

# Kick Start The New Year

**January  
2019**

New Year's Resolutions are a dime a dozen in the opening weeks of January, as people make themselves promises they are bound to break. The best resolution you can make is to commit yourself to achieving better health in 2018. While this goal may seem lofty, it is simple and easily attainable by following our personalized



**6-Week Ultimate Metabolism Program.** Jump start your weight loss program or conquer a diet plateau with Dr. Peter J. D'Adamo's revolutionary Blood Type Diet paired with his Ultimate Metabolism Pack and exercises best for your blood type.

***In only 3 simple steps, you could be on your way to starting off 2019 healthier than ever.***

1



## COMMIT

While the Blood Type Diet allows for 80% compliance, to truly optimize your opening weeks, strive to be 100% compliant. Focus on eating beneficial foods for your type for the best results.

2



## BOOST

Boost your metabolism, regulate blood sugar which causes cravings and protect yourself from lectin damage with Dr. D'Adamo's Ultimate Metabolism Pack, our featured product pack of the month shown below.

3



## GET ACTIVE

Pairing your diet with proper exercises best for your blood type will result in noticeable improvements to your weight and energy levels.

# January 2019 Special

*While overall health and vitality are the best things that the diet brings to the table, we all know that weight loss is paramount for many people, especially after holiday indulgences. With this in mind, Dr. D'Adamo created a special pack of four products that work together synergistically to get your body burning fat and using energy more optimally than ever. If you are new to the diet, it will maximize your results, and if you are a long-term follower, it very well could get you past plateaus that you thought were impossible to overcome.*

## FEATURED PRODUCTS

### ULTIMATE METABOLISM PACK



**EL DORADO**  
\$79  
**GYCOSCIA**  
\$69  
**HARMONIA**  
\$89  
**DEFLECT**  
\$89

**Save  
25%**

**Now  
\$244  
only RP: \$326  
(per Pack)**

#### **NO Stearates & Fillers:**

**We do not use  
artificial  
fillers, animal  
stearates or  
synthetic  
lubricants in  
our products.**

**• Buy any 2 bottles and above @ 20% off**

The Ultimate Metabolism pack is a collection of unique, all-natural formulas that work together to promote weight loss and includes:

**El Dorado**: a unique combination of herbs that stimulate the energy centers of your cells, thereby boosting their ability to metabolize and burn calories.

**Glycoscia**: naturally balances blood sugar levels, preventing the spikes and dips that result in cravings and out-of-control eating.

**Deflect**: made specifically for each blood type, Deflect is formulated to block harmful lectins and repair existing lectin damage.

**Harmonia Deluxe**: an alkalizing beverage powder that supports the body's natural weight loss processes. Packed with antioxidants and nutrients, it's a delicious way to introduce more healthy greens into your daily diet!

**Dr. D'Adamo has been recommending this product combination at his clinic for years, and most of his patients who add this protocol to their Blood Type Diet lifestyle report a slimmer, trimmer body in just six weeks!** If you start right now, by mid-February you will not only look and feel better, but you will have a bevy of healthy habits built up from the diet and be well on your way to becoming a long-term follower and much healthier person.

#### Terms & Conditions

- 1). This promotion is for members only. The promotion item is while stock last and prices are subject to change at management's discretion
- 2) The Company reserves the right to amend, add or delete these terms and conditions without prior notice.
- 3). The Company's decision is final and no correspondence will be entertained

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# January 2019

## 3 Days Lectin Detox

The lectin detox is designed to jump start the Ultimate Metabolism Challenge stated at the first page. It requires maximum compliance, which yields maximum results. People who start the diet with a high level of compliance quickly reset their biochemistry, boosting metabolism, balancing blood sugar and repairing past lectin damage. Supplement your diet with lectin-detoxifying nutrients. Suggestions are included, but you can investigate more options, including [blood type-specific products and foods](#).

Be sure to [keep a record](#) of what you eat, your exercise routines, and the supplements you take. Record your reflections on the journey as you begin so that you can track your progress and hold yourself accountable. Make notes about how you feel physically, your energy levels, mood, and whatever else you want to record.

### BLOOD TYPE O

#### Food/Drink

**6:30am:** Water with lemon

**7:00am:** Breakfast smoothie

**10:00am:** Walnuts, pumpkin seeds, and green tea

**12:00:** Salmon salad with fresh greens and seaweed, with olive oil and lemon dressing

**2:30pm:** Plums or dried figs or 1 slice Essene toast with prune butter

**6:30pm:** Beef and veggie stir-fry, with peppers, onions, and broccoli; herbal tea

#### Exercise

Aerobic activity: 45 min.

#### Supplements

Bladderwrack: 1 (100-milligram) capsule with meals

*N*-acetyl glucosamine (NAG): 1 capsule with meals

Standardized Chinese garlic extract: 1 (400 milligram) capsule, twice daily

Polyflora O - Blood Type O–friendly probiotic

### BLOOD TYPE A

#### Food/Drink

**6:30am:** Water with lemon

**7:00am:** Breakfast smoothie

**10:00am:** 2 rice cakes with peanut butter

**12:00:** Soba noodles with tofu, broccoli, carrots, and garlic

**2:30pm:** 1 cup of lentil soup

**6:30pm:** Snails, baked salmon, steamed kale, and spinach; herbal tea

#### Exercise

Tai chi: 45 min.

Brisk walking: 20–30 min.

#### Supplements

Chondroitin sulfate: 2 capsules with meals

Dandelion (*Taraxacum officinale*): 1 (250-milligram) capsule, twice daily

Polyflora A - Blood Type A–friendly probiotic

### BLOOD TYPE B

#### Food/Drink

**6:30am:** Water with lemon

**7:00am:** Breakfast smoothie

**10:00am:** 1 cup of yogurt or cottage cheese and grapes

**12:00:** Large spinach salad with mushrooms, 1 cup navy bean soup

**2:30pm:** 1 slice toasted Essene bread with melted cheese

**6:30pm:** Baked sole or halibut, lima beans, and broccoli; herbal tea

#### Exercise

Swimming: 45 min.

Yoga class

#### Supplements

Modified citrus pectin: 1 capsule with each meal

Polyflora B - Blood Type B–friendly probiotic

### BLOOD TYPE AB

#### Food/Drink

**6:30am:** Water with lemon

**7:00am:** Breakfast smoothie

**10:00am:** 1 cup of yogurt with a sprinkling of walnuts

**12:00:** Tofu stir-fry with mushrooms, carrots, and broccoli on basmati rice

**2:30pm:** Rice cakes with peanut butter

**6:30pm:** Lamb chops with steamed greens and baked sweet potato; herbal tea

#### Exercise

Cycling: 45 min.

#### Supplements

Larch arabinogalactan: 1 teaspoon, twice daily

Polyflora AB - Blood Type AB–friendly probiotic

# January 2019

## ACUPUNCTURE AND WEIGHT LOSS POSSIBLE?

**HARVEST TCM**

There are lots of people who are overweight. For people who are obese, probably medical procedures may be the best choice but also for people who can't, they are able to try to discover if acupuncture will help remove the surplus weight.

Acupuncture is some sort of holistic healthcare that uses needles to help treat a person. Unlike the cartoon where the balloon will pop and every one of the air will go out, the needles that are inserted into the essential points will stimulate your body to release endorphins hence helping the individual control their appetite. But before needles are inserted, the expert can first ask the individual some queries and perform an evaluation



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This is required to understand the primary cause for the individual to be overweight.

Part of evaluation is to greatly help the acupuncturist find out where in fact the needles will be inserted. Your pulse will give the person an idea on your general state of energy and the general health of your belly. You will also have to open your mouth and show your tongue to check for cracks, peelings or puffiness on the stomach area as this provides clues to why you are overweight.

Once he or she knows the reason, it is now time that the needles are inserted into various areas of your body. One way is named the multi-targeted strategy which is made to lower the body's excess fat by raising the result of the pituitary gland.

The areas where in fact the needles will be inserted will maintain the ear and in two of three body points. These areas may possibly also are the mouth, the tummy, the lung, the endocrine, the spleen, kidney or thyroid.

Through the initial treatment, the "4 Gate" points will be utilized to circulate energy throughout the whole body. Additionally it is feasible that electro simulation may also be done to improve endorphin discharge and stimulate metabolism.

These needles will be kept set up for 30 to 45 minutes based on how very much support is needed. These are then removed and changed with ear canal tacs with adhesives to ensure they are in the same place as the needles.

These ear tacs work through the use of mild pressure whenever she or he feels starving. It causes a moderate endorphin discharge and helps the individual relax that makes it feasible to make use of their willpower and withstand the temptation to consume.

The patient may also need to reduce cravings on specific food by reducing the intake. Some research recommend that this may also lower insulin amounts or lipid amounts in the blood.

The very best part about acupuncture is there are no harmful unwanted effects and no opportunity for an dependence on occur. The specific will have to keep coming back for regular treatment and also have to focus on one's exercise and diet frequently as needles can only just do so very much to regulate one's weight.

The amount of treatments for somebody who is overweight varies based on how many pounds they would like to lose, the speed of which they would like to drop it and their commitment to sticking with the plan.

The average patient however who would like to lose 5 to 10 pounds will need to come for treatment every three days or twice weekly then once that is attained, once every fourteen days. It truly is up to the average person until when the procedure will become performed which finally demonstrates acupuncture will help you lose weight.