

Thinfinity™ Questions and Answers

- Page 2 Is it important for me to take my Thinfinity™ Metabolic Drops at a certain time during the day?
- Page 2 I'm a big soda pop drinker. Can I continue to drink diet soda while I'm in the WEIGHT LOSS PHASE?
- Page 2 Is there a good way to measure veggies?
- Page 2 How much water should I drink during WEIGHT LOSS PHASE?
- Page 3 How important is water consumption? I only really drink tea and coffee.
- Page 3 I just started WEIGHT LOSS PHASE. When do the hunger pangs get better? Also I'm a little confused when I should take Thinfinity™ Metabolic Drops. Is it right before you eat or anytime you are really hungry or around lunch and dinner? Also, is it alright to eat the Melba toast or part of the fruit in the morning? I found I was really hungry in the morning.
- Page 4 Why am I only having a bowel movement every three or four days during WEIGHT LOSS PHASE?
- Page 4 I have been at a plateau for four days, during WEIGHT LOSS PHASE. I can't take it any longer! How can I break this plateau?
- Page 4 When should I break a stall?
- Page 5 What are some of the reasons why a person's weight stalls during the WEIGHT LOSS PHASE?
- Page 5 Should I continue to take my nutritional supplements during WEIGHT LOSS PHASE?
- Page 5 Should I continue to take my prescription medicines during the WEIGHT LOSS PHASE?
- Page 6 Can I take over the over the counter pain relievers?
- Page 6 Should I stop taking Thinfinity™ Metabolic Drops during menstruation?
- Page 6 What do you recommend I use for lotion?
- Page 7 Help! I'm getting ready to go into STABILIZE PHASE. I'm scared because I don't want to gain the weight back. What do I eat?!?
- Page 8 It's time for STABILIZE PHASE and I'm sooo scared to eat!

Q: Is it important for me to take my Thinfinity™ Metabolic Drops at a certain time during the day?

A: It is good to have Thinfinity™ Metabolic Drops taken throughout the day to help suppress your appetite. Our goal is that you keep a nice, consistent level of Thinfinity™ in your system.

Q: I'm a big soda pop drinker. Can I continue to drink diet soda while I'm in the WEIGHT LOSS PHASE?

A: No! It is important to understand that the chemicals in diet soda have a negative effect on the glands, organs, hormones, and on neurology. The toxic effect of the artificial sweeteners on the body has been proven and should be avoided now, and always! This may not be what you want to hear, but there is an alternative!

If you need the bubbles, there is a way to get it without putting much strain on the body. Sparkling water, low sodium club soda, mineral water, seltzer water, etc., all have fizz. Add stevia to the seltzer water of your choice and you now have a soda that is much less harmful to the body. Nu-Naturals Vanilla Stevia has a very smooth aftertaste and can give sparkling water the flavor of Cream Soda. Now add any flavored stevia, (Sweet Leaf brand carries many flavors) and you can have root-beer, lemon-lime, orange, etc. This is a great alternative, and, another wonderful advantage to using Stevia is that it actually helps to balance blood sugar levels in the body!! Double bonus!

Q: Is there a good way to measure veggies?

A: Most people follow the 'handful' rule. On lettuce, salad mix, shredded cabbage and spinach, most people use as much as they can grab. This usually turns out to be 1 ½ handful. A veggie like asparagus perhaps needs to be cut up to put in a measuring cup.

Try not to fret over serving size too much. The most important rule to follow is the lean meats at 100 grams weighed raw. Just use common sense and your best judgment.

Q: How much water should I drink during WEIGHT LOSS PHASE?

A: Drink to satisfy your thirst. Coffee and teas are an option during WEIGHT LOSS PHASE, but the main source of your hydration should be water.

Q: How important is water consumption? I only really drink tea and coffee.

A: Very!!! Water is vital to the body functioning properly. Water helps to flush toxins out, (you've heard that before). Here's why: When the body releases waste from the cells, which happens every second of the day, it has to protect itself by moving this acidic waste out of the system. One way to decrease acid in the system is to dilute it with water. So, here's a good scenario: You are doing great in your fat loss; you've had three good days of losing .8, .6, and 1 pound. You're thrilled! Then whammmmm, you stall for 2 days in a row. What happened? One possibility is that your body is diluting the newly released acid in your body by retaining water. This dilution will allow your body to remove these toxins more easily without harm. So, after your 2 day stall, you miraculously drop 1.2 pounds! Your body neutralized the acid and was able to release the waste and the extra water it took to neutralize it. This is why consumption of water is so so so important! When we lose weight at this rate, our body is releasing fat soluble toxins back into the system. More water will help your body neutralize the acidic toxins with greater ease. Tea and coffee are, by nature, acidic. If this is all you are drinking, you are keeping your body in a state of acidosis. Rethink your lifestyle choices and benefit greatly!

Q: I just started WEIGHT LOSS PHASE. When do the hunger pangs get better? Also I'm a little confused when I should take Thinfinity™ Metabolic Drops. Is it right before you eat or anytime you are really hungry or around lunch and dinner? Also, is it alright to eat the Melba toast or part of the fruit in the morning? I found I was really hungry in the morning.

A: Hunger is really common during the first few days. People experience different forms of "hunger". Some say their stomach grumbles and grumbles, some say it feels like an empty feeling in the pit of their stomach (like when you've gone way too long without food). Until this initial feeling goes away, there are a few things you can do.

Make sure you are drinking plenty of water (1/2 of your body weight in ounces each day!). Heavy teas like chai tea can be helpful. (Celestial Seasoning Chai – no sugar) Also, mineral water with bubbles (low sodium please) can settle the stomach grumbles quite well.

You can spread your food out throughout the day. If hunger sets in at 10:30am, eat some or all of your melba toast, or ½ of one of your fruit servings.

You can take a bit more of the Thinfinity™ Metabolic Drops if you feel you need it. A few drops under the tongue can be very helpful to stave off cravings. Everyone is a bit different when it

comes to effective Thinfinity™ Metabolic Drop amounts (.75 up to 1 mL – 3x per day) and the timing of taking their drops. You will find your own rhythm and finally settle on what works best for you.

Q: Why am I only having a bowel movement every three or four days during WEIGHT LOSS PHASE?

A: During WEIGHT LOSS PHASE, you are not consuming enough waste to produce a daily bowel movement. You are not constipated, and should not be experiencing any discomfort or pain. You simply are only consuming enough waste to produce a bowel movement every three or four days.

Q: I have been at a plateau for four days, during WEIGHT LOSS PHASE. I can't take it any longer! How can I break this plateau?

A: You have two options.

Option 1. You may do an Apple Day. In an Apple Day, the only foods you will eat are apples. You will consume up to 6 apples that day. (You may eat less, but no more than six.) You will drink plenty of water, and may still consume coffee and tea. In effect, this is a mini liver cleanse, and should break your plateau.

Option 2. You may have a Mini-Steak Day. Similar to the Steak Day during STABILIZE PHASE – except this very lean steak is only the allotted 3 ounces, and may not be cooked in fats or oils. You will have fasted all day, and will choose either an apple or a tomato to eat with your steak. You will drink plenty of water, and may still consume coffee and tea. This should break your plateau.

Q: When should I break a stall?

A: Let's never let a stall go on for longer than over 3 days. Do a mini steak day to break your stall. Fast with liquids for breakfast and lunch. For an early dinner, 3 ounces of lean steak and an apple or tomato. This should enable you to lose 2-3 pounds and continue going down from there without any problems.

Q: What are some of the reasons why a person's weight stalls during the WEIGHT LOSS PHASE?

A: Every person's body is made up of different cells memories, conditioned responses, stress reactions, and emotional triggers. Because of this, each person is a new, individual case when it comes to this program. Where one person may have extreme success in losing quickly without many (or any) stall patterns, another person may feel that their WEIGHT LOSS PHASE is riddled with ups and downs or stalls on their weight loss chart. It is important that we do not compare out weight loss with anyone else. There are a good portion of people that lose an average of .8 pounds per day over the course of each round, however, there are many people that average anywhere from .4 to .8 pounds per day. (Take your total weight loss so far and divide that by the total number of days you have been in WEIGHT LOSS PHASE, to find your daily average weight loss.)

Here are some reasons for stalls or gains:

Addition of oils or fats into the diet or absorbed through the skin.

Old weight set-point (your body feels safe at "this" weight)

Emotional issues: fear of success, fear of attention or advances from opposite sex, fear of giving up the excuse to be: sad, lonely, sick, tired, less than wonderful, less than beautiful, less than needed, less than worthy, less than...

Release of toxins (fat soluble toxins) back into the system which increases the acidic nature of the internal terrain of the body. When the body becomes too acidic, it retains water to help alkalize the internal terrain. This extra water retention can show up as weight gain or a stall.

Q: Should I continue to take my nutritional supplements during WEIGHT LOSS PHASE?

A: Yes – except for any oil-type supplements. So – that means you need to avoid fish and omega oils, vitamin E, and vitamin D in its oil form. (You may take vitamin D in a tablet.)

Q: Should I continue to take my prescription medicines during the WEIGHT LOSS PHASE?

A: Yes! Keep taking your medications as prescribed by your doctor. However, be sure to set an appointment with that prescribing doctor within two weeks or so of beginning of WEIGHT LOSS PHASE. You will have lost so much weight by that time that your doctor will want to be aware of your weight loss. He or she will want the opportunity to re-evaluate the levels of your prescription(s).

Q: Can I take over the over the counter pain relievers?

A: There is always a chance that adding a chemical to our system can stall or slow down the process of fat loss. Chemicals are acid in the body. When the body becomes acidic, it has to retain water and fat to neutralize the acid. This could be interpreted as a stall on the scale. However, when the body has regained a safe pH, it will release the toxin, or chemical, or emotion, and weight reduction will continue. Use pain relievers if necessary, and remember to not be alarmed if your weight loss is slowed a bit. This too shall pass.

Q: Should I stop taking Thinfinity™ Metabolic Drops during menstruation?

A: No. Thinfinity™ Metabolic Drops can be taken the entire WEIGHT LOSS PHASE round without interruption.

Q: What do you recommend I use for lotion?

A: During WEIGHT LOSS PHASE; it is very important not to use any lotions, body or face creams that have digestible oils in them. Thinfinity™ Metabolic Drops are helping to pen up the adipose fat tissue to be used as fuel; however, it is a two way street. Not only will the body use the adipose fat for fuel, but it also allows the storage of new fat, (whether eaten or absorbed through the skin), in the adipose layer! Therefore, by eliminating all external fat sources, the body will be forced to use its' internal sources of fat for fuel.

“Na-PCA with Aloe Vera” is an inexpensive moisturizer and lotion you can find at most health food stores that is compatible with WEIGHT LOSS PHASE.

Q: Help! I'm getting ready to go into RETRAIN PHASE. I'm scared because I don't want to gain the weight back. What do I eat?!?

A: Once you have completed the METABOLIC DROPS PHASE, you are now free to add oils and fats back into your diet. In RETRAIN PHASE you are allowed to eat fatty meats like turkey, ham, pork, tuna, salmon, etc. You also have a wider variety of fruits and vegetables to choose from.

RETRAIN PHASE is a three week long maintenance period that is most important for resetting the hypothalamus. Still no sugars or starches. You will continue to weigh every day and maintain your weight within 2 pounds either side of your last WEIGHT LOSS PHASE weight. If at any time your weight is higher than 2 pounds from your last WEIGHT LOSS PHASE weight, you will do a "steak day". Fast on liquids for breakfast and lunch and then eat either an apple or tomato and a large steak for an early dinner.

This should drop your weight to back within range of your last WEIGHT LOSS PHASE weight. From that point on, eat as your body tells you to and eat smaller meals more frequently.

Consider taking our optional product, Thinfinity™ Maintain. This product will not support additional weight loss, but will help curb cravings for the sugars and starches you can't yet partake of, and continue to give you a nice, even energy.

Q: It's time for RETRAIN PHASE and I'm sooo scared to eat!

A: Let's face it, WEIGHT LOSS PHASE was "safe". You had a certain portion of food that you ate, in a set manner, which finally moved you in a new direction with regard to your stubborn weight. It was simple and the "thinking" was done for you. Remember that even though you were only putting in around 500 with the Turbo option (or around 800 with the Accelerated option) calories per day through the mouth, you were consuming between 2,000 and 4,000 calories per day – from your adipose fat. Your metabolism was alive and cranking during METABOLIC DROPS PHASE! Now, during RETRAIN PHASE, you need to keep that metabolism working, but you no longer have Thinfinity™ Metabolic Drops in your system to help you get calories from adipose fat – so you MUST eat enough food in order to keep your metabolism functioning well.

Consider taking our optional product, Thinfinity™ Maintain. This product will not support additional weight loss, but will help curb cravings for the sugars and starches you can't yet partake of, and continue to give you a nice, even energy.

Though you may have a history wherein you have grown to distrust your body's metabolism, and you hate to leave the safety of METABOLIC DROPS PHASE, you need to recognize the fact that Thinfinity™ Metabolic Drops has helped you reset your body's resting weight. You need to learn to trust that your body is going to work hard to keep you at this new weight. You will be amazed that when you get on the scale in the morning, your weight will only move slightly up and down the scale within 2 pounds of your last WEIGHT LOSS PHASE weight. If you happen to eat something that is inflammatory to your body, you'll know it because the scale will be higher. Use the easy fix: Just fast with liquids for breakfast and lunch (you can have V8 juice now) and have a big juicy steak with an apple or tomato for an early dinner. This will bring you down to a lower weight and you will be back on track again! Welcome to the RETRAIN PHASE – it is wonderful!!