



1st Complete Week on the WiO Diet



WEEK 1:

WATER: Everyone needs to drink half their weight in ounces daily to maintain good health, not just those on the WiO Diet. However the fact is that most don't. We know that getting you to adopt this habit can be a challenge. When you started the protocol 7 days ago you were told to drink more water than you were used too. Work with your Coach to find a solution for how you can get your water in. Sometimes all you need is a water bottle that is large enough for your daily needs. We recommend that you the largest container possible. One that is still convenient to carry around. The less number of times you have to fill the container the less you are required to remember how many times you have filled it up... simply put – people forget. Some people just don't like the taste of water. If that's you may need to flavor it. Try lemon or lime juice. The WiO extracts and our Smart & Sweet are great for flavoring the water. You need to be careful when using

For those that are obese it is unreasonable to expect you to drink half of your body weight in ounces per day. For these individuals use your lean body mass and multiply it by .65

retail products that are 'on the market' to flavor water. Many have artificial sweeteners that are not healthy. Though they won't have a contraindication to the success of your WiO Diet, they may have an overall health impact. The most important ingredients to look out for are:

1. Acesulfame Potassium, Ace K – stimulates insulin secretion from the pancreas
2. Maltodextrin
3. Sugar alcohols

We understand that there is a chance that you won't be drinking the required amount within the first 7 days. This is a work in progress... take baby steps. It may take a few weeks to up to the required amount. Because you are taking baby steps, does not underscore the importance of drinking enough water in any way. But that much of a change to your dietary habits may be overwhelming. Remember that in the beginning of higher water consumption you will be going to the bathroom A LOT. This can annoy some people. Once the body has switched from insulin predominance to glucagon and their cells are becoming more hydrated your visits to the restroom will normalize. If you find yourself getting up in the middle of the night to relieve yourself a nice trick is to take your required salt right before bed. It will help; it acts like a urine sponge. This trick works if you are going into a meeting and you don't want to be bothered with leaving in the middle of it.

Fatigue: There are six primary reasons why you may experience fatigue on the WiO Protocol:

- (1) low blood pressure (hypotension);
- (2) low blood sugar (hypoglycemia);
- (3) an imbalance in blood electrolytes (sodium, magnesium, and potassium);
- (4) going more than 5 hours without eating
- (5) need for more protein and/or omega oil
- (6) low levels of CoQ₁₀

All of these issues can be corrected quickly and effectively.

1 Low Blood Pressure: When carbohydrates are severely restricted, our pancreas reduces the amount of insulin it secretes (that is the goal). High levels of insulin tell the kidneys to hold on to sodium and, as a result, our body retains a lot of water. Under insulin's influence the kidneys also secrete (dump) too much magnesium and potassium. When we lower insulin level, the kidneys now function normally and excess sodium and water are rapidly eliminated, this is one reason you will urinate a lot at first. This can cause a drop in blood pressure and a feeling of temporary fatigue can result. This is particularly pronounced if you are taking a prescription

NOTE: This will only effect those that only sign up for (1) week of the WiO Diet. If you ARE consuming more than 3 MRP meals a day – NOTE: you will run out of product before the week is finished. You should arrange to pick up some more MRP product.

diuretic, (a.k.a. water pill). If you experience low blood pressure, make sure to use your Redmond's REAL SALT liberally and increase the amount of water you are drinking on a daily basis.

2 Low Blood Sugar: In the beginning of the Protocol, we are drastically reducing the amount of carbohydrates that you have typically been consuming. As a result, the body was using carbohydrates as the first choice of energy and is suddenly decreased. It takes a few days (3-4) for your other biochemical processes to come on-line which will provide a steady amount of fuel for the cells.

The scientific term for these processes is *Gluconeogenesis* and *lipolysis*. Consequently, if our blood sugar suddenly becomes lower than what our system is used to, we feel tired. To remedy low blood sugar you may consume up to eight meals (half servings – total of 8 scoops of MRP daily) of MRP shakes per day DURING THE FIRST WEEK ONLY, but only if necessary. For example, if you have your first MRP at 8:00 a.m. and feel tired around 10 a.m., have an EXTRA ½ a MRP shake. After the first week, if you still feel fatigued, it can be because you are consuming too many carbohydrates which prompt an insulin spike resulting in reactive hypoglycemia or low blood sugar. If this is occurring, please schedule an appointment to review your Weekly Food Journal with your WiO Coach.

3 Electrolyte Imbalance: In this case the two most common problems are low sodium and low potassium. If the first two issues above have been addressed and fatigue still persists, you should increase your potassium for a couple of days and remember to use the REAL SALT liberally. Don't worry about taking too much.

4 Fasting: “No Pain – No Gain” does NOT apply to losing fat. When you go for more than 4-5 hours without consumption of proteins will put you into the Fasting state. Fasting (hours sleeping don't count) can you put your body into a state of crisis and a hormone called Cortisol is released. This hormone does several things. One undesired result is telling your body to STOP burning fat, your metabolism slows down and to goes into reserve mode... which means storage of fat, rather than burning it. Fasting can also put the body into a catabolic state. Which

Some athletes take up to four tbsp per MRP shake; this dose reports spectacular results in performance, recovery, healing, skin, sleep, concentration and alleviation of chronic pain from past injuries.

basically means that the body ‘feeds’ on itself for energy. Since we have greatly lowered your glucose levels and subsequently emptied your glycogen storage (glycogen is made and stored primarily in the cells of the liver (80-90%) and the muscles (20-10%), and functions as the secondary long-term energy storage after fat) if you fast you can force yourself into a catabolic state and out of a fat burning state (ketosis).

5 More Protein & Fat: Every pound of muscle in your body needs at least ½ a gram of protein each day to stay alive. If you don't get that much you will lose muscle mass until the amount of muscle that you have is equal to the amount of protein you are consuming. If you are obese it is very likely that you WILL lose some muscle as you lose fat. Simply put, as you lose weight you don't need as much muscle to move your body around and you can afford to lose ‘some’ muscle. That is the primary reason that your appetite will decrease after your first couple of weeks on the WiO Protocol. Real hunger is driven by your body's energy needs. Your body is getting all of the energy it needs from stored fat and the protein you are getting for the MRP shake. Make sure that you are not getting more protein than you need. Extra protein will be broken down to glucose and if it isn't burned it will be stored as fat, thus, kicking you out of ketosis. You may need more than ½ a gram per pound of muscle IF you are working out, especially, if the type of workout is resistance or weight bearing (weight training). Follow this basis guide for an increase to protein increase.

- Endurance: .6 - .7 grams (daily) per pound of lean muscle mass
- Weight training: 1.1-1.2 grams (daily) per pound of lean muscle mass

It may sound a little strange at first, but in order for your body to burn stored fats it must have EFA (Essential Fatty Acids), or commonly known as Omega Fats. But not just any omega oil will. It is estimated that the average American consumed 20 times more omega 6 than they do omega 3. And research has found that this is not recommended. The oil we are providing you is the perfect blend of omega fats, with twice as much omega 3 than 6. Your Omega Oil 3-6-9 Blend contains everything we need for healthy foundational fats with none of the “bad fats” that we should avoid. You should know that this oil is - derived from organically grown plants, - the optimum balance of omega-3 and -6 essential fatty acids, and omega-9, - free of pesticides, PCBs, and dioxins, - unrefined and not damaged in processing in any way, - packaged in glass to prevent plastics from being leached into the oil. Good fats raise your “good cholesterol.” One of the jobs of this High Density Lipoprotein (HDL) or “good cholesterol” is to grab your “bad cholesterol,” LDL (Low Density Lipoprotein), and escort it to the liver where it is broken down and eliminated it through the colon. Good fats can repair some of the damage already done by the bad fats. EFAs support the cardiovascular, reproductive, immune and nervous systems.

The human body needs EFAs to manufacture and repair cell membranes, enabling the cells to obtain optimum nutrition and expel harmful waste products. Making better choices regarding their food fat foundation can help them have more energy, manage their weight more easily, build and keep muscle mass more effectively, reduce inflammation, improve mood, reduce

cravings for carbohydrate foods, improve physical stamina and performance, shorten recovery time, improve sleep, and enjoy all-round better health.

6 Low CoQ₁₀: Ubiquinone (CoQ₁₀) levels within the body typically begin decreasing as early as age 20, suggesting that it has a close connection with aging. Additionally, the body's ability to convert these declining levels of CoQ₁₀ into ubiquinol is also diminished with age. Without proper levels of these vital substances, the body produces less energy and lacks a strong defense against oxidative stress. Inadequate levels of ubiquinone and ubiquinol in our plasma and tissues may lead to fatigue as well as a number of age-related conditions. Additionally, ubiquinol levels have been shown to be reduced in individuals with cardiovascular, neurological and liver-related conditions. We have had good success with supplementing patients with ubiquinol from KanekaQH™ which has a worldwide patent on the only clinically proven formula.