



Weight Loss Warning

It has been proven that diets DO NOT work!



Crash diets are especially useless and harmful as when you starve yourself, about 50 percent of the weight you lose is lean muscle.

Your muscles produce enzymes that burn fat. So it follows that when you have less muscle, you are producing fewer enzymes and you are reducing your "calorie burning engine".

Finally, when you are hungry for a long period of time, your body's defenses against "starvation" begin to kick in. In other words, in order to protect yourself from wasting away, your body will naturally slow down the metabolism in response to having less food, thus making it even more difficult to burn calories and shed body fat.

To Experience Weight Loss for Life 5 Key Issues Need to be Addressed:

- 1 Lose Abdominal Fat
- 2 Learn Correct Food Habits
- 3 Lose Fat NOT Muscle Mass
- 4 Correct Unhealthy Functional Imbalances
- 5 Feel GREAT on Program to Achieve Goals

Weight Loss System that Addresses All of the Issues:



- Eat Real Food NOT Meal Replacements, Shakes & Bars
- Feel GREAT with NO Hunger & NO Cravings
- Have GREAT Energy, Sleep & Mental State
- Lose INCHES as You Lose FAT Not Muscle Mass
- Learn Correct Food Habits to Avoid Unhealthy Ones
- Correct Functional Imbalances to Maintain Success

Step 1: Complete WICO® Wellness Score Questionnaire
(Request Access Code)

Step 2: Establish Your WICO® Score to Determine Your Wellness Status
(See Wellness Score Ranges)

Step 3: Evaluate 15 Functional Health Conditions to Determine Imbalanced Ones
(See Sample Chart)

Step 4: Begin TRANSFORMATIONS-360 Lifestyle Food Plan to Target Abdominal Fat and Unhealthy Blood Sugar
(See 10 Week Clinical Study Outcomes)

Step 5: Redo WICO® Wellness Score Questionnaire to Pinpoint Root Cause of Symptoms
(See Sample Changes to Before & After Chart)

Step 1

Access Code to take WICO® Wellness Score at www.wico.us

Step 2

WICO® Score & Status Range:

PATIENT REPORT

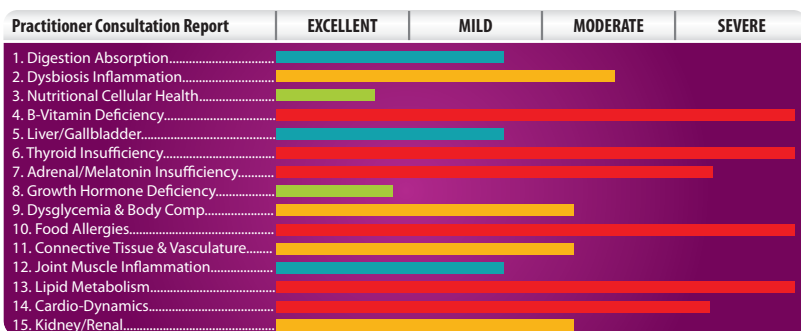
YOUR SCORE: **564**

WICO® WELLNESS SCORE: <550 **SEVERE** 551-650 **MODERATE** 651-750 **MILD** >751 **EXCELLENT**

SUMMARY: 2 MARKER(S) **EXCELLENT** 3 MARKER(S) **MILD** 4 MARKER(S) **MODERATE** 6 MARKER(S) **SEVERE**

Step 3

The 15 Functional Health Conditions Evaluated:

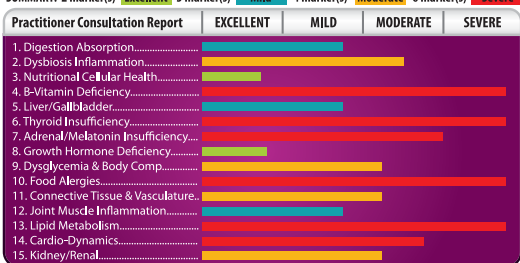


Step 5

Re-do WICO® Score Questionnaire to Compare the Changes on the 2 Graphs & Address Root Cause

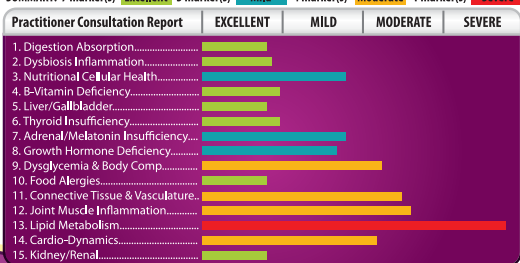
Before Score : 564

SUMMARY: 2 marker(s) **Excellent** 3 marker(s) **Mild** 4 marker(s) **Moderate** 6 marker(s) **Severe**



After Score : 762

SUMMARY: 7 marker(s) **Excellent** 3 marker(s) **Mild** 4 marker(s) **Moderate** 1 marker(s) **Severe**



Step 4

People learn correct food habits to support healthy blood sugar and maintain weight loss. In clinical studies over ten weeks the average patient outcomes were:

- 27.3 Lbs. Lost
- 18.6 Inches lost
- 30 Points Blood Pressure Reduction
- 20.4% Cholesterol Reduction
- 40% Triglycerides Reduction
- 41 Points Fasting Blood Sugar Reduction

Step 6

Wellness Plan Generated after 2nd WICO® to Maintain Success Overtime

