**WEIGHT MANAGEMENT PROGRAM**

*WholePerson Therapeutics utilizes the scientifically proven, customized and individualized TLS Weight Loss Solution program. Weight management (loss of weight) is all about what works for you. Life isn’t rigid or predictable, neither is one person to another, and your weight loss solution shouldn’t be either. Our comprehensive educational program is custom-made to fit you and your unique lifestyle. Flexibility is key to TLS, which is why anyone can Live the Lifestyle. The scientist, doctors and researchers behind this program makes it simple.*

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| **1** | **low GI eating** -- We think that food should be delicious, nutritious and revitalizing. TLS easy to follow low-GI program centers on food quality, because wholesome food produces lean, energetic people. We supply the menus and recipes — you bring your appetite. |
| **2** | **BODY COMPOSITION** - A truly fit body must be active, which is why we focus on healthy body composition. Here we aim to change the muscle to fat ratio since muscle mass directly influences the metabolism. This is achieved through our clear-cut exercise plans, videos and interactive tools. |
| **3** | **SUPPLEMENTATION** -Sustaining energy and enthusiasm is essential to effective weight loss. We offer an extensive collection of weight loss supplements to help you adjust to your new lifestyle and prevent plateaus. Each supplement is scientifically-developed to target different weight loss struggles. |
| **4** | **EDUCATION** -- Discover why you struggled to lose weight in the past, and permanently change bad habits. We teach you how to maintain your success and stay motivated. Our interactive tools will also help keep you inspired, because they track your progress throughout your weight loss journey. We’re here for you every step of the way. |
| **5** | Clinician coaching and guidance. |

**WHY DIETS HAVE FAILED YOU**

Other diet programs can potentially help you manage weight, but are the requirements of that diet the best way to permanently keep the weight off? Is it something that you can continue to do for the rest of your life? Maintaining a healthy weight depends on eating right, exercising and making a daily commitment to changing unhealthy behaviors into better ones.

**WHY TLS IS DIFFERENT**

Other programs tell you what they think works. TLS is all about what works for you. TLS is about education and implementation.

**A LOOK AT POPULAR DIETS**

**HIGH-PROTEIN, LOW-CARB DIETS:** Proponents of high-protein/low-carbohydrate diets talk about how protein-filled foods can leave you satisfied and satiated without adding carbohydrates. These programs often eliminate fruits and vegetables as well as starches and grains.

The problem is that most of the weight lost on these diets is water weight and muscle, not body fat. Your metabolism is fueled by muscle. Fat slows down your metabolism and lean muscle mass boosts your metabolism. Your fat-to-lean muscle ratio is what dictates how effectively your metabolism burns excess fat. The leaner muscle you have, the more your body can burn fat.

With TLS, you’ll learn to balance your meals with the proper sources and amounts of protein, carbohydrates and fats. This will ensure your body gets the best sources of these foods plus the nutrients it needs to fuel your metabolism so you can manage your weight.

**LOW-FAT DIETS:** Fat gets a lot of attention for many good reasons. The wrong types of fats can raise cholesterol levels in the blood, increasing a person’s risk for heart disease. While some people have found success using low-fat diets, there are many arguments as to whether low-fat is best. Fat adds flavor, fullness and texture to foods.

In order to make low-fat foods taste better, manufacturers compensate for the reduced fat by adding more sugar. This often raises your blood sugar levels and your body is more likely to store fat instead of burning it. TLS Weight Management Solution will help you understand the difference between good and bad fats, allowing you to make more informed decisions about your diet. You will learn all about the different types of fats in weeks to come.

**LOW-CALORIE DIETS:** Calories, calories, calories: they’re all around us. Whether it’s a cheeseburger, some bread, a blueberry muffin or an egg-white omelet, we can’t escape them. That’s why many believe a sure-fire method to weight management is cutting back on the number of calories consumed each day. This is not optimal because food provides the body with the energy and nutrients it needs to function properly. You cannot starve yourself thin. You need to eat to lose weight. Calorie-restricted diets put the body in a state of controlled starvation, which ultimately slows your metabolism.

Calories are not the enemy— they are simply a measure of the energy you are consuming, which your body then uses as fuel. Restricting your fuel can keep you from reaching your weight management goals. TLS Weight Management Solution is not about restriction, it is about learning which foods will keep you satiated, reduce cravings, and fuel your body in a healthy way.

**CARBOHYDRATE-COUNTING DIETS**: Carbohydrate-counting diets are not the same as low-carb diets. Carb-counting refers to a system of setting a maximum amount of carbohydrates consumed per meal or per day. The theory is that this will keep blood levels in a targeted range. While results may vary, the types of carbohydrates consumed may have a negative impact on weight management and general health. Not all carbohydrates are created equal, which is why TLS focuses on eating quality carbohydrates that will provide sustained energy, fat loss, cardiovascular and blood sugar support.

**TREND DIETS**: There are many trend diets on the market, and more appear each year. Examples are hCG injections/drops with drastically low-calorie intake (500 per day); or, drinking only shakes through the day. These and other trend diets perpetuate muscle loss, thus slowing your metabolism. The result is often quick weight loss, followed by swift and significant weight gain. Trend diets make it extremely difficult to maintain weight loss. With this type of quick weight loss, hormones will signal the body to store all calories as fat. Moreover, once you “go off” the diet, you will end up with more excess weight than before, in the form of fat, not muscle. By cutting calories or losing weight in a dramatic fashion you are also cutting the fuel your body needs to burn fat and stay energized. There are many trend diets that make their way to the mainstream. Most restrict the types of foods you eat, including all carbohydrates, starches, and fats, don’t include education on how to eat for life, and can slow your metabolism 10-15 percent. With the TLS Solution, the focus is on eating real foods. You will be able to shop at your local food market and dine out at restaurants. You will learn to make healthy weight management choices that can lead to long-lasting results. It’s not a matter of how many calories you consume, but what type of calories you are consuming. TLS Weight Management Solution will be sustainable because you will create new habits with foods you enjoy.

CHOOSE THE PLAN THAT’S RIGHT FOR YOU: Everybody approaches weight management differently. Some people can dive headfirst into a really strict programmed, while others need to ease their way into a new way of eating. With TLS, you can approach weight management in a way that’s right for you. Customized TLS menu plans will help you achieve maximum success with different weight management goals (TLS Corporate Team. *TLS Weight Management Health Guide*,

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