Welcome to Metabolic Method

Congratulations! Yes, you really can drop those extra pounds. Over sixteen years of medical research and thousands of trial cases preceded the protocol of Dr. Simeons, which was introduced over 60 years ago. We can and will show you how to change your life forever.

M2 sublingual drops contain only ingredients that are produced naturally by the human body and do not contain and drug or ingredient requiring a prescription. The initial research for this weight loss program began over 60 years ago and spanned over 16 years. Up until the last @ ten years, the only way to administer the supplement was through medically supervised injections. Over the past 60 years, the supplement, when used in conjunction with a metabolically designed Low-Calorie Diet, has seen incredible success in both men and women seeking to lose unwanted weight . . . and most importantly, keep it off. With recent advances in the science of natural supplements, we are pleased to offer an EQUALLY EFFECTIVE, painless, and cost friendly form of the treatment in an all-natural drop form which is administered under the tongue.

 M2 drop supplements are superior in quality and ingredients to other known supplements on the market. All of our products are made here in the USA in an FDA certified lab. Our proprietary medically formulated supplements are enhanced with natural ingredients to support internal organ functions needed to aid in rapid weight loss. You will witness not only a shrinking silhouette, but more importantly, other potential health benefits including but not limited to, remarkable drops in cholesterol, triglycerides, blood pressure, and glucose (blood sugar) levels. Before beginning any weight loss program, we encourage you to consult your physician, although it is not mandatory to begin this program. If you are currently taking prescription medications, be aware that as weight is lost, dosages may need to be reduced. While we would always defer to your physician, our experience has proven that our program will not negatively interfere with any other medication currently taken.

The combination of the M2 supplement, when taken in conjunction with the low-calorie food plan contained in this booklet, will allow your structural/muscular fat and normal fat deposits to go untouched, as compared to other weight loss programs which do not release abnormal fat deposits. Dr. Simeons’ protocol will allow you to lose only unwanted, abnormal body fat. You will be able to maintain a low-calorie diet with energy, and best of all, without hunger. THIS PROGRAM SHOULD NEVER BE ATTEMPTED WITHOUT M2 DROPS.

Whether your goal is to lose hundreds of pounds or the last ten, we are here to support your journey. Unlike other products on the market, our M2 supplement has been formulated with additional natural supplements essential to contribute towards healthy and rapid weight loss. We offer exemplary service and the utmost desire to help you succeed. In fact, many of the M2 staff have preceded you on the same protocol with fantastic results.

If you are ready to make the commitment, we are here to help you on your journey . . .

M2

METABOLIC METHOD

*The Ultimate Weight Loss & Wellness Program*

**Table of Contents**

What Makes M2 Metabolic Method

The Ultimate Weight Loss Program?....................................................................5

Not All Fat is Created Equal………………………………………………….……….6

What You Need to Know………………………………………………………………7

What You Need to Do………………………………………………………………….8

Dr. Simeons’ Diet ~

Metabolic Method’s Four Steps to Success………………………………………....9

STEP 1 ~ The First Two Days ~ Load Days………………………………………..10

STEP 2 ~ Day 3-26

or Until You Reach Your Goal Weight……………………………………………….11

STEP 2 ~ The Low-Calorie Diet………………………………………………….12-14

STEP 2 ~ Plateaus…………………………………………………………………….14

STEP 2 ~ Menu Items……………………………………………………………..15-17

STEP 3 ~ You Have Reached Your Goal Weight………………………………….17

STEP 4 ~ Resetting & Stabilization……………………………………………...18-21

STEP 4 ~ Sample Menus ~

Resetting & Stabilization………………………………………………………………21

Frequently Asked Questions……………………………………………………...22-25

What Makes M2 the

Ultimate Weight Loss Program?

Our Special M2 Formula

Our M2 supplement is uniquely formulated to promote consistent weight loss and contains additional, essential natural ingredients that are the building blocks of every cell in your body. Furthermore, the type of suspension liquid with which M2 is formulated, aids in more rapid absorption.

Our Weight Loss

Coaching & Support Program

At M2, we are dedicated to helping you successfully achieve your weight loss goal. From online support to live weight loss coaching by our trained weight loss consultants, we are committed to your complete satisfaction.

***IF YOU HAVE ANY PROBLEMS, CONTACT US. WE ARE HERE TO HELP YOU EACH YOUR WEIGHT LOSS GOAL!***

**Not all Fat is Created Equal**

There Are 3 Types of Fat:

Structural Fat

This essential type of fat fills the gaps between your organs ~ a sort of packing material. Structural Fat also performs the important functions of bedding the kidneys in soft elastic tissue, protecting the coronary arteries and keeping the skin both smooth and taut. It also provides the springy cushion of hard fat under the bones of the feet, without which we couldn’t walk.

 Normal Fat

This is the fuel upon which the body can freely draw from when the intestinal nutritional requirement demands it. Such Normal Fat is deposited all over the body. An excess of this fat cannot produce obesity.

Abnormal Fat

This is the excess, “bad” fat and it is the accumulation of this fat, and this fat only, which an overweight person carries. It is deposited all over the body, but accumulates most naturally on the hips, buttocks, stomach, upper arms, and neck.

*When you go on a regular low-calorie diet, your body pulls Normal Fat first, your Structural Fat second, and your Abnormal Fat last. The M2 diet triggers the hypothalamus of your brain to release your Abnormal Fat first.*

**What You Need to Know**

*\*\* You cannot take M2 while you are pregnant, or trying to become pregnant, or breastfeeding.*

Live Support

Should you choose live support, you will have access to a trained Weight Loss Consultant who will be available to answer any questions, problems, or clarifications that you may need. Our live support is from 8:30am to 4:30pm, Monday-Friday EST. Feel free to call as often as you need to in order to be assured that you are getting all you need to get from our program. We are here to help you reach your weight loss goal!

Fluids

Drink at least 50% of your body weight in ounces of fluid every day. Example: If you weigh 210 pounds, you will need to drink 105 ounces of fluids every day. This will help with flushing your body of toxins and excess fat. Approved fluids are water, coffee, tea, naturally sweetened seltzers and lemonade made with freshly squeezed lemon in Stevia® sweetened water or seltzer. Alcoholic beverages are NOT allowed.

Free Foods You Can Eat Any Time

Unlike many other diet plans, with the M2 program, there are three free foods that you can eat any time, in any amount, in addition to your regular meals. They are cucumbers, cabbage, and sugar-free salsa.

For Women Only

With the oral, homeopathic M2 drops, you can continue the diet while you are on your menstrual cycle. NOTE: Less weight loss is experienced by women on hormone replacement therapy.

**What You Need to Do\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

* You must commit to taking oral, sublingual M2 drops, stick to the Low- Calorie Diet, as directed, and follow a light exercise plan until you reach your goal weight.
* You must be mentally and emotionally prepared to lose an average of ½ to 1 pound a day.
* Our bodies prioritize digesting food over healing. The reduced intake of calories allows your body to focus on repairing itself. This primarily occurs during sleep. Scheduling your daily routine in such a way that it promotes a quality night sleep of 7 hours or more per night is recommended.
* If you are menstruating, you do not have to stop the M2 drops during your cycle.
* We prefer that each client consult with their health care provider before starting this weight loss program, but it is not required to purchase M2 drops.
* Acquire a digital scale for weighing your food and a digital bathroom scale for weighing yourself every day. A George Foreman grill is also recommended.
* Record in a journal what you eat and drink, and your morning weight each day.
* Make sure you use makeup, shampoo, skin cream, and suntan lotions that have NO oils. Mineral powder makeup is preferred during this diet.
* As with any weight loss program, we recommend that you incorporate a consistent, non-strenuous exercise routine. A thirty-minute walk, light yoga, or light weight lifting, balance and stretching exercises are suggested. NO cardio raising activities are allowed while you are losing your weight.

Dr. Simeons’ Diet ~ M2 Metabolic

Method’s Four Steps to Success

STEP 1 ~ Days 1-2

“Load Days” plus M2 drops. Begin taking the M2 drops as directed. Eat as much as you want, especially foods high in fat. It is important to get the M2 drops into your system before you start the diet plan.

STEP 2 ~ Day 3-26 or

Until You Reach Your Goal Weight

Continue M2 drops plus begin the Low-Calorie Diet during Day 3-26 or until you reach your goal weight. *No matter when your reach your goal weight, you need to stay on the M2 drops for a minimum of 21 days.*

STEP 3 ~ When You Reach Your Goal Weight

Once you reach your goal weight – stop taking the M2 drops and maintain the Low-Calorie Diet for 3 days. Remember that no matter when your reach your goal weight, you need to stay on the M2 drops for a minimum of 21 days after the two load days (23 days total). You can safely maintain the M2 diet as long as needed to attain your personal weight loss goal.

STEP 4 ~ Resetting & Stabilization

This usually takes a minimum of 3 weeks (See pages 18-21 for more information). Eat sensibly, no sugars, or starches, or alcohol. The goal of this phase is to stabilize and maintain your new weight by resetting your hypothalamus.

STEP 1: First Two Days of Diet ~

Load Days

Eat, drink, and be merry! Eat as much as you want, especially high fat foods.

Begin taking the M2 drops. It is important to get the M2 drops into your system before you start the diet.

We recommend that you take your M2 drops at set times each day to help reduce your hunger. You must wait at least 20-30 minutes after taking your M2 drops before eating, drinking, or brushing your teeth. In addition, we recommend you wait for at least 2 hours after eating a large meal before taking your next dose of M2 drops.

Q: *Why would I want to gorge myself on foods that I have always tried to avoid?*

A: The first two days of the M2 diet are “Load” days. That means you can eat anything you want, especially those foods that are high in fat. It takes three days for M2 drops to completely enter your system. Loading adequately will curb your hunger for the first few days on the low-calorie plan.

Q: *What are the best foods on which to load?*

A: High fat, high calorie foods such as full fat dairy products, nuts, oil, avocados, etc. Yes, and doughnuts, cakes, cookies, fried foods. Alcohol is allowed on the Load Days only!

Q: *Won’t I gain weight if I eat all that food?*

A: You should gain weight on these 2 days. Don’t worry - it will come off just as fast. “If you don’t gorge properly, the weight loss will be slower,” Dr. Simeons states. Normally, to a person on a diet, this might sound strange but it really works. So, enjoy yourself for two guiltless days!

STEP 2: Day 3 – 26 of Until

You Reach Your Goal Weight

Step 2 begins on Day 3.

Continue taking the M2 drops as directed and now you begin the Low-Calorie Diet. Again, when taking the M2 drops, you must wait 20-30 minutes before consuming anything (this includes water) or brushing your teeth. We recommend you wait for at least 2 hours after eating a large meal before taking your next dose of M2 drops.

You must stay on the M2 drops a minimum of 21 days (after your two load days), even if you reach your goal weight. For some, that may be longer than 21 days. You can safely stay on the M2 diet until you reach your weight loss goals.

How to take your M2 drops:

* Count out 10 individual drops onto a spoon.
* Place drops under your tongue and hold in place for 5-10 minutes before swallowing for maximum absorption.
* Wait 20-30 minutes before eating, drinking, or brushing your teeth. You do not have to eat immediately after taking the M2 drops.
* Drops should be taken 3 times per day, in the morning, before lunch, and before dinner.
* If you forget to take your drops, take them 2 hours after your meal.

STEP 2: The Low-Calorie Diet

Breakfast: Any approved non-calorie fluids in any amount. You can choose to have one of your 2 daily fruits if you wish, as well.

Lunch: 3 ½ oz. of protein & 3 ½ oz. of vegetables

Snacks: One serving of fruit twice a day, in the morning and afternoon (at least 6 hours apart). One piece of Melba Toast or one Grissini® Breadstick twice a day. The fruit, Melba Toast or breadstick may be eaten between meals or with breakfast, lunch, or dinner.

Protein Foods: 3 ½ oz. twice daily ~ About the size of a deck of cards and choose only lean meats, particularly:

* Buffalo steak, filet, lean ground beef, London Broil, sirloin, veal, and venison
* Fresh white fish ~ Chilean Sea Bass, cod, crab meat, halibut, lobster, mahi mahi, monkfish, perch, pike, sea scallops, shrimp, snapper, sole, tilapia, and whiting
* Chicken ~ chicken breast only with no skin. You cannot skip lunch and double up for dinner.

NOTE*: All visible fat and skin needs to be removed before cooking, and the portion should be weighed raw. It must be cooked without additional fat.* ***Salmon, grouper, eel, tuna fish, herring or any dried, pickled or smoked fish are NOT allowed.***

Fresh Vegetables: 3 ½ oz. selected vegetables twice daily

* Asparagus, beet-greens, broccoli, cabbage, cauliflower, celery, chard, chicory, cucumbers, fennel, mixed green salad, onions, red radishes, spinach, tomatoes, zucchini. **(NO pumpkin, beetroot, potatoes, carrots, peas, corn, or green beans)**

STEP 2: The Low-Calorie Diet cont.

Fruit: Two portions per day, at least 6 hours apart

* Apple (medium), ½ grapefruit, orange (medium), 6 strawberries (large)

Fluids: A minimum of half your body weight in ounces of recommended fluids

* Example: if you weigh 200 pounds, drink 100 oz. of water
* Approved fluids are: water, coffee, tea, naturally sweetened seltzers, Pellegrino®, non-sweetened Perrier®, and lemonade made with freshly squeezed lemon in Stevia® sweetened water or seltzer.

Little Extras

* As much 100% sugar-free salsa, white and red cabbage, and cucumbers as you would like to eat.
* You may season any food with the juice of one lemon daily, white or black pepper, sea salt, apple cider vinegar, white vinegar, mustard powder, garlic, sweet basil, parsley, thyme, Braggs® Amino Acids, Mrs. Dash®, Old Bay Seasoning®, marjoram, nutmeg, and cinnamon.
* Sauté in fat-free chicken, vegetable or beef broth.
* One tablespoon of skim milk daily ONLY!
* No artificial sweeteners ~ absolutely NO SUGAR. Stevia® or Truvia® may be used.
* No margarine, PAM®, butter, oil or dressing.
* No balsamic or red wine vinegar.
* Juice of one lemon daily.

Drinks

Teas, coffee, plain water, mineral water, Pellegrino®, non-sweetened Perrier®, and lemonade made with freshly squeezed lemon in Stevia® sweetened water or seltzer are the only drinks allowed but they may be taken in any quantity and at any time. We also recommend Green Tea and Yerba Mate tea as they increase energy and reduce appetite.

STEP 2: The Low-Calorie Diet cont.

Cosmetics & Beauty Products

Make-up other than lipstick, eyebrow pencil and powder may be used but must be oil free. No oil-based foundation or make-up of any kind. Powder and lotions that are entirely free of fatty substances are permitted. We also allow hair gel to be used on the hair but it must not be rubbed into the scalp. Oil-free sunblocks and oil-free suntan lotions are available. Over-the-counter pain medications are allowed.

Important Information

* The low-calorie limit must always be maintained. Two small apples are not an acceptable exchange for one apple.
* Do not eat within 2 hours of going to bed.
* No massages of any kind.
* No chewing gum or mints, including sugar-free, unless sweetened with Truvia® or Stevia®.
* Birth control is allowed.

Plateaus

PLEASE READ COMPLETELY

If you weigh yourself and see that your weight has stayed the same for four to six days in a row, after weighing yourself, you should eat six apples for that day. If you are being coached, please consult your coach before proceeding with an apple day. We recommend during that day that you should drink nothing except enough approved fluids to quench your thirst. The next morning you should see a drop in weight. If not, do not be concerned and do not immediately repeat your apple and water day. It is important to realize that because this protocol is synthesizing and releasing so much abnormal fat, the body may retain excess water in order to rid the system of the excess released fat and accompanying toxins. This, at times, results in no apparent weight loss on the scale, however, your body is still being reshaped and significant fat loss is still occurring.

STEP 2: Menu Items

Any Time of Day

* Coffee and Tea ~ Unlimited daily
* One tablespoon of skim milk daily
* Stevia® or Truvia® ~ Unlimited
* One Melba Toast or Grissini® Breadstick ~ twice daily, not at the same time
* Fruits ~ Apple, ½ grapefruit, orange, 6 strawberries (large), ~ 2 per day eaten a minimum of 6 hours apart. You can enjoy the same fruit twice in a day if you wish.

Lunch & Dinner

**PROTEINS**

Choose one of the following protein items for lunch and dinner:

Lean ground beef Chilean Sea Bass Perch

Buffalo Steak Cod Pike

Chicken breast Crab meat (not imitation) Sea Scallops

Filet Mignon Flounder Shrimp

London Broil Halibut Snapper

Sirloin Lobster Sole

Veal Mahi Mahi Tilapia

Venison Monkfish White Fish

All visible fat and skin must be removed before cooking. Meats and seafood must be broiled, boiled, poached, baked, or grilled with not additional fat. No oil, butter, margarine or PAM® allowed. Salmon, eel, fresh tuna, grouper, or herring – dried or pickled, are NOT permitted. All protein must weigh 3.5 oz. RAW.

STEP 2: Menu Items cont.

**VEGETABLES**

Choose one vegetable from the following for lunch and dinner:

Asparagus Fennel

Beet-greens Mixed green salad

Broccoli Onions

Cabbage\*\* Red radishes

Cauliflower Spinach

Celery Sugar-free salsa\*\*

Chard Tomatoes

Chicory Zucchini

Cucumber\*\*

\*\* Free Foods can be eaten any time without needing to weigh the food.

Little Extras

* You may season any food with the juice of one lemon daily, white or black pepper, sea salt, apple cider vinegar, white vinegar, mustard powder, garlic, sweet basil, parsley, thyme, Braggs® Amino Acids, Mrs. Dash®, Old Bay Seasoning®, marjoram, nutmeg, and cinnamon.
* Sauté in fat-free chicken, vegetable or beef broth.
* One tablespoon of skim milk daily ONLY!
* No artificial sweeteners ~ absolutely NO SUGAR! Stevia® or Truvia® may be used.
* No margarine, PAM®, butter, oil, or dressing.
* No balsamic or red wine vinegar.
* Juice of one lemon daily is allowed.

STEP 3: You Have

Reached Your Goal Weight!

***Congratulations!***

STOP YOUR M2 DROPS!

Continue with the low-calorie diet or 3 additional days, since it is important to stay on the diet until all the supplement is gone from your body.

*YOU WILL NOT BE HUNGRY!*

At the end of these three days, move to Step 4 ~ Resetting & Stabilization.

STEP 3: You Have

Reached Your Goal Weight!

A Summary of Dr. Simeons’ Maintenance Phase

It takes about three weeks before the weight reached at the end of the treatment becomes stable, i.e. does not show significant fluctuations after an occasional excess. If you have lost more than 30 lbs., add one additional week to this step for every 10 lbs. you have lost. Example: 50 lbs. of weight loss requires 5 weeks of this step.

Eat what you want, when you want (preferably when hungry, not bored, stressed, etc.) and let your body tell you when you are satisfied, not “full”, however, avoid starches, carbohydrates, alcohol, sugars, and continue to weigh yourself EVERY DAY. If you experience a 2-pound weight gain over your desired weight, perform a “Steak Day”.

“Steak Day”

If your morning weight has increased by 2 lbs. or more, you must skip breakfast and lunch but drink plenty of fluids. In the evening you must eat a huge steak with only an apple or a raw tomato.

It is very important that you do this on the day that your scale shows you more than 2 lbs. of weight gain and that you do not postpone this to the following day.

Review of the following sections of Dr. Simeons’ manuscript is highly suggested to help you through Phase 4.

* Concluding a Course
* Skipping a Meal
* Trouble after Treatment
* Beware of Over-Enthusiasm
* Protein Deficiency

Many people become concerned in Phase 4 because the amount that can be eaten is not specified. Dr. Simeons wanted his patients to start to regulate themselves.

STEP 4: Resetting & Stabilization, Cont.

There are four main rules that MUST be kept during this phase to successfully keep the weight off and reset your body for its new weight. They are as follows:

* No Starches
* No carbohydrates
* No alcohol
* Do not eat until you are full. Stop when you are comfortable.

Weigh yourself every day, and initiate a “Steak Day” if weight is up by two pounds or more (from the weight of the last day of your M2 drops). Eat only enough to be satisfied, not “full.”

Let’s review this phase specifically.

No Starches

No breads and crackers, cereals, pastas, grains, or rice except Melba Toast or Grissini® Breadsticks. Dr. Simeon was not specific about legumes (such as kidney beans, refried beans, etc.) so if you decide to eat them, they must be eaten cautiously and in small portions (1/4 cup). Nuts, including peanut butter, are also starchy and should be eaten with the same caution.

No Alcohol

Stay away from the obvious sweets and goodies. Also, be careful with very sweet fruit, and no fruit juices. Avoid added sugars to unsuspected foods. Closely watch labels and be wary of fat-free or low-fat items that may be pumped up with sugars and carbohydrates. Artificial sweeteners, sugar-free gum, and diet drinks are acceptable. Watch your labels.

Don’t Eat Until You Are Full

Rather, stop when you are satisfied. This takes a certain degree of awareness while you are eating.

WEIGH YOURSELF EVERY DAY!

Dr. Simeons said it best when he stated in his protocol, “Relapses may be due to negligence in the basic rule of daily weighing. Many patients think that this is unnecessary and that they can judge any increase from the fit of their clothes. Some do not carry their scale with them on a journey as it is cumbersome and takes a big bite out of their luggage allowance when flying. This is a disastrous mistake, because after a course of M2 drops, as much as 10 pounds can be regained without any noticeable change in the fit of the clothes”. Take your scale with you! You must weigh every morning as you get out of bed, without clothes, after you have emptied your bladder, and before breakfast or liquids of any kind.

The following is a list of foods that are acceptable during Step 4:

Fruits

Most fruits and berries are allowed. No fruit juices. Avoid canned fruits with added sugars or in heavy syrup. Also, avoid dried fruit. No canned cranberry sauce (too much sugar). Be careful with grapes and bananas.

Vegetables

All vegetables are fine except the starch ones, such as potatoes, yams, corn, peas, rutabagas, chicory root or tomato sauce with added sugars.

Meats

All meats are acceptable. Trim the visible fats and go for the leaner choices. Be careful with hotdogs. Jerkies are allowed if they do not have a lot of added sugar (7 grams of carbohydrate per serving or less). All seafoods are fine but no breaded items (or crab cakes).

Dairy

Aim for lower fat options. Cheeses are fine but don’t overindulge. Regular plain yogurt is acceptable. You may add our own Stevia®. Cottage cheese is allowed, low-fat versions are preferable.

Starches & Breads

NO STARCHES, sugars, rice, bread, potatoes, pastries, etc. Legumes, beans, and edamame are acceptable. Most other legumes need to eaten very carefully and in very small quantities. They are quite starchy and need to be eaten with caution.

Nuts & Seeds

These are very starchy and need to be eaten with caution. Peanut butter is small quantities may be eaten. One serving a day of 10-15 nuts is the maximum that should be eaten. If you are having a difficult time controlling your weight in Step 4, cut nuts out completely.

Condiments

Watch for added sugars and carbohydrates. Low-sugar barbecue sauce is allowed. No jams or jellies, only whole fruit spreads containing no added sweeteners except Stevia®. Low-sugar ketchup is acceptable. No sweet pickles or sweet pickle relish. Watch out with low-fat salad dressings, many have added sugars - you may be better off going with the regular, higher fat versions.

Fats & Oils

Acceptable in small amounts.

Sauces

Avoid starchy gravies. If the sauce tastes really sweet, it probably has a lot of added sugar and should be avoided. Au jus is preferred.

STEP 4 ~

Reset & Stabilize Sample Menues

Sample Menu 1

***Breakfast:*** Two fried eggs, one fresh fruit

***Mid-Morning Snack:*** 10-12 Almonds

***Lunch:***Grilled chicken breast with sautéed peppers and onions, ½ cup cottage cheese

***Mid-Afternoon Snack:*** Apple with 1 teaspoon peanut butter

***Dinner:*** Grilled steak salad with crumbled blue cheese and red onions with regular salad dressing

***Late-Night Snack:*** Cheese-stick with 1 cup of sugar-free lemonade

Sample Menu 2

***Breakfast:*** Two egg omelet with turkey sausage, onions, and peppers sprinkled with a little cheddar cheese

***Mid-Morning Snack:*** One peach with ½ cup cottage cheese

***Lunch:*** Ham slices with green beans and small salad with regular dressing

***Mid-Afternoon Snack:*** Celery slices with peanut butter

***Dinner:*** Hamburger patty with a slice of melted cheese, coleslaw (cabbage with mayonnaise, a splash of vinegar, and a little artificial sweetener)

***Late-Night Snack:*** ½ cup of plain yogurt, ½ cup unsweetened berries and a little artificial sweetener

Frequently Asked Questions

Q: How closely do I need to follow the M2 Diet?

A: It is essential that you follow the protocol as outlined. The Low-Calorie Diet starts on the third day of the drops. It needs to be followed EXACTLY! Even slight variations in the diet and protocol can mean that the weight loss stops.

Q: How often do I need to weigh myself during the diet?

A: Weigh yourself every morning before eating or drinking any fluids and without clothing.

Q: What type of makeup should I wear?

A: No cosmetics other than lipstick, eyebrow pencil, mascara and powder should be used and they must be oil-free. Consider using one of the many mineral powder cosmetics during this diet.

Q: Can I have a massage during this diet?

A: Please refrain from massages during Step 2.

Q: What type of exercise should I do while on the M2 diet?

A: Gentle to moderate exercise is recommended during the diet. For example: walking or yoga for ½ an hour per day is beneficial. Strenuous exercise is not recommended.

Q: What do I do if I reach my goal weight before the 21st day?

A: If you reach your goal weight before you have finished the 21 days of drops, you must not stop the drops until you complete your 21st day. Please contact us for a personalized plan.

Frequently Asked Questions cont.

Q: How do I help avoid a relapse of weight gain?

A: Weigh yourself every day. Many people think that it is unnecessary to weigh daily and that they can judge an increase from the fit of their clothes. Some do not carry their scale with them while traveling, as it is cumbersome and takes a big bite out of their luggage allowance when flying. This is a serious mistake, because after course of M2 drops, as much as 10 pounds can be regained without any noticeable change in the fit of their clothes. The reason for his is that after treatment, newly acquired fat is first evenly distributed and does not show the former preference for certain body parts.

Q: How much lemon juice can I use per day?

A: The juice of one fresh lemon is allowed for any purpose per day.

Q: Can I season my food?
A: You may season any food with the juice of one fresh lemon daily, white or black pepper, sea salt, apple cider vinegar, white vinegar, mustard powder, garlic, sweet basil, parsley, thyme, Braggs® Amino Acids, Old Bay Seasoning®, oregano, nutmeg, cinnamon, Mrs. Dash®, and marjoram.

Q: Can I use any fats to cook or eat with my food?

A: No oil, Pam®, butter, or dressing is permitted during Steps 2 and 3.

Q: What type of fluids can I drink?

A: Approved fluids are water, coffee, tea, naturally sweetened seltzers, Perrier®, and lemonade made with freshly squeezed lemon in Stevia® sweetened water or seltzer.

Frequently Asked Questions, cont.

Q: How much fluids should I drink each day?

A: You should drink a minimum of half our body weight in ounces of recommended fluids. Example: If you weigh 140 lbs. drink 70 oz. of recommended fluids daily. Many clients are afraid to drink so much fluids because they fear that this may make them retain more water. This is a wrong notion as the body is more inclined to store water when the intake falls below its normal requirements.

Q: Can I vary when I eat my fruit or breadstick each day?

A: The fruit or the breadstick may be eaten between meals instead of with lunch or diner but not more than four items listed for lunch and dinner may be eaten at one meal.

Q: What about the use of over-the-counter medications?

A: You are allowed to take over-the-counter medications. Be careful of sugar content which could affect weight loss.

Q: How do I weigh my meats and fish?

A: The 3.5 oz. of meat must be scrupulously weighed raw after all visible fat has been removed. Use a postage or accurate food scale to weigh your food.

Q: Can I vary the items listed for each meal?

A: There is no problem in breaking up the two meals. For example, have a breadstick and a fruit for breakfast or before going to bed, provided they are deducted from the regular meals. The whole daily ration of 2 breadsticks or 2 fruits may not be eaten at the same time, nor can any item be saved from the previous day.

Q: Why should I journal?

A: It is important to journal your food intake each day in order to count your calories and log in the food and fluids you consume.

Q: What if I just do the low-calorie diet without the M2 drops?

A: Don’t try this diet without M2 drops. The weight you lose will be quickly regained.

Q: Does it matter if I eat 2 small apples rather than 1 large apple?

A: It is better to eat 1 medium apple rather than 2 small apples.

Q: What should I do if I become constipated?

A: Consult your medical health provider about taking a Magnesium supplement which should alleviate the condition and will not interfere with your program.

M2

METABOLIC METHOD

*The Ultimate Weight Loss & Wellness Program*

M2 Health & Wellness

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