

# Lose Weight NOW!



**XTRA  
THIN**  
.COM

High Performance  
Weight Loss Centers  
of America

# HCKeto Products



HCKeto Metabolic  
Optimizer™

Xtra B™

HCKeto Plus Lipotropic  
Enhancer™

# HCKeto Program Contains

- **HCKeto Program Guide** (Online)

- **HCKeto Homeopathic**  
2fl oz. 30 day or 3fl oz. 40 day  
program

- **HCKeto Plus**  
2fl oz.

**Documents online**

- **XTRA-B**

- **Ketogenic Chart** (Online)

- **Ketone Strips**

- **Online Recipes**

[www.xtrathin.com/documents.html](http://www.xtrathin.com/documents.html)

## Getting Started Days 1-2

Weigh yourself and take beginning body measurements; record these on your Daily Progress Chart. It is best to weigh yourself first thing in the morning after voiding your bladder. To ensure the success of the **HCKeto Program**, it is extremely important to load correctly during days 1 and 2. During this loading period, start taking 15 drops of **HCKeto** homeopathic 3 times a day — morning, lunch and dinner — and consume foods with high fat content every 3 hours.

Do not confuse high-calorie, sugary foods with high-fat foods. Eat high-fat foods such as fried foods, eggs, cheese, pork, peanuts, Fish Oils.

## Days 3 - 27 (37)

Begin the **HCKeto** diet; see pages 8-12 for the **HCKeto** food list and sample meals. Continue taking 15 drops of the **HCKeto** homeopathic 3 times a day and **HCKeto Plus** 1-2 times (as directed by your weight loss counselor) and the **XTRA-B**. Make sure to drink plenty of water.

If your ketones are not raised by day 5 or 6 or you are not losing weight, it is likely that you did not load properly. If this happens, for the next 3 days, you may take 1 Omega 3-6-9 capsule twice daily. If this does not increase your ketone level or weight loss, contact your Xtra Thin Counselor.

## Days 28-30 (38-40)

Stop **HCKeto**, but continue the **HCKeto** diet of approved foods and your **HCKeto Plus** while **HCKeto** is being cleared from your body. This process usually takes about 48 hours.

Record final weight and measurements on Daily Progress Chart. Begin Metabolic Reset Period as directed by your weight loss counselor.

*\*40 days is the maximum length of each round of **HCKeto**.*

## What is HCKeto

Our Trademarked Bio-Mimetic Lipotropic Metabolizer —commonly referred to as **HCKeto**- is a naturally occurring branch chain amino acids. The body uses HCKeto during fat burning to metabolize fat as an energy source for the growth and nourishment of the body. **HCKeto** works with the hypothalamus gland, a part of the brain that regulates appetite, digestion, metabolism and fluid levels. What makes **HCKeto** different from dieting alone is that many restrictive diets trigger a “starvation mode,” putting the brakes on your metabolism and actually causing fat storage. Oral **HCKeto** and **HCKeto Plus** combined with a modified meal plan stimulates the body to mobilize stored fat, making it available to your body as an energy source. This means fat is burned instead of muscle, without the typical hunger pangs one would experience with a low calorie program.

## What is in the HCKeto Program?

**HCKeto** is a homeopathic formula produced using classical hand succession method. This method produces a remedy that is a dilution of the actual substances and potentized so that only an energetic imprint of the original substance is left. This works in the body on an energetic level, producing the same results as the original substance. This science is called “Similia Similibus Curentur” or “Like Cures Like.”

### The HCKeto Homeopathic Program Contains:

1. Homeopathic form of Bio Mimetic Lipotropic Metabolizers containing three homeopathic Amino Acids to support and help

reset your metabolism. These Amino Acids are involved in maintaining your ideal body weight, temperature, regulating fat deposits and appetite.

### 2. Xtra Thins’ HCKeto Plus Ingredients:

A combination homeopathic remedy of multiple potency’s and ingredients made of branch chain amino acids to support insulin resistance; pancreas; hypothalamus; serotonin and dopamine to support the depression often associated with eating disorders, weight problems and repeated dieting; other minerals and homeopathics known to support the nervous system; and other specific homeopathics to address long-term compulsive eating.

### 3. XTRA- B Vitamin Support

During a lifestyle change related to restoring your body’s relationship to the ideal amount of food necessary, you may at times experience a mild feeling of low energy.

## Advantages of the Xtra Thin HCKeto Program over a conventional weight loss diet

- **HCKeto** assists the body to burn stored fat as your primary energy source.
- **HCKeto** can greatly diminish your hunger levels.
- **HCKeto** resets your appetite and glandular control mechanisms, enabling you to make your weight loss permanent.
- **HCKeto** re-sculpts your body and protects muscle to avoid muscle wasting.



## Support Formulas

### Xtra Balance 2

*Take 1-2 capsules twice daily. During the fat burning process, stored toxins and metabolites are released into the blood stream. Xtra Balance 2 helps convert these released toxins into a water soluble form that can then be eliminated in the urine or stool. Increased water intake helps in this removal process.*

### Xtra Balance

**Take as directed by your Weight Loss Counselor.**

*Free oxygen radicals can damage normal metabolic functions. N-acetylcysteine works by protecting from such free-radical damage. We have several different anti-oxidants to protect us from these free radicals vitamin C, vitamin E, bioflavonoids. One you may not have heard of yet is glutathione. N-acetylcysteine helps your body produce more glutathione. Glutathione is composed of the three amino acids: cysteine, glutamine and glycine. Glutamine and glycine are fairly common in the body; sometimes we can run a little short of cysteine. You can find cysteine in onions, garlic, and in N-acetylcysteine. Generally, if you want to raise the levels of glutathione within the cell, you take lipoic acid or N-acetylcysteine by mouth. We use the two agents in different situations.*

### XTRA-B

*Take one dropper under the tongue as needed. Finally, a B-Complex liquid B vitamin that is easy to take and with the same dosage of B-12 injections. The B-vitamins are known as energy boosters; they turn the food you eat into ENERGY by converting carbohydrates into glucose.*

*Taking the liquid Xtra B Solution helps combat the effects of stress. When deficient, your body will take B-vitamins from your nervous system.*

*The stress of daily living takes a toll on our nerves, glands and hormones and may increase the need for B-vitamins.*

## Advantages of Using the Homeopathic HCKeto over the HCG Hormone Injections

- No injections with homeopathy. You simply take drops orally.
- Homeopathic remedies have been used with safety and efficacy for over 200 years.
- Clients who have used both HCKeto and HCG report that homeopathic HCKeto works just as well or even better than the prescription hormone HCG.
- A fraction of the price of HCG injections.

Real success is achieved when your new lower body weight becomes established to the point that your desired food intake is reflective of the needs of your new body weight; you are no longer eating the larger quantities of calories your body previously needed to sustain the excess fat that you slowly added on over the years.

## Frequently Asked Questions

### How Does HCKeto Work?

HCKeto triggers the body to provide a constant flow of "food" metabolized from your stored fat that your body is breaking down and using. That means burning 1500 to 3500 calories of stored fat and losing ½ to 1 pound per day.

### What is the difference between HCKeto and HCG injections?

Our Homeopathic HCKeto drops are taken orally to aide in better absorption. HCG injections must be prescribed by a doctor and are administered by a shot into muscle tissue; our Homeopathic HCKeto does not require a prescription.

### Is homeopathy safe?

Homeopathy is the second most widely used medical system in the world. The United States has seen a great rise in popularity as more and more people turn to more natural forms of care. Homeopathy is effective, natural and safe without dangerous side effects and has been used for over 200 years. Slight headaches are rarely reported, a mild side effect from using HCKeto.

### Is there anything I should avoid?

Avoid all forms of caffeine an hour before and after taking HCKeto products. This includes all chocolate, caffeinated drinks (tea and coffee) and mint. Even minty toothpaste can effect HCKeto homeopathic efficacy.

### How long has HCKeto been used?

In the summer of 2009, Weight Loss Pioneer Richard Young Xtra Thin's Founder began using small doses of HCKeto in obese clients to decrease appetite and observed weight

loss and decreased inches around hips, thighs, buttocks and stomach. It has continued to gain popularity as a successful, natural approach to weight loss.

### How much Water should I drink?

Minimum: Your weight in pounds X .50 = number of ounces of water daily. Example: A person weighing 200 lbs. should drink at least 100 ounces of water in small amounts throughout the day.

### Will I feel hungry while using HCKeto?

Because HCKeto is mobilizing your stored fat, your body will be constantly fed by your own stored fat. Most people report a feeling of being satisfied while using HCKeto even though their actual food intake has been modified. Additionally our HCKeto Plus has herbal appetite suppressants to reduce hunger and HCKeto in homeopathic form which can release 1,500 - 3,500 calories per day, giving your body plenty upon which to subsist.

### How much weight can I lose per day?

.5 – 1.5 pounds of mostly fat per day.

### Wouldn't I lose 1 to 2 pounds without HCKeto by only eating a Very Low Calorie Diet (VLCD)?

Eating a VLCD without HCKeto is not advised because normally, your body may perceive that It is in starvation mode, thereby putting the brakes on your metabolism and weight loss.

### Should I have a prescription and doctor involved while using HCKeto?

Whenever considering a weight loss program, consult with your healthcare provider. Our Homeopathic HCKeto does not require a prescription but supervision is highly

recommended whenever you are on a weight loss program.

### **What if I don't lose as much weight as I would like?**

After the first 30 – 40 day cycle of HCKeto, you may begin a Metabolic Reset Period per your weight loss counselor. At the completion of the Reset Period, you can start another round of HCKeto.

### **How do I keep my goal weight once I stop using HCKeto?**

Don't think of HCKeto as just a diet. This program helps reset your caloric needs, your metabolism and your fat regulation system. However, it is important to continue to be aware of the foods you eat and your caloric intake, especially during the 7 -21 Day Metabolic Reset Period. Eating natural, organic foods and avoiding refined flours and sugars will provide the nutrients and energy required to keep a healthy weight.

### **Can I exercise during the HCKeto Program?**

Light exercise is allowable, however, strenuous exercise is discouraged because during the HCKeto Program, there are large amounts of fat in the blood stream that require energy to metabolize. Strenuous exercise may inhibit the digestive process.

### **Can men use HCKeto for weight loss?**

Yes, men find great success in using HCKeto for weight loss.

### **Can I take HCKeto while using oral contraceptives?**

HCKeto has not been shown to interfere with oral contraceptives.

### **Should women start taking HCKeto during their menstrual cycle?**

The best time for women to start the HCKeto Program is immediately after their first full day on their menstrual cycle.

### **Can HCKeto be used while breast feeding?**

As always it is best to ask your healthcare provider as many amino acids contained in our products are naturally produced during pregnancy and menstruation.

### **Can vegetarians use the HCKeto Program for weight loss?**

Yes, vegetarians can use HCKeto for weight loss following the vegetarian protocol for their eating choices. There are no molecules of thyroid, pituitary or hypothalamus left in the HCKeto homeopathic.

### **Are there any other dietary considerations I should make?**

All dairy foods and all forms of mint should be avoided. Some people choose to eat gluten-free foods while on the HCKeto Program.

## HCKeto Food List

### Vegetables

Pick 2 Servings Per Meal / No more than two in one meal

Name	Serving Size
Asparagus (cooked)	1 cup
Banana Peppers	1 cup
Bell Peppers (Red, Green, Yellow)	1 cup
Broccoli	1 cup
Brussel Sprouts	1 cup
Cabbage	1 cup
Cauliflower	1 cup
Celery	1 cup
Chard	1 cup
Chicory	1 cup
Cucumber	1 cup
Dill Pickles	1 cup
Fennel	1 cup
Greens (Collard, Mustard, Turnip)	1 cup
Green Beans	1 cup
Jalapeno	1 cup
Lettuce (Iceberg, Green Leaf, Etc.)	1 cup
Onion (All Types)	1 cup
Parsley	1 cup
Radish (Red)	1 cup
Spinach	1 cup
Squash	1 cup
Tomato	1 cup
Zucchini	1 cup

2 Vegetables per meal

**Dairy & Gluten** - All dairy must be eliminated. A gluten free diet during this program is also suggested.

**Coconut Oil** is composed of approximately 66% medium-chain triglycerides and can be used sparingly in cooking.



## HCKeto Food List cont.

### Fruits

Pick 2 Servings Per Day as Snacks



2 servings per day

Name	Serving Size
Apple	Medium
Strawberry	20 Medium
Grapefruit (Pink or Red)	1/2 Large
Blueberry	1 Cup
Blackberry	1 Cup
Raspberry	1 Cup
Honeydew Melon	1 Cup
Watermelon	1 Cup
Cantaloupe	1 Cup

### Meats

Pick 2 Servings Per Day / No more than one per meal / To be weighed raw

Name	Serving Size
Lean Ground Beef	3.5 oz.
Cube Steak	3.5 oz.
Sirloin Tip Side Steak	3.5 oz.
Top Round Steak	3.5 oz.
Tri-Tip	3.5 oz.
Chicken	3.5 oz.
Turkey	3.5 oz.



## Fish

Pick 2 Servings Per Day / No more than one per meal / To be weighed raw

Name	Serving Size
Cat Fish	3.5 oz.
Cod	3.5 oz.
Flounder	3.5 oz.
Haddock	3.5 oz.
Halibut	3.5 oz.
Lemon Sole	3.5 oz.
Ling	3.5 oz.
Monk Fish	3.5 oz.
Parrot Fish	3.5 oz.
Pollack	3.5 oz.
Pomfret	3.5 oz.
Red & Grey Mullet	3.5 oz.
Red Fish	3.5 oz.
Red Snapper	3.5 oz.
Rock Salmon/Dogfish	3.5 oz.
Rohu	3.5 oz.
Sea Bass	3.5 oz.
Shark	3.5 oz.
Tilapia	3.5 oz.
Whiting	3.5 oz.

2 - 3.5 oz servings Protein per day

## Seafood

Pick 2 Servings Per Day / No more than one per meal / To be weighed raw

Name	Serving Size
Shrimp	3.5 oz.
Lobster	3.5 oz.
Crab Meat	3.5 oz.
Albacore Tuna	3.5 oz.

# 14 Day Sample Meal Selections

## HCKeto Diet

Day 1	Breakfast	Snack	Lunch	Snack	Dinner
	½ Cup Egg Beaters 1 - 2 Cups Coffee** (optional)	20 medium Strawberries	3.5 oz. Ground Beef 1 cup Green Beans 1 cup Salad Greens Fat-free Dressing	1 Medium Apple	3.5 oz. Chicken Breast 1 cup Asparagus 1 cup Broccoli
Day 2	Breakfast	Snack	Lunch	Snack	Dinner
	½ Cup Egg Beaters 1 - 2 Cups Coffee** (optional)	1 small Apple	3.5 oz. Shrimp (12) 1 Cup Broccoli 1 Cup Asparagus	20 medium Strawberries	3.5 oz. Top Sirloin Spinach Salad w/ Purple Onion Fat-free Dressing
Day 3	Breakfast	Snack	Lunch	Snack	Dinner
	½ Cup Egg Whites 2 Cups Coffee** (optional)	1 Cup Blackberries	3.5 oz. Chicken Breast 10 Cherry Tomatoes 1 Cup Salad Greens Fat-free Dressing	1/2 Grapefruit	3.5 oz. Tilapia 1 Cup Asparagus 1 Cup Green Beans
Day 4	Breakfast	Snack	Lunch	Snack	Dinner
	½ Cup Egg Whites 2 Cups Coffee** (optional)	1 Cup Watermelon	3.5 oz. Crab 1 Cup Asparagus 1 Cup Salad Greens Fat-free Dressing	1 Small Apple	3.5 oz. White Fish Spinach Salad w/Onion 1 Cup Zucchini Fat-free Dressing
Day 5	Breakfast	Snack	Lunch	Snack	Dinner
	½ Cup Egg Beaters 2 Cups coffee' (optional)	1 Cup Blueberries	3.5 oz. Lobster 1 Cup Salad Greens 1 Cup Cucumbers Fat-free Dressing	1 cup Watermelon	3.5 oz. Ground Beef 1 Cup Cabbage 1 Cup Cucumber
Day 6	Breakfast	Snack	Lunch	Snack	Dinner
	½ Cup Egg Whites 2 Cups Coffee** (optional)	1 Medium Apple	3.5 oz. Shrimp (12) 1 Cup Broccoli 1 Cup Cabbage	1 Cup Cantaloupe	3.5 oz. Top Sirloin Spinach Salad 1 Cup Squash Fat-Free Dressing
Day 7	Breakfast	Snack	Lunch	Snack	Dinner
	½ Cup Egg Whites	1 Cup Raspberries	3.5 oz. Tilapia 1 Cup Green Beans 1 Cup Squash	1 Small Apple	3.5 oz. Top Sirloin Spinach Salad 10 Cherry Tomatoes Fat-Free Dressing

# 14 Day Sample Meal Selections

## HCKeto Diet cont.

Day 8	Breakfast	Snack	Lunch	Snack	Dinner
	½ Cup Egg Beaters 1 - 2 Cups Coffee** (optional)	20 medium Strawberries	3.5 oz. Ground Beef 1 cup Green Beans 1 cup Salad Greens Fat-free Dressing	1 Medium Apple	3.5 oz. Albacore Tuna 1 cup Asparagus 1 cup Broccoli
Day 9	Breakfast	Snack	Lunch	Snack	Dinner
	½ Cup Egg Beaters 1 - 2 Cups Coffee** (optional)	1 small Apple	3.5 oz. Shrimp (12) 1 Cup Broccoli 1 Cup Asparagus	20 medium Strawberries	3.5 oz. Chicken BreastSpinach Salad w/Onion 1 Cup Squash
Day 10	Breakfast	Snack	Lunch	Snack	Dinner
	½ Cup Egg Whites 2 Cups Coffee** (optional)	1 Cup Blackberries	3.5 oz. Turkey Breast 10 Cherry Tomatoes 1 Cup Salad Greens Fat-free Dressing	1/2 Grapefruit	3.5 oz. Tilapia 1 Cup Asparagus 1 Cup Green Beans
Day 11	Breakfast	Snack	Lunch	Snack	Dinner
	½ Cup Egg Whites 2 Cups Coffee** (optional)	1 Cup Watermelon	3.5 oz. Crab 1 Cup Asparagus 1 Cup Salad Greens Fat-free Dressing	1 Small Apple	3.5 oz. White Fish Spinach Salad w/Onion 1 Cup Zucchini Fat-free Dressing
Day 12	Breakfast	Snack	Lunch	Snack	Dinner
	½ Cup Egg Beaters 2 Cups coffee' (optional)	1 Cup Blueberries	3.5 oz. Lobster 1 Cup Salad Greens 1 Cup Cucumbers Fat-free Dressing	1 cup Watermelon	3.5 oz. Ground Beef 1 Cup Cabbage 1 Cup Cucumber
Day 13	Breakfast	Snack	Lunch	Snack	Dinner
	½ Cup Egg Whites 2 Cups Coffee** (optional)	1 Medium Apple	3.5 oz. Chicken Breast 1 Cup Broccoli 1 Cup Cabbage	1 Cup Cantaloupe	3.5 oz. Turkey Breast Spinach Salad 1 Cup Squash Fat-Free Dressing
Day 14	Breakfast	Snack	Lunch	Snack	Dinner
	½ Cup Egg Whites 2 Cups Coffee** (optional)	1 Cup Raspberries	3.5 oz. Tilapia 1 Cup Green Beans 1 Cup Squash	1 Small Apple	3.5 oz. Chicken Breast 10 Cherry Tomatoes 1 Cup Salad Greens Fat-free Dressing

# Excerpts From: *Pounds & Inches*

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*Modifications Based on Xtra Thin Experiences*

## THE NATURE OF OBESITY

### Obesity a Disorder

As a basis for our discussion we postulate that obesity in all its many forms is due to an abnormal functioning of some part of the body and that every ounce of abnormally accumulated fat is always the result of the same disorder of certain regulatory mechanisms. Persons suffering from this particular disorder will get fat regardless of whether they eat excessively, normally or less than normal. A person who is free of the disorder will never get fat, even if he frequently overeats.

Those in whom the disorder is severe will accumulate fat very rapidly, those in whom it is moderate will gradually increase in weight and those in whom it is mild may be able to keep their excess weight stationary for long periods. In all these cases a loss of weight brought about by dieting, treatments with thyroid, appetite-reducing drugs, laxatives, violent exercise, massage, baths, etc., is only temporary and will be rapidly regained as soon as the reducing regimen is relaxed. The reason is simply that none of these measures corrects the basic disorder.

While there are great variations in the severity of obesity, we shall consider all the different forms in both sexes and at all ages as always being due to the same disorder.

Variations in form would then be

partly a matter of degree, partly an inherited bodily constitution and partly the result of a secondary involvement of endocrine glands such as the pituitary, the thyroid, the adrenals or the sex glands. On the other hand, we postulate that no deficiency of any of these glands can ever directly produce the common disorder known as obesity.

If this reasoning is correct, it follows that a treatment aimed at curing the disorder must be equally effective in both sexes, at all ages and in all forms of obesity. Unless this is so, we are entitled to harbor grave doubts as to whether a given treatment corrects the underlying disorder. Moreover, any claim that the disorder has been corrected must be substantiated by the ability of the patient to eat normally of any food he pleases without regaining abnormal fat after treatment. Only if these conditions are fulfilled can we legitimately speak of curing obesity rather than of reducing weight.

Our problem thus presents itself as an enquiry into the localization and the nature of the disorder which leads to obesity. The history of this enquiry is a long series of high hopes and bitter disappointments.

### Diabetes

In an obese patient suffering from a fairly advanced case of stable diabetes of many years duration in which the blood sugar may range from 3-400 mg%, it is often possible to stop all anti-diabetic medication after the first few days of treatment only on advise of Medical Doctor. The blood sugar continues to drop from day to day and often reaches normal values in 2-3 weeks. As in pregnancy, this phenomenon is not observed in the brittle type of diabetes, and as some cases that are predominantly stable may have a small brittle factor in their clinical makeup, all obese diabetics have to be kept under a very careful and expert watch.



## Gout

An identical behavior is found in the blood uric acid level of clients suffering from gout. Predictably such clients get an acute and often severe attack after the first few days of HCKeto program but then remain entirely free of pain, in spite of the fact that their blood uric acid often shows a marked increase which may persist for several months after starting. Those clients who have regained their normal weight remain free of symptoms regardless of what they eat, while those that require a second course of treatment get another attack of gout as soon as the second course is initiated. We do not yet know what diencephalic mechanisms are involved in gout; possibly emotional factors play a role, and it is worth remembering that the disease does not occur in women of childbearing age.

## The Plateau

A plateau lasts 4-6 days and frequently occurs during the second half of a full course, particularly in clients that have been doing well and whose overall average of nearly a pound per effective dosage has been maintained. Those who are losing more than the average all have a plateau sooner or later. A plateau always corrects itself, but many clients who have become accustomed to a regular daily loss get unnecessarily worried and begin to fret. No amount of explanation convinces them that a plateau does not mean that they are no longer responding normally to treatment.

In such cases we consider it



permissible, for purely psychological reasons, to break up the plateau. This can be done in two ways. One is a so-called "apple day". An apple-day begins at lunch and continues until just before lunch of the following day. The clients are given six large apples and are told to eat one whenever they feel the desire though six apples is the maximum allowed. During an apple-day no other food or liquids except plain water are allowed and of water they may only drink just enough to quench an uncomfortable thirst if eating an apple still leaves them thirsty. Most clients feel no need for water and are quite happy with their six apples. The apple-day produces a gratifying loss of weight on the following day, chiefly due to the elimination of water. This water is not regained when the clients resume their normal modified diet at lunch, and on the following days they continue to lose weight satisfactorily.

Your other option is a Steak Day. A steak day consists of eating nothing throughout the day. No breakfast, lunch or snacks. Consume your normal amount of fluids and for dinner have a large steak (fatty) and a large tomato. Your weight loss should be achieved the following day.

## Dietary Tips and Suggestions

The juice of one lemon daily is allowed for all purposes. Salt, pepper, vinegar, mustard powder, garlic, sweet basil, parsley, thyme, marjoram, etc., may be used for seasoning, but no oil, butter or fat containing dressing. Tea, coffee, plain water, or mineral water are the only drinks allowed, but they may be taken in any quantity and at all times.

In fact, the client should drink about 3 liters of these fluids per day. Many clients are afraid to drink so much 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.

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

Every item in the list is gone over carefully, continually stressing the point that no variations other than those listed may be introduced. All things not listed are forbidden, and the client is assured that nothing permissible has been left out. The 3.5 oz of meat must be scrupulously weighed raw after all visible fat has been removed. To do this accurately the client must have a letter-scale, as kitchen scales are not sufficiently accurate and the butcher should certainly not be relied upon. Those not uncommon clients who feel that even so little food is too much for them, can omit anything they wish.

There is no objection to breaking up the two meals. For instance having an apple for breakfast or some strawberries before going to bed, provided they are deducted from the regular meals. The whole daily ration two fruits may not be eaten at the same time, nor can any item saved from the previous day be added on the following day. In the beginning clients are advised to check every meal against their meal sheet before starting to eat and not to rely on their memory. It is also worth pointing out that any attempt to observe this diet without HCKeto will lead to trouble in two to three days. We have had cases in which clients have proudly flaunted their dieting powers in front of their friends without mentioning the fact that they are also receiving HCKeto. They let their friends try the same diet, and when this proves to be a failure - as it necessarily must - the client starts raking in unmerited kudos for superhuman willpower.

It should also be mentioned that two small apples weighing as much as one large one never the less have a higher caloric value and are therefore not allowed though there is no

restriction on the size of one apple. Some people do not realize that chicken breast does not mean the breast of any other fowl, nor does it mean a wing or drumstick.

The most tiresome clients are those who start counting Calories and then come up with all manner of ingenious variations which they compile from their little books. When one has spent years of weary research trying to make a diet as attractive as possible without jeopardizing the loss of weight, culinary geniuses who are out to improve their unhappy lot are hard to take.

## Menstrual Interruption

Another type of interruption is the one which often occurs a few days before and during the menstrual period and in some women at the time of ovulation. Because the amount of Xtra Thin HCKeto is so small, there are no likely changes to your menstrual cycle. Likewise, Xtra Thin HCKeto will not affect your ability to become pregnant, nor will it increase your chances of getting pregnant. It is best to avoid starting the Xtra Thin HCKeto Program if you are within 5-6 days of your menstrual period. Wait until after your menstrual period has begun to start Xtra Thin HCKeto Program. Once on Xtra Thin HCKeto and you have a menstrual cycle, you can maintain the diet and continue taking Xtra Thin HCKeto. Oral contraceptives may be used during care.

## Dietary Errors

Any interruption of the normal loss of weight which does not fit perfectly into one of those categories is always due to some possibly very minor dietary error. Similarly, any gain of more than 1 -2 pounds is invariably the result of some transgression or mistake, unless it happens on or about the day of ovulation or during the three days preceding the onset of menstruation, in which case it is ignored. In all other cases the reason for the gain must be established at once.

The client who frankly admits that he has stepped out of his regimen when told that something has gone wrong is no problem. He is always surprised at being found out, because unless he has seen this himself he will not believe that a salted almond, a couple of potato chips, a glass of tomato juice or an extra fruit will bring about a definite increase in his weight on the following day.

Very often he wants to know why extra food weighing one ounce should increase his weight by six ounces. We explain this in the following way. Under the influence of HCKeto the blood is saturated with food and the blood volume has adapted itself so that it can only just accommodate the modified food intake which come in from the intestinal tract in the course of the day. Any additional income, however little this may be, cannot be accommodated and the blood is therefore forced to increase its volume sufficiently to hold the extra food, which it can only do in a very diluted form. Thus it is not the weight of what is eaten that plays the determining role but rather the amount of water which the body must retain to accommodate this food.

This can be illustrated by mentioning the case of salt. In order to hold one teaspoonful of salt the body requires one liter of water, as it cannot accommodate salt in any higher concentration. Thus, if a person eats one teaspoon full of salt his weight will go up by more than two pounds as soon as this salt is absorbed from his intestine.

### **Salt and Reducing**

While we are on the subject of salt, I can take this opportunity to explain that we make no restriction in the use of salt and insist that the clients drink large quantities of water throughout the treatment. We are out to reduce abnormal fat and are not in the least interested in such illusory weight losses as can be achieved by depriving the body of salt and by desiccating

by depriving the body of salt and by desiccating it. Though we allow the free use of salt, the daily amount taken should be roughly the same, as a sudden increase will of course be followed by a corresponding increase in weight as shown by the scale. An increase in the intake of salt is one of the most common causes for an increase in weight from one day to the next. Such an increase can be ignored, provided it is accounted for. It in no way influences the regular loss of fat.

### **Water**

Clients are usually hard to convince that the amount of water they retain has nothing to do with the amount of water they drink. When the body is forced to retain water, it will do this at all costs. If the fluid intake is insufficient to provide all the water required, the body withholds water from the kidneys and the urine becomes scanty and highly concentrated, imposing a certain strain on the kidneys. If that is insufficient, excessive water will be with-drawn from the intestinal tract, with the result that the feces become hard and dry. On the other hand if a client drinks more than his body requires, the surplus is promptly and easily eliminated. Trying to prevent the body from retaining water by drinking less is therefore not only futile but even harmful.

### **Constipation**

An excess of water keeps the feces soft, and that is very important in the obese, who commonly suffer from constipation and a spastic colon. While a client is under treatment we never permit the use of any kind of laxative taken by mouth. We explain that owing to the restricted diet it is perfectly satisfactory and normal to have an evacuation of the bowel only once every three to four days and that, provided plenty of fluids are taken, this never leads to any disturbance. Only in those clients who begin to fret after four days do we allow the use of a Colon Cleanser. Clients who observe this rule find that after treatment

they have a perfectly normal bowel action and this delights many of them almost as much as their loss of weight.

### Investigating Dietary Errors

When the reason for a slight gain in weight is not immediately evident, it is necessary to investigate further. A client who is unaware of having committed an error or is unwilling to admit a mistake protests indignantly when told he has done something he ought not to have done. In that atmosphere no fruitful investigation can be conducted; so we calmly explain that we are not accusing him of anything but that we know for certain from our not inconsiderable experience that something has gone wrong and that we must now sit down quietly together and try and find out what it was. Once the client realizes that it is in his own interest that he play an active and not merely a passive role in this search, the reason for the setback is almost invariably discovered. Having been through hundreds of such sessions, we are nearly always able to distinguish the deliberate liar from the client who is merely fooling himself or is really unaware of having erred.

### Cosmetics

No lotions, moisturizers or liquid make-ups with oil. Xtra Thin HCKeto is very sensitive to oils, creams and fats. These could slow the weight loss process down; you only want it to target your stored fat. You can use any mineral makeup or pressed powders and of course oil free foundations are fine. Other eye makeups and lipstick are fine. Stay away from lip glosses and Chapstick. If your lips get dry we recommend you use Carmex. If needed you can use mineral oil (baby oil) if needed as a moisturizer. Alba makes an oil free moisturizer that is great for face and hands/arms.

### Muscular Fatigue

Towards the end of a full course, when a good deal of fat has been rapidly lost, some clients complain that lifting a weight or climbing stairs requires a greater muscular effort than before. They feel neither breathlessness nor exhaustion but simply that their muscles have to work harder. This phenomenon, which disappears soon after the end of the care, is caused by the removal of abnormal fat deposited between, in, and around the muscles. The removal of this fat makes the muscles too long, and so in order to achieve a certain skeletal movement - say the bending of an arm - the muscles have to perform greater contraction than before. Within a short while the muscle adjusts itself perfectly to the new situation, but under HCKeto the loss of fat is so rapid that this adjustment cannot keep up with it. Clients often have to be reassured that this does not mean that they are 'getting weak'.

### Blood Sugar

Towards the end of a course or when a client has nearly reached his normal weight it occasionally happens that the blood sugar drops below normal, and we have even seen this in clients who had an abnormally high blood sugar before care. Such an attack of hypoglycemia is almost identical with the one seen in diabetics who have taken too much insulin.

The attack comes on suddenly; there is the same feeling of light-headedness, weakness in the knees, trembling, and unmotivated sweating; but under HCKeto, hypoglycemia does not produce any feeling of hunger. All these symptoms are almost instantly relieved by taking two heaped teaspoons of sugar and a pinch of salt mixed with 6 oz. of water.

In the course of care the possibility of such an attack is explained to those clients who are in a phase in which a drop in blood sugar may occur. They are instructed to keep sugar or glucose sweets handy, particularly when



driving a car. They are also told to watch the effect of taking sugar very carefully and report the following day. This is important, because anxious clients to whom such an attack has been explained are apt to take sugar unnecessarily, in which case it inevitably produces a gain in weight and does not dramatically relieve the symptoms for which it was taken, proving that these were not due to hypoglycemia. Some clients mistake the effects of emotional stress for hypoglycemia. When the symptoms are quickly relieved by sugar this is proof that they were indeed due to an abnormal lowering of the blood sugar, and in that case there is no increase in the weight on the following day. We always suggest that sugar be taken if the client is in doubt.

Once such an attack has been relieved with sugar we have never seen it recur on the immediately subsequent days, and only very rarely does a client have two such attacks separated by several days during a course of care. In clients who have not eaten sufficiently during the first two days of care we sometimes give sugar when the minor symptoms usually felt during the first three days of care continue beyond that time, and in some cases this has seemed to speed up the euphoria ordinarily associated with the HCKeto method.

### The Ratio of Pounds to Inches

An interesting feature of the HCKeto method is that, regardless of how fat a patient is, the greatest circumference -- abdomen or hips as the case may be is reduced at a constant rate which is extraordinarily close to 1 cm. per kilogram of weight lost. At the beginning of treatment the change in measurements is somewhat greater than this, but at the end of a course it is almost invariably found that the girth is as many centimeters less as the number of kilograms by which the weight has been reduced. I have never seen this clear cut relationship in clients that try to reduce by dieting only.

### The Heart

Disorders of the heart are not as a rule contraindications. In fact, the removal of abnormal fat - particularly from the heart-muscle and from the surrounding of the coronary arteries - can only be beneficial in cases of myocardial weakness, and many such clients are referred to us by cardiologists. Within the first week of treatment all clients - not only heart cases remark that they have lost much of their breathlessness.

### Alcohol

In the original HCKeto diet by Xtra Thin, it does not mention or account for alcohol. Some Xtra Thin HCKeto users whom have been drinkers or even those that are borderline alcoholic, do surprisingly well on the Xtra Thin HCKeto diet. If the simple instructions are followed correctly, the Xtra Thin HCKeto diet will get them out of their drinking routine. These Users have even said that they don't even feel the need to drink while on the Xtra Thin HCKeto diet because Xtra Thin HCKeto works with the hypothalamus gland which controls the emotional eating/drinking part of the brain, along with other aspects.





## About Us

Xtra Thin High Performance Weight Loss Centers of America is Central Texas' Natural Weight Loss Leader. For the last 12 years Xtra Thin has helped thousands of satisfied clients lose over 300,000 total pounds of weight in a quick, safe, and healthy manner. Using all natural blends of HCKeto or amino acids and vitamin supplements our clients lose 8 - 14 pounds in the first 14 days and then continue to lose rapidly until their weight loss goals have been achieved. Our knowledgeable staffs use individual counseling and proven methods to achieve extraordinary results. Private one on one sessions assure complete privacy and flexible hours enable us to meet everyone's busy schedule.

# **No Hunger No Special Foods to Buy No Shots No Doctor Visits No Hidden Fees and No Exercise**

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If you have any question in your mind regarding any lingering health concern, you should seek medical assistance. If you are not satisfied with the advice being given by your current physician, you always have the right to obtain another medical opinion. We are not physicians or doctors; we are weight loss consultants.

All products offered on this site are from certified 3rd party manufactures and are not manufactured by Xtra Thin or its subsidiary. The Phrase "lose up to 40 pounds in 40 Days" is only a likely and common result that customers have lost, sticking strictly to the instructions provided and Dr. Simeons protocol.

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