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**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** /A` ↑ VVi

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

• **HCKeto Plus**  
2fl oz.

**Documents online**

• **XTRA-B**

• **Ketogenic Chart** /A` ↑ VVi

• **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































