



**E·V·O·L·U·T·I·O·N**

***Weight-Management Program***

***Practitioner Guide***

**DESBIO**



# AT-A-GLANCE

## PROGRAM OVERVIEW

This program includes two protocols. One of your first tasks will be to determine which protocol is right for your patient. For more information on this, see pages 5-6.

**01** *Lean-Body (500-Calorie) Protocol* involves an extremely calorie-restricted diet with no exercise for patients with more sedentary lifestyles and significant weight-loss goals.

**02** *Active-Lifestyle (1000-Calorie) Protocol* requires a limited calorie diet but also encourages exercise. This protocol is for those who want to lose moderate amounts of excess body fat.

## PRODUCT OVERVIEW

The following products are needed for both the *Lean-Body (500-Calorie)* and the *Active-Lifestyle (1000-Calorie)* protocols of the *Evolution Weight-Management Program*. They can be purchased separately or together in our *Evolution Weight-Management Kit*.

### Essential Products

- *hA<sup>2</sup>cg Evolution*
- *Appetite Control*
- *Comprehensive Homeopathic Detox Kit*
- *Crave Control*

In addition, to complete the *Active-Lifestyle (1000-Calorie) Protocol* your patient will need *OmniMeal*\*.

### Additional Support Products

Several products are recommended to support your patient throughout both protocols including:

- *EquoSLIM*
- *Professional Weight Support*
- *High Vitality*
- *yü InfiniSerum*
- *Hormone Combination*

\**OptimaLean* may also be substituted for *OmniMeal*



# Welcome to the DesBio EVOLUTION WEIGHT-MANAGEMENT PROGRAM

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***The Evolution Weight-Management Program gives you two protocol options so your patient will have the tools they need to succeed on their weight-loss journey!***

Review this practitioner guide carefully and refer to it frequently as you help your patient through this program. Your patients will be more successful if you help them understand the information contained here.

Your patients must understand that **weight loss only occurs in response to changes in diet and/or increase in activity levels.** This program is based on the original science behind Dr. A.T.W. Simeons' weight management research and has been updated by the DesBio team of nutritional experts.

To help your patients reach their goals, the ***Evolution Weight-Management Program*** uses a line of homeopathic and nutritional products designed to help patients overcome common dietary pitfalls. The foundation of the program is ***hA<sup>2</sup>cg Evolution***, a comprehensive, homeopathic product designed temporarily relieve the symptoms related to increased appetite, regulation of fat metabolism, and fatigue.

# A New Approach to WEIGHT MANAGEMENT

## *The History of hCG and Calorie-Restricted Weight Loss*

World-famous endocrinologist Dr. Albert T. W. Simeons first proposed the concept of a calorie-restricted diet incorporating doses of human chorionic gonadotrophin (hCG) and refined this concept into a workable protocol in 1954. Dr. Simeons observed that pregnant women in poverty-stricken countries, though underfed and malnourished themselves, would still give birth to normal, healthy babies. Human chorionic gonadotrophin, a hormone produced by women during pregnancy, mobilizes non-essential fat stores to provide energy to the developing fetus. To learn more about Dr. Simeons' research, read *Pounds and Inches*, available at [www.desbio.com](http://www.desbio.com).

## *Three Types of Fat*

The human body contains three types of fat. **Structural fat** resides around joints and organs to provide protection and support. **Normal or essential fat** reserves are distributed evenly throughout the body and are used as a day-to-day source of energy. Structural and essential fat are both considered "normal." The third type of fat is **abnormal, secondary, or non-essential fat**. This "obesity-causing" fat tends to accumulate around the hips, thighs, waist, stomach, and buttocks, and behind the upper arms (in women) and the upper chest, back, and neck (in men). They are not released during normal diet and exercise but are retained as "emergency" reserves and usually only released as a last resort in instances of severe long-term starvation. But they are also released—and available to be burned—during pregnancy or during periods of inadequate caloric intake. This is the key to weight-loss protocols based on these types of calorie-restricted diets.

Dr. Simeons observed that obesity is nearly always accompanied by a depressed metabolism and a nearly



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constant state of hunger, which often includes intense cravings. He further observed that “many obese patients actually gain weight on a diet which is calorically deficient for their basic needs.” Determined to find the cause for a phenomenon that seemed counterintuitive, Dr. Simeons discovered that the diencephalon—a primitive part of the brain responsible for the basic functions of the body such as breathing and the beating of the heart—also directs the storage and use of fat. He believed that resetting the diencephalon is key to accessing and releasing non-essential fat stores.

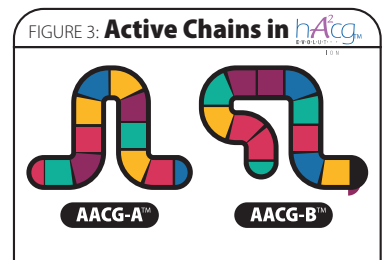
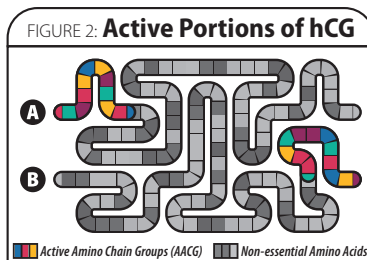
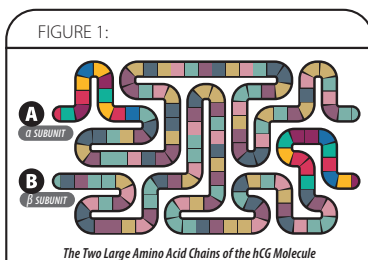
If you are unfamiliar with Dr. Simeons' work or want to know more about him, go to "**Getting Started with *hA<sup>2</sup>cg Evolution***" at [www.desbio.com](http://www.desbio.com).

## The Evolution of Calorie-Restricted Dieting

Based on Simeon’s findings regarding calorie-restricted dieting and his success with obese patients, DesBio enlisted the help of some of the world’s top endocrinologists and doctors to make an even better protocol to support a practitioner-supervised weight loss plan that did not contain hCG. Researchers have established that the human chorionic gonadotrophin molecule is comprised of 244 amino acids in two ribbons or chains (Figure 1). Research has demonstrated that only small

portions of these chains actively contribute to the molecule’s positive effects on body composition (Figure 2). ***hA<sup>2</sup>cg Evolution*** delivers AACG-A and AACG-B (the only active portions of the molecule) in a bioidentical format (Figure 3). The homeopathic dilutions of these active amino acid chains help temporarily relieve the many uncomfortable symptoms associated with calorie-restricted weight loss plans, including hunger, low energy, poor mood, and fatigue. Additionally, ***hA<sup>2</sup>cg Evolution*** contains 21 time-tested homeopathic ingredients that temporarily relieve symptoms related to weight-management. Taking ***hA<sup>2</sup>cg Evolution*** alone will not result in any weight loss or improvement in body composition. This product works best as part of a practitioner-supervised weight-management plan, such as the ***Evolution Weight-Management Program***.

DesBio’s innovative homeopathic weight-management product ***hA<sup>2</sup>cg Evolution*** contains no hCG. Its patent-pending active ingredients (AACG-A and AACG-B) are combined with 21 other homeopathic ingredients to temporarily relieve the patient’s symptoms during both the ***Lean-Body (500-Calorie)*** and ***Active-Lifestyle (1000-Calorie)*** protocols.





# ***Evolution Weight-Management Program*** **CHOOSING THE RIGHT PROTOCOL**

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The ***Evolution Weight-Management Program*** provides two different protocol options based on your patients' weight-loss needs and activity level — ***Lean-Body (500-Calorie) Protocol*** and ***Active-Lifestyle (1000-Calorie) Protocol***. One of the first, and possibly most important tasks is for you and your patient to decide whether he or she is healthy enough to complete this program, and, if so, which protocol he or she will be most successful with.

## ***Who Should NOT Attempt This Program?***

**Some people should not attempt low-calorie dieting at all and should not use either of these protocols.** These people include:

- Individuals with weak or compromised immune systems
- Patients with “brittle” or hard to control diabetes
- Patients with untreated Grave’s disease
- People with high blood pressure requiring two or more medications to control
- Individuals with low blood pressure
- Patients with cancer that has not been in complete remission for at least five years, particularly those undergoing chemotherapy
- Women who are pregnant or breastfeeding
- Patients with tuberculosis
- Patients with gallbladder colic
- Individuals with gout or unstable angina

Other patients will need to be monitored very closely for adverse reactions. These include individuals with:

- Diabetes
- Hypothyroidism



- Stable hypertension
- Anxiety or depression
- Alcoholism or other addictions
- History of drug abuse
- Electrolyte imbalances or dehydration issues
- Current or historical cardiac arrhythmia

After you’ve carefully reviewed the above health issues and determined that this program is suitable, your next decision will be which protocol to follow. Review the table on the next page to assist you and your patient.

01

## Lean-Body (500-Calorie) Protocol

The **Lean-Body (500-Calorie) Protocol** involves an extremely calorie-restricted diet with no exercise for patients with more sedentary lifestyles and significant weight-loss goals.

- 3 ounce protein servings during the calorie-restricted diet step
- Two days of fat loading before diet
- No **OmniMeal**
- No exercise other than light walking

### QUESTIONS TO CONSIDER:

- Does this patient have a body-mass index (BMI) of 25 or greater?
- Does this patient want to lose more than 15 pounds?
- Is this patient motivated enough to be successful in maintaining a 500-calorie-per-day diet?
- Can this patient maintain a non-strenuous physical lifestyle (consider demands of work and current exercise routine) during the calorie-restricted diet step?
- Is the patient healthy enough to withstand some of the common symptoms that this stressful diet causes? These symptoms include:
  - Withdrawal
  - Weakness
  - Dehydration
  - Electrolyte imbalance
  - Reduced immune response
  - Lower blood pressure
  - Energy loss
  - Constipation

If you and your patient determine that the answer is “yes” to all of the above, the **Lean-Body (500-Calorie) Protocol** may be the best place to start. If any answers are “no,” consider the **Active-Lifestyle (1000-Calorie) Protocol**. Remember that you must monitor any patient on this extremely low-calorie diet carefully. If any minor issues arise, consider moving a patient to the **Active-Lifestyle (1000-Calorie) Protocol**.

02

## Active-Lifestyle (1000-Calorie) Protocol

The **Active-Lifestyle (1000-Calorie) Protocol** still involves a calorie-restricted diet but also involves exercise and is for those who want to lose moderate amounts of excess body fat.

- 6 ounce protein servings during the calorie-restricted diet step
- No fat loading days
- Uses **OmniMeal** for breakfast
- Moderate exercise required

### QUESTIONS TO CONSIDER:

- Does this patient have a body-mass index (BMI) lower than 30?
- Does this patient want to lose less than 15 pounds?
- This diet is a bit easier to follow for most people, but you still must determine: Is this patient motivated enough to be successful in maintaining a 1000-calorie-per-day diet?
- Can this patient maintain an exercise routine during this protocol?
- Generally, on this higher calorie diet, patients experience fewer or less serious symptoms. But you’ll still want to determine: Is the patient healthy enough to withstand some of the common symptoms that this diet causes?

If you and your patient determine that the answer is “yes” to all of the above, the **Active-Lifestyle (1000-Calorie) Protocol** may be the best place to start. If any major issues arise, discontinue all weight-management programs immediately.

*For more information on both protocols see pages 15-24.*

**If any major issues arise, discontinue all protocols immediately. Re-evaluate patient's health situation carefully, and do not begin any other weight loss protocol until patient's health is stabilized.**





# Evolution Weight-Management Program

## ESSENTIAL PRODUCTS

The following products are essential to both the *Lean-Body (500-Calorie)* and *Active-Lifestyle (1000-Calorie)* protocols of the *Evolution Weight-Management Program*:



### 01 02 *Comprehensive Homeopathic Detox Kit* —

This kit contains six specialized homeopathic remedies — *CerebroMax*, *SpinalMax*, *Matrix Support*, *Detox I*, *Detox II*, and *Detox III* — that temporarily relieve the common symptoms that occur when fat and toxins are released from the body such as headache, body aches, and fatigue.

***CerebroMax*** — Because the brain is the driving force in the elimination of toxins from the body, it must be supported and its function optimized to ensure effective detox. ***CerebroMax*** contains homeopathic ingredients carefully chosen to temporarily relieve common symptoms related to brain toxicity including mood swings and brain fog.

***SpinalMax*** — The spine is the information pathway of the body and must be functioning optimally for the brain to exercise control over the elimination of toxins. ***SpinalMax*** has been formulated to temporarily relieve symptoms related to toxicity of the neuropathways such as emotional issues and mood swings.

***Matrix Support*** — Ultimately detoxification takes place in the interstitial matrix—the space between the cells. The matrix transfers toxins from the cells to the bloodstream, where they can be eliminated through the renal system. ***Matrix Support*** has been formulated to temporarily relieve symptoms related to toxicity such as headache and flu-like symptoms.

***Detox I*** — This formula contains homeopathic ingredients chosen to temporarily relieve symptoms related to liver toxicity such as headache and runny nose.

***Detox II*** — The kidneys are the primary means of purifying the blood, removing toxins which are then eliminated through the urinary system. ***Detox II*** has been formulated to temporarily relieve symptoms related to kidney toxicity such as body aches and headaches.

***Detox III*** — The lymphoid system is a vital part of the body's immune system, and congestion of lymphatic tissue can obstruct the body's natural immune response. ***Detox III*** was developed to temporarily relieve symptoms related to lymph system stagnation such as occasional constipation and body aches.

Start the *Comprehensive Homeopathic Detox Kit* on Day 1 of Step 1: Detox and use throughout this entire program.





**01 02 hA<sup>2</sup>cg Evolution** — This revolutionary comprehensive homeopathic product combines 23 ingredients that temporarily relieve the symptoms that commonly occur with weight loss such as hunger, low mood, and fatigue. This formula should be used in a practitioner-supervised weight-loss plan. Two of the active ingredients in **hA<sup>2</sup>cg Evolution** are homeopathic dilutions of AACG-A and AACG-B. These amino acid chains are bioidentical to certain active amino acid chains in the human chorionic gonadotropin molecule. Along with the other 21 time-tested homeopathic supportive ingredients, AACG-A and AACG-B temporarily relieve symptoms that accompany dieting such as hunger, headache, fatigue, and mood swings.

Start **hA<sup>2</sup>cg Evolution** on Day 1 of Step 2: Calorie-Restricted Diet and continue until 3 days before Step 2: Calorie-Restricted Diet is completed.



**01 02 Appetite Control** — Appetite is not always physical. Many people feel hungry or experience cravings when they are under stress or otherwise emotionally impaired. **Appetite Control** was formulated with several homeopathic ingredients that have been used traditionally to temporarily relieve symptoms such as emotional issues, cravings, and hunger.

Use **Appetite Control** daily throughout this program or as needed to manage emotional cravings.



**01 02 Crave Control** — This nutraceutical formulation combines ingredients shown to promote regulated eating habits and lean body mass without stimulating the central nervous system. **Crave Control** contains glucomannan and hoodia gordonii which have been

associated with feelings of fullness and satiety. White kidney bean extract supports a healthy metabolic response to carbohydrate-containing foods. Garcinia cambogia encourages favorable utilization of energy by limiting fat biosynthesis. Rhodiola, 5-HTP, and tyrosine promote alertness, improved mood, and focus to help the body deal with feelings of hunger.

Start the **Crave Control** daily throughout this program or as needed to manage the symptoms of hunger and to support appetite regulation.

In addition to the products above, the **Active-Lifestyle (1000-Calorie) Protocol** also requires:



**02 OmniMeal\*** — The ideal supplement for those who want the benefits of a whole-foods diet. **OmniMeal** is the perfect combination of nutrients and great taste and features food-sourced vitamins and TRAACS minerals, for high quality and

bioavailable micronutrient supplementation. Each serving provides 14 grams of protein, 13 of which are directly sourced from New Zealand Whey Protein to support healthy body composition and sustainable energy.

Use **OmniMeal** beginning on Day 1 of Step 2: Calorie-Restricted Diet with the **Active-Lifestyle (1000-Calorie) Protocol** for breakfast. See example calendar at [www.desbio.com](http://www.desbio.com).

## Optional Products **01 02**

Several products are also recommended to support your patient throughout both protocols. For more information on these products, see page 20.

- **EquoSLIM**
- **High Vitality**
- **Hormone Combination**
- **Professional Weight Support**
- **yü InfiniSerum**

\***OptimaLean** may also be substituted for **OmniMeal**



## Preparing Your Patients

Your patients must be prepared, both mentally and physically, to complete either protocol of the *Evolution Weight-Management Program*. Coach them on getting the measurements, equipment, lists, readings, and tools listed below. If your patients are anxious to get started, they can gather these materials while they are completing the detox protocol during the first week.

Review the entire program carefully with your patients to ensure they understand each step. Pay particular attention to the dietary restrictions, as they change during each step of the program. Take starting weights AND measurements. Keep track of both so you and your patients can accurately assess progress. Patients can weigh themselves daily and take measurements weekly. **Here are a few points to keep in mind:**

- Patients who choose to follow the *Lean-Body (500-Calorie) Protocol* can realistically expect to lose 10-15% of their body weight in 6 weeks. But remind your patient that each person is unique and weight loss varies between individuals. They should complete their own journey and not compare their weight loss to family and friends.
- Remind your patients to continuously track inches lost and pay attention to how clothes fit. Pounds lost are only one way to track weight loss, and only looking at pounds can be deceiving, especially when patients get close to their goal.
- **Not all “pounds” are the same!** Total pounds lost may vary significantly depending on starting body weight. A 300-pound person losing 30 pounds and a 150-pound person losing 15 pounds have each lost 10% of their body weight. Educate your patients on percentages of weight lost and help them set realistic goals so they can be proud of their success!

### WHAT DOES YOUR PATIENT NEED?

- A kitchen scale (for weighing and portioning food)
- A bathroom scale (for monitoring weight throughout the calorie-restricted step)
- A grocery list of allowed foods. Help your patient browse through the recipes provided and encourage them to buy enough ingredients to prepare at least a few days' worth of food. Some foods can be prepared well in advance and frozen in individual portions. “Free” foods, like

greens, celery, and cucumbers, can be kept on hand for patients to eat as they wish.

- Cosmetics, soaps, shampoos and other personal supplies that are free from oils

### MEASUREMENTS

- Weight
- Chest
- Waist
- Thigh
- Arm

Example grocery lists and weight-loss logs are available at [www.desbio.com](http://www.desbio.com).



## EVOLUTION WEIGHT-MANAGEMENT PROGRAM

***Make sure you and your patients review and understand the 4 distinct steps to this program BEFORE your patient begins!***

The *DesBio Evolution Weight-Management Program* consists of four steps:

- Step 1: Detox
- Step 2: Calorie-Restricted Diet — Choose between the *Lean-Body (500-Calorie)* or the *Active-Lifestyle (1000-Calorie)* Protocols
- Step 3: Maintenance
- Step 4: Lifestyle Changes

Each step has specific instructions that must be followed closely. These steps are described on the following pages.



# 01 02 Step 1: DETOX

## Detoxification & Regulation

Every weight-management program should be accompanied by a comprehensive detoxification program. The body's non-essential fat reserves serve as a depository for toxic substances. Heavy metals and other toxins are encapsulated in the fat to remove them from circulation. As that fat is solubilized, the toxins will be released into the bloodstream. Without proper support, the body's elimination systems will be overwhelmed by the increased flow of toxins. The immune system becomes inhibited, leading to a clearing reaction and other symptoms of toxicity. Without proper detox, the long-term success of these protocols is at risk.

Your patients should begin the *Comprehensive Homeopathic Detox Kit* at least 7 days prior to beginning either the *Lean-Body (500-Calorie)* or *Active-Lifestyle (1000-Calorie)* protocols. The drops are then continued throughout the rest of the protocol.



**CerebroMax, SpinalMax, and Matrix Support:** Add 30 drops of each to a liter bottle of water to be sipped throughout the day on Days 1-3.

**Detox I, Detox II, and Detox III:** Add 30 drops of each to a liter bottle of water to be sipped throughout the day on Days 4-7. See sample calendar below.

patients, they will continue these homeopathic detox drops throughout the diet and into the maintenance step. No special diet is required during the first week of the *Comprehensive Homeopathic Detox Kit* however, it is recommended that patients begin reducing intake of caffeine and sugars during this starting week to make the transition to the calorie-restricted diet step more comfortable.

Your patient should continue this rotation until all the bottles are emptied. The bottles will last approximately 60 days; for most

01	02	03	04	05	06	07
<input type="checkbox"/> 30 drops CerebroMax <input type="checkbox"/> 30 drops SpinalMax <input type="checkbox"/> 30 drops Matrix Support	<input type="checkbox"/> 30 drops CerebroMax <input type="checkbox"/> 30 drops SpinalMax <input type="checkbox"/> 30 drops Matrix Support	<input type="checkbox"/> 30 drops CerebroMax <input type="checkbox"/> 30 drops SpinalMax <input type="checkbox"/> 30 drops Matrix Support	<input type="checkbox"/> 30 drops Detox I <input type="checkbox"/> 30 drops Detox II <input type="checkbox"/> 30 drops Detox III	<input type="checkbox"/> 30 drops Detox I <input type="checkbox"/> 30 drops Detox II <input type="checkbox"/> 30 drops Detox III	<input type="checkbox"/> 30 drops Detox I <input type="checkbox"/> 30 drops Detox II <input type="checkbox"/> 30 drops Detox III	<input type="checkbox"/> 30 drops Detox I <input type="checkbox"/> 30 drops Detox II <input type="checkbox"/> 30 drops Detox III

Example calendar for DesBio's Detoxification Protocol days 1-7. Continue these drops in this rotation throughout the protocol until the bottles are empty.

## ***Optional: OMNICLEANSE***



To provide even further detoxification benefits, you may want to include the *OmniCleanse Powdered Beverage* and *Capsules* in your patient's detox protocol. This two-week cleansing protocol can help prepare your patient's body for the rigors of either of these weight-management protocols.

- *OmniCleanse Powdered Beverage* is a shake that combines basic nutrition with a multivitamin, greens blend and organic fruit and vegetable blend with specialty nutrients to support each step along the detox pathway.
- *OmniCleanse Capsules* provide a sophisticated blend of nutrients, amino acids, botanicals, and enzymes for the advanced support of Liver Phase 1 and 2 detoxification processes.

For complete instructions, refer to *Getting Started with OmniCleanse* at [www.desbio.com](http://www.desbio.com).



## 01 02 **Step 2: CALORIE-RESTRICTED DIET**

These guidelines should be used for both the *Lean-Body (500-Calorie)* and *Active-Lifestyle (1000-Calorie)* protocols. Both protocols follow very similar diets; the main difference is that on the *Active-Lifestyle (1000-Calorie)*, patients may eat 6 ounces of protein and may add an *OmniMeal\** protein shake. Review these guidelines carefully with your patient to determine

whether he or she is committed to following this type of diet. For example diets, grocery lists, visit [www.desbio.com](http://www.desbio.com).



### **Foods My Patient Should Eat**

#### **Fruits**

- 01 *Lean-Body (500-Calorie) Protocol (2 servings per day)*
- 02 *Active-Lifestyle (1000-Calorie) Protocol (2 servings per day)*

1 Apple  
½ Grapefruit  
1 Orange  
1 cup of blueberries  
1 cup of strawberries  
1 cup of blackberries  
1 cup of raspberries  
1 Tomato

#### **Vegetables**

- 01 *Lean-Body (500-Calorie) Protocol (2 servings per day)*
- 02 *Active-Lifestyle (1000-Calorie) Protocol (2 servings per day)*

1 to 1-1/2 cups cooked or raw of any of the following:  
Spinach  
Kale  
Cabbage  
Bok choy  
Swiss chard  
Collard greens  
Dandelion greens  
Broccoli  
Cauliflower  
Celery  
Green beans  
Cucumber  
Asparagus  
Brussels sprouts  
Mushrooms  
Onion  
Radishes  
Tomatoes

#### **Protein**

- 01 *Lean-Body (500-Calorie) Protocol (2 3-oz servings per day)*
- 02 *Active-Lifestyle (1000-Calorie) Protocol (2 6 oz servings per day)*

Chicken  
Turkey  
  
Any white fish (flounder, cod, haddock, halibut, tilapia, sea bass, red snapper, grilled calamari)  
  
Any shellfish (lobster, shrimp, crab, scallops)  
  
Lean cuts of beef (tenderloin, sirloin)  
  
Egg whites (3 to 5)

#### **Vegetarian Protein**

- 01 *Lean-Body (500-Calorie) Protocol (2 servings per day)*
- 02 *Active-Lifestyle (1000-Calorie) Protocol (4 servings per day)*

2/3 cup non-fat plain Greek yogurt  
  
1 cup non-fat cottage cheese  
  
1 cup non-fat ricotta cheese  
  
Egg whites (1 whole egg and 4 egg whites)  
  
3 oz or ½ cup of organic tofu



#### **Unlimited!**

01 02

*Lettuce (romaine, arugula, mixed greens), spinach, celery, cabbage, and cucumbers can be enjoyed anytime — with meals and in-between!*

\**OptimaLean* may also be substituted for *OmniMeal*



## Foods My Patient Should Avoid 01 02

Patients should avoid these foods on both the *Lean-Body (500-Calorie)* and *Active-Lifestyle (1000-Calorie)* protocols.

### Fruits

Dried fruit  
Bananas  
Mangos  
Grapes  
Kiwis  
Pineapples  
Cherries  
Figs

### Vegetables

Avocado  
Corn  
Potatoes  
Carrots  
Beets  
Squash  
Sweet potatoes  
Yams  
Parsnips  
Artichokes  
Pumpkins

### Fats/ Nuts

Peanuts  
Cashews  
Chestnuts  
Sunflower seeds  
Oils  
Cooking sprays

### Protein

Fatty meats  
Salmon  
Tuna  
Pork  
Swordfish  
Beans  
Lentils  
Black beans  
Lima beans  
Red beans  
Hummus  
Peas  
Pea pods

### Grains

All type of grains  
Rice  
Barley  
Rye  
Oats  
Wheats

### Processed Food

Alcohol  
Diet drinks  
Artificial sweeteners  
Pasta  
Cereal  
Pretzels  
Chips

### Processed Food

Crackers  
Popcorn  
(cakes)  
Yogurt with sugar  
All desserts  
All ice cream  
Cocktail sauce  
Balsamic vinegar  
Salad dressing  
Ketchup  
Spaghetti sauce  
BBQ sauce  
Teriyaki sauce  
Honey  
Maple syrup  
Baking powder  
Corn starch  
Horseradish  
Relish  
Tartar sauce  
Premade meatballs  
Burgers  
Deli meats  
Veggie burgers  
Chinese food  
Sausage  
Peanut Butter  
Pepperoni



## Water Intake 01 02

Your patient **must drink adequate water to help release toxins from the body.** He or she needs to drink at least 64 ounces of water per day to keep fully hydrated. Discuss a water-drinking regimen such as the following:

**Breakfast** (8 oz)

In between (8 oz)

**Snack** (8 oz)

In between (8 oz)

**Lunch** (8 oz)

In between (8 oz)

**Snack** (8 oz)

**Dinner** (8 oz)





# Lean-Body (500-Calorie) PROTOCOL



The **Lean-Body (500-Calorie) Protocol** is for patients with significant weight-loss goals who lead a more sedentary lifestyle. It is ideal for patients with a BMI over 25 and a high body fat percentage.

- **Primary Focus** — Reducing total weight
- **Exercise Level** — For those who do not exercise regularly or do not have a job or lifestyle that requires extensive physical activity; no exercise (other than light walking) is recommended

## Protocol Overview

- **Step 1: Detox** — For the first 7 days, follow the detox protocol on page 11.
- **Fat Loading** — Patients will have two days of fat loading to prepare the body for the extremely calorie-restricted diet step.
- **Step 2: Calorie-Restricted Diet** — After two days of fat-loading, patients will follow a 500-calorie per day diet with restricted foods (pages 13-14).
- **Step 3: Maintenance** — Patients will follow a 21-day maintenance diet.
- **Step 4: Lifestyle Changes** — Patients will begin introducing foods slowly and return to a diet consistent with their new healthy lifestyle changes.

## Detox

During the first week, patients begin **DesBio's Comprehensive Homeopathic Detox** protocol described on page 11. This critical part of the protocol will be continued for approximately 60 days or until all bottles are empty. **Patients who are experiencing clearing reactions with symptoms like headache, body ache, etc., are usually not detoxing properly.**

**Make sure your patient understands that the detox part of the protocol is critical to feeling well throughout.**

DesBio offers two standard diet options within the **Lean-Body (500-Calorie)** protocol:

### 23-Day Diet Option

(see example calendar on page 28)

- **Detox** — Days 1-7
- **Fat Loading** — Days 1-2
- **Calorie-Restricted Diet** — Days 3-23
- **Maintenance** — 21 additional days
- **Lifestyle Changes**

### 42-Day Diet Option

(see example calendar at [www.desbio.com](http://www.desbio.com))

- **Detox** — Days 1-7
- **Fat Loading** — Days 1-2
- **Calorie-Restricted Diet** — Days 2-42
- **Maintenance** — 21 additional days
- **Lifestyle Changes**

## Fat Loading

During this step, patients begin taking *hA<sup>2</sup>cg Evolution* drops (10 drops, 3 times per day). Patients also focus on eating high-fat, high-calorie foods. This may seem counterintuitive, but the extra calories consumed during these two days will provide the energy needed during the first few days of the 500-calorie diet while the *hA<sup>2</sup>cg Evolution* begins to take effect. **Do not skip the fat-loading step with this protocol.** Patients who skip this often feel increased hunger and cravings during the first few days of the 500-calorie diet and are unable to continue.

Encourage your patients to visit a favorite restaurant or eat favorite junk foods and thoroughly enjoy them one last time before beginning the diet.

## The 500-Calorie Diet

During this 21 (for the *23-Day Diet Option*) or 40 day (for the *42-Day Diet Option*) step of the protocol, patients eat only 500 calories per day, choosing foods from the restricted list on pages 13-14. Eating only 500 calories will stimulate the diencephalon to release secondary fat reserves. During this step, patients eat only these foods each day:

- 2 servings protein
- 2 servings fruits
- 2 servings vegetables

*hA<sup>2</sup>cg Evolution* helps with feelings of hunger or cravings, but *Appetite Control* or *Crave Control* may also be added.

See the table below for a sample of meal planning throughout the day. ***Suggested recipes for the diet portion of this program begin on page 29.***

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## Lean Body (500-Calorie) Protocol What a Day Looks Like

<i>Breakfast</i>	Coffee/tea (add lemon and stevia), <i>hA<sup>2</sup>cg Evolution</i> (10 drops), <i>Appetite Control</i> (10 drops), <i>Crave Control</i> (1 capsule)
<i>Snack</i>	1 cup of blackberries
<i>Lunch</i>	3 oz of baked beef cut (sirloin/ tenderloin), 1 ½ cup steamed green beans, <i>hA<sup>2</sup>cg Evolution</i> (10 drops), <i>Appetite Control</i> (10 drops), <i>Crave Control</i> (1 capsule)
<i>Snack</i>	½ grapefruit
<i>Dinner</i>	3 oz cooked ground turkey, 1 cup of spinach, ¼ cup of mushroom, ¼ cup of onions, <i>hA<sup>2</sup>cg Evolution</i> (10 drops), <i>Appetite Control</i> (10 drops), <i>Crave Control</i> (1 capsule)
<i>Other</i>	Unlimited lettuce throughout the day and 64 oz (8 glasses) of water
<i>Activity</i>	Very minimal, light walking. No strenuous activity or exercise.



## Active-Body (1000-Calorie) PROTOCOL



DesBio offers two standard diet options within the **Active-Body (1000-Calorie) Protocol**:

### 23-Day Diet Option

(see example calendar at [www.desbio.com](http://www.desbio.com))

- **Detox** — Days 1-7
- **Calorie-Restricted Diet**—Days 1-23
- **Maintenance** — 21 additional days
- **Lifestyle Changes**

### 42-Day Diet Option

(see example calendar at [www.desbio.com](http://www.desbio.com))

- **Detox** — Days 1-7
- **Calorie-Restricted Diet**—Days 1-42
- **Maintenance** — 21 additional days
- **Lifestyle Changes**

The **Active-Body (1000-Calorie) Protocol** is for individuals who have less significant weight-loss goals and lead a more active lifestyle.

- **Primary Focus** — Continue building muscle while losing fat
- **Exercise Level** — Moderately active (or healthy enough to begin a moderate exercise regimen) or job requires significant physical activity

This protocol is also an option for those who are unable to control hunger and cravings while completing the **Lean-Body (500-Calorie) Protocol** of the **Evolution Weight-Management Program**.

## Protocol Overview

- **Step 1: Detox** — For the first 7 days, follow the detox protocol on page 11.
- Unlike the **Lean-Body (500-Calorie) Protocol**, **there is no fat loading on this protocol**. Patients simply skip the two fat-loading days and move directly into the calorie-restricted portion of the protocol.
- **Step 2: Calorie-Restricted Diet** — Patients will follow a 1000-calorie per day diet. The food recommendations and foods to avoid are the same as the **Lean-Body (500-Calorie) Protocol** except for these two differences:
  - Participants are allowed to drink one **OmniMeal\*** shake each day for breakfast
  - Participants eat double the amount of protein (6 ounces instead of 3 ounces) for two meals each day.
- **Step 3: Maintenance** — Patients will follow a 21-day maintenance diet.

\**OptimaLean* may also be substituted for *OmniMeal*

- **Step 4: Lifestyle Changes** — Patients will begin introducing foods slowly and return to a diet consistent with their new healthy lifestyle changes.

## Exercise

- **Exercise** — Unlike the **Lean-Body (500-Calorie) Protocol**, regular exercise is key to the success of this protocol.

- Patients should participate in 20-25 minutes of cardio and 15 minutes of resistance training 5 times per week.

- Recommend that your patient NOT exercise more than 40 minutes per day. This may actually cause weight gain!
- Evaluate your patient’s job requirements for physical activity and overall fitness level to help determine an appropriate exercise program

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## Active-Body (1000-Calorie) Protocol What a Day Looks Like

<b>Breakfast</b>	Coffee/tea (add lemon and stevia), <b>hA<sup>2</sup>cg Evolution</b> (10 drops), <b>Appetite Control</b> (10 drops), <b>Crave Control</b> (1 capsule), <b>OmniMeal</b> (1 serving)
<b>Snack</b>	1 cup of blackberries
<b>Lunch</b>	6 oz of baked beef cut (sirloin/ tenderloin), 1 ½ cup steamed green beans, <b>hA<sup>2</sup>cg Evolution</b> (10 drops), <b>Appetite Control</b> (10 drops), <b>Crave Control</b> (1 capsule)
<b>Snack</b>	½ grapefruit
<b>Dinner</b>	6 oz cooked ground turkey, 1 cup of spinach, ¼ cup of mushroom, ¼ cup of onions, <b>hA<sup>2</sup>cg Evolution</b> (10 drops), <b>Appetite Control</b> (10 drops), <b>Crave Control</b> (1 capsule)
<b>Other</b>	Unlimited lettuce throughout the day and 64 oz (8 glasses) of water
<b>Activity</b>	20-25 minutes of cardio, 15 minutes light resistance training OR physical labor on most days

# DIET *Trouble-Shooting*

## 01 02 *Addressing Possible Side Effects During Step 2: Calorie-Restricted Diet*

- **Hunger** — Hunger is normal with this program, especially in the first few days. Make sure the patient is following the detox protocol and consuming plenty of water. You can also recommend **Appetite Control** or **Crave Control**.
- **Leg cramps** — Recommend supplementing with 99 mg of potassium each day or increasing intake of potassium-rich foods that fit within the diet parameters.
- **Occasional constipation** — With less food traveling through the GI tract, patients often become constipated. Recommend more fluids, try light activity, and use soluble fiber supplements (try **OmniFiber** or **Motil-Ease**), or probiotics (**BioPro30**).
- **Plateaus (not losing weight)** — Remind patients that plateaus are normal and as long as they are still on track, losing more than ½ pound per day total, they are still making great progress. Track changes in inches and how clothing fits along with weight loss—the scale is not the only way to monitor changes in body composition. If patient plateaus for more than 5 days, you can recommend an “apple day” (patient consumes only 6 large apples and water for one day). Recommend additional support products such as **Crave Control** and **EquoSLIM**, especially for patients

struggling with hormone issues or abdominal weight gain.

- **Fatigue/low moods** — B-vitamins can provide an energy boost. For patients struggling with mood or emotional wellbeing, try **AnXious**, **Elevate** or **Vitalyze**.
- **Dry skin** — Consider recommending aloe vera gel or oil free moisturizer. Patients can also apply a topical oil-free skincare product such as **yü InfiniSerum**.
- **Hormone issues** — Abnormal hormone levels or fluctuations can be a major contributor to plateaus or challenges with weight loss. If a patient has been diagnosed with a thyroid condition, try incorporating **Energize** to temporarily relieve symptoms related to thyroid issues. For patients over 45, **Hormone Combination** and **High Vitality** can temporarily relieve symptoms related to natural fluctuations in hormone levels. The antioxidant support provided by **EquoSLIM** can also benefit these patients.



## 01 02 *Common Mistakes Patients Make*

Here are the most common mistakes patients make while completing the calorie-restricted diet step of this program. Some of the rules of the diet seem arbitrary, but they are based on extensive research. **Patients who make these mistakes will not lose as much weight.**

- **Not Enough Fat Loading with the 500-Calorie (Lean-Body) Protocol** — Not loading enough fat during the initial two days can cause greater hunger and crankiness.
- **Chewing Gum or Mints** — Chewing gum or sucking on mints during the calorie-restricted step sends the wrong signal to your system. The theory is that the diencephalon is located near the TMJ area and the chewing somehow disturbs the autonomic nerves in that area, preventing the weight loss signal from getting to the brain.
- **Eating Fatty Beef** — Select lean cuts of meat. Bison is the better choice.
- **Eating More Than 3.5 Ounces of Protein with the 500-Calorie (Lean-Body) Program** — Eating more than 3.5 ounces of protein per meal during the calorie-restricted diet step of this program will jeopardize your plan. 3.5 ounces of protein is “pre-cooked” weight (about 3 ounces cooked).
- **Not Drinking Enough Water** — Patients should drink at least two quarts of water per day. A good rule of thumb is to divide the patient’s weight in half and encourage them to drink that number in ounces.
- **Drinking Diet Drinks** — Diet drinks such as Crystal Light, sodas, or other diet drinks do not work with this program. Artificial sweeteners such as aspartame (Equal™, NutraSweet™) or Splenda™ are not acceptable. Only drinks sweetened with either xylitol or stevia (Truvia™) are allowed.
- **Not Varying Protein**— Protein must be varied from meal to meal as much as possible!
- **Eating Out**— Patients are more successful when food is prepared at home by someone who understands the dietary restrictions. Recommendations for patients who eat out or travel include:
  - Asking the chef to prepare protein with water rather than oil
  - Using lemon to replace salad dressings
  - Booking hotels with a kitchenette
  - Taking ice chests full of recommended foods
- **Different Weighing Patterns**— Remind patients to be consistent. Patients should weigh themselves at the same time each morning before breakfast without clothes or use similar clothing to control as many variables as possible

## 01 02 **Completing Step 2:** **Calorie-Restricted Diet**

The calorie-restricted portion of this program should last for a minimum of 23 days and a maximum of 42 days (unless patient reaches goal weight sooner). Patients should discontinue the **hA<sup>2</sup>cg Evolution** drops three days before ending the diet portion of this program (on day 21 or day 40 of the diet). **If your patient resumes a higher calorie diet before these homeopathic ingredients clear the body, dramatic weight gain is possible.**





## Targeted Supportive PRODUCTS

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**Energize** is a homeopathic for the temporary relief of symptoms related to the thyroid system. This can be an issue with patients attempting to lose weight.

**High Vitality** is a homeopathic for the temporarily relief of symptoms related to aging such as fatigue, minor joint pain and muscle soreness. Recommended for patients over 50.

**Hormone Combination** is a homeopathic for the temporary relief of symptoms related to menstrual and cyclic related conditions including emotional swings, headache, irritability, cravings, and fluid retention in both menopause and andropause. Recommended for women over 40 or those experiencing discomfort related to hormone changes.

**Motil-Ease** is specially formulated to help promote healthy bowel regularity. It combines magnesium citrate, with the gentle power of Triphala for occasional constipation, digestive and bowel support.

**Professional Weight Support** — The **Evolution Weight-Management Program** is not for everyone. Those with a BMI of 25 or less or who wish to lose fewer than 15 pounds, for example, may not have enough secondary fat reserves to justify this program. DesBio created **Professional Weight Support** with these individuals in mind. It contains many of the same ingredients as **hA<sup>2</sup>cg Evolution**—without the active amino chain groups.

**Professional Weight Support** is ideal for those with moderate weight loss goals. It can also be used during the maintenance and lifestyle changes steps of both protocols to continue to provide temporary symptom relief for healthy weight-management.

**yü InfiniSerum** — This topical, oil-free, anti-aging product utilizes topical equol. Not only does this compound provide exceptional antioxidant activity in the skin, the equol in **yü InfiniSerum** has been shown to significantly increase the production of collagen, elastin, and tissue metalloproteinase — essential factors for keeping skin taut and smooth. **yü InfiniSerum** is an oil-free product and is an excellent choice for patients concerned with keeping skin moisturized and firm during the **Evolution Weight-Management Program**.





## 01 02 **Step 3: MAINTENANCE**

**It is critical that patients complete this portion of the program. Those who don't will experience weight gain.**

Maintenance begins after the calorie-restricted step of this program (immediately after the three days of calorie restriction without the *hA<sup>2</sup>cg Evolution* drops).

### **How Much Should Patients Eat?**

During maintenance, patients should increase calories to the ideal calorie intake required to maintain goal weight. If you are unsure of your patient's ideal calorie intake, you can determine an approximate number by using this formula at the bottom of the page.

### **What Should Patients Eat?**

Patients can reintroduce fats and other foods that they have been avoiding but they must continue to avoid sugars and starches as they stay within the recommended calorie intake guidelines.

#### **Foods to reintroduce:**

- Cooking oils
- Nuts
- Avocados
- Varied cuts of meat or poultry

- Higher fat fish like salmon or halibut
- Additional vegetables such as asparagus, green beans or string beans, cauliflower, etc.
- Additional fruits (but not those high in sugar such as bananas, kiwis, etc.)

#### **Foods to continue to avoid:**

- Bread, rolls, and crackers
- Cookies and cakes
- Cereals
- Rice (white or brown)
- Beans (black, pinto, etc.)
- Squash and pumpkin
- Corn
- Peas
- Carrots
- Oats
- Pasta
- Potatoes
- Sweet potatoes

### **Monitoring Weight**

Patients should continue to monitor their weight daily. Fluctuations during this step are

### **Goal WT in lbs ÷ 2.2 = Wt in Kg**

Sedentary, low muscle mass, BF% > 30, or Age >50 yrs	<i>Wt in kg × 25 = Estimated Cal Intake</i>
Moderately active (moderate exercise 4+ days wk), BF 20 – 30%, 18 – 50 yrs	<i>Wt in kg × 30 = Estimated Cal Intake</i>
Active (intense exercise 5+ days wk), BF < 25%, 18 – 50 yrs	<i>Wt in kg × 35 = Estimated Cal Intake</i>

normal. However, if patients gain 2 pounds more than their weight at the end of this program, have them revisit their daily caloric intake to make sure they are staying within the recommended guidelines. Keeping track of calorie intake and portion size is essential during this step. Patients that gain more than 2 pounds may also do a steak day during which they would entirely skip breakfast and lunch (but be certain to drink plenty of water). For dinner, they would eat only a large steak and a single apple or tomato.

### Evolution Weight Management

### Number of Weeks to Wait Before Beginning Course

2nd Course	Wait 6 weeks
3rd Course	Wait 8 weeks
4th Course	Wait 12 weeks
5th Course	Wait 20 weeks



## Evolution Weight-Management Program Kit!



Everything your patient needs to complete the *Lean-Body (500-Calorie) Protocol* of this program now comes in a convenient package! This kit contains two bottles of *hA<sup>2</sup>cg Evolution*, a *Comprehensive Homeopathic Detox Kit*, *Appetite Control*, and *Crave Control*. Your patient can use these products to complete the *23-Day Diet Option* on this extremely effective protocol.



## 01 02 **Step 4: LIFESTYLE CHANGES**

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**Your patient must continue to make healthy diet choices for long-term weight management success.** People may lose many pounds on this program but gain them all back when they go back to previous lifestyle choices.

After following the maintenance step of this program for three weeks, patients can begin to re-introduce starches and sugars and other previously avoided foods back into their diet. This is a time to carefully counsel your patients on how to eat for the rest of their lives.

### ***General Guidelines for Long-Term Success***

- 2 - 3 servings of fruits each day
- 3 - 5 servings of vegetables each day
- Focus on lean protein at meals. The protein sources used in the ***Evolution Weight-Management Program*** are all good choices.
- Limit grains, starchy vegetables, and beans to 4 to 8 servings per week
- 8 glasses water each day
- Keep snacks between 100 -200 calories, and seek out foods that are high in fiber, healthy fats, and protein that will keep your patients fuller longer
- Limit “pleasure” foods like chips, cakes, cookies, french fries, etc. to 2 servings of less than 300 calories per week
- Consider replacing one meal per day with ***OmniMeal\**** to keep appetite and calorie intake regulated

### ***Encourage These Behaviors***

- Emphasize food quality. Eat small amounts of really good food
- Consume planned small meals and snacks throughout the day
- Focus on mindful eating. Avoid eating at a desk or in front of the TV.
- Plan to eat when hungry, but before “starving.” Increased hunger can lead to poor food choices and overeating.
- Avoid alcohol or sip in moderation. Lowering inhibitions can affect food choices.
- Avoid grains and sugars 3 hours before bed
- Measure out foods; do not eat out of the container
- Weigh and/or take measurements weekly
- Encourage patients to work with you to address hormone imbalances, food sensitivities, or other factors which may influence weight-maintenance goals



## Frequently Asked Questions (FAQ)

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Below are some frequently asked questions about *DesBio's Evolution Program*. For other commonly asked questions, see our *Frequently Asked Questions (FAQs) About the Evolution Weight-Management Program* at [www.desbio.com](http://www.desbio.com).

### *What is hA<sup>2</sup>cg Evolution and how does it work?*

— *hA<sup>2</sup>cg Evolution* is a comprehensive homeopathic product that combines 23 ingredients for the purpose of supporting temporary symptom relief during a calorie-reduced weight-loss plan. Taking these ingredients alone will not result in any improvements in weight or body composition. This formula was intended to be used in support of a medically supervised weight-loss plan for maximum benefit. Two of the active ingredients in *hA<sup>2</sup>cg Evolution* are homeopathic dilutions of AACG-A and AACG-B. These are amino acid chains bioidentical to certain active amino acid chains in human chorionic gonadotropin molecule. These two amino acid chains help to minimize the many uncomfortable side effects of dieting, including hunger, low moods, and fatigue.

*Is hA<sup>2</sup>cg Evolution Safe?* — Homeopathic *hA<sup>2</sup>cg Evolution* is extremely safe. It is a bioidentical form of amino acids. Over 30,000 users have not reported any major problems with its use during these protocols. The biggest problems have occurred with patients who did not follow the protocol for detoxification. These patients suffered from the effects of toxins released from fat cells.

### *Would a patient lose the same amount of weight on a diet only?*

— A calorie-restricted diet will result in weight loss in most patients. However, many patients who attempt to lose weight by simply cutting calories are unsuccessful due to the many discomforts associated with reducing calorie intake. The ingredients in *hA<sup>2</sup>cg Evolution* are intended to help patients stick to their weight-management plan by helping to temporarily relieve symptoms such as food cravings, low energy, and mood problems.

*Is hunger normal on this diet?* — The blend of ingredients in *hA<sup>2</sup>cg Evolution* are designed to temporarily relieve symptoms such as hunger. As a result, after about 2 days on the calorie-restricted diet, many patients notice a significant decrease in their appetite. Overall, most people have plenty of energy and feel good while on the program. Remind patients not to confuse emotional cravings for food for hunger. Disruptions in normal meals and snacking times during this program can often lead to an emotional craving for food. Try *Appetite Control* and/or *Crave Control* and make sure patients are staying properly hydrated.

***Does the weight loss slow down after the first month?*** — Weight loss is fastest during the first weeks, and then slows down gradually after that. The body will plateau or level off after 3-4 weeks. This is typical for both protocols and does not mean that weight loss has stopped. Typically, inches are being lost continuously throughout the protocols. Weight loss is usually achieved in a stair-step fashion. Patients may lose weight, then level out for a few days while the body is rebuilding and restructuring cells and tissues. This helps prevent sagging tissues from the large weight loss.

***What should women do when they are following the Evolution Weight-Management Program and have their periods?*** — Women who are planning on following this protocol should start the program immediately at the end of their period. It is not recommended that it be started at any other time. If menses begins during the protocol, women should discontinue using *hA<sup>2</sup>cg Evolution* for the three days of their period with the most significant volume. (The “off days” still count toward the 23- and 42-day periods.) The calorie-restricted diet should be maintained during these 3 days. The patient should restart *hA<sup>2</sup>cg Evolution* after those three days. Weight gain during this time may fluctuate dramatically, and women should not be concerned with weight fluctuations during their period.

***My patient is over 50. Are there any special requirements for “older” people?*** — For any patient over 50 following either protocol, we recommend using *High Vitality* to temporarily relieve any symptoms related to aging that may worsen on the diet. These symptoms may include skin sagging due to

weight loss and lower energy levels. For any female patient who is at or near menopause and following this protocol, we recommend *Hormone Combination* to temporarily relieve hormone-related symptoms.

***Will my patients lose any muscle mass?*** — According to Simeons, when following this protocol, the body burns fat as its primary source of energy during the diet. However, some subjective information related to the calorie-restricted diet (individual responses and informal feedback) has suggested that some muscle/protein loss is still experienced during the diet as part of the process. In addition, the inability to continue significant activities such as exercise and weight lifting during the very low-calorie portion of the diet will also allow for a natural decline in pure muscle mass. Those patients who are interested in continuing muscle-building activities should consider the *Active-Lifestyle (1000-Calorie) Protocol*.

*For answers to other Frequently Asked Questions (FAQ), see [www.desbio.com](http://www.desbio.com).*



## EVOLUTION WEIGHT- MANAGEMENT PROGRAM Example Calendar & Recipes

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Visit *"Getting Started with the Evolution Weight-Management Program"* at [www.desbio.com](http://www.desbio.com) for more example materials, webinars, flyers, etc.

The *DesBio Evolution Weight-Management Program* can seem confusing to some patients. Following the chosen protocol exactly is important, and there's lots to track!

Here are some suggested recipes and an example calendar that may help your patients as they work toward their weight-management and healthy lifestyle goals. You can find other tools, calendars, food lists, food logs, etc. at [www.desbio.com](http://www.desbio.com).



# Evolution Management Program EXAMPLE CALENDAR

Below is an example calendar for the 23-day Diet Option for the *Lean Body (500-Calorie) Protocol*. The calendar begins after the Detox Protocol (Days 1-7) that is detailed on page 11.

<p><b>01</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> <i>hA<sup>2</sup>cg Evolution</i> drops (10 drops 3x daily) with Fat Loading Diet</li> </ul>	<p><b>02</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> <i>hA<sup>2</sup>cg Evolution</i> drops (10 drops 3x daily) with Fat Loading Diet</li> </ul>	<p><b>03</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> <i>hA<sup>2</sup>cg Evolution</i> drops (10 drops 3x daily) with Calorie-Restricted Diet</li> <li><input type="checkbox"/> <i>Appetite Control</i> drops (10 drops 3x daily)</li> <li><input type="checkbox"/> <i>Crave Control</i> capsules (1 capsule 3x daily)</li> </ul>	<p><b>04</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> <i>hA<sup>2</sup>cg Evolution</i> drops (10 drops 3x daily) with Calorie-Restricted Diet</li> <li><input type="checkbox"/> <i>Appetite Control</i> drops (10 drops 3x daily)</li> <li><input type="checkbox"/> <i>Crave Control</i> capsules (1 capsule 3x daily)</li> </ul>	<p><b>05</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> <i>hA<sup>2</sup>cg Evolution</i> drops (10 drops 3x daily) with Calorie-Restricted Diet</li> <li><input type="checkbox"/> <i>Appetite Control</i> drops (10 drops 3x daily)</li> <li><input type="checkbox"/> <i>Crave Control</i> capsules (1 capsule 3x daily)</li> </ul>
<p><b>06</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> <i>hA<sup>2</sup>cg Evolution</i> drops (10 drops 3x daily) with Calorie-Restricted Diet</li> <li><input type="checkbox"/> <i>Appetite Control</i> drops (10 drops 3x daily)</li> <li><input type="checkbox"/> <i>Crave Control</i> capsules (1 capsule 3x daily)</li> </ul>	<p><b>07</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> <i>hA<sup>2</sup>cg Evolution</i> drops (10 drops 3x daily) with Calorie-Restricted Diet</li> <li><input type="checkbox"/> <i>Appetite Control</i> drops (10 drops 3x daily)</li> <li><input type="checkbox"/> <i>Crave Control</i> capsules (1 capsule 3x daily)</li> </ul>	<p><b>08</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> <i>hA<sup>2</sup>cg Evolution</i> drops (10 drops 3x daily) with Calorie-Restricted Diet</li> <li><input type="checkbox"/> <i>Appetite Control</i> drops (10 drops 3x daily)</li> <li><input type="checkbox"/> <i>Crave Control</i> capsules (1 capsule 3x daily)</li> </ul>	<p><b>09</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> <i>hA<sup>2</sup>cg Evolution</i> drops (10 drops 3x daily) with Calorie-Restricted Diet</li> <li><input type="checkbox"/> <i>Appetite Control</i> drops (10 drops 3x daily)</li> <li><input type="checkbox"/> <i>Crave Control</i> capsules (1 capsule 3x daily)</li> </ul>	<p><b>10</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> <i>hA<sup>2</sup>cg Evolution</i> drops (10 drops 3x daily) with Calorie-Restricted Diet</li> <li><input type="checkbox"/> <i>Appetite Control</i> drops (10 drops 3x daily)</li> <li><input type="checkbox"/> <i>Crave Control</i> capsules (1 capsule 3x daily)</li> </ul>
<p><b>11</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> <i>hA<sup>2</sup>cg Evolution</i> drops (10 drops 3x daily) with Calorie-Restricted Diet</li> <li><input type="checkbox"/> <i>Appetite Control</i> drops (10 drops 3x daily)</li> <li><input type="checkbox"/> <i>Crave Control</i> capsules (1 capsule 3x daily)</li> </ul>	<p><b>12</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> <i>hA<sup>2</sup>cg Evolution</i> drops (10 drops 3x daily) with Calorie-Restricted Diet</li> <li><input type="checkbox"/> <i>Appetite Control</i> drops (10 drops 3x daily)</li> <li><input type="checkbox"/> <i>Crave Control</i> capsules (1 capsule 3x daily)</li> </ul>	<p><b>13</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> <i>hA<sup>2</sup>cg Evolution</i> drops (10 drops 3x daily) with Calorie-Restricted Diet</li> <li><input type="checkbox"/> <i>Appetite Control</i> drops (10 drops 3x daily)</li> <li><input type="checkbox"/> <i>Crave Control</i> capsules (1 capsule 3x daily)</li> </ul>	<p><b>14</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> <i>hA<sup>2</sup>cg Evolution</i> drops (10 drops 3x daily) with Calorie-Restricted Diet</li> <li><input type="checkbox"/> <i>Appetite Control</i> drops (10 drops 3x daily)</li> <li><input type="checkbox"/> <i>Crave Control</i> capsules (1 capsule 3x daily)</li> </ul>	<p><b>15</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> <i>hA<sup>2</sup>cg Evolution</i> drops (10 drops 3x daily) with Calorie-Restricted Diet</li> <li><input type="checkbox"/> <i>Appetite Control</i> drops (10 drops 3x daily)</li> <li><input type="checkbox"/> <i>Crave Control</i> capsules (1 capsule 3x daily)</li> </ul>
<p><b>16</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> <i>hA<sup>2</sup>cg Evolution</i> drops (10 drops 3x daily) with Calorie-Restricted Diet</li> <li><input type="checkbox"/> <i>Appetite Control</i> drops (10 drops 3x daily)</li> <li><input type="checkbox"/> <i>Crave Control</i> capsules (1 capsule 3x daily)</li> </ul>	<p><b>17</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> <i>hA<sup>2</sup>cg Evolution</i> drops (10 drops 3x daily) with Calorie-Restricted Diet</li> <li><input type="checkbox"/> <i>Appetite Control</i> drops (10 drops 3x daily)</li> <li><input type="checkbox"/> <i>Crave Control</i> capsules (1 capsule 3x daily)</li> </ul>	<p><b>18</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> <i>hA<sup>2</sup>cg Evolution</i> drops (10 drops 3x daily) with Calorie-Restricted Diet</li> <li><input type="checkbox"/> <i>Appetite Control</i> drops (10 drops 3x daily)</li> <li><input type="checkbox"/> <i>Crave Control</i> capsules (1 capsule 3x daily)</li> </ul>	<p><b>19</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> <i>hA<sup>2</sup>cg Evolution</i> drops (10 drops 3x daily) with Calorie-Restricted Diet</li> <li><input type="checkbox"/> <i>Appetite Control</i> drops (10 drops 3x daily)</li> <li><input type="checkbox"/> <i>Crave Control</i> capsules (1 capsule 3x daily)</li> </ul>	<p><b>20</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> <i>hA<sup>2</sup>cg Evolution</i> drops (10 drops 3x daily) with Calorie-Restricted Diet</li> <li><input type="checkbox"/> <i>Appetite Control</i> drops (10 drops 3x daily)</li> <li><input type="checkbox"/> <i>Crave Control</i> capsules (1 capsule 3x daily)</li> </ul>
<p><b>21</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Calorie-Restricted Diet</li> <li><input type="checkbox"/> <i>Appetite Control</i> drops (10 drops 3x daily)</li> <li><input type="checkbox"/> <i>Crave Control</i> capsules (1 capsule 3x daily)</li> </ul>	<p><b>22</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Calorie-Restricted Diet</li> <li><input type="checkbox"/> <i>Appetite Control</i> drops (10 drops 3x daily)</li> <li><input type="checkbox"/> <i>Crave Control</i> capsules (1 capsule 3x daily)</li> </ul>	<p><b>23</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Calorie-Restricted Diet</li> <li><input type="checkbox"/> <i>Appetite Control</i> drops (10 drops 3x daily)</li> <li><input type="checkbox"/> <i>Crave Control</i> capsules (1 capsule 3x daily)</li> </ul>		

**Maintenance (21 Days)** — Finish up the drops that were included in the *Comprehensive Homeopathic Detox Kit*. Make sure your patients follow the maintenance instructions on page 22 of this booklet carefully to avoid regaining weight during the maintenance step.

**Lifestyle Changes**— Your patient must continue to make healthy diet choices for long-term weight management success. People may lose many pounds on this program but gain them all back when they go back to previous lifestyle choices.





# Evolution Management Program SUGGESTED RECIPES

Below are some suggested recipes for the *Lean-Body (500-Calorie)* protocol.

## Beverages

### *Strawberry Lemonade*

1 qt water  
1 lemon (juice only)  
2 pk sweetener

1 strawberry, sliced  
crushed ice cubes

Place 1 quart water in a pitcher. Add the juice of 1 lemon and 2 packets of sweetener and stir briskly. Add ice as desired and serve in a tall glass. Slice strawberry for garnish or crush to add color and flavor. Add ice as desired and serve.

### *Flavored Coffee*

1 flavored tea bag (raspberry, orange, etc.)  
8-12 oz hot water

1-2 tsp instant coffee  
1 pk sweetener  
1 tbsp milk

Steep tea bag in hot water for 3 minutes, then discard. Add instant coffee, sweetener, and milk. Stir and enjoy.

## Breakfast

### *Quick Protein Power Breakfasts*

1 oz cooked meat (chicken, fish, or lean beef)

½ orange, sectioned  
¼ cucumber, sliced

Chop meat into bite-sized pieces on a small plate. Add the orange and cucumber slices. Season the meat and cucumber with salt, pepper, and a drizzle of vinegar.

### *Tomato Omelet*

½ c egg whites (approx 3 - 4 eggs)  
3-5 slices tomato

sea salt  
pepper

Preheat non-stick pan on medium heat. Add egg whites and allow to cook for 1-2 minutes. Add tomatoes to one side of the eggs. Fold eggs in half omelet-style and flip to opposite side. Cook for 30 seconds more, then remove from stove and sprinkle with salt and pepper to taste.

## Lunch

### *Vinaigrette*

½ c red wine vinegar  
¼ tsp sea salt  
¼ tsp garlic powder  
2 tbsp water

2 tbsp dried thyme  
¼ tsp cracked pepper  
1 tbsp dried basil

Combine ingredients into a small dish and mix until evenly blended.

## Lunch

### *Sweet Basil-Marinated Spinach Chicken Salad*

vinaigrette (above)  
3 leaves fresh basil, chopped  
5 drops vanilla or raspberry stevia  
3 ½ oz chicken, cooked & diced

½ grapefruit, peeled & chopped  
3 ½ oz spinach, raw

Put desired quantity of vinaigrette salad dressing in bottom of large bowl, add chopped basil and stir. To enhance flavors add some vanilla or raspberry stevia drops. Add chicken, grapefruit, and spinach. Toss well.

### *Spicy Cabbage Chicken Soup*

1 c chicken broth (low sodium)  
3 ½ oz cabbage, chopped  
3 ½ oz chicken, cooked and cut into pieces

salt and pepper to taste  
herbs and spices as desired

Put chicken broth in a saucepan. Add remaining ingredients and simmer until cabbage is tender. Lemon or vinegar with sweetener makes a good sweet and sour broth. Add 1 tbsp milk if desired.

## Dinner

### *Orange Spiced Chicken with Broccoli*

¼ c spiced chai tea  
3 ½ oz chicken, cut into pieces  
3 ½ oz broccoli, cooked

1 orange, peeled and cut into pieces  
salt and pepper to taste  
other herbs and spices as desired

Pour spiced chai tea into pan. Add chicken pieces and simmer on medium heat until chicken is well done. Combine broccoli, oranges, chicken, and juice from pan in a bowl. Season if desired with salt, pepper, herbs, and spices. You may substitute beef or fish for the chicken if desired.

### *Tilapia with Coleslaw*

3 ½ oz tilapia  
½ tsp lemon juice  
grated lemon zest  
salt and pepper to taste  
¼ tsp dried dill

3 ½ oz cabbage, shredded  
½ grapefruit, peeled and chopped  
vinegar as desired

Place fish in medium frying pan, drizzle with lemon juice, and sprinkle zest on top. Season with salt, pepper, and dill. Cook on medium heat until done. Serve with shredded cabbage seasoned with vinegar, spices, and grapefruit pieces. You can bake 2-4 pieces of fish at a time and put individual portions in baggies.

- To modify these recipes for the **Active-Body (1000-Calorie) Protocol**, simply double the amount of protein.
- When recipes call for sweetener, use only xylitol or stevia. Other sweeteners do not work with this diet!
- Vegans (no eggs or dairy) may struggle with this program. Counsel them carefully to make sure they can meet the requirements.

# DESBIO

Deseret Biologicals, Inc  
469 West Parkland Drive, Sandy, UT 84070  
ph 801•563•7448  
fax 801•563•7455

[www.desbio.com](http://www.desbio.com)

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