



SOLSTICE HEALTH

Medical Weight Loss Program

Weight Loss Redefined. For a Lifetime

The Solstice Health medical weight loss program is a natural and effective method to help you achieve a healthy, ideal weight. The partial-meal replacement plan is low in simple carbohydrates, and rich in healthy, fortifying proteins. You will become healthier, and more knowledgeable on how to make healthy food choices for a lifetime.

Whether you have a few pounds to lose to reach your ideal weight goal, or a hundred plus pounds, it is important to fully evaluate a weight loss method that is safe, and will help you achieve your healthy ideal weight.

Here are some frequently asked questions about the Solstice Health Medical Weight Loss Program.

How does the program work?

Our program is an all-natural, GMO-free, medically designed 4 phase protocol, resulting in rapid fat loss while sparing the lean body mass. In order to specifically target fat loss, maintain lean body mass, and reverse chronic disease, the carbohydrate intake must be modified. All carbohydrates, good or bad, raise blood sugar levels. As a result, too many carbohydrates significantly raise insulin levels, which then acts as a "fat storage" hormone, increases the production of cholesterol, and increases arterial wall thickness which induces high blood pressure."

Whole grains and fruits are nourishing, they are all carbohydrate rich and raise insulin/blood sugar levels. The increase in insulin/blood sugar levels makes it extremely difficult for our bodies to burn fat. In order to effectively burn fat and lose weight, we eliminate carbohydrates and fruits initially in the weight loss phase of the diet. Fruits and whole grain carbohydrates are reintroduced, along with all the foods we enjoy, once the desired weight goal is achieved.

Soda is eliminated during the weight loss phase of the program, due to the importance of maintaining the acid/base balance in our body's physiology. Maintaining an acid/base balance is important for maintaining over-all health. Certain all natural, substitute drinks are acceptable. We recommend, LaCroix sparkling waters, fruit infused water, Ideal Protein water enhancer, Mio and Hint drinks.

Alcohol consumption is not allowed in the initial weight loss phase of the diet. Some of the reasons include:

- Alcohol can slow the weight loss phase by adding to sugar stores in the body.
- Consuming alcohol reduces the production of ketones, which can cause faintness and can possibly induce syncope/ "passing out".

As part of a healthy lifestyle, exercise is a vital component, however on this weight loss program exercise is not required for weight loss. We recommend keeping exercise activities low impact and low intensity while on the weight loss phase of the program. In order to avoid muscle loss, it is recommended to limit high intensity exercise.

What can I expect in each of the 4 phases?

The Solstice Health weight loss program is a four-phase plan in which women can expect to lose an average of 2-4 pounds per week and men, an average of 4-7 pounds per week.

Phase 1	Phase 2	Phase 3	Phase 4
Follow until you reach your weight loss goal. + 3 Ideal Protein Packets per day + Vegetables + Unlimited Lettuce + Dinner Protein of your choice	Follow for 14 days after you finish phase 1 + 2 Ideal Protein Packets per day + Vegetables + Unlimited Lettuce + Lunch Protein of Your Choice + Dinner Protein of Your Choice	A 14-Day gradual reintroduction of carbohydrates and fats + 1 Ideal Protein Packets per day + Vegetables + Unlimited Lettuce + Lunch Protein of Your Choice + Dinner Protein of Your Choice	Congratulations! You've reached your weight loss goal. Maintain your weight with a 12-month stabilization plan. You'll continue to make smart choices, eat a healthy diet and enjoy the empowerment of having reached your goal and the health benefits that accompany it.



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What makes the Solstice Health Weight Loss Program different from other diets?

- Our focus is to treat the weight issue at the very source, too much sugar. By the time you reach your weight loss goal, you will have transformed your body's ability to metabolize sugar by reeducating your pancreas to produce only the right amount of insulin needed.
- The Solstice Health weight loss program effectively focuses on fat loss through reduction and how to keep the weight off for a lifetime.
- Many alternative diets focus on short-term results through water loss and lean tissue/muscle mass loss. Long-term success is not realistic with this type of weight loss, and will result with severe effects on metabolism and cardiovascular health.
- The Solstice Health weight loss program includes 20 grams of protein per portion, more than double the amount of protein in most other diet supplements, but this is NOT a high protein diet.
- The supplemental foods used in the Solstice Health weight loss program are made from highly bioavailable protein isolates, and are complete with eight essential amino acids.
- The foods are all natural and less toxic than other protein diets. Our foods feature less saturated fats, no trans fats, no aspartame, no Monosodium Glutamate (MSG) and no Genetically-Modified Organisms (GMOs).

Is the program safe for everyone?

Yes, our medical weight loss program is safe for everyone, except those with extreme medical conditions.

How much does the program cost?

The startup cost is \$299 which includes your initial health consultation as well as:

- 1 Month Supply of Supplements and Omega-3
- Blender Bottle
- 10 day supply of Ideal Protein Food
- Ideal Salt
- 1 month supply Body Composition Analysis (BCA)
- Ideal Technology: Online Individualized Progress Tracker

After that, the entire program and everything that comes with it is wrapped up into the cost of the food, which is about \$12 per day.