

**Ultra-Lite Program Details:** The initial phase of the UltraLite (weight-loss, pre-diabetes/diabetes reversal) program begins with an initial 4 page questionnaire followed by a comprehensive one hour, private consultation. During this visit you will also receive a professional digital kitchen scale, ketone test strips, 5 weeks of supplements packets, an in depth UltraLite program manual. From there a 5 to 10 week program using the dietary concepts, specific supplements, home monitoring and weekly in office, private follow-ups are included (initial consultation will determine program duration).

**The supplement packets:** are an organic whole food concentrate, which ensures adequate daily mineral, vitamins and carbohydrates. Packets are taken four times a day, and are designed to minimize hunger, promote detoxification and aid in fat-loss. As you work toward your goal-weight, adjustments may be made to enhance active weight-loss while developing a personalized strategy for permanent stabilization of your weight.

Once you reach your goal-weight, you will be placed on a well-balanced maintenance program, with periodic check-ups, to help insure you maintain all the wonderful gains you will have achieved.

The UltraLite (weight-loss, pre-diabetes/diabetes reversal) program is very simple, extremely safe, competitively priced, overseen by myself. As an added level of confidence, the UltraLite (weight-loss, pre-diabetes/diabetes reversal) has given over 1,000,000 people a new life to enjoy, by teaching them to think about how they are eating and apply these principles to their food choices and portion sizes.

Although being overweight increases the risk of developing many other health problems, its treatment is often not a covered medical expense and we do not accept insurance assignment for any part of the UltraLite (weight-loss, pre-diabetes/diabetes reversal) program. Logically, it would make sense that insurance companies would want to help because those who lose excess weight report improvement in tiredness, stress, anxiety, depression, irritable bowel disorders, insomnia, aching joints, headaches, diabetes, elevated cholesterol and lack of motivation.