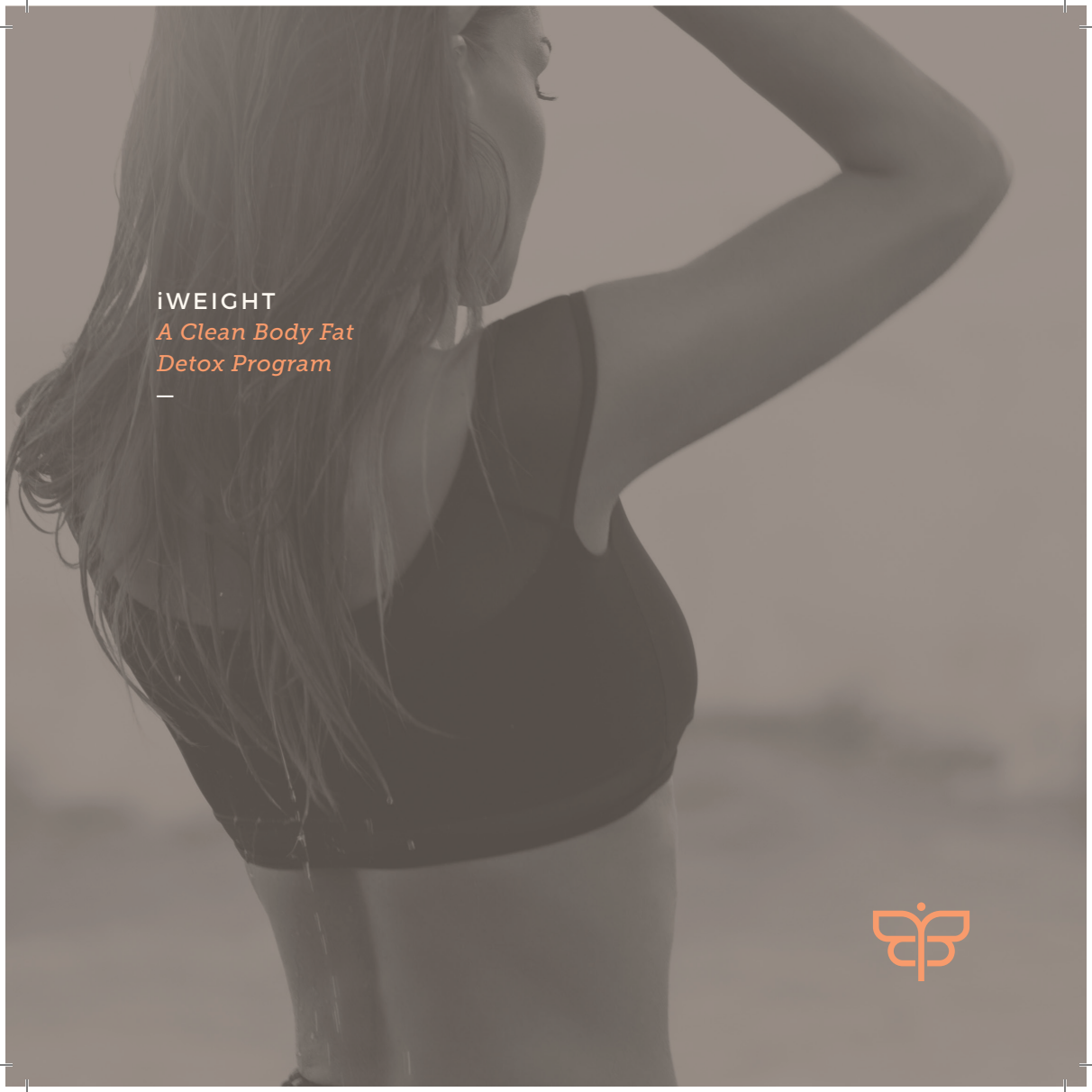
iWEIGHT
A Clean Body Fat
Detox Program

LOOK GOOD · FEEL GOOD · BE HEALTHY

AN INTRODUCTION TO CLEAN BODY FAT DETOX

by Roberto Tostado, MD

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Thanks to the blistering pace of modern life and a superabundance of technology, our health has never been more vulnerable to stress. Exposure to chemicals from food, water, medication, and household products have yielded a rise in obesity, diabetes, cancers, autoimmune diseases, and heart disease. We have created a generation of degeneration.

The iBody system takes a new approach to a modern problem, cleansing the body of toxicity, promoting health, and eradicating disease.

An overweight, tired, and stressed body is healed by detoxification of our body's most important filter, the liver. Weight and inches are lost, while stamina, vitality, and wellness are enhanced. Shedding toxic weight restores balance and eliminates the need for fat production, lessening the effects of disease and decreasing the need for medication.

I hope that our iWeight Fat Detox program helps you expediently reach your goals and begin your road to wellness!

PRINCIPLES OF FAT DETOX

A Clean Body Is a Lean Body

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Our iWeight program is based upon one basic principle: A *clean body is a lean body*. To effectively lose weight, one must first be healthy. *Weight loss does not always equate to fat loss*. Various programs, body wraps, and diets promise immediate weight loss and can do more harm than good by simply starving the body or removing excess retained water. Limiting food intake can cause muscle loss, and diuretics can cause electrolyte imbalances and disturb the body's homeostasis. The results include repetitive yoyo dieting, decreased metabolism, system imbalance, and severe frustration.

Body-weight fluctuations may be attributed to 3 main factors: water retention, lean muscle, and fat accumulation. The iWeight program focuses on fat loss. Fat is a major cause of diabetes, hypertension, heart disease, and arthritis. Excess weight is a symptom of an unhealthy system in your body.

Most diet programs promise immediate weight loss, only for the pounds to return upon completion of the plan. Optimal weight and health come only after overall bodily health is achieved. The iBody comprehensive program reverses your body's fat retention to create a healthy, balanced, fat-burning engine. It might take more work and a few extra weeks of dedication, but the iWeight program can finally get you onto a lifetime path of health and well-being.

THE THREE PHASES
of the Program

A challenge!

This phase will test your willpower and ability to resist cravings. However, you will also experience a state of health you haven't felt for years.

PHASE 1: DETOXIFICATION

Duration: 3 weeks

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Our *Clean Transformation* Detox Program is your first iWeight tool to fewer pounds and a healthier lifestyle.

Body purification has been practiced for many centuries by many cultures all over the world. By detoxifying your body, it can purify and rebuild itself naturally from the inside out, free from the toxic buildup interfering with the fat-burning process.

This phase is an important step in preparing all your organ systems, especially the liver, for the second phase of active fat loss. The liver is crucial to fat loss; it processes, burns, and stores fat, and if it can't filter toxins, they are not eliminated but instead deposited in your fat cells, thwarting weight loss. A congested liver prevents fat breakdown, thereby creating stored, difficult-to-lose fat.

Detoxification kick-starts weight loss by weaning the body from dependence on stimulants, combatting carbohydrate and junk-food cravings, and establishing healthy food habits meant to last a lifetime. In this phase there are no caloric restrictions. You eat unlimited amounts of whole, organic, and unprocessed foods; take whole-food supplements that promote detoxification; and drink plenty of water to fortify your body for optimal fat loss during the next phase.

PHASE 2: FAT LOSS

Duration: 3-6 weeks

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Phase 2 utilizes active fat loss and simultaneously continues the detoxification process. In the next 3 or 6 weeks (depending on how much weight you want to lose), you will be in a restrictive diet, eating only 500 calories daily with limited fat intake.

A short-term disruption to your lifestyle now will pay off with long-term results. How is that for a tradeoff? The course of treatment will pass—and the results will be fantastic.

Weight-loss variations

Men generally lose more weight than women, who average 0.5–0.75 pounds per day to men's 0.65–1 pounds. People with higher metabolism will lose more per day than their slower counterparts; strict vegetarians will lose roughly half of what non-vegetarians will in a comparable period. For women, menstruation can cause an unusual weight-loss pattern, including increased weight or plateauing due to water retention, or even unexpected fat loss during their period.

THE SCIENCE BEHIND OUR PROTOCOL

Integrating Proven Science to Lose Fat

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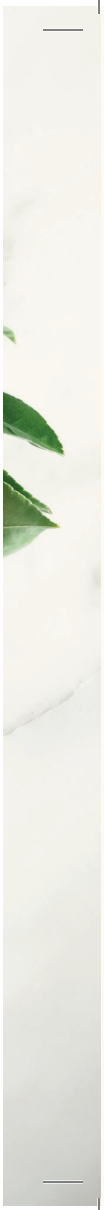
In 1954 a manuscript was published by Dr. A.T.W. Simeons summarizing 20 years of his research findings about a natural hormone found in the body called Human Chorionic Gonadotropin (HCG).

Simeons proved that that small regular doses of HCG could accelerate fat mobilization from certain areas of the body, and if combined with a Very Low Calorie Diet (VLCD) could "unlock" the body's fat stores so that metabolism could burn these energy reserves to power daily bodily functions. The dramatic physical transformation and metabolic enrichment this pairing yielded remains unrivaled to this day.



PHASE 3: MAINTENANCE AND RESET

Duration: 6 weeks

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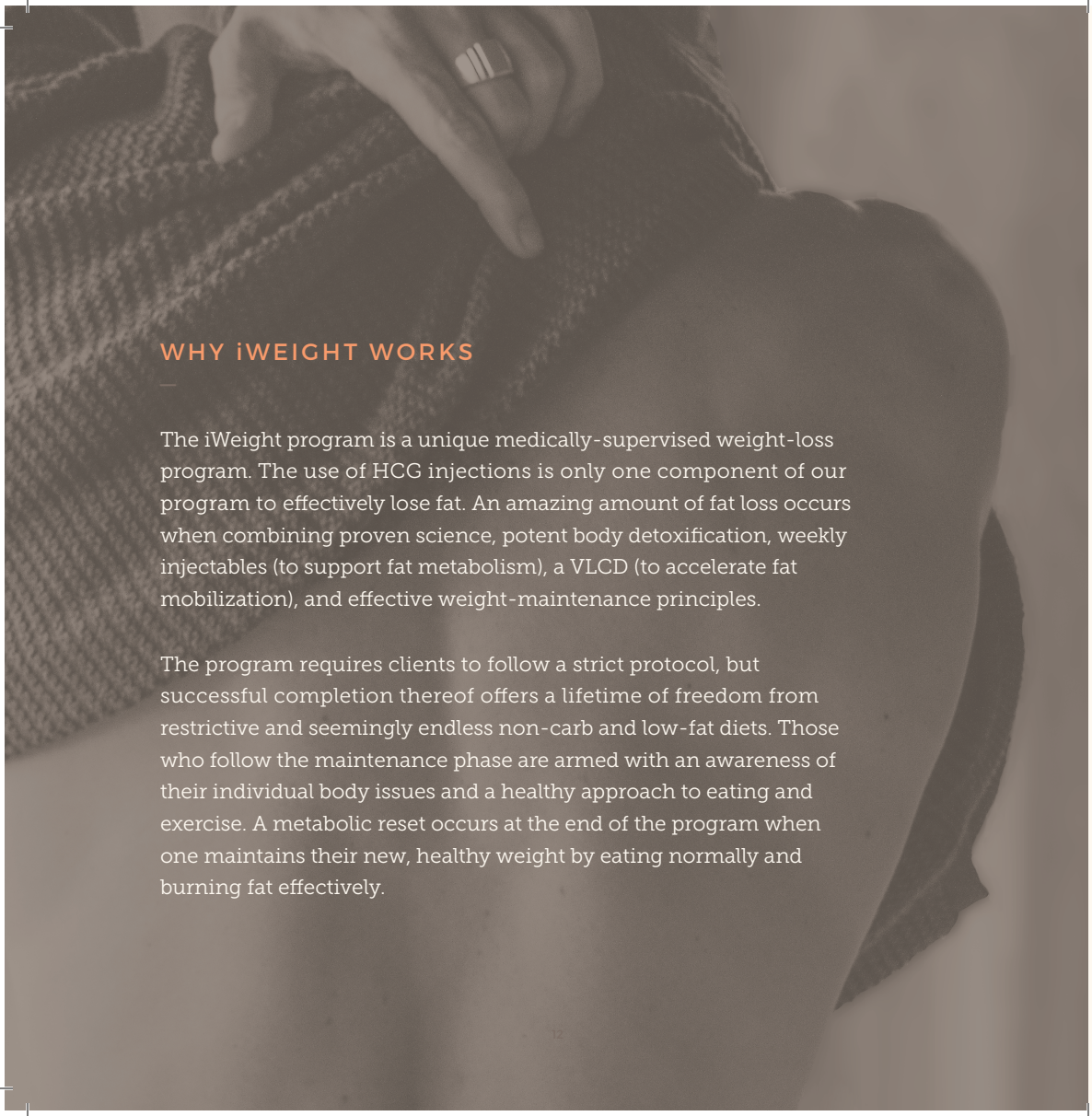
The goal of the maintenance phase is for you to maintain your new set weight (your weight on the last 500-calorie day) as you transition back to eating normally. The maintenance phase allows the brain to accept your new current weight as normal to prevent rebound weight gain. The focus is on transitioning to your new, healthy eating habits.

If you need to lose more weight, you can begin another round of the protocol in 6-8 weeks. The longer you maintain your new weight, the more likely your body will adjust accordingly.



WHY iWEIGHT WORKS

The iWeight program is a unique medically-supervised weight-loss program. The use of HCG injections is only one component of our program to effectively lose fat. An amazing amount of fat loss occurs when combining proven science, potent body detoxification, weekly injectables (to support fat metabolism), a VLCD (to accelerate fat mobilization), and effective weight-maintenance principles.

The program requires clients to follow a strict protocol, but successful completion thereof offers a lifetime of freedom from restrictive and seemingly endless non-carb and low-fat diets. Those who follow the maintenance phase are armed with an awareness of their individual body issues and a healthy approach to eating and exercise. A metabolic reset occurs at the end of the program when one maintains their new, healthy weight by eating normally and burning fat effectively.

TESTIMONIALS

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"6 months before my wedding, I was a size 12 and 170 lbs. After the iWeight program, I was down to a size 4 and 120 lbs. I walked down the aisle looking fabulous!"

—Lucy Tiong

"Every person I come across tells me how great I look. The difference is truly remarkable. My only regret is that I didn't do this 15 years ago."

—Anthony LoCasio

"I had insulin-dependent diabetes for almost 20 years. Having lost over 70 lbs, I no longer need a cane or any diabetes medication. Dr Tostado gave me a new life."

—Petra Torres

"I've never felt so felt good. I have kept the weight off for more than 4 years now and I feel like I finally have my road map to health for the rest of my life."

—Steven Fox

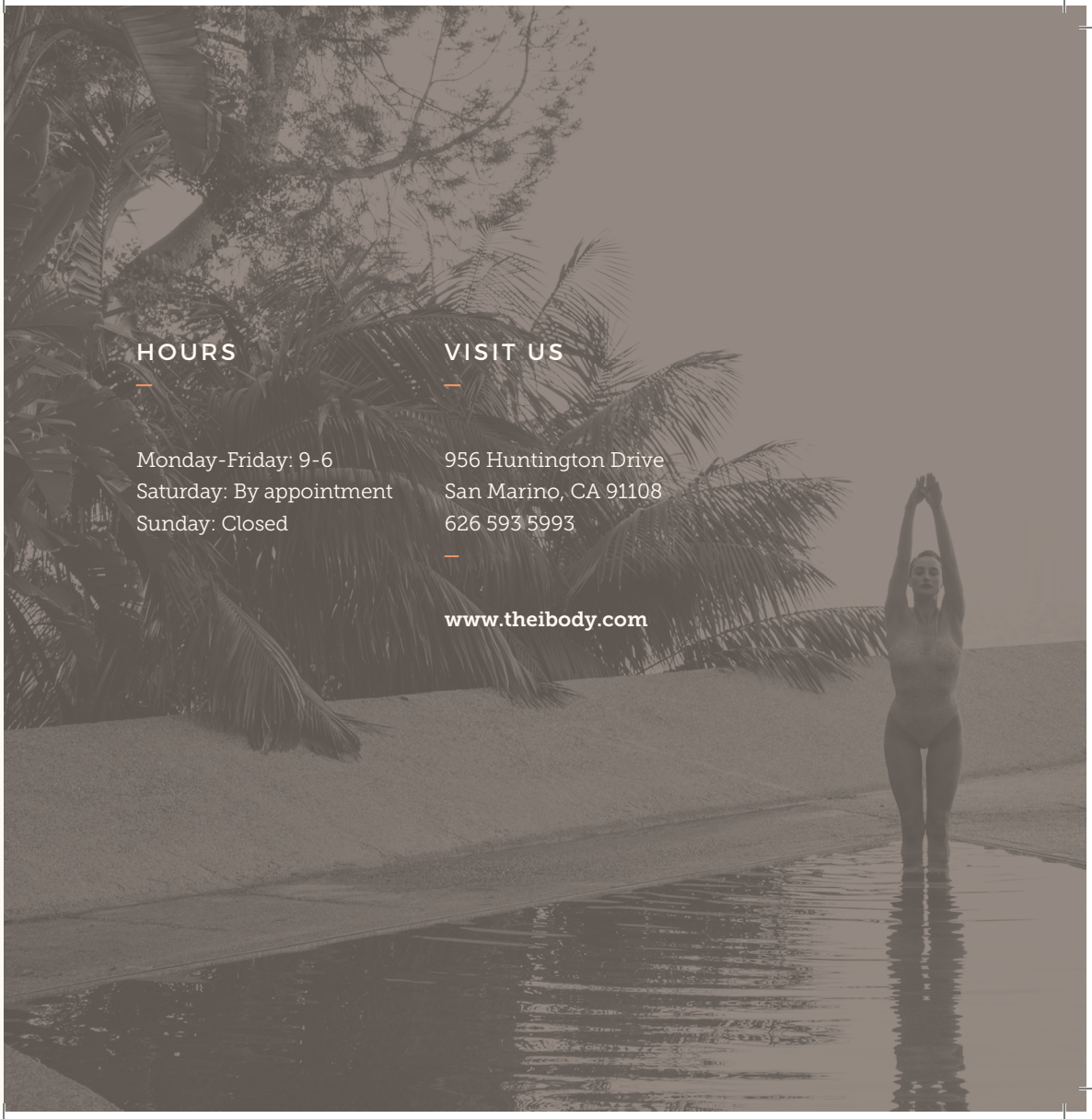
FAQS

What are the benefits of the iWeight program? The iWeight program aims to curb every traditional diet cheat by raising low metabolism, diminishing intense and constant hunger, and correcting emotional eating. People who go through the iWeight program report rapidly losing inches from their primary fat stores, particularly their bellies, buttocks, thighs, necks, and faces. The biggest advantage upon completion of the iWeight program is the metabolic reset that transforms your body from fat storing to fat burning.

How can your body survive on 500 calories a day? The use of HCG injections during Phase II triggers the diencephalon in your brain to "burn off" unnatural body fat, releasing the additional 1,500–4,000 or more calories your body needs for daily functioning. This keeps you from feeling hungry while simultaneously protecting and preserving structural, functional fat, which in turn keeps you looking healthy.

Is HCG FDA-approved? Yes, HCG is approved by the FDA for the treatment of certain problems of the male reproductive system and to stimulate ovulation in women trying to conceive. No evidence has been presented, however, to substantiate claims for HCG as a weight-loss aid. It is therefore only effective for weight loss when used in conjunction with our entire iWeight protocol.

Are there any side effects? No adverse side effects have been reported by users of iWeight.



HOURS

Monday-Friday: 9-6
Saturday: By appointment
Sunday: Closed

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