

PERMANENT WEIGHT LOSS

# Permanent Weight Loss

TM

7-Day program

by Nature's Compounds



**CLEANSE THY TEMPLE FROM THE IMPURITIES OF SIN AND  
SUFFER NO MORE**

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## INTRODUCTION

**PERMANENT WEIGHT LOSS™** is a Fourteen (14) day program designed to enhance digestion, metabolism, absorption, assimilation, and provide optimal levels of nourishment & rejuvenation, while removing excess waste residue within the small & large intestinal tract, and release excess glucose, hormones and impurities within the liver. This will result in reduced food cravings, regular bowel activity, prevention of potential disease, and weight loss.

When food is not completely digested, absorbed and eliminated, it leaves unused portions in the small & large intestines, compartments of the liver, lymphatic vessels and lungs. The gradual residue in the intestinal tract and liver result in the formation of a bulging stomach; the residue within the liver is stored as **glycogen**, released as **excess glucose** (blood sugar) and/or becomes a food source for **fat cells**. The unused portions of fat and protein by-products become a food source feeding fat cells

The portions in the lymph vessels are digested by the specialized immune cells and are lodged within the lymph nodes; and portions within the lungs are consumed when we exhale, while others remain as phlegm - causing potential congestion. The build-up in these vital areas will result in diabetes, tumor development, asthma, weight gain, glaucoma, lower back stiffness and/or obesity.

The Healing and Nourishing Herbs begin by eliminating the waste residue in the Colon, thereby opening up a passage way. It also gradually removes the obstructions that surround the nutrient collectors within the small intestines. This program consists of the **Liver Flush, Purification and Rejuvenator.**

## FACTORS CONTRIBUTING TO WEIGHT INCREASE

- \* 25% of the american diet consists of foods that are high in fat content. Primarily dairy products
- \* 40% of the american diet consists of foods that are high in protein content. Mainly red meat, dairy, poultry, fish, soy, beans, peanut butter and nuts.
- \* 45% of the american dietary intake consists of Carbs- mostly (60%) complex starches (polysaturates) such as bread and all flour based products, rice and potatoes. The complex carbs represent almost 54% of the calorie intake.
- \* The excess glucose that results from ingesting those complex carbs is converted into fatty acids and triglycerides (complex fats).
- \* The starch molecule in wheat is called **gluten, as in glue;** Its enormous adhesive properties make it virtually impossible to break down in ether, water or alcohol. It is the most contributing to weight gain- increase.

The foods that we ingest that are largely protein (meat, eggs, cheese & beans) - based are digested in the stomach and the foods that are largely carbohydrate (bread, rice, potatoes & flour) - based are digested in the duodenum (tube leading to the small intestines). When food is poorly prepared, such as frying and boiling, the digestive system has to work overtime to process it. When food is poorly combined: example - meat (protein) and Potatoes (starch), it doesn't completely digest and leaves unused portions which continually contribute to weight gain.

In the same process it creates gas, bloating and potential heart burn & acid reflux. When foods are not properly prepared, combined and balanced, the body consumes 80% of its energy for digestion. When foods are fried, grilled and boiled, all of its enzymes are destroyed; some of their nutrients are depleted and others become unstable (unable for the body to use). When liquids are consumed along with eating, digestion is reduced.

The digestive system can't digest two different food groups at the same time. Proteins and carbohydrates digest in different areas; the body wasn't designed to function well under such conditions. The body can't digest refined, processed and cooked foods. The liver is the only organ in the body that processes food components and then manufactures (synthesizes) the mineral and vitamin components needed by the body. It assimilates nutrients in food so that they can go where their needed; they then release the by-products in the lymph vessels.

Now that we have an understanding of why we gain those unwanted inches and hard to shed pounds, we need to prepare ourselves mentally for the mandatory life-style change to implement, if we want permanent results. In the event you choose not to change /alter your food intake, then the only way you can prevent weight gain is to go on this program once every six (6) weeks. This will cleanse the unused portions within the liver and digestive tract as fast as it accumulates. Otherwise this accumulation will continue, those pounds will gradually increase, and the body will continue to age and suffer.

## **PREVENTING WEIGHT GAIN AND OBESITY**

The key is to maintain a permanent food regimen that maximizes digestion and elimination. This is accomplished by combining and balancing foods properly.

We provide you with a book titled “transition to optimal health” that illustrates many examples on how to prepare, combine and balance meals. When we eliminate waste we automatically shed pounds; the unused food portions and the accumulated waste within the body are 80% responsible for weight gain; lack of exercise represents the other 20%. So when we go on a diet program for a small period of time and then resume eating the same foods that are poorly prepared, combined, balanced, digested and eliminated the weight that was lost immediately returns.

The two (2) missing components are: (1) proper food preparation & balanced food combining and (2) elimination of the unused food portions in the liver and waste residues within the intestinal tract; **if these steps are not implemented, losing weight and maintaining weight loss is virtually impossible.**

Food balancing consists of preparing a low simmered or baked food; a steamed food; and a salad (with no cooked ingredients). When foods are low - simmered or baked, the nutrients in the food are much more stable and beneficial; it possesses more of its natural flavor. When foods are steamed, the food contains stable nutrients and some enzyme content; and when they are raw (uncooked) such as a salad, they contain a large supply of stable nutrients and enzymes. Enzymes are the key; they are the **proteins** that the body needs more than any other protein. They only can come from foods that are lightly steamed or uncooked. Enzymes are destroyed when foods are exposed to temperatures of 160 degrees or higher. Enzymes are the life within the food, they carry the same electrical energy that the body uses to function. The more enzymes that foods contain, the more beneficial they are, the less enzymes the digestive system has to produce and the more minerals that are absorbed by the liver.

## CLEANSING, PURIFICATION AND REJUVENATION

The longer waste residue remains in the body, the more potential they have of being converted into fat and creating the environment for the development of disease.

We have three (3) Healing and nourishing blends that are remarkable in facilitating the required cleansing, purification and rejuvenation. They are the Liver Flush, Purification and Rejuvenator.

**LIVER FLUSH™** is designed to increase and promote the cleansing and purification of the liver; thereby enhancing all its functions.. The Liver absorbs and stores carbohydrates and fats and converts them into glucose and cholesterol. The high starch and fat diets of today leave behind excess amounts within the liver and digestive tract contributing to diabetes, jaundice, glaucoma, cataracts and poor vision. This compound enhances the livers ability to release the excess blood sugar and reduce low density fats stored. It provides a valuable source of potassium and maintains insulin secretion within the blood stream during the cleansing process, preventing an increase in unregulated sugar (glucose). It stimulates blood and lymph flow, removing the excess fat and carbohydrates within the intestines, blood and lymph.

**PURIFICATION™** provides detoxification and cleansing of the vital organs (liver, lungs, kidneys, bladder and digestive tract) and vessels (circulatory and lymphatic). It gradually releases the toxic by-products of the food residues that have traveled via the Blood & lymph, and have been absorbed (stored) within the tissues of the liver, lungs, kidneys, prostate, uterus, bladder and joints; and if not removed will manifest into inflammation, abnormal growths, tissue deterioration and disease

**REJUVENATOR™** is the' blend that combines the nutritional and rejuvenating components that are needed to replenish the body after it has exerted much of its vital energy during the cleansing and eliminating process. Rejuvenator consists of sea & lake plants, rock mineral plants and land plants, that contain within them every vitamin and mineral complex that's required by the human anatomy. These nourishing qualities are combined with the rejuvenating qualities of amazon ginseng, ginkgo and rosemary; thereby providing energy and vital nourishment

## INGREDIENTS

- \* 1 120 capsule Bottle of **Liver Flush**
- \* 1 60 capsule Bottle of **Purification**
- \* 1 8oz bottle of **Rejuvenator**

## WEIGHT LOSS

The Minimum weight loss is 7lbs. The Maximum weight loss is 12lbs.

## DIETARY GUIDELINES

### DO'S

Low starch vegetables  
non starch vegetables  
sweet fruits  
acid fruits / melon fruit  
sub - acid fruits  
maple syrup

### DON'TS

high starch vegetables  
high starch grains (rice)  
low starch grains  
high proteins (meats)  
sugar / butter  
mayonnaise

## DIETARY GUIDELINES

### DON'T's

**Fry-** to cook foods in or on the surface of an extremely hot grease solution, which destroys all vital components in food.

**Barbecue-** to grill foods over toxic charcoal.

**Boil** - to cook food in boiling water; which devitalizes most nutrients and transfers the others into the water solution.

**Sautee'**- to fry on the surface in a pan with small amounts of oil at a moderately hot temperature.

### DO's

**Bake-** to cook in an oven at low or medium temperatures.

**Simmer-**to heat foods below the boiling point at the lowest possible fire setting.

**Steamed-** to prepare food in a pot with holes at the bottom, thats placed within another pot filled with water, forcing steam upward partially cooking food.

**Marinate-** is to immerse a vegetable food into a liquid solution for a certain period of time

## FOOD COMBINING GUIDELINES

### LOW-STARCH VEGETABLES (low protein)

winter squash (baked)  
asparagus  
mushrooms  
bamboo shoots  
beets  
carrots  
water chestnuts  
corn

### SWEET FRUITS

bananas  
dates and figs  
persimmons  
sapotes  
papaya, avocado  
guavas, star fruit  
mango, sour sop  
star fruit, apple custard, coconut  
currants, carambola, lychee, persimmon

### SUB-ACID FRUITS

cherry, apple, peach  
plums, apricot, berries  
pear, nectarine  
pomegranate  
grapes/muscat grapes  
strawberry, pineapple

### LOW-CARB VEGETABLES (low protein)

celery, lettuce  
cabbage, eggplant  
pepper, cucumber  
summer squash, zucchini  
nori, dulse, spinach  
onions, leeks, greens  
cauliflower, bok choy  
broccoli, kohlrabi  
spinach, sprouts:  
chard, Brussels sprouts  
okra, green beans

### CITRUS FRUITS

oranges  
grapefruit  
lemon (hybrid)  
lime  
kiwi (hybrid)  
kumquat  
tangerine

### MELONS

watermelons  
honeydew  
muskmelon  
cantaloupe

## GENERAL FOOD GUIDELINES

Spices should be used in moderation, for they are stimulants. They have medicinal properties called carminatives and aromatics that stimulate digestive juices and enzymes creating more of an appetite

- \* Wheat, milk, cheese and potatoes are the most congesting.
- \* Spaghetti and pasta should be steamed well, never boiled
- Sugar weakens the immune function and over stimulates the endocrine gland functioning as well.
- \* Breads and flours gradually congest the inner lining of Blood vessels, creating mucus while obstructing blood flow
- Rice and beans should be soaked in water throughout the day, and low simmered in fresh water in the evening.
- Grains (quinoa, teff, millet etc..) should also be soaked and low simmered in fresh water in the evening.
- When baking high protein or starch foods, the principle of cooking should be low temperature-longer cooking duration as opposed to high temperature-shorter cooking duration.

The consumption of unnatural sugar-based beverages should gradually be replaced with natural beverages found in the transition section of our publication titled **“Transition to Optimal health”** . Of the four (4) different blood types, type B and AB are most likely to encounter obesity and weight increase opposed to type O and A; this doesn't imply that O and A types are immune, but that their threshold is much higher. Over 85% of the cases of weight loss and obesity are of the B and AB type.

The connection of obesity, over-weight and diabetes is based on the same common denominator – Refined and non-refined complex carbs and high starch vegetables.

**Carbohydrates** - are sugars that are grouped into single (monosaccharide) 1 sugar, double (disaccharide) 2 sugars, multiple (polysaccharide) 3 sugars > and complexed (200 sugars) forms.

**fructose** is the single (mono) group of sugar present in fruit (refer to food chart)

**dextrose** is the double (di) group of sugar present in low carb vegetables (refer to food chart)

**sucrose** is the single (mono) group of detrimental sugar present in refined sugar cane

**starch** is the multiple (poly) group of sugars present in high & low starch vegetables (refer to food chart)

**complex starch** is the complex group of sugars composing 65% of grains (grass seeds), a form of sugar impossible to completely digest

**gluten** is the conjoined complex of 80% of the protein and 100% of the starch in wheat; a complex of sugars impossible to digest

The key to maintaining weight loss begins and ends with carb intake. The cells require an approximate range (3% to 5%) of glucose upon which to function efficiently; glucose is sugar in its simplest form (mono-one), so therefore the sugar composition of food should be in like form (fructose, dextrose) and within the same approximate range (3% - 5%).

Let's observe the various types and groupings of sugar within all carbohydrates; please be attentive to the illustrations and charts below:

**The composition of Carbohydrates in foods**

<u>FOOD</u>	<u>WATER</u>	<u>PROTEIN</u>	<u>CARBS</u>	<u>FAT</u>
Fruits (low-carbs)	87%	0.9%	5%	.7%
Low-carb Vegetables	80%	2.0%	3%	.8%
Low-starch Vegetables	<u>70%</u>	2.8%	<u>9%</u>	.4%
High-starch Vegetables	<u>63%</u>	1.8%	<u>30%</u>	.6%
Grains	<u>11%</u>	<u>8%</u>	<u>75%</u>	.7%

**Human Cell composition**

75- 85% water

**3 - 5% carbohydrates - glucose (simple form)**

12% - 14% enzymatic proteins

4% structural proteins

1 - 3% fat

Upon observation of the illustrations, one can clearly see the comparison between carb level and forms in the underlined food sectors and their inconsistency with those of human cell composition, just as one can observe the carb level and forms in foods that are not underlined and their consistency with cell composition.

The general chemistry of all human cells is identical. The question may arise as to what happens to excess carbs, since by selective transport the cells via insulin absorb only the glucose level determined by glucagon.

The excess portions are stored within the liver (glycogen) and soon released as high glucose; other portions travel in lymph fluid, are absorbed by tissue; accumulate within vessels, bronchial tubes, lungs and gradually congest the small & large intestines (colon). The continued intake of these carbs results in an indefinite encounter with diabetes; the solution would be just to partake in foods with proper carb consistency and diabetes will be no more.

A transitional food regimen that gradually decreases carb intake is imperative; it entails the principle of substitution to gradually transition from refined complex (wheat) carbs to unrefined non-wheat grains (complexed starch). The next phase is the transition from grains (complex starch) to high-starch vegetables; then a transition from high-starch vegetables to low-starch and low carb vegetables; utilizing the balanced food combining principles illustrated in **“transition to optimal Health”**.

The principle of substitution entails replacing foods with great inconsistency with those of more consistency; the foods most contributing to high glucose levels are the primary focus.

Wheat (gluten) is by far the most detrimental grain in existence; just as wheat based foods are the most detrimental of grain based foods. They are the most contributive to diabetes, weight gain and obesity should be of a priority measure for substitution.

Quinoa on the contrary has the lowest carb (glycemic) levels of all grains in existence, and is the most appropriate substitute.

Wild rice (black) is the original rice species (grass seed) that is presently wild crafted in Minnesota and Wisconsin. Its starch complexity is more digestible than brown, basmati and especially white rice (which are mutant descendants of wild rice)

Butternut and bush scallop squash (steamed or baked) are the perfect substitute for root vegetable species of potatoes, turnips and rutabagas; their starch content is of a lesser degree.

### SUBSTITUTIONS

#### PRESENT

Quinoa -  
Quinoa – grain  
Wild rice (black)  
Butternut/acorn squash  
Scallions (green onion)  
Chives  
Green-snap beans  
Corn -raw or steamed  
Sweet pepper  
Quinoa grain  
Spaghetti squash (baked)

#### PAST

Wheat  
Couscous / rice  
Rice: white, brown  
Potatoes, turnips, rutabagas  
Bulb onions  
Garlic  
Dry beans  
Corn – boiled  
Bell pepper  
Grits/oatmeal  
Wheat spaghetti/pasta

#### **PROPER COMBINING**

Melon fruit alone  
Starch and Low-carb vegetables  
Proteins and Low-carb vegetables  
Fats with Low-carb vegetables  
Sub-acid and citrus fruits  
Sub-acid and sweet fruits

#### **IMPROPER COMBINING**

Starches and proteins  
Citrus and sweet fruits  
Fats and sweets  
Proteins and fruit  
Starches and fruit  
Proteins and fats / oils  
Starches and fats / oils

## INSTRUCTIONS Days 1 thru 7

### MORNING REGIMEN

- 1) Take 4 capsules of **PURIFICATION** 1 hour after eating or drinking
- 2) Take 4 capsules of **LIVER FLUSH** 45 minutes after taking purification.
- 3) Take 1 Tablespoon of **REJUVENATOR** 45 minutes after taking liver flush.

Use herbs 1 hour after eating or taking medication

### EVENING REGIMEN

- 1) Take 4 capsules of **PURIFICATION** 1 hour after eating or drinking
- 2) Take 4 capsules of **LIVER FLUSH** 45 minutes after taking purification.
- 3) Take 1 Tablespoon of **REJUVENATOR** 45 minutes after taking liver flush.

Use herbs 1 hour after eating or taking medication

## **INSTRUCTIONS Days 8 thru 14**

### **MORNING REGIMEN**

- 1) Take 4 capsules of **LIVER FLUSH** 1 hour after eating

### **EVENING REGIMEN**

- 1) Take 4 capsules of **LIVER FLUSH** 1 hour after eating

### **COMMENTS**

This is a Fourteen (14) day program; the balanced food combining guidelines should continue after the program.

This program should be repeated once a month for three consecutive (3) months. Afterwards the starter program (System detox, broom and rejuvenator) should be done the next three (3) consecutive months - four(4), five (5) and six (6).

Use 100% pure grape or apple juice when taking the Rejuvenator

Avoid the use of sugar (a refined food harmful to the body), use 100% pure maple syrup as a substitute.

Wheat - based products, rice, potatoes and dairy are the hardest to digest and are the most contributive to weight increase, obesity and disease.