

Insure adequate intake of Vitamins and Minerals (**Two BEST daily**) and two **FISHOL E.C. Omega-3**. (for more information on Omega-3 see Nutrition Alert publication by Steven Kripps Ph.C. Pharmaceutical Chemist)

Eat a balanced diet (Nutritionally Improved Dietary Program (available upon request)

Freshly ground flaxseed is a good source of fiber, keep in freezer part of your fridge. Keep a two weeks supply or less to retain freshness, take two tablespoons each morning

Eliminate all vegetable oils except virgin olive oil. Use a little butter and no margarine

Have plenty of exercise and reduce stress

Take one **Chromium** 250 mcg daily

Take 5 **Amino-Grams** two to three times daily

Take **WEIGHT-GO *HCA** two to four capsules 30 to 60 minutes before each meal. (Weight-Go contains Garcinia cambogia Desr. A rich natural source of (-)-hydroxycitric acid.)

Pantothenic Acid Powder 1/2 tsp up to 4 x daily