

Introducing the **Take Shape for Life® (TSFL) “5 and 1”** Program.

- Lose 2-5 lbs per week for the first 2 weeks and 1-2 lbs per week thereafter. Program is medically designed to allow your body to burn it's own fat, also known as the process of ketosis.
- Daily program of 5 Medifast meals (choices include shakes, oatmeal, cereals, soups, snacks and bars) and 1 “lean and green” meal consisting of healthy portions of meat or fish and vegetables.
- Costs approximately \$12/day for 5 meals a day! Most people **SAVE** money on this program since other food expenses are cut down significantly.
- Learn long-term solutions for lifelong weight control with my coaching support.

Order in one of three ways: (Please review the contraindications on the back of this page before ordering).

1. Ask for an order form and as a courtesy, I will place your first order for you.
2. Order at www.drpearson.tsfl.com Click Shop TSFL to begin.
3. Call the TSFL company directly at 800-572-4417 for assistance. If asked, my coach # is **725704080**.

Ordering tips:

- Choose your own selection of 20 boxes to meet your meal preferences or select one of the company's suggested 4- week variety packages: “**Favorites**” package (best selling meals in many varieties) or the “**On the Go**” package (consists only of crunch bars, cheese puffs, cereal, and pretzels).
- Join the free **BESLIM CLUB** to get free shipping and 4 boxes of food worth \$66 during the first 2 months.

Everything you need to know about the program is in the Quick Start Guide that will come with your package. Please familiarize yourself with the first 10 pages of the guide **BEFORE** you start the program. Also watch a detailed presentation of the program at <http://bit.ly/esAszi> to learn more info. (Mac users may need to download Flip4Mac before viewing the presentation).

Here are some helpful hints about the “5 and 1” weight loss plan:

1. **Space meals 2-3 hours apart** and have first meal within 1 hour of awakening. (See example on back)
2. **Plan your 1 self-prepared meal called the “lean and green” meal in advance.** This is explained on pages 4-7 of the Quick Start Guide. Portions are VERY important or hunger can be a problem.
3. **Drink at least 64 ounces of water a day.**
4. **DON'T skip any meals** even if you are not hungry.
5. **Don't over exert yourself in the first 2-3 weeks.** Your body needs to get adjusted.
6. **Plan your meal times.** It helps to set your cell phone. Carry bars when you're away from home to keep your routine from getting interrupted.
7. There's also **one OPTIONAL** snack allowed per day that can be eaten any time of the day.
8. One cracker, one segment of fruit, one alcoholic beverage can stop the ketosis. It takes 3 days of following the program strictly to get into ketosis and if one cracker is eaten and you've done everything else well, it will still take 3 days to get back into ketosis.
9. **Find a buddy.** Having others join you in this lifestyle change is a great way to help you stay on track. I'd be happy to coach them also. Simply provide them with my contact information. They do not have to become a patient of mine to receive my coaching assistance.
10. **Order Dr. A's Habits of Health and Living a Longer, Healthier Life books by Dr. Wayne Andersen** on the TSFL website to learn essential strategies in weight loss, stress reduction, exercise and much more.
11. Use the free online support at myTSFL.com or the free app, myTSFL for additional tips of success.

Dr. Jeff Pearson (760) 445-6487 Email: jocdoc@medicine-in-motion

Order: www.drpearson.tsfl.com Coach #: 725704080

A low calorie program is a treatment for weight related medical conditions. Therefore, it is important to maintain close medical monitoring with your primary care physician (PCP) during the program especially if you are on medicines that may have been caused by being overweight such as diabetes, high blood pressure, or have any of the relative contraindications listed below. Your PCP may need to adjust or eliminate medications throughout the program especially if on diabetic medications or on diuretics.

CONTRAINDICATIONS TO KETOSIS (Fat burning state)

Prohibited use of ANY Medifast program

- Women who are pregnant
- Heart attack or unstable cardiac conditions within last 3 months
- Stroke or mini-strokes (TIAs) within 3 months
- Active disease states – active cancers, acute inflammatory states (acute hepatitis, lupus flare), acute peptic ulcer disease (PUD), bleeding ulcers
- Severe chronic renal disease
- Severe liver disease
- Unstable psychiatric conditions – psychosis, schizophrenia, bipolar disorder, depression with suicidal tendencies
- Drugs and/or alcohol abuse with poor nutritional status
- Active eating disorders – i.e. anorexia, bulimia
- Phenylketonuria (PKU)

RELATIVE CONTRAINDICATIONS TO KETOSIS

Certain conditions may necessitate avoidance of ketosis and require a higher caloric intake.

A modified program such as the “3 and 3” may be necessary for those fitting these criteria:

- Age – 13 to under 18 years old (Modified program for Teens available); Seniors over 65 years old (Modified program for Seniors available if ketosis not recommended)
- Nursing mothers with a baby over 2 months of age who is receiving greater than 30% of their daily nutrition from breast milk (Medifast for Nursing Mothers Guide available as a download on the TSFL website’s knowledge center)
- Type 1 Diabetes Mellitus (see Medifast for Diabetes Guide available on TSFL website)
- AIDS (HIV)
- Diuretics (“water pills”) > 40 mg furosemide (Lasix®) or equivalent/day
- Lithium – frequent lab monitoring (electrolytes & lithium levels) required
- Anti-coagulant drug therapy (Coumadin/Warfarin)– lab monitoring by PCP required; frequency to be determined by your PCP (Medifast for Anticoagulant guide is available on TSFL website)
- Seizure disorder – lab monitoring by your PCP required
- Gout- (Modified program is available and described in the Medifast for Gout guide found on the TSFL website)
- Stable mental disorders–i.e. psychotic disorders, schizophrenia, bipolar disorder, and depression

Example of “5 and 1” program:

6:00am Wake Up
 7:00am Medifast (MF) #1
 9:00am MF #2
 11:30am MF #3
 2:30pm MF #4
 5:30pm “Lean and Green” Meal
 8:30pm MF #5
 10:00pm Bedtime

Your Typical Day:

_____ Wake Up

 _____ Bedtime