



# Protocols for a Healthy Weight

# Take the driver's seat for YOUR health!

All symptoms and disease come from imbalances in 5 areas. To enjoy really vibrant health, people need to be in the driver's seat empowered with awareness, inspiration and effective tools, to turn on self-healing. You must have simple tools and protocols to optimize function in 5 areas: 1) mind (subconscious and conscious) 2) body oxygenation 3) hormones 4) nutrition and 5) detoxification.

MDPrescriptives was born in 2008 to provide supplements that facilitate regenerative healing in these 5 areas with the least capsules per protocol. Most importantly they are infused with the vibration of love. Our mission is to teach patients and Health Care Providers "Regenerative Protocols That Work!" These protocols have been developed and implemented in thousands of patients in the clinical setting.

With more than 15 years of experience, over tens of thousands of patients, and hundreds of doctors, we bring you evidence-based protocols, with the least steps and least capsules, that work to reverse over 80% of all conditions.

All of us here at the MdPrescriptives Team send you Love and Light

# What Causes Unexplained Weight Gain?

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Unexplained weight gain is your body saying, “Hey! Something is Out of Balance.” It is often a perfect motivator for us to investigate what is out of balance and optimize it. So, I like to look at it as an opportunity to get healthy by identifying and correcting underlying causes, which eventually cause other diseases.

It is rather easy to get lost in the myriad of causes that can be found for unexplained weight gain. Predisposing factors may include: inflammatory diet, excess sugars, low activity levels and diabetes; however, many people experience weight gain despite increased attention to their diet and exercise. In fact, some can exercise until they are blue in the face and eat barely anything, and still gain weight, due to underlying imbalances.

The most common trigger is not just chronic stress, but a Chronic Stress Response (page 9), which puts the body into a perceived state of emergency where it wants to store every celery stick in the middle to prepare. In this state, the function of metabolic hormones (such as adrenal / cortisol / thyroid / insulin) are out of balance and so are the nutrients needed to activate them. Insomnia adds to this picture, since metabolism is corrected in 8 hours of continuous sleep.

***Ultimately in our experience, the causes lie in imbalances  
in each area of the 5-point model system.***

No matter the question...

nature is the answer.



# Is Our Healthy Weight Protocol For You?

**Do you have stubborn  
weight that is  
unresponsive to diet  
and exercise?**

You can improve your weight in 30 days by following Weight Protocol Level 1.

The long-term aim is to completely restore your metabolism, gain muscle and lose fat. In general, this protocol is more effective once energy and sleep are optimal. Weight Protocol Level 1 has been effective in decreasing fat mass in over 80% of people in 30 days. We also see significant drops in cholesterol and sugars.

## **Associated symptoms that may improve include:**

- Energy
- Skin
- Focus
- Pain
- Well-Being
- Mood

*Weight Protocol Level 2 is added if you do not have 100% satisfactory result in 30 days.*

*Always discuss any protocols with your own health care practitioner as these protocols are not meant as diagnosis or treatment.*

***Let's Get Started!***

# Our Quick Fix Healthy Weight Protocol

To improve symptoms in 30 days

**Make Time to Belly Breathe (page 11) and do a Healthy Weight Affirmation:**

"I am thankful that my weight is getting healthier every moment!"

## **Start Healthy Weight Protocol Level 1**

1. For 90 days, Simplify Life with the **My Priorities Exercise** (Page 8).
2. Eat only organic food. Eat the **Balanced Plate Ratio** at every meal of 50% vegetables, 25% lean protein, 25% complex carbohydrates (Page 13).
3. Drink 100 ounces filtered water daily with Pink Salt and Lemon (page 14). Add cayenne pepper and cinnamon as tolerated.
4. Start **MD's\* MetabolicMD**: 1 capsule with breakfast and 1 capsule at lunch, and work your way up to 2 capsules with breakfast and lunch for 1-2 months. Then cut the dose in half.
5. Start **MD's\* Essentials 5 in 1 DR** 2 capsules at breakfast and 2 capsules at lunch. Only take with large meals and never at night.



*You should notice dramatic improvement in 4 weeks. To reach your goal, stick with it for 8-12 weeks! If you need more support add Level 2.*

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## Start Healthy Weight Protocol Level 2

*For those without complete resolution in 4 weeks, add the following:*

1. Skip Breakfast (Intermittent Fasting). When hungry, first drink a glass of water.
2. Chew slowly and mindfully.
3. Practice **Quick Coherence Technique** 5 minutes in the AM and PM (Page 9).
4. **MD's\* MagnesiumRx** 2 capsules in the AM and 4 capsules in the PM. Work up slowly to tolerance as this may cause loose stools.
5. **MD's\* RxOmega** 1 capsule 3 times/day.

## Post-Protocol Maintenance

- **Balanced Plate Ratio, MD's\* MetabolicMD at 1-2 capsules/day with heavy meals, and MD's\* Essentials 5 in 1DR or Daily 2.**

If all symptoms do not resolve, please contact your healthcare provider for guidance and exploration of possible chronic infection and other conditions.

*If you are ready to address causal factors for long-term regeneration, try out the suggestions on the following pages to optimize the 5 areas over 90 days.*

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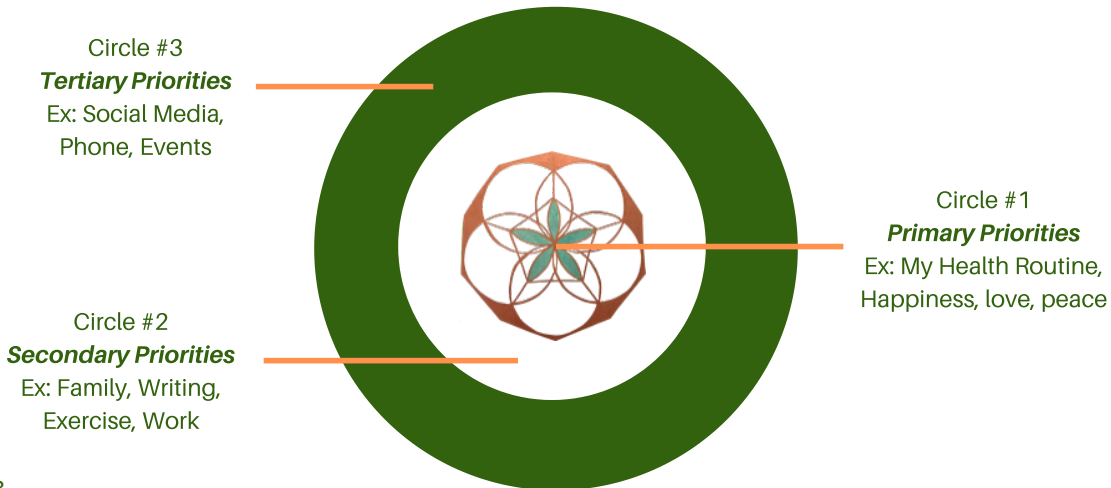
# Mind

## Calm the mind through the heart's joy: **Laugh and Play**

When you calm the nervous system, you spare your "fuel" (like hormones and nutrients) to be used in metabolism. So, "Preserve Your Reserve for metabolism". There are two proven methods that we have used successfully.

## My Priorities Exercise: **Simplify Life**

**Decreasing commitments is key to reversing any condition.** Draw three concentric circles. The middle circle is #1 Priority, which is **Your Health Routine**. List your secondary and tertiary priorities (like associations and activities) in Circle #2 and #3. For 90 days, cut out all commitments in #3 and reduce commitments in #2. Let your tribe know that you are focused on getting **golden**, so you can excel in your duties long-term. Focus on #1.





## Transform Sub-Conscious Stressors: Flip the Emotional Switch

You cannot change the fact that a hurricane is upon you. You can alter the **Chronic Stress Response**; the way it affects your body and the drain of hormones and nutrients that occurs. This is done by flipping the emotions in your heart into a coherent rhythm: **calm heart = calm mind = optimal metabolism**. You must believe that you can have a healthy weight.

## Practice Quick Coherence Technique 5 minutes in the AM and PM:

This can convert your heart's rhythm to a coherent pattern in less than 60 seconds. Close your eyes. Breathe in, feeling air enter into your heart and out of your heart. Virtually recreate the feeling of an activity that gives you pure joy. What does it look like? Sound like? Smell like? Taste like? Feel like? It's a virtual reality of the joyful experience. Continue to breathe in and out of your heart.

### A Coherent Rhythm Increases Metabolism

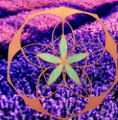


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You can observe your pattern with an App [www.heartmath.com/innerbalance](http://www.heartmath.com/innerbalance) Aim for a coherent heart rhythm. Effects last for hours.

Believe in YOU.





# Body

## Optimize oxygenation to the body

Oxygen makes up 68% of your body. It is well established that the oxygen reaching your micro-vessels is vital to each organ's function. This includes all organs involved in your metabolism (thyroid, pancreas, adrenals and gut). You can increase the oxygen flow to all of your organs immediately using any of the below techniques, while you repeat your affirmation. These can also be helpful in times of hunger.

1. Simply breathe consciously, so that the length of inhale matches the exhale. Consciously direct oxygen to the site of pain.
2. Take a walk outdoors, swing your arms, while belly breathing.
3. Practice "Belly Breathing" In sitting or lying position, close your eyes. Place a hand over your abdomen and one hand on your chest. Inhale gently through your nose for 4 seconds. Feel your hand rise as your belly expands, not your chest. Hold your breath for 2 seconds. Exhale slowly through your mouth for 6 seconds. Repeat for 5-15 minutes. Observe how you feel differently.



Breathe In

Breathe Out



# Hormones

## Optimize the Adrenal / Thyroid / Insulin Hormones

A Chronic Stress Response leads to a hyperactive nervous system which depletes your fuel (i.e. hormones and nutrients) needed for metabolism, especially adrenal, thyroid and insulin. One way to understand this is “The speed of the engine determines how much fuel (i.e. hormones and nutrients) you use.” When the body is depleted, it will store all food as fat (even celery).

### Steps you can take include:

1. Lower the speed of your engine. Reduce Commitments and Simplify Life with **My Priorities Exercise** (Page 8)
2. You can activate your existing hormones with:
  - **MD's\* Essentials 5 in 1 DR** or **MD's\* Daily 2**, which specifically have the doses needed for thyroid, insulin and adrenal activation. 2 capsules at breakfast and 2 capsules at lunch. Only take with large meals and never at night (due to the high B vitamins).
  - You can start a proven herbal support for the adrenals: **MD's AdrenalForte** 2-4 capsules before 2 PM.
  - Start bio-identical **MD's\* Pregnenolone** 50-100 mg and **MD's\* DHEA** 25-50 mg, both in the AM and Noon. Best dosing is determined by measuring your blood levels.
3. Find a Health Care Practitioner who will work with you to optimize hormones. Often lab tests will come back in the “normal range”, but not necessarily in the “optimal range”, which is defined in the 75th percentile of the normal range. Always aim for optimal!

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# Nutrients

## Optimize the Nutritional Status

Did you know that specific nutrients are needed to activate specific metabolic hormones? For example, your thyroid hormones needs zinc, selenium and iodine to increase metabolism. Insulin needs chromium, vanadium and magnesium to balance sugars. Did you know that the “good bacteria” in the gut is critical for optimal metabolism?

### Steps you can take:

1. Depend on organic food to be your main source of nutrients. Eat the **Balanced Plate Ratio** at every meal of 50% vegetables, 25% lean protein, 25% complex carbohydrates
2. Eat your daily dose of Regenerative Foods such as fermented foods (like **Kashaya** Non-Dairy Yogurt, unpasteurized sauerkraut or kimchi), sprouted seeds and Blue-Green Algae
3. When using supplements, make sure the toxic junk is out. Avoid all dyes, preservatives, fillers, magnesium stearate and vegetable stearate.
4. Measure your nutritional status with **Spectracell™** blood test annually. Optimize to 75th percentile.
5. Start **MD's\* Essentials 5 in 1 DR** 2 capsules at breakfast and 2 capsules at lunch. Only take with large meals and never at night.

**Veggies**



**Complex Carbs**

**Protein**



# Detoxification

Toxic build up in the body is a primary cause of declining health and weight gain worldwide. Man has added 100,000 toxins to our environment, which the body needs to handle to remain vibrant. The body's normal mechanisms include primarily flushing with water, a functioning liver, gallbladder, skin, kidneys and lymphatics. The bowels must move at least twice daily. pH above 6.7 is needed to lose fat. Most importantly we depend on a healthy microbiome inside and outside. If any of the above is compromised, we gain weight.

## Steps you can take:

1. Drink 100 ounces filtered water daily with Pink Salt and Lemon.
  - Prepare 100 ounces of water in 3 glass containers with PRL Pink Salt (to taste) and 1-2 lemons. Honey or stevia can be added if needed.
  - Drink 1 by 12 noon, 1 by 3 PM and 1 by 6 PM.
2. Correct the gut microbiome with **MD's\* Purebiotic** or fermented foods like **Kashaya** Non-Dairy yogurt and unpasteurized sauerkraut



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# You got this.

## Steps you can take continued:

3. Do the *Sunrise Walk* for 30 minutes daily.
4. Ground your feet to the earth, and belly breathe 5 minutes daily.
5. Decrease WiFi, cell phones, computers and SMART meters. Protect with **Defender Shield**.
6. Check morning urine pH is  $>6.7$  where all cell function is optimal. If it is below this, increase water, **PRL Pink Salt**, **PRL Polar Mins** or greens.



For a full detoxification protocol and videos follow the link on  
[www.mdprescriptives.com](http://www.mdprescriptives.com).



**These protocols have been developed and clinically tested in thousands of patients over 15 years. Brought to you by your Healthcare Provider.**

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For More Information, Visit [www.mdprescriptives.com](http://www.mdprescriptives.com)