

WIN is for people who who want to lose excess fat weight at the *fastest possible rate*. **WIN** is based on science, works like magic, and changes lives fast!

WEIGHT-LOSS INTENSIFIED NATURALLY

The Last Weight Loss Plan You'll Need

- Have you tried diets in the past that didn't work?
- Are you tired of diet products that contain chemical ingredients that you know aren't good for your body?
- Are you tired of yo-yo dieting?

If your answers to the above questions are yes, then **WIN**, with three powders and two types of capsule supplements, could well be the weight loss program for you. **WIN** helps one's body to burn fat at the fastest rate possible while significantly boosting health.

LEPTIN REDUCING PROTOCOL

The primary reason that **WIN** works so well is that it repairs Leptin receptors in the Hypothalamus gland of the brain and helps maintain low levels of Leptin. These two things enable the body to **get back into and continuously function in the fat burning mode**.

COMPREHENSIVE NUTRITION

Another reason for **WIN**'s success in promoting healthy fat loss that it provides **powerful and multi-varied types of nutrition** — amino acids, fatty acids, minerals, trace minerals, vitamins, phytonutrients, etc. — so that **stress responses are avoided** which could otherwise impede healthy fat burning

WORKS FOR YOUNG & OLD

The **WIN** program has worked for people of many ages, body types, health status and situations. Our success stories run the gamut from 80 year olds down to teenagers and for both men and women. Please note, however, that stories are not predictive. **Your results may vary.**

100 Pounds in 3 Months

With **WIN**, a 60 year old retirement planner lost 100 pounds in just 3 months. He then went to Europe for a four week company vacation, but continued to drink two **WIN** drinks per day and eat one meal per day at the finest European restaurants. He didn't gain back any weight during the trip and after the trip he continued the **WIN** program and lost 50 more pounds.

Before **WIN** he couldn't walk 300 hundred yards without stopping to rest several times and sweating profusely. Now he routinely bicycles with his wife and friends 20 to 30 miles through the Utah countryside every weekend. **WIN** reshaped his life quickly & wonderfully.



62 Pounds in 60 Days

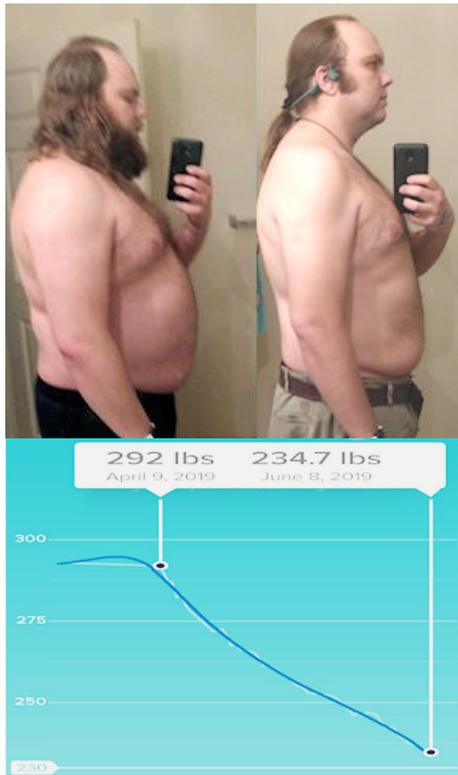
Another good example of **WIN** results can be seen with with this 42 Year old former Marine who during 60 days lost more than a pound a day, dropping from 257 to 195... in just 60 days. Also, his blood pressure dropped more than 20 points from 152/91 to 109/71.



58 Pounds in 60 Days

A former Army Special Forces soldier lost 58 pounds in 60 days. He also dropped his resting heart rate from 72 to 56 during that time. His enthusiasm for living life has greatly increased. The following pictures and graph showed his weight loss in those 60 days. Afterwards, he continued to lose another 7 pounds the following week, for a total of 66 pounds down from the start.

Being in the Fat Burning Mode is the Key To Maintaining a Normal and Healthy Weight



20 Pounds in 30 Days

In 30 days of using **WIN** this 35 year old doctor of psychology lost 20 pounds (15 pounds of fat and 5 pounds of skin and supporting blood vessels as shown by a body analyzer).

She says that she exercised about five times a week at the gym and is quite pleased because she always had plenty of energy for her demanding job and for exercise.



Making WIN work for you —

- First, **make sure your doctor agrees** to your planned **WIN** experience.
- Follow your doctor's advice with any prescription medication that has been prescribed for you.



- Mix in water the WIN powders and drink them daily in place of food. Daily take the supplement capsules — 6 OGF capsules and 1 AID capsule.
- During the first five to seven days, you should take **four to six servings of WIN powders per day** (as many needed to not be hungry or lose energy). You need more **WIN** the first week than afterwards.
- After those first five to seven days, you should drink a serving of the **WIN** powders mixed in 20 to 40 ounces of water **every 4 to 6 hours**.
- Drink **all** of each **WIN** drink **quickly** (IE don't sip it, but drink it all within 2 to 5 minutes).
- Drink enough **WIN** servings each day so that you're **not hungry**. That means, pro-actively **take your next WIN serving before getting hungry**, so that your body doesn't enter a stress mode, putting you into the sugar-burning, fat storing-mode.

- You may take any additional zero-calorie **supplements** desired (Vitamin A, B, C, D, Iodine, herbal teas, etc.).
- **Drink additional water** to flush metabolic byproducts and toxins out of the body (40-60 ounces extra water daily).
- **If you do not have at least one bowel movement per day** then you should consider doing colonics or enemas to remove bowel waste (See FAQ).
- **Exercise is optional**, but will improve your results.
 - If the thought of exercising is discouraging to you, then start without exercise.
 - You may become desirous later to add exercise.
 - However, you should consult with a physician before starting to exercise and you should start gradually — building up to 40 minutes of vigorous, exercise that causes deep breathing and perspiring.

The WIN Drink consists of:

These three powders that are mixed together in 20 to 40 ounces of water:

1. One scoop of **E7**.
2. One to two tablespoons of Vegetable Protein (**Hechoco, Richoco or RicoCu**).
3. Two to four teaspoons of **GPS (Green Power Superdrink)**

You don't need to be precise in the measuring. Typically, persons under 170 pounds would be taking the smaller amount within the ranges stated above and persons who are larger than 170 pounds would proportionately use higher amounts. This can be adjusted as you discover what your body needs for your energy to remain high.

WIN WORKS BECAUSE IT FACILITATES FAT BURNING:

Human cells **burn fat or sugar** in order to meet their energy needs. Burning fat is the healthy metabolic mode.

Here is a quick primer on fat versus sugar burning:

1. Fat burning **is a FAR healthier** metabolic mode than sugar burning.
2. The human body is designed to burn sugar during emergencies (since it can be burned faster). The release of adrenaline or cortisol into the blood stream or the absence of Leptin in the blood stream switches metabolic mode to sugar burning until the emergency is over.
3. **Sugar burning generates twice as many damaging free radicals** as fat burning. That means that sugar burning people grow old and die at a faster rate than fat burners.
4. **Sugar burning increases the rate of glycation**—i.e., protein-sugar-cross-linking which causes age spots, wrinkles, skin dryness and loss of optimal organ function.
5. **Sugar burning causes the loss of muscle tone and bone density during sleep** because during sleep there will be no incoming food to maintain blood sugar. The body of a sugar burning person will, therefore, **autolyze (break down) bone and muscle amino acids to make sugar during sleep** in order to have energy to keep the heart beating and to maintain body temperature.
6. Thus, being in the sugar burning mode is the **true cause of osteoporosis and loss of muscle tone** in older people and should be avoided.

The sugar burning mode is simultaneously a **fat storing mode**. Being a “sugar burner” makes it very **difficult to lose fat** since the body is trying to conserve and store every incoming calorie fat and is highly resistant to fat burning.

Leptin “Levels” Determine Metabolic Mode

The messenger chemical **Leptin** is the driver of **metabolic mode**. Leptin is made in fat cells. The more fat that is in one’s body, the higher one’s levels of Leptin will be.

The Hypothalamus gland in the brain detects how much Leptin is in the blood stream. When Leptin levels are normal (that is between 4.0 ng/ml and 9.0 ng/ml) **one’s metabolic mode will be set by the Hypothalamus to fat burning**.

Low Leptin Means Famine or Illness

If Leptin levels are **below 4.0 ng/ml** the Hypothalamus will take that as a sign that there is too little fat in the body, meaning that a “famine or illness must be occurring”, and will put the whole body in a **fat storing mode so that the body will conserve energy and store every possible incoming calorie as fat** until Leptin levels increase (fat levels have increased).

High Leptin Damages Leptin Receptors

If Leptin levels rise **above 9.0 ng/ml** the very high Leptin levels will **damage Leptin sensors** (just like loud noises damage ear drums. Damaged Leptin receptors will report to the Hypothalamus that

Leptin levels are zero, even though Leptin levels may be very high.

With the availability of so much food in our modern era, it is easy to consume more food energy than the body can utilize. Excess food energy will be stored as fat and since Leptin is made in fat cells, as the amount of fat in one’s body rises, eventually Leptin levels **can rise to above 9.0 ng/ml**. From that point on, losing weight is difficult because the Hypothalamus will be desensitized to Leptin (and always believe Leptin levels are zero) and will set the metabolic mode to sugar burning/fat storing.

Virtually everyone who is overweight has Leptin levels that are above 9.0 ng/ml and, therefore, the body is virtually constantly in the unhealthy, fat storing, sugar burning mode.

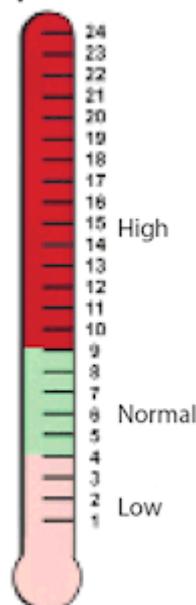
The **WIN** protocol was designed to help repair Leptin receptors and reduce a person’s Leptin levels so that the body **can be switched back permanently into the fat burning mode** and burn off and normalize body fat storage.

You can learn more about the role of Leptin in health in our Becoming Leptin Sensitive Booklet, available at www.healthy-living.org/leptin .

Additional Important Notes about the WIN Protocol:

- **Two ingredients** of the WIN Protocol are very helpful to repairing damaged Leptin receptors. These are the **Ricatein** and the supplement **AID**. They contain molecules that stimulate the repair of those receptors.
- Although fat is where Leptin is made... **high blood sugar significantly increases Leptin production**. That’s why maintaining **low blood sugar** is essential to the success of **WIN**.

Leptin Levels



- Low blood sugar **reduces the production rate of Leptin** in fat cells.
- Low blood sugar will result from **exclusively eating the WIN** drinks since the powders provide very few calories per serving.
- *If you have a blood sugar concerns you should consult with your physician before beginning the WIN protocol. Your physician may probably advise you that diabetics must frequently monitor blood sugar and have their physician help them adjust medications so that blood sugar doesn't go too low.*
- **Toxins (stored in fat) will be released** during the time that one is doing the **WIN** program. Usually, the release of these toxins isn't even noticed because of the large amount of water that flushes the toxins away. If, however, one experiences headaches or body aches from *exiting* toxins then the following will help toxins to leave one's body faster: **enemas or colonics, sauna, lymph draining massage, dry brush massage, or consuming Zeolite, Chlorella or Bentonite Clay** to absorb toxins as they exit fat cells.
- **WIN** provides intense amounts of nutrients, but **not large amounts of amino acids** (protein). That is because **too much protein can impede weight loss efforts**.
- Please note that If, at any time, you feel uncomfortable, unhealthy or uneasy while doing the **WIN** program, stop, and consult your doctor or call or email us to describe what you're feeling. Even though the **WIN** program has been well tolerated by many people, **it may not right for you. You are unique.**

Frequently Asked Questions

Question: Explain succinctly why **WIN** works so well?

Answer:

1. **WIN** helps to repair Leptin sensors.
2. **WIN** helps to maintain Leptin levels within the fat burning range.
3. **WIN** provides high amounts of assimilable nutrients.
4. **WIN** keeps protein levels low enough to avoid cellular responses that do not favor healthy fat burning.

Question: I'm allergic to milk. Is there anything in the **WIN** products that is sourced from milk?

Answer: Yes... two of the flavors of E7 contain whey protein. If you are allergic to whey, then choose either the Natural Cinnamon flavor or the Vegetable Broth flavor.

Question: I'm allergic to chocolate. What can I substitute for HeChoco or RiChoco protein powders since they contain chocolate?

Answer: You can pick the Ricocu powder (which has no Chocolate).

Question: I take laxatives because of problems with constipation. Can I continue to take laxatives?

Answer: Yes.

Question: Can an under-functioning thyroid impede weight loss with the **WIN** program?

Answer: Yes. Having enough circulating thyroid hormones ensures that one's energy production is unrestricted and basal temperature is normal so that energy utilization will be unrestricted. For an underactive thyroid, We recommend working

with a physician and/or consuming supplemental Iodine. Learn more at www.healthy-living.org/iodine .

Question: Why does too eating extra protein impede rather than help in losing fat weight?

Answer: Excess protein hurts fat burning in two ways.

1. Excess protein is **able to be converted into sugar** (just like bones and muscles can be converted into sugar at night when one is in a sugar burning mode). This means that large protein meals can raise blood sugar which will raise Leptin levels which could result in switching to sugar burning instead of fat burning.
2. Secondly, cellular mTOR sensors detect amino acid levels. **High levels of protein turn "off" cell defensive measures for maintaining optimum cellular function.**

Question: Can stress impede a person's success with the **WIN** program?

Answer: Yes, stress can cause high cortisol levels which can push the body out of fat burning mode. Sources of stress include fear, pain, worry, inadequate sleep, etc. We recommend one or more of the following to remove stress hormones from the body:

- Periodic deep breathing throughout the day to remove stress hormones (5 to 6 minutes of deep breathing each time).
- Walking barefoot outside (10 minutes on grass, sand or dirt) or [Sleeping earthed](#).
- Taking Cortisol reducing [FGFs](#).

Question: What if I hit a WALL of extreme psychological hunger? Can I have a a regular solid food meal?

Answer: Maybe. The challenge is that your subconscious mind is very powerful. If you eat one serving of regular food your subconscious mind will command you that you must eat another and another. **Each time** you give in to this urge, you will likely go back into sugar burning mode and may experience a **delay** of several days before effective fat burning resumes.

Question: What can I do when powerful cravings to eat food arise?

Answer: Outmaneuver or outsmart your sub-conscious brain in these ways:

- Fill up your stomach with **WIN** — perhaps diluting the **WIN** drink so the volume is greater! A full stomach calms the subconscious mind.
- Chewing is another great strategy because it makes your subconscious think you are eating. You could chew on popsicles made from **WIN**. Other great options might be to chew and eat cucumbers, celery or salad greens (things that have almost no calories).
- Get your mind involved with something enjoyable. Call an old friend. Go for a drive or walk. According to many studies, a 30 minute “strategic” delay will usually be completely sufficient, even for the most intense cravings to subside.
- Make a list that you can review about why you want to lose weight. Looking over this list will help your motivation be higher to continue the **WIN** program rather than to give in to those cravings.

As a *very last resort* **go to a salad bar with a friend** and eat a huge bowl of salad greens, onions, etc. Avoid the croûtons, cheese, dressings, etc. Drink lots

of water and talk to your friend. As long as you don't exit the fat burning mode by eating too many carbs, you will stay in the fat burning mode (so that the only bad result will be you won't lose weight that particular day). If you exit the fat burning mode, however, you won't lose fat for several days.

Question: What if (while doing the WIN program) I need to eat or drink something at a social event because I don't want to appear to be anti-social by refusing food and drink?

Answer: Show up to the event and participate with a glass of water or **WIN** or a celery stick. In most cases, this will satisfy the requirement to be sociable. If truly, you must eat more at a particular occasion, then eat a small amount of protein and salad greens (but, don't eat the croûtons, dressing or fruit). Be warned - a rather small amount of carbs or sugar (including fruit sugar) **can put a complete stop to the fat burning mode and cause a delay of several days** in getting back into a fat burning mode.

Question: What if I need to do extreme physical labor—will I find it difficult to work as hard as needed because of the scant calories in the **WIN** powders?

Answer: If the calorie burning demands of the tasks to be done are very high (like laying down cement, or bicycling 40 miles uphill), and your body hasn't yet become an efficient fat burner, it is possible you will run out of energy and be unable to do the work.

Take extra servings of the WIN powders during this energy demand crisis. Or, rather than taking extra **WIN** drinks, you could, instead, **consume fast burning Parent Omega Fatty Acids.** This

will give more energy to accomplish the task at hand without kicking you out of the fat burning mode which would occur if you ate regular food. Learn more at Healthy-Living.org/peos.

Question: What if I cannot financially afford three servings a day of the **WIN** nutritional powders, but can afford only two servings?

Answer: Then take two **WIN** serving per day and eat low calorie vegetables such as salads, cucumbers, celery, etc. for your third meal.

Question: Why exactly does stress switch one into fat storing mode?

Answer: Adrenaline and Cortisol are released with fear, stress or pain and **create a “fight or flight” response in the body.** The presence of these chemicals instructs all of the body's cells to temporarily burn sugar — because sugar burns faster and the body is more concerned about reacting to a short-term crisis with maximum energy than in avoiding long-term free radical and glycation damage. As previously mentioned, for persons with chronically high Cortisol, although the high nutrition of **WIN** drinks may help greatly, it is also possible that increasing Interferon through [Soil Based Organisms](#), [Earth grounding](#) or [Fibroblast Growth Factors](#) may be needed to lower Cortisol in order to make it easier stay in the fat burning mode. The secret in all this is to maintain high nutrient levels, normal thyroid hormones, low Leptin levels and low Cortisol levels.

Question: How exactly does blood sugar affect Leptin levels?

Answer: Blood sugar levels dramatically influence rate of production of Leptin in fat cells. So,

not only does Leptin production rise proportionate to the amount of fat in one's body, but also Leptin production rises proportionate to the presence of more blood sugar in the body.

- Specifically, high blood sugar stimulates high production of Leptin in fat cells.
- Low blood sugar does not stimulate extra production of Leptin.
- Therefore, the lower one's blood sugar level is, the less Leptin that will be produced.
- Conversely, the higher the blood sugar level, the more Leptin that will be produced.
- By reducing blood sugar, Leptin production goes down significantly and, thus, Leptin can become less than 9.0 ng/ml even with high amounts of stored body fat.
- For example if one had an amount of body fat that would result in 12.0 ng/ml level of Leptin with normal blood sugar, Leptin could drop to 8 ng/ml with low blood sugar.
- And, it works in the opposite direction, too. What might be an otherwise 8.0 ng/ml level of Leptin with normal blood sugar could become a 12.0 ng/ml level of Leptin with high blood sugar.

Question: Why, would a Leptin value that is higher than 9.0 ng/ml cause the Hypothalamus to put the body into a sugar-burning mode, fat-storing mode? It seems that a high Leptin level would be indicative of a large amounts of stored energy (fat) and therefore the Hypothalamus should recognize that there is no real danger from famine or illness, and would wish the body to burn fat and not store fat?

Answer: The reason is that high levels of Leptin will, over time, **damage the Hypothalamus's**

Leptin sensors (or better said, will desensitize them, just like a continuous, very bad smell will desensitize the smell receptors in the nose).

Desensitized Leptin receptors are not easily repaired. As long as the Leptin sensors remain desensitized, the Hypothalamus will believe Leptin levels are zero and that the person is danger of starving to death. In this desensitized-to-Leptin condition, the Hypothalamus will **continuously put the body into sugar burning, fat storing mode.**

Question: Why does one lose muscle tone and bone density during sleep when blood sugar is too high?

Answer: High blood sugar causes greater Leptin production, which eventually desensitizes Leptin receptors, triggering fat storing/sugar burning mode. While one is in the fat storing mode, one's body's cells will not prioritize burning fat, but will burn sugar. Since during sleeping hours, one is not eating food, one's body will autolyze (dissolve) some bone and muscle and convert those proteins into sugar (this is called gluconeogenesis or autolysis) and allows sugar burners to get enough sugar during the night to maintain body temperature and keep the heart beating. This is the main cause of osteoporosis, osteopenia and loss of muscle mass in people as they age.

Question: What other things affect one's ability to stay in fat burning mode?

Answer:

- **Lack of nutrients** in the body, especially the lack of amino acids, minerals and enzymes puts the body into stress and into sugar-burning mode. In animals, this is called cribbing,

where an animal will chew on the feeding crib, trying to get the missing minerals it needs. The genius of the **WIN** program is the way in which it couples low amounts of carbohydrates with intense amounts of minerals and other nutrients that prevent a stress mode from developing.

- **Excess protein consumption.** has the bad result of the excess protein being converted to sugar. So, too much of consumption of protein can turn into sugar.
- **Pregnancy hormone (HCG)** forces the body into fat burning mode.
- **Lack of sleep** can result in higher Leptin levels because it is during sleep that the metabolic systems of the body are reset and excess Leptin is removed from the blood stream. Strive for at least six hours of sleep.
- **Moderate exercise** of 35 to 45 minutes duration or, possibly, shorter, **maximum intensity exercise** of three to four, 60 second sets of maximum intensity effort, followed by 2 to 3 minutes recovery between each set can **temporarily influence the body to go into the fat burning mode.**

Question: What kind of variations on the basic **WIN** plan have worked well for others?

Answer: For the majority of people, the best plan is the straight **WIN** protocol with no variation. That's because most people cannot continue **WIN** once they put solid food in their mouth. Their subconscious mind becomes too insistent that they eat again, and again. So, they are better off to **ONLY** drink **WIN** drinks and consume nothing else.

However, for those whose subconscious brains are not quite so “powerful or demanding”, the **once a week salad option** is a possibility. Once, a week, invite a friend to join you and fill your salad bowl with leafy greens, green peppers, alfalfa sprouts, bean sprouts, mushrooms, celery, and as many low calorie things that have a crunch as possible, including a few ground up almonds or apples and then drench the salad with oil and vinegar dressing. Such a meal gives your subconscious brain a reprieve from the concern it feels for you, that you are killing yourself by not eating. The fat in the salad dressing and the extra carbs you eat will lessen the amount of your body fat that you burn up, in fact, you may very likely not burn up any fat that day, but your subconscious will be extremely happy for a day.

Question: How do I know when to end the **WIN** regimen? And can one continue with the **WIN** program too long, or end too soon?

Answer: Yes, it is possible to end the **WIN** program too soon and it is possible to continue it too long.

The best plan is to continue until one’s Leptin level is between 5 ng/ml and 6 ng/ml. Since getting blood tests may be expensive, it is easier to speak about fat percentages. Those leptin levels correspond approximately to **body fat levels — about 22% (for women) or 15% (for men).**

Men and women are slightly different in fat and leptin production. (See picture right) One should continue the **WIN** protocol until one is on the low side of the Leptin range (IE body fat range).

Going lower than the above fat percentages is not recommended as

it will then be nearly impossible to maintain Leptin levels during sleep above 4.0 ng/ml and the Hypothalamus will temporarily put the body into the sugar burning/fat storing mode.

Keeping one’s body fat percentages in the optimal range ensures that the production of the Leptin hormone (which governs metabolic mode) will remain in the fat-burning range (4.0 to 9.0 ng/ml) after one starts eating normal food and blood sugar rises to normal.

If a person stops the **WIN** regimen before reaching these body fat percentages, it is very likely that one’s Leptin will go too high and the body will revert back to the sugar burning mode and one will start regaining fat. That’s the long way of saying, “continue with the **WIN** program until one’s body fat percentages (correlating to Leptin levels) are in the fat burning range”.

Question: Does weight loss slow down as one gets near to his or her

ideal body fat percentage... and therefore does one need to adjust the **WIN** program as one nears one’s fat-loss goals?

Answer: Yes and yes. That’s because as there is less fat in the body Leptin levels may begin to be too low (below 4.0 ng/ml) at time. The reason is that low body fat coupled with low blood sugar results in too little Leptin being made in the body. If one’s Leptin level is below 4.0 ng/ml, the Hypothalamus will think “famine/illness”... will panic... and will change the metabolic mode to fat storing (sugar burning) instead of fat burning. **You will notice this because you won’t be losing weight, and you will be hungry.**

Therefore, as you come near to your ideal body fat levels (within the last ten or so pounds), you will want to gradually begin bringing your blood sugar up so that Leptin production increases and one’s Leptin level is not too low. Here’s how to do that:

Method 1: Add more carbohydrate calories to the **WIN** drink. For

With normal blood sugar, the fat burning mode starts at 22% for women and 15% for men.



instance, add a few tablespoons of [Coconut powder](#) or [Cupuacu powder](#) to each **WIN** drink. They contribute nutrients and are just about perfect for bringing sugar levels up to just the right amount to raise Leptin back into the fat burning range, IE, above 4.0 ng/ml.

Method 2: Start eating some nutrient-dense food, IE, chicken salad, vegetables, cottage cheese with flaxseed oil, etc. — just a little extra food each day for the last two weeks of your **WIN** program.

Question: How do you graduate from the **WIN** protocol to normal eating?

Phase 1: For three weeks after finishing the WIN protocol, you should avoid sugar and carbohydrate-rich foods.

The subconscious mind likes everything to always be the same and wants to go back to how things were. So, after the body is forced into fat burning mode, if given the opportunity, the subconscious mind would like you to go right back to the sugar burning mode. To not give your mind the opportunity to have you go backwards, spend **three weeks** of not many carbs until “fat burning” mode is the **new normal**.

Disregarding this phase may result in Leptin levels rising to above 9.0 ng/ml again. Even a 5.0 ng/ml level of Leptin can **become greater than 9.0 ng/ml with too many carbohydrate-rich foods**.

Phase 2: After three weeks of the above, your vigilance for not eating carbohydrate-rich foods can be ended. However, you would still be smart to eat a **Leptin friendly diet 80 to 90 percent of the time**.

A Leptin friendly diet is a diet that is:

1. High in vegetables and healthy fats

2. Moderate in protein
3. Low in carbohydrate and sugar

We recommend that you get a copy of ***The Rosedale Diet book***, by Dr. Ron Rosedale, and/or request a copy of our free Leptin Sensitivity Diet plan at www.Healthy-Living.org/leptin).

Question: Can you describe Leptin-friendly meals?

Answer: Leptin friendly meals are:

1. **Meals that do NOT spike blood sugar** (by providing only carbohydrates and sugars, but no protein or fiber to slow how fast the sugars enter the bloodstream)
2. **Meals that do NOT deplete minerals** (by providing less minerals than are used to digest the meal)
3. **Meals that do NOT provide more calories than one will burn off** through normal activity.

We recommend the following:

1. **Limit eating junk** (nutrient empty, fiber empty, calorie rich) **food**. Thankfully, when Leptin levels are kept low, the brain rewires itself and the cravings for junk food disappear.
2. **Eat enough protein** to maintain muscle mass, but no more than enough since **excess protein turns into sugar and toxins** — both of which reduce optimal health and longevity.
3. Keep carbohydrate and sugar consumption low enough **so that your blood sugar will stay between 70 to 95 mg/dl**. Most people have sugar levels above 105 mg/dl, which is too high for maintaining fat burning and too high for maximum longevity and health.
4. **Good fats can be eaten in relatively large amounts**. Fat

does not affect blood sugar, and therefore, fat can be eaten in a virtually any quantity desired, as long as weight gain does not occur. Learn more from our E-Book available at www.healthy-living.org/leptin.

Question: Are there any accelerators that I can add to the basic **WIN** program?

Answer: Yes, There are several ways to accelerate results.

1. **Cardiovascular exercise...** sessions of 35 to 45 minutes of real huffing and puffing and sweating will both burn up glycogen and stimulate fat burning... this is especially useful during the first five to seven days of the **WIN** program, but is beneficial at any time.
2. **Weight training** will also burn up calories, and if the heart rate is kept high help ensure that the body enters the fat burning mode will help one to quickly move from sugar burning mode to fat burning mode. However, weight-training will cause muscles to increase in mass, so that one may not see results on the scale, but have to judge results by loss of inches and fat, instead.
3. Consumption of **Acetyl-L-Carnitine** helps stimulate or mobilize fat burning processes faster.
4. **Hot or cold baths** cause extra calorie burning. Hot baths cause the body to spend energy to reduce body temperature while cold baths cause the body to spend energy to increase body temperature. Please don't do either without approval by your doctor.