

HEALTHY NEW YOU 4 DAY DIET!

(Formulated by: Dr. Bruce Laird, MD, ND, PHD, Bio-Chemist Research Scientist)

Finally, a diet formulation that can nutritionally support the efforts of those seeking to shed unwanted pounds. Through years of deficient eating practices, individuals may have congested their systems and must internally “retune” themselves. The Healthy New You Program! coupled with Relief! Weight Loss Formula can aid in this metabolic transition.

The infamous “crash diets” or fad diets have an extremely and deservedly bad reputation for producing temporary results in addition to added health risks. They ignore the elemental cause of excess weight... *imbalance*. Imbalance in diet arises from the excess intake of calories and spirals out of control when these excess calories provide inadequate levels of essential nutrients.

At the core of **The Healthy New You Weight Program** is a combination of phytosterols coupled with purification and tonic formulas which exert astringent, soothing actions and assist with proper assimilation of foods. The results are a gentle internal cleansing, promotion of regularity and assistance in restoring natural balance and tone to intestinal tissue.

Two ingredients in the formula encourage a certain level of fullness. One is the amino acid L-Tyrosine, highly valued by individuals struggling against an overactive appetite. The other is Guar Gum, a rich source of soluble fiber. Once ingested, Guar Gum absorbs many times its original weight in liquid, producing a bulky gel to further impart a sense of fullness.

Phytonutrients that provide a feeling of well-being have been included to counteract the nervous tensions that often accompany dieting.

Nutrut^ution’s Healthy New You Program! offers an unparalleled opportunity to manage dietary supplementation from a unique perspective: addressing the underlying sources of the failure to meet your individual health goals. Sound nutrition and biochemistry is integrated with the wisdom of traditional Oriental, East Indian and Western herbology for a balanced approach that is the perfect companion to a well-rounded diet-exercise program.

HEALTHY NEW YOU 4 DAY DIET!

The following diet works on a biochemical reactionary mechanism. The food ingested must be consumed in the exact proportions listed.

CAUTION: The Healthy New You Diet listed below is to be followed for **4 days only!**

Following the diet in excess of the recommended duration may result in harm to your body including dehydration, etc. As with any diet, please contact your physician and get advice concerning exercise and fluid intake.

INSTRUCTIONS:

1. Take the Relief! Weight formula according to directions on the bottle i.e. two tablets with 8 ounces of water, three times per day, 45 minutes before meals. You may want to continue taking the tablets after the 4 days are completed. (Follow the dietary portion of the program for 4 days only!)
2. All the foods listed below are to be eaten in normal portions.
3. Meat and vegetables are to be seasoned with salt and lemon or vinegar; no other seasonings are permitted.
4. Drink a minimum of 8 glasses of water each day (4 bottles); When arising in the morning, before each meal, mid afternoon and prior to bedtime.

HEALTHY NEW YOU 4 DAY DIET!

The following diet works on a biochemical reactionary mechanism. The food ingested must be consumed in the exact proportions listed.

CAUTION: The Healthy New You Diet listed below is to be followed for **4 days only!** Following the diet in excess of the recommended duration may result in harm to your body including dehydration, etc. As with any diet, please contact your physician and get advice concerning exercise and fluid intake.

MENU:

- BREAKFAST:** (Same for each of the 4 days) ½ Grapefruit, black coffee or tea.
- DAY 1 LUNCH:** 2 hardboiled eggs, ½ cup of green beans from produce section.
DINNER: Broiled steak, ½ head of chopped lettuce and one small apple.
- DAY 2 LUNCH:** Broiled hamburger patty, celery & lettuce salad, one small apple.
DINNER: Broiled lamb chop or chicken breast (skinned), ½ cup of stewed tomatoes, 6 oz glass of prune juice.
- DAY 3 LUNCH:** ½ cup of squash, ½ cup of green beans, ½ cup of cauliflower, ½ cup of unsweetened applesauce.
DINNER: Broiled chicken breast, ½ head of chopped lettuce, 3 oz glass of tomato juice.
- DAY 4 LUNCH:** 2 Scrambled eggs, ½ cup of green beans, 3 oz glass of tomato juice.
DINNER: Broiled steak, ½ head of chopped lettuce, a small tomato, 1 slice of pineapple, 8oz glass of V-8 juice.

*Portions of meat are in 4-6 oz. quantities. Only the foods listed above are to be used. No diet sodas, etc. If the lunches listed above are not convenient, the first day's lunch may be used as a substitution. Fish can be a protein substitute for one or more meals.

*Balsamic vinegar or wine vinegar may be used on lettuce. No oil or salad dressing.

This information is copyrighted © by Nutrut^ution 2017 and may not be reproduced or copied in any form without the express written permission of Nutrut^ution®