...

Examples of Moderate Amounts of Physical Activity*		
Common Chores	Sporting Activities	
Washing and waxing a car for 45-60 min	Playing volleyball for 45-60 min	Less Vigorous More Time ↑
Washing windows or floors for 45-60 min	Playing touch football for 45 min	
Gardening for 10-45 min	Walking 1 1/4 in 35 min (20min/mile)	
Wheeling self in wheelchair for 30-40 min	Basketball (shooting baskets) for 30 min	
Pushing a stroller 1 1/2 miles in 30 min	Bicycling 5 miles in 30 min	
Raking leaves for 30 min	Dancing fast (social) for 30 min	
Walking 2 miles in 30 min (15 min/mile)	Water aerobics for 30 min	
Shoveling snow for 15 min	Swimming laps for 20 min	
Stairwalking for 15 min	Basketball (playing a game) for 15-20 min	
	Jumping rope for 15 min	
	Running 1 1/2 miles in 15 min (15min/mile)	More Vigorous Less Time ↓

\* Amoderate amount of physical activity is roughly equivalent to physical activity that uses approximately 150 calories of energy per day, or 1,000 calories per week.

\*Some activities can be performed at various intensities; The suggested durations correspond to expected intensity effort. (National Institutes of Health (2000)). The Practical Guide: Identification, Evaluation, and Treatment of Overweight and Obesity in Adults. NIH Publication).

## How Do People Lose Weight?

**FACT:** One pound of human fat has 3,500 calories.

A person needs about 2,500 calories, per day, on average. When we consume more calories than we need - say 3,000 calories, the difference gets stored as fat (in this case, 500 calories).

When a person starts the Straight Medical Labs® program with 1,200 calories, he/she is consuming 1,300 calories less than the daily requirement of 2,500 calories.

So where are the missing calories coming from?



**The 1,300 calories that the body releases everyday is what causes a person to lose weight.**

In one month a person will burn an average of 39,000 calories, which is equivalent to about 12 pounds.





# How Straight Medical Labs™ Program really works

## TIPS AND SUGGESTIONS

### A better understanding of weight loss

**Walking Tips** Gradually increase your brisk walking time 30-60 minutes, three or four times a week.

Sample of Walking Program			
Warmup	Exercising	Cool down	Total Time
<b>Week 1</b>			
Session A Walk 5 min.	Then walk briskly 5 min.	Then walk more slowly 5 min.	15 min.
Session B (Repeat above pattern)			
Session C (Repeat above pattern)			
<b>Continue with at least three exercise sessions during each week of the program.</b>			
<b>Week 2</b> Walk 5 min.	Walk briskly 7 min.	Walk 5 min.	17 min.
<b>Week 3</b> Walk 5 min.	Walk briskly 9 min.	Walk 5 min.	19 min.
<b>Week 4</b> Walk 5 min.	Walk briskly 11 min.	Walk 5 min.	21 min.
<b>Week 5 on:</b>			

- Hold your head up, and keep your back straight.
- Bend your elbows as you swing your arms.
- Take long, easy strides.

**Jogging Tips** Gradually increase your jogging time from 20 to 30 minutes (or more, up to 60 minutes), three or four times a week. Remember that your goal is to get the benefits you are seeking and enjoy your activity.

Sample of Jogging Program			
Warmup	Exercising	Cool down	Total Time
<b>Week 1</b>			
Session A Walk 5 min stretch and limber up.	Then walk 10 min. Try not to stop.	Then walk more slowly 3 min. Stretch 2 min.	20 min.
Session B (Repeat above pattern)			
Session C (Repeat above pattern)			
<b>Continue with at least three exercise sessions during each week of the program.</b>			
<b>Week 2</b> Walk 5 min stretch and limber up.	Walk 5, Jog 1 min. Walk 5, jog 1 min.	Walk 3, Jog 1 min. Stretch 2 min.	22 min.
<b>Week 3</b> Walk 5 min stretch and limber up.	Walk 5, Jog 3 min. Walk 5, jog 3 min.	Walk 3 Jog 1 min. Stretch 2 min.	26 min.
<b>Week 4</b> Walk 5 min stretch and limber up.	Walk 4, Jog 5 min. Walk 4, jog 5 min.	Walk 3 Jog 1 min. Stretch 2 min.	28 min.
<b>Week 5</b> Walk 5 min stretch and limber up.	Walk 4, Jog 5 min. Walk 4, jog 5 min.	Walk 3 Jog 1 min. Stretch 2 min.	28 min.
<b>Week 6</b> Walk 5 min stretch and limber up.	Walk 4, Jog 6 min. Walk 4, jog 6 min.	Walk 3 Jog 1 min. Stretch 2 min.	30 min.
<b>Week 7</b> Walk 5 min stretch and limber up.	Walk 4, Jog 7 min. Walk 4, jog 7 min.	Walk 3 Jog 1 min. Stretch 2 min.	32 min.
<b>Week 8</b> Walk 5 min stretch and limber up.	Walk 4, Jog 8 min. Walk 4, jog 8 min.	Walk 3 Jog 1 min. Stretch 2 min.	34 min.
<b>Week 9</b> Walk 5 min stretch and limber up.	Walk 4, Jog 9 min. Walk 4, jog 9 min.	Walk 3 Jog 1 min. Stretch 2 min.	36 min.
<b>Week 10</b> Walk 5 min stretch and limber up.	Walk 4, Jog 13 min.	Walk 3 Jog 1 min. Stretch 2 min.	27 min.
<b>Week 11</b> Walk 5 min stretch and limber up.	Walk 4, Jog 15 min.	Walk 3 Jog 1 min. Stretch 2 min.	29 min.
<b>Week 12</b> Walk 5 min stretch and limber up.	Walk 4, Jog 17 min.	Walk 3 Jog 1 min. Stretch 2 min.	31 min.
<b>Week 13</b> Walk 5 min stretch and limber up.	Walk 2, Jog slowly.	Walk 3 Jog 1 min. Stretch 2 min.	31 min.
<b>Week 14</b> Walk 5 min stretch and limber up.	Walk 1, Jog slowly Walk 3, jog 17 min.	Walk 3 Jog 1 min. Stretch 2 min.	31 min.
<b>Week 15</b> Walk 5 min stretch and limber up.	Jog slowly 3 min. Walk 4, jog 5 min.	Walk 3 Jog 1 min. Stretch 2 min.	30 min.

-If you are older than 40 and have not been active, you should not begin with a program as strenuous as jogging. Begin with the walking program instead. After completing the walking program, you can start with week 3 of the jogging program in the above chart.

## STAY HYDRATED

### Minty sparkling water

Alternative to sugary canned drinks or water.

- Large handful fresh mint leaves.
- Sparkling mineral water.

1. Tear the mint leaves to release flavor
2. Top with sparkling water.
3. Chill in the fridge.



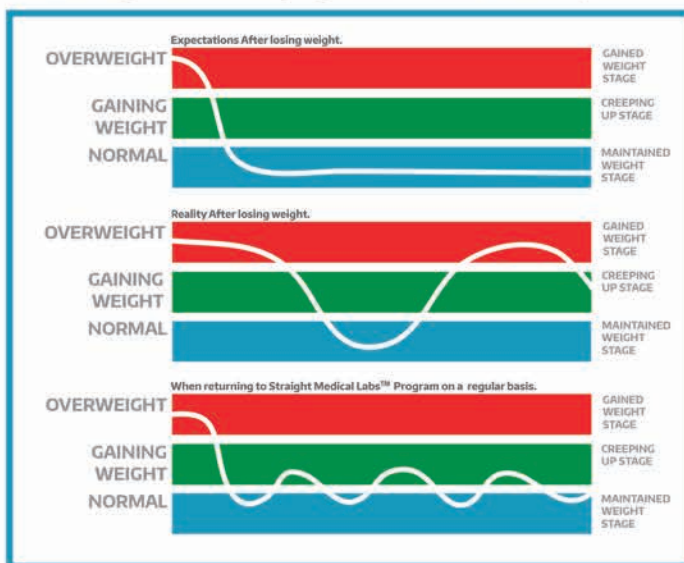
## For better results

Once you've reached your goal weight, you need to train yourself how to maintain that weight, indefinitely. In this phase we'll focus on strengthening your healthy new habits so they become your "go to" behavior patterns; integrating all that you've learned into a natural, daily routine that will serve you for the rest of your life.

Keep in mind, it takes up to 18 months to reset your new weight and establish maintenance. It is recommended that if you start gaining weight, go back into the program. Postponing your return can cause a very different outcome.

Occasional weight gain is normal and expected. Understanding what to do will set you apart. Respect your "alarm" weight and act quickly when your scale tells you it's time to take action. Frequent contact with your health care practitioner will improve your results. Come back to Straight Medical Labs™ for the support and inspiration you've come to know.

**Overweight and obesity is a chronic problem and its shown below how coming back into the program will forever benefit you.**



## IMPORTANT

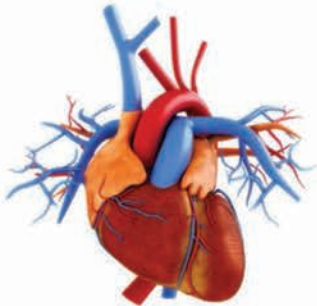
There are no substitutions for this diet. You should be eating only those foods listed in your diet booklet. The more compliant you are with these guidelines, the more successful you will be. If you have any questions about a particular food, please check with your health care practitioner.



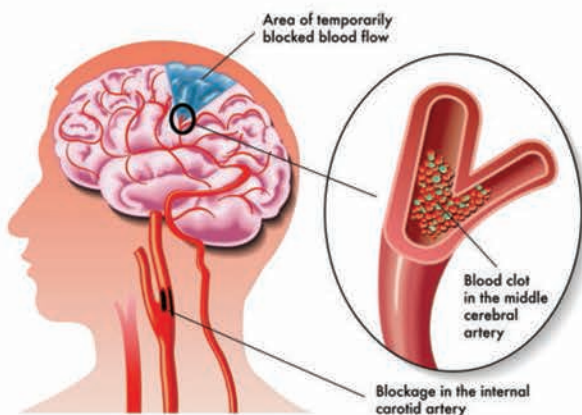
# Consequences of Obesity

**Heart Attack:** Obesity can promote high blood pressure and is a serious risk factor for developing a heart attack. Heart attacks occur when blood flow in a coronary artery is interrupted. Damage or death of part of the heart muscle may result.

The Damaged portion of the heart muscle appears as a bloodless, discolored area. Many heart attack victims die before reaching the hospital.



**Stroke:** Strokes are a leading cause of disability and death. A stroke occurs when blood flow to part of the brain stops because of a clogged or ruptured artery in the brain. Obesity increases the possibility of having a stroke due to its association with artery damage, high blood pressure, and clotting abnormalities.

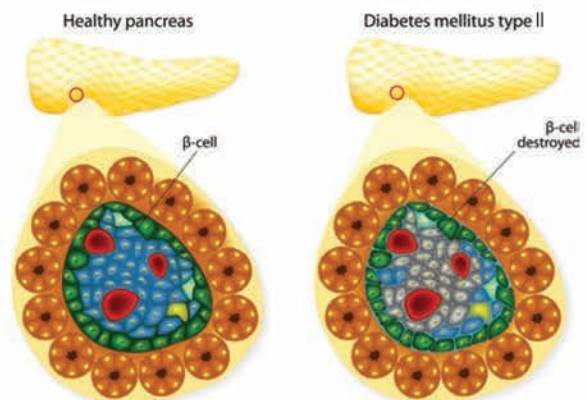


**Cancer:** Obesity is associated with an increased risk of developing certain types of cancer. Obese women are at greater risk of developing cancer of the cervix, ovary, uterus, breast, gallbladder, and colon. Obese men are at increased risk for developing cancer of the prostate, colon, and rectum. The link between obesity and cancer remains under investigation and may vary with different types of cancer.



**Diabetes:** Obese individuals are at increased risk for developing diabetes, a common but dangerous condition. Excess fat can make the body resistant to insulin, a hormone produced by the pancreas that helps regulate blood sugar levels. Often undiagnosed, diabetes is a leading cause of blindness and early death.

## ISLETS OF LANGERHANS



## NOTES

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### Patient Benefits

Successful long-term weight loss requires having the right professional partner.

Your health care practitioner has instituted a scientifically proven program with over 15 years of success, available to you right here, right now.

### Why it Works

- ✓ Trust in fully balanced, portion controlled meal replacements made with natural and organic ingredients. You'll eat healthy.
- ✓ Improved hunger control results in an average weight loss of 12 to 15 pounds. You'll be motivated.
- ✓ Proven benefits. You'll have more energy and better health, all around.
- ✓ Low cost, no preparation. Lack of time or expense is not an issue.
- ✓ Experience an automatic change in your eating pattern. It's so easy, you'll require less support and the program will work regardless of your daily routine.
- ✓ This is not a diet. You will begin a new lifestyle.