

newwave
HEALTHCARE
WEIGHT LOSS SYSTEM

CLIENT GUIDE

Contents

Introduction	1
How the Program Works	3
Program: Three Phases	6
Approved Foods List	13
Food and Cooking Tips	18
Soaps & Oils	20
Why Am I Not Losing Weight?	21
Questions & Answers	25

Disclaimer

Results may vary depending on starting weight, adherence to the program, health conditions and other factors. Information is not intended to diagnose, treat, cure or prevent disease.

If you are taking ANY medication for high blood pressure or diabetes, please monitor your results daily. It isn't uncommon for the need of these medications to be less. The common symptoms of low blood pressure or low sugar are fatigue, lightheadedness, dizziness or weakness. Please monitor these numbers and report them to your physician should they need to adjust or reduce your medications.

©2023 WVMF Holdings, LLC. All rights reserved.

Introduction

Welcome to the New Wave Weight Loss Program where you can expect to lose between 20-40 pounds of unwanted fat in about 63 days with NO required strenuous exercise, expensive prepackaged foods or starvation. These numbers are the average amount of pounds lost in about six weeks on The New Wave Healthcare Program. Age, gender or lifestyle doesn't matter as long as you are ready to make your weight loss dreams come true.

Similar systems were previously only available in medical weight loss clinics and only available to wealthy clients due to the high costs involved.

The good news is that our Consultant Supervised Weight Loss Program is now available for everyone at a very affordable cost. This simple system uses our effective proprietary blend of Natural and Safe Weight Loss Program supplements, which act as a natural appetite suppressant and maximizes fat burning. You can now lose the pounds and inches you've been dreaming of with our professional guidance.

Best in health,

Werner Marksfeld
President & C.E.O. New Wave Healthcare
a division of WVMF Holdings, LLC

How the Program Works

Our program is based on a system that resets your metabolism to burn fat and to keep it off!

This system consists of:

- Healthy Diet
- Weight Loss Program Supplements
- Personal Weight Loss Supervision from a Weight Loss Coordinator

Weight loss program supplements include:

- New Wave Diet Drops (Blue bottle) 2oz
- New Wave Fat Loss Drops (Pink bottle) 2oz
- New Wave B12 Drops (Orange bottle) 2oz
- New Wave D3 Drops (Purple bottle) 2oz
- New Wave Electrolytes (Grey bottle) 2oz
- New Wave Pure Green Drops (Green bottle) 2oz
- Vitality Release Drops (2 Brown 1oz bottles) 2oz

These supplements along with a balanced, healthy diet are the basic foundation for this program.

Before You Start

There are a few things you will be responsible for during this program.

First, we would like you to identify 5 Motivating Factors which make you want to lose weight and commit to this program. This will help you stay on track when things get tough and you want to quit or cheat. Share them with your Health Coach and post them on your bathroom wall so you can see them every day and keep you on track. Please, read them daily to set your intentions for the day. This makes a massive difference in your long term success.

Take “before” pictures from 3 views (front, back, and side).

After completing Phase 3 and reaching your desired weight, take your “after” pictures to see the comparison. This is just for your own reference. It is important to see the changes as a result of your efforts with this program.

Track your progress **daily**. Log your weight and day of the program you are on. You may also want to log your drop taking and any comments regarding that day. Track your data for all three phases. We **highly recommend** that you use our FREE New Wave Weight Loss App for this, but you can do it in a notebook (see sample at the end of this guide).

Measurements

Chest_____ Waist_____ Hips_____ Thighs_____

The most important weight measurement for you is on the first and third day, which is the first day before you start the program and the first day of your calorie “fat loss” phase.

Be sure to consistently record your weight each morning from a digital scale. Please make sure you get a scale that shows 1/10th. Please track and enter your daily food intake. We recommend that as soon as you get up, go to the restroom, jump on the scale, record your weight and then take your drops.

How to take the drops

To achieve maximum absorption of the Blue and Pink bottle drops, avoid eating, drinking or brushing your teeth at least **15 minutes before and after taking your scheduled drops.**

Administer the Pink and Blue Drops by keeping the dropper at a **45-degree angle** to the tongue. Try to keep the drop size consistent. The best way to do this is to watch yourself in the mirror while taking the drops or alternatively, onto a spoon.

Be sure to take your drops no later than 30 minutes after waking up.

DO NOT miss taking your Weight Loss Drops as scheduled. This will cause your metabolism to slow down and could cause uncomfortable fluctuations in your blood sugar. You may then begin to experience “hunger cravings”.

Tips:

- Weigh yourself first thing in the morning **AFTER** using the bathroom and **BEFORE** taking your drops. This is the most accurate way to track your weight. Then simply record it in the app.
- Be sure to have a digital food scale and weigh your food **AFTER** it has been cooked.
- Hitting your daily water goal of 128 oz will help you flush out fat and toxins and reach your weight loss goals. Don't count caffeinated drinks like coffee and tea towards this goal.
- Taking your drops in front of a mirror at a 45-degree angle or onto a spoon will ensure you don't run out of drops too soon. (See section: How to take your drops.)
- Save your other supplements and vitamins for after the program (this doesn't apply to doctor-prescribed). Please discuss with your Health Coach before starting the program.
- The Loading Days (first 2 days of the program) are a **VERY** important part of the program to ensure you will lose weight at a fast rate throughout the program. Make sure you have a **PLAN** on those days. Read section 1. **Loading Phase: Day 1 and 2** to help you reach your food goal.

Finally, please review all the information on the Free App.

Program: Three Phases

Our program works in **3 transitional phases**:

Loading (day 1 - 2)

Fat Loss (day 3 - 42)

Maintenance (day 43 - 63)

Each of these Phases were specifically designed to help you achieve your weight loss goals. Please read the instructions carefully for each phase.

1. LOADING PHASE: Day 1 - 2

Begin this phase by taking **ONLY** the Diet Drops (Blue Bottle). The dosage is 7 drops under the tongue three times a day with 7 hour intervals. For example, you would take the drops at 7:00 am, 2:00 pm and 9:00 pm. This is just an example and can be adjusted to your schedule. If you get up at different times due to work shifts or wanting to sleep in on weekends, that is ok. Most importantly, be sure to take the drops as soon as you get up and set up your timer every 7 hours as a reminder for the 2nd and then 3rd dose. This applies to all phases in this program. **Please** set an alarm to go off every 7 hours to avoid missing your dose.

Phase 1 requires high calorie intake for two days. During this time, you will need to literally load up on **“junk calories”** as much as you can in 48 hours. It is very important that you achieve this goal to maximize your results in the subsequent phases. These foods should consist of fats, oils, sugary components and high caloric beverages. The more calories you consume in this time, the better the system works. We have listed many options to help you achieve these results on the Free App. We **ALWAYS** recommend drinking the calories (i.e. milkshakes, frappuccinos, Cinnabons etc.)

We recommend that females consume 4,000 calories daily (during this phase only).

We recommend that males consume 5,000 calories daily (during this phase only).

This phase tricks the body into thinking that this high fat and calorie diet is normal for you. It prepares your body to metabolize this excessive high calorie intake and target these types of fat. The “Loading” phase is crucial to the program. Without it, your body will burn muscle instead of fat and will limit your weight loss results.

Do not be alarmed if for several days you are feeling bad, lethargic or run down. This is a normal phase of the body either detoxing or low electrolytes. Make sure to take your electrolytes supplement. You can up the amount if needed. Drinking pickle juice or adding 1-2 teaspoons of Himalayan pink Salt to your water can also give you a little boost. If symptoms do not subside or get worse, contact us immediately.

2. FAT LOSS PHASE: Day 3 - Day 42

Begin this phase by taking the following drops in the morning:

- **Diet Drops - Blue Bottle**

Dosage: 7 drops 3x a day with 7 hour intervals, don't eat or drink anything 15 minutes prior or after.

- **Fat Loss Drops - Pink Bottle**

Dosage: 7 drops 3x a day with 7 hour intervals, don't eat or drink anything 15 minutes prior or after.

Instructions: You **must** take the Diet and Fat Loss Drops individually. Take 7 Diet Drops (Blue Bottle), under your tongue for approximately 60-90 seconds, swish and then swallow what is left. Repeat the same process for the Fat Loss Drops (Pink Bottle) directly after. Take both supplements, three times a day, using 7 hour intervals. For Example: take 7 Blue drops then take 7 Pink drops directly after at 7:00 am, 2:00 pm and 9:00 pm. **These times are just an example. Adjust your time frame to your personal schedule and set your timer every 7 hours as a reminder for 2nd and 3rd dose.**

The products contain a small amount of caffeine (less than ½ cup for all 3 doses for all products combined). If you are caffeine sensitive, please take pink Drops 2x daily, 10 Drops in the morning and 10 Drops in the afternoon. Please speak with your coach before making this change.

- **Vitality Release Drops - Brown Bottle**

Dosage: 10 drops twice a day; upon waking 15 minutes after taking the pink and blue drops and at bedtime, separate from food. It is recommended to begin with half the dosage and to titrate up to the full recommended dosage over the first 5 days. If you have any detox symptoms, you should lower the dosage and titrate up to the full dosage slowly. (Separate from medication, 1 hour before or after.) No need to swish under the tongue, just swallow.

In addition, we have 2 other supplements to introduce during this phase:

- **New Wave B12 – Orange Bottle**

Dosage: 1 squeeze to fill the Dropper (1 ml) once a day, taken anytime after lunch. No need to swish under the tongue, just swallow.

- **New Wave D3 – Purple Bottle**

Dosage: 1 squeeze to fill the Dropper (1 ml) once a day, taken anytime after lunch. No need to swish under the tongue, just swallow.

- **New Wave Electrolytes – Gray Bottle**

Dosage: 1 squeeze to fill the Dropper (1 ml) in one liter of water twice a day.

Food Protocol for this phase

It is important to follow the protocols on food portions and food types to assure the average daily weight loss of .5-1.0 pounds of fat a day.

By reducing the amount of calories you ingest, your body will begin to burn away the irregular fat as fuel to make up for the daily required calories. The average amount of energy from fat burning per day equates to 1,750-3,500 calories.

That being said, DO NOT count calories.

Make sure to drink at least **128 oz of water per day** to help remove fats and toxins.

The daily diet consists of approximately 4 ounces of protein, 4 ounces of vegetables and unlimited free food per meal at Lunch and Dinner time. 2-4 ounces of fruits (only berries) are allowed as a snack; we recommend organic (frozen) blueberries, blackberries or raspberries. PLEASE NOTE – only have 1 serving of berries per day, preferably at night and at least 1-2 hours before going to bed, but can be eaten anytime after lunch.

We recommend **Sunwarrior Collagen Building Protein Peptides - Unflavored** for those that are vegans/vegetarians as well as those who exercise.

During the Fat Loss Phase **you will skip breakfast**. This is referred to as intermittent fasting. Notice that we have removed a “scheduled” breakfast meal to avoid any external caloric intake until lunchtime to maximize your A.M. fat burning opportunity. Although your goal is not to eat anything until lunchtime, **if you are on any medications or are hungry before lunch you are allowed to cheat with protein.**

This is NOT a Starvation Diet, so if you are hungry at any time during the day on any of the phases, please consume free veggies or 1-2 oz of protein. The best protein sources are boiled eggs and lean deli meats without oil or sugar (Roast Beef and Turkey). You are allowed to eat from the **approved** foods list.

**You should NEVER be hungry on the weight loss program!
View the food section for a list of approved foods!**

3. MAINTENANCE PHASE: Days 43 - Day 63

This is the final phase of the program. At this point, **you will stop** taking the Diet and Fat Loss Drops (Blue and Pink bottles. Continue taking the Vitality Release Drops as well as the D3, B12 and Electrolytes drops until you run out.

Begin taking:

- **Pure Green Drops (Green bottle)**

Dosage: 10 drops under the tongue, 30-60 minutes before lunch and 10 drops under the tongue, 30-60 minutes before dinner.

Pure Green is a Coffee Bean Extract supplement. The chlorogenic acid slows absorption of fat from food intake and it also activates metabolism of extra fat. Glycemic control and weight loss have been attributed to chlorogenic acid, quinines, lignans and trigonelline, all of which have been shown to improve glucose metabolism. Pure Green Coffee Bean Extract is a powerful antioxidant and controls blood sugar balance.

The Pure Green Coffee Bean contains natural caffeine. If you are caffeine sensitive, take it prior to breakfast and 30-60 mins prior to lunch.

This phase is designed to maintain your weight loss results. You will start to slowly increase your daily calorie intake. You may lose an extra 2 lbs. during this phase. The *Green Coffee Bean Extract* **might** assist in tightening the skin, as well as aid in suppressing your appetite.

The reason for the Maintenance Phase is to stabilize your weight and be sure that your metabolism is reset completely. If too many simple carbs, fats and oils are introduced back into your diet before the 21 days of the phase, the body will act like a sponge and absorb these types of calories. You want to avoid gaining back any weight lost by completely resetting your metabolism.

The first thing that you must realize is that your body weight **may fluctuate between 2–4 pounds**, once the Maintenance Phase has begun. The more water you drink and the more closely you follow the maintenance protocols, the less likely your weight will fluctuate. Please do not get consumed by scale weight on a daily basis during the Maintenance Phase. The Pure Green Coffee Bean Extract is very important in this phase.

Breakfast is OPTIONAL: Protein Only!!! 6 to 8 oz (recommended: eggs)

PLEASE NOTE THAT BREAKFAST IS NOT REQUIRED

– STRICTLY OPTIONAL

Lunch and Dinner Goal: Continue to do exactly what you did during the Fat Loss Phase. The only difference is now you are eating **6 to 8 oz of protein**.

POST PROGRAM GUIDELINES

Once you have completed the **21-Day Maintenance Phase**, you can then slowly add some simple carbs back into your diet a few times a week. It is best to continue to eat the way you were eating when you were on the Maintenance Phase of the plan 5 days a week, 1 day of skipping breakfast and lunch but eating dinner (fasting day) and 1 day a week where you can eat 3 meals with more protein or carbs. We refer to our post program protocol as the 5-1-1 Rule.

Example:

Sunday through Tuesday:

Skip Breakfast (Lunch and Dinner ONLY - **2 meals per day**)

Your meals consist of 6-8 oz of Protein, 4 oz of Approved veggies, unlimited free veggies and healthy fats such as coconut oil, organic olive oil, avocado oil and ghee.

Wednesday:

Skip Breakfast and Lunch (Dinner ONLY - **1 meal**)

We consider this a fasting day. The purpose is to give the body an opportunity to heal by reducing food intake.

Your meals consist of 6-8 oz of Protein, 4 oz of Approved veggies, unlimited free veggies and healthy fats such as coconut oil, olive oil, avocado oil and ghee.

Thursday and Friday:

Skip Breakfast (Lunch and Dinner ONLY - - **2 meals per day**)

Your meals consist of 6-8 oz of Protein, 4 oz of Approved veggies,

unlimited free veggies and healthy fats such as coconut oil, olive oil, avocado oil and ghee.

Saturday:

(FUN Day – Carb or Protein Loading Day) It is **IMPORTANT** to do this one day a week to follow a principle called diet variation. 3 meals on this day.

Eat healthy carbs and proteins – no Veggie restrictions. We also recommend consuming **highly resistant starches** such as - Oats, cooked and cooled Rice, Legumes, raw Potato Starch, cooked and cooled potatoes, Lentils and Barley

This suggested outline is key to maintaining a healthy metabolism. Diet Variation is as important as exercise variation as our DNA is structured for Feast and Famine Cycles!

Continue to drink 100-128 oz. a day of WATER.

Approved Foods List

APPROVED Protein* / Seafood

**Preferably Organic & Grass Fed*

- Shrimp
- Scallops
- Mahi – Mahi
- Tilapia
- Swordfish
- Walleye
- Halibut
- Lean cuts of beef
(Trim ALL visible fat)
- Lean ground beef
(90% or more)
- Sirloin Strip Steak
- Sirloin Bison/Buffalo
- White Chicken breast
- Cornish Game Hen (Skinless)
- Turkey Breast (Skinless)
- Eggs
- Tofu (for vegetarians only, limit to 1 - 3 times per week)
- Sunwarrior Collagen Building Protein Peptides - Unflavored (vegetarians only, as well as those who exercise)

APPROVED WEIGHTED VEGETABLES

- Artichoke
- Asparagus
- Bok Choy
- Broccoli/Broccoli Rabe
- Brussels Sprouts
- Cauliflower
- Eggplant
- Green Beans
- Fennel
- Leeks
- Rutabaga
- Turnips
- Zucchini Squash

FREE Vegetables (as much as desired)

Free Veggies can be eaten IN ADDITION TO your 4 oz veggies but **CANNOT REPLACE** the 4 oz veggies.

- All types of green leaves and lettuce
- All types of peppers
- Cabbage
- Celery
- Cucumber
- Daikon Radish
- Garlic
- Ginger
- Horseradish
- Mushrooms
- Onions (red, yellow, white)
- Tomato

APPROVED FRUIT

- Acai Berry
- Blackberry
- Blueberry
- Granny Smith Apples
(Only for plateau breakers)
- Cranberry (unsweetened)
- Raspberry
- Strawberry

NOT APPROVED (Do not eat any of these while on the program)

NOT APPROVED PROTEIN

- Salmon
- Tuna
- Pork

NOT APPROVED VEGETABLES

- Corn
- Potatoes
- Sweet Potatoes
- Beans, Legumes
- Peas
- Beets
- Carrots
- Butternut Squash
- Acorn Squash
- Pumpkin

NOT APPROVED FRUIT

- Bananas
- Grapes
- Melons
- Oranges
- Pineapple

Snacks Between meals

(feel free to eat as many of these as you wish)

- Celery
- Cucumber
- Pickles (no added sugar or oils)

If you are still hungry, please **cheat with 2-4 oz of protein.**
The best sources are hard boiled eggs or lean meats.

ONLY BEVERAGES to drink while on the program

- Water
- Black tea
- Green Tea
- Herbal Tea
- Black Coffee
- Zevia Sodas and carbonated drinks like La Croix seltzer:
(We recommend limiting any of these drinks to once a week and **ONLY** once you've finished your water, 1 gallon.)

NO WATER ADDITIVES

(Mio, Stur, Crystal Light, etc.)

NO SUGAR SUBSTITUTES

Avoid any artificial and natural sweeteners. You may use monk fruit on a very limited basis, but we do not recommend it since it can hinder your weight loss.

Approved Sauces/Condiments

- Braggs Aminos (Soy Sauce Replacement)
- Braggs Coconut Aminos (Teriyaki Sauce Replacement)
- Franks Red Hot - ORIGINAL ONLY
- Nutritional Yeast
- Wasabi
- Himalayan Pink Salt
- Organic Black Pepper
- Any spices as long as they are free of oils and sugars
- **Simple Girl** Dressings and Sauces

The following are **APPROVED**

Citrus Ginger

Sweet Mustard

Sweet Vinaigrette

The following beverages and foods are NOT APPROVED:

- All Dairy
- Almond & Coconut Milk
- Soy milk (Soy Products)
- Avocado
- All nuts and dried fruits.
- Carbohydrates
- Sodas, juices and alcohol.
- All sugar

• **NO CARBOHYDRATE SUBSTITUTES**

- Pasta Zero
- Quinoa
- Shirataki Noodles
- Soy Noodles
- Spinach Wraps

NO DAIRY, SUGAR OR FAT are allowed on this program.

If the food is in doubt... keep it out!!!

Food and Cooking Tips

Here are some tips on how you can make your meals more satisfying and tastier:

Roast beef: make your own so you can control what is on it and cut into 3.5 to 4 oz portions.

Fish: look for “flash frozen” fish prepackaged in 4 oz portions.

Meats: “marinate” meats for 24 hours in the refrigerator. Before cooking, rinse meat to remove the marinade fats and sugars on the surface. Add unlimited seasonings and sauces that are listed as “0” calories. Flavor your foods up! This is NOT a no salt or no seasoning system. Avoid adding fats, oil, sugars or carbohydrates to any of your foods.

Add lemon or lime juice to water

Berries (Frozen): great for snacking late in the evening and creates a feeling of fullness.

Free Veggies (lettuce, tomato, onion, peppers, cabbage, cucumber and celery) do not count as your 4 oz of veggies per meal. You can also use some of these, such as onions, peppers and tomatoes to spice up your meals.

Beef and bison will be the most “filling” protein for most people, so if you’re feeling hungry, make “lean” beef or bison your primary protein source.

Salsas: make them your new “ketchup” and please make sure there is no sugar or oils in your salsa.

Mustard: yellow or spicy brown (no sugar), on anything to add a little flavor.

How To Cook Your Food

Please, do **NOT** use any oils or sprays to cook your food. We recommend the following cooking methods:

Grilling

Baking

Using an Air Fryer

Crockpot

Non-Stick Pan (you can use Braggs aminos, lemon juice or a little non fat chicken stock)

Soaps & Oils

Because of the nature of this system, many items you use everyday could affect your weight loss progress. You will still lose pounds and inches if you do **NOT** follow these guidelines; but, your weight loss may be slowed down and will not be “optimized” in the same time frame. The Drops cannot tell if oils are being ingested orally or topically. It burns whatever fat it can. When you use makeup, soap or oils that have fat in them, it can prevent you from maximizing your weight loss.

Please do the very best that you can. Look to your local health food stores to find oil free makeup, lotions and soap. Download the Think Dirty App for more guidance on toxic free and oil free products!

Recommended soaps, oils, and make-up: (follow for maximum weight loss)

Soaps: use bar soap only. No body wash products if possible. Example: Dial, Zest, Ivory, etc.

Lotions: Baby oil or gel, mineral oil or any “oil free” lotion. Baby oil is a mineral, not an oil and is safe to use on the program.

Facial products recommendations:

- Neutrogena oil free lotion
- Almay oil free eye makeup remover
- Any mineral or powder foundation
- Mascara, eyeliner, lip pencil and lipstick are ok
- Do NOT use Chapstick. Use Carmex instead
- Sun block: Mdsolarsciences Mineral Brand

Pedicures & Facials: If you get any one of these regularly, please treat yourself before you start the program. Most salon products are **NOT** oil free.

Why Am I Not Losing Weight?

There are several reasons why you may not be losing weight on the New Wave Weight Loss Program. Please review the following and see if any of these reasons are why your weight loss has stalled.

Not Drinking Enough Water

Remember you need to be drinking 100-128 oz of water per day or the fat you are burning will have no place to go.

Not Taking Your Drops

If you are missing your drops or not taking them at their scheduled times, your body will go into starvation mode and you will not lose weight.

You are not following the protocols

If you are not eating the proper foods on the program or are skipping any type of food, you will not be getting the necessary nutritional requirements to lose weight on a consistent basis. If you have a bad day or are at a special event and you do not eat properly, be sure to continue taking the drops (never stop taking them) and do a Plateau Breaker the next day.

You Are Not Having Daily Bowel Movements

Due to the fact that you are eating so “cleanly”, you may not be having daily bowel movements. Please take a product called Smooth Move Tea, Magnesium Citrate or liquid Chlorophyll. They can be found in any major supermarket or supplement store. This should alleviate the problem. This product should be taken after dinner or right before bedtime. If you take Magnesium Citrate, the recommended dose is 400-800 mg twice a day as a standard protocol.

IMPORTANT – If constipation persists, please set up a call with your health coach or practitioner.

You Have Hit a Plateau

If you have been following the program perfectly and have not had any of the issues listed above, then you have hit a Plateau. Plateau's are a normal part of the program and happen to everyone that is on the Weight Loss Program.

Please follow the **Plateau Breaker**.

Heavy Metal Toxicity

If you are having to do several plateau breakers and are struggling to lose weight, more than likely you have high levels of heavy metals, specifically lead and/or mercury. *Vitality Release Drops* is specifically part of the program for this reason and is proven to effectively bind and remove heavy metals. Please make sure to speak to your health coach or practitioner about how to get tested correctly for these.

Medicines that may cause weight gain or weight loss resistance include:

- **Diabetes** medicines, such as insulin, thiazolidinediones and sulfonylureas.
- **Antipsychotic** medicines such as haloperidol, clozapine, risperidone, olanzapine and lithium.
- **Antidepressant** medicines like amitriptyline, imipramine, paroxetine and sertraline.
- **Epilepsy** medicines like valproate, carbamazepine and gabapentin.
- **Steroid hormone** medicines like prednisone or birth control pills.
- **Blood pressure-reducing** medicines like beta-blockers such as propranolol and metoprolol.

REMEMBER, THERE IS ALWAYS A REASON
WHY YOU ARE NOT LOSING WEIGHT

Plateau Breakers and how to execute them

How Many Days Is a Plateau?

2 days of no loss or a gain.

- **Drops dosage:** Please DO NOT increase your drops. Keep them at 7 drops per dose.
- **Steak and Green Apple Day:** 4 oz of steak for lunch and dinner, only 2 apples* per day taken any time after lunch but before dinner.
- **Green apple ONLY Day:** 6 apples* that day only, starting at lunch time and ending before bedtime. (ONLY FOR VEGANS AND VEGETARIANS)

***Granny Smith** apples ONLY.

Plateau Breakers should only be done for **1 day** and not multiple days in a row. If you have not lost any weight after a Plateau Breaker, then go back to the program for another day and then do another Plateau Breaker day if needed.

Sluggish Weight Loss

Sluggish weight loss is when you're seeing the daily loss at 0.1oz-0.3oz a day.

Here is how we want you to adjust your protocol:

- **Protein:** Change your Protein from 4oz to either 5oz or 6oz
- **Veggies:** Change your Veggies from 4oz to either 3oz or 2oz

Example:

If you increase protein to 5oz, drop veggies to 3oz.

If you increase protein to 6oz, drop veggies to 2oz.

- **Exercise:** Walk a minimum of 2 miles per day if you are able too. Target is about 20-minutes

- **Water Intake:** Make sure to hit at least 128 oz of water per day to remove fats and toxins. Lemon water is best!
- **Cut back** on “American” beef or cut out completely due to higher fat content. You can switch to Grass Fed beef, 90% Lean beef or bison instead.
- **Check all** condiments for any form of sugar. Garlic Salt may list sugar as an ingredient. Any seasoning salt or seasoning product must be carefully checked.

Questions & Answers

Q1. Do I take any drops during the Loading Phase?

Yes. ONLY Diet Drops (Blue Bottle)

Q2. Why do I need to eat 4,000 to 5,000 junk calories of fats, oils and sugars the first two days?

Because it tricks the body into getting ready to burn fats, oils and sugars. When we take away the fats, oils and sugars starting on Day 3, it triggers the body to burn stored fats as fuel. If you do not eat the required 4 - 5K calories on Days 1 and 2, the Program will not work optimally.

Q3. How do I keep track of eating 4,000 to 5,000 junk calories?

Start Days 1 and 2 by grazing and consuming all the junk food and snacks you have in the house. Fast Food calories can add up quickly and make it easy to hit this goal. "Drink" these calories by consuming alcohols, fatty shakes, or high calorie coffees. There are free sites online to calculate calories and Google can be used to find calorie charts of most foods. These free tools will help you plan the first two days.

Q4. What if I forget to take my drops?

Take your drops immediately and then take your next round at the time they were originally scheduled to be administered. Try to take all 3 doses before bedtime.

Q5. What if I have a bad day or days? Should I just stop taking the Drops and start over?

NO!!! Never stop taking the Drops, even if you are not following the protocols correctly. By taking the Drops, it keeps them in your system and prevents you from gaining even more weight than you would normally.

Q6. Can I still do the program if I'm taking medications?

Yes! If you need to take your medication in the morning with food, just make sure you consume protein only (2-4 oz of protein). Take the New Wave drops first, wait 20-30 minutes and then take your medication. Vitality Release Drops should be taken 1 hour before or after your medication.

Q7. My medication requires that I eat regularly. I am a big breakfast eater. I can't wait until 11am to eat my first meal. How can I do the program?

On the Weight Loss Program, you should NEVER be hungry! If you wake up and need to eat, you can. If you are going to cheat, cheat with protein. Have a few hard-boiled eggs, several pieces of deli meat or a small piece of meat.

Always "cheat" with PROTEIN!!!

Q8. Why can't I use my usual makeup and soap? Why do I have to give up manicures and pedicures?

The body cannot tell if oils are being ingested orally or topically. It will burn whatever fat it can. When you use makeup, soap or oils that have fat in them, it can prevent you from maximizing your weight loss. Do the best that you can. Try your local health food stores for oil free makeup, lotions and soap. If you need to have manicures or pedicures done due to a special event, try to use oil free products.

Q9. If I can only have one type of food at mealtime what should it be?

You always want to eat your protein first, then vegetables, and fruits last.

Q10. Is there any type of salad dressing I can use on the program?

Use white or red wine vinegar, lemon juice, mustard, and some garlic. Otherwise, please review our approved salad dressings.

Q11. Are there any carbonated or alternative drinks?

We recommend limiting any of these drinks such as La Croix to ONCE a week and ONLY once you've finished your water, 1 gallon.

Q12. What spices can I use?

Salt, Pepper, Onion Powder, Garlic Powder, Mrs. Dash, Salsa, Oregano, Cumin, regular or Spicy Mustard. This is NOT a salt free or spice free program... Use any spice at your tasteful discretion. Make sure to check that there are no sugars or oils in the spice(s) you use.

Q13. How much water do I need to be drinking with the system?

You need to drink a minimum of 100 to 128 oz daily. This will allow your body to release the fat you are holding on to. If you are not waking up at least once per night to go to the bathroom, then you are not drinking enough.

Q14. Can I do resistance training or take exercise classes on the program?

NO. You can walk, ride a bike, or do the elliptical machine as long as you can carry on a conversation. You can also do yoga (not Hot Yoga). You should be doing no more than 30 min daily. For every 100 calories that you burn be sure to add 3 - 4 oz of protein to your next meal. If you work out first thing in the morning you will need to have 3 - 4 oz of protein before 11:00 am. It is best to eat no later than 20-30 minutes after exercise.

Protein: 1 g = 4 calories, 1 ounce = 28.35 g, 100 g = 3.53 oz of lean protein required/100 calories

Q15. What is a Plateau?

A Plateau is when you have not lost any weight for 2 consecutive days. This will require a Plateau Breaker found in our protocols. Plateaus are normal and should be expected. You may be losing inches rather than pounds at this time.

Q16. How does the Maintenance Phase work?

You need to be in the Maintenance Phase for 21 days. This will ensure that you keep the weight off. You can add breakfast to your diet and make it 4-6 oz of protein only. This is optional. Then for lunch and dinner you would have 6 - 8 oz of protein instead of 4 oz.

Q17. Can Diabetics do the New Wave Weight Loss Program?

Yes. You MUST consult your designated health coach or doctor on maintaining your proper blood sugar levels. To regulate your sugar levels, consume 2-4 oz of protein. All our supplements are natural, so there are no contraindications with the medications that you are currently taking.

Note: Your overall sugar levels should drop during the program. Make sure to measure them daily and should they start to drop significantly, contact your Personal Healthcare Provider to adjust your medication dosages.

Q18. What kind of B12 is in the New Wave B12 supplement?

Methylcobalamin

Q19. Is it okay to use the New Wave Weight Loss Program during a menstrual cycle?

Yes. The best time to start the program is the last 2 days of a menstrual cycle. By doing the loading phase on the last two days of your menstrual cycle you are going to maximize your weight loss. If you have your menstrual cycle during the program, be aware that water retention will cause a fluctuation in daily weight loss. After the menstrual cycle is complete, normal weight loss will resume.

Q20. Can I take my personal supplement during the New Wave Weight Loss Program?

It is not necessary to take any other supplements during the program. If you need to, please make sure they don't contain any sugar or oil (krill oil not allowed).

Q21: Does my birth control interfere with weight loss?

Some of them might. Ask your Health Coach for more details.

Final note

Please review our HIPAA compliant App for more details on the program as well as post-program. Make sure to activate the link you will be emailed that gives you access to our app. You will have been assigned a password with your email account.

The link to the app website is **www.mybodysite.com**

This is an important tool to track your results as well as to communicate with us.

©2023 WVMF Holdings, LLC. All rights reserved.

Sample Tracking Sheet					Name:		
Day	Date	Weight	AM Drops	PM Drops 1	PM Drops 2	Food:	Notes:
1							
PH 1							
2							
3							
PH 2							
4							
5							

