

# SLENDERIIZ

drop to drop

# PHASE ONE: **PREPARATION**



**CUT OUT FAST FOOD**

Start your Slenderiiz Program by telling your fast food cravings to take a hike! It's called "junk" food for a reason. Junk foods are processed foods that will minimize your fat loss by spiking blood sugar and increasing inflammation from starch and vegetable oils that cause disease and ruin your metabolism.



## **PREPARE YOUR BODY**

Prepare your body for the Fat Burning Phase for two days by eating as normal with the exception of cutting out fast foods. For optimal results, start adding healthy fats to your diet such as avocado, raw nuts and seeds, and begin taking Slenderiix & Xceler8 as directed.

**HANDY TIP:** Adding supplements to your daily health regimen, while participating in the Slenderiix Program, can provide crucial cellular nutrition, rebalance body fat stores and optimize your metabolism. It can also support normal blood sugar, hormone and energy levels. †

† These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

# PHASE TWO: **FAT BURNING**

To start your Fat Burning Phase, go through your cupboards and toss out cookies, pastries, candy, processed meats, potato chips, soda, high-sodium frozen foods, boxed foods and canned soups.

**HANDY TIP:** If you find yourself hitting a plateau after six months of beginning your program and you have stopped losing weight before you have reached your goal, it is recommended you discontinue taking the Slenderix drops for one month. Continue taking the Xceler8 drops and consider adding Rejuvenix with breakfast. This will jumpstart your body allowing further weight loss.

A close-up photograph of a person's hands writing in a spiral-bound notebook. The person is using a black pen. The notebook is open, and the writing is visible on the page. The background is blurred, showing what appears to be a desk or table.

## TRACK YOUR INTAKE

It is important to track and keep your daily intake under 1250 calories. If your body feels full, you do not need to hit the 1250 calorie mark.

Each day, eat three regular healthy meals, with foods only from the Approved Food List. If you prefer, you may choose to spread your calories out to include smaller meals and two snacks.

Your highest calorie meal should be breakfast and lowest calorie meal should be dinner, allowing your body time to digest and burn off calories before resting in the evening.

**HANDY TIP:** Use PureNourish for two meals each day with water, or unsweetened almond or coconut milk and  $\frac{1}{2}$  cup of added fruit. Lowest in sugar means highest in fat burning. These are: strawberries, blackberries, raspberries or blueberries.

# DRINK PURIFIED WATER



For optimal results, drink at least eight to ten 8-ounce glasses of purified water daily. This allows your body to remove toxins and flush them away as you begin burning up fat stores.

**HANDY TIP:** The Puritii water filter bottles are a great choice for keeping purified water on hand at all times.



# EXERCISE

A modest aerobic exercise program is good for your health. Start walking, hiking, swimming, jogging, biking, etc. for 15-30 minutes, five times per week.

If you have not been getting much exercise prior to this program, it is important to begin slowly and build up to our recommended level of exercise over the next few weeks.

Note: When you exercise, you lose fat and gain muscle which slows the appearance of your weight loss on the scale, because muscle weighs more than fat but takes up less space. Be sure to keep measurements to track your progress if you are active with weight bearing exercises.

**HANDY TIP:** Use a pedometer and try to reach or exceed 10,000 steps each day.

## REMEMBER:

Only eat from the Approved Food List  
Count calories  
Track water intake

## **A ROUTINE SCHEDULE IS GOOD.**

**Remember:** Don't fear fat! Good fats are good for you!

Eat the most calories in the morning and the least amount at night to allow your body all day to burn them off.

Do not eat after 7 p.m. to allow your body time to burn off the calories while you are still walking around. Eating even a small dinner and then zoning out for the rest of the night is damaging to metabolism and interferes with digestion and quality sleep.

## **PLAN YOUR MEALS IN ADVANCE.**

Reduce your temptation for unnecessary foods by having a grocery list and sticking around the edges of the grocery store. This is where you will find fresh foods that are the most healing and rev up your metabolism.



# APPROVED FOOD LIST

Focus on fresh organic foods to help you avoid sodium, unhealthy fats, and processed foods that will spike your blood sugar, cause inflammation and shut down your weight loss.

## PROTEIN

Chicken  
(free-range, raised  
without hormones is best)

Eggs  
(free-range)

Grass-Fed  
Beef  
(ground, steak,  
tips, roast)

Turkey  
(fresh, not pre-served lunch meat)

Turkey Bacon  
(nitrate free)

Venison

Any White Fish  
(wild is best,  
not farm-raised)

Halibut

Tilapia

Flounder

Salmon

Tuna

Lobster

Crab

Shrimp

All vegetarian  
proteins work  
as part of  
this program.

Quinoa

Organic Tofu

Raw or  
Sprouted Nuts  
(not as low in  
calories, or as  
filling as quinoa  
and tofu)

Tempeh

Beans  
(high in calories  
for small amounts)  
Note: Do not  
combine with  
fruit or meat at  
the same meal.

Low-carb  
Protein Bar

## VEGETABLES

Anything green is good,  
so try new greens!

Artichokes

Asparagus

Arugula

Bean Sprouts

Beet Greens

Brussels  
Sprouts

Broccoli

Bamboo  
Shoots

Bell Peppers

Bok Choy

Cabbage

Carrots

Cauliflower

Chicory

Greens

Chili Peppers

Collard  
Greens

Cucumbers

Dandelion  
Greens

Dill Pickles

Endive

Escarole

Green Beans

Green Leaf  
Lettuce

Kale

Mushrooms

Mustard  
Greens

Onions

Peas

Radicchio  
Greens

Radishes

Red Leaf  
Lettuce

Romaine  
Lettuce

Spinach

Sprouts

Summer  
Squash

Swiss Chard

Yellow  
Squash

Zucchini

Sea Vegetables,  
Including:

Nori

Dulse

Hijiki

Kelp

Kombu

Wakame

## FRUITS

Organic fruits are best.

Best Choice  
for lowest  
sugar content:

2nd Best:

Pears

Apples

Peaches

Strawberries

Plums

Blueberries

Fresh Figs

Blackberries

Kiwi

Raspberries

3rd Best:

Oranges

Tomatoes

Tangerines

Nectarines

## HEALTHY FATS

These fats are building blocks to support a healthy immune system. You should reserve a minimum of 250–300 of your calories for these fats.

Coconut Oil

(may be used safely for cooking  
1 tbsp = 100 calories)

2 oz of chia seeds, hemp seeds, raw pumpkin seeds, raw walnuts or 2 tsp of their cold pressed oils (may be used for salad dressing)

Avoid vegetable and other seed oils completely

## HERBS

Basil

Oregano

Bay Leaf

Parsley

Chives

Rosemary

Cilantro

Thyme

Mint

Sage

## SPICES

Salt and sugar free spices are a great option to liven up your meals with the Slenderiiz Program. Here are some options:

Apple Cider

Lemon

Vinegar

Lime

Black Pepper

Mustard

Cayenne

Onion

Cumin

Powder

Curry

Real Sea Salt  
(not isolated  
sodium table salt)

Dulse Flakes

Garlic

Turmeric

Kelp Flakes

## SWEETENERS

Liquid Stevia drops or Stevia powder that does not contain maltodextrin.

## CONDIMENTS

Fermented condiments like kimchi or sauerkraut are especially helpful for metabolism and help to make meat more digestible. Do not eat condiments that contain sugar or artificial sweeteners like sucralose, aspartame, Equal or Splenda.

Horseradish  
(pure, not horse-  
radish sauce)

Picante Sauce

Ketchup  
(organic, with  
no sugar or  
sucralose)

Pickle Relish

Salsa

Soy Sauce  
(wheat free,  
low sodium)

Mustard

Tabasco  
Sauce

Olives  
(sun dried  
or packed  
in vinegar)

## AVOID

Bread, chips, pretzels, flour, rice, cereals, pasta, potatoes, sugar, chemical sugar-replacements, iodized (table) salt, roasted and salted nuts, commercial dairy products, vegetable oils, sodium-rich foods such as canned soups, processed meats, and trans fats.

# PHASE THREE: **MAINTENANCE**

Congratulations on reaching your goal! Now, it is important to maintain your healthy lifestyle including a balanced diet and regular exercise.

By now, you understand the danger processed foods bring to your health and weight control. You have been eating a low-glycemic diet and now it is time to gradually add carbohydrates back into your diet.

## **AVOID PITFALLS**

To avoid common pitfalls, build your lifestyle around the healthy food choices from the Fat Burning Phase. Be aware of what time of day you eat, how much you are taking into your body and the quality of those calories.

Remember to avoid white bread, white flour, pasta, rice and potatoes along with all other highly refined starches and processed foods. Instead, eat only whole grain breads (containing the entire grain), whole grain pasta, whole grain rice, sweet potatoes and red potatoes. By following these guidelines you are eating in a way that avoids spiking your blood sugar and will continue to support the new, healthier you.

Finally, be sure to keep taking your Optimals, Omega-Q, and Rejuveniix. These products provide healthy fats, extra energy boost and cellular nutrition important for maintaining a healthy body.



# SAMPLE DAY

## BREAKFAST

Take Slenderiix & Xceler8 as directed

Take Optimals

### CHOOSE ONE:

PureNourish shake (two scoops) blended with spinach, water, unsweetened rice or almond milk (ice is optional)

3 free-range eggs with 1/2 cup of berries

3 egg omelet with 1+ cups of vegetables (no cheese)

Scrambled tofu with spinach, garlic, turmeric and coconut oil

1 cup raw fruit with 10–20 raw almonds. You can also blend this into a smoothie using 1/3 cup coconut milk

## LUNCH

Take Slenderiix & Xceler8 as directed

Up to 8 oz of protein from approved list (weigh before cooking)

3+ cups of vegetables  
(1/2 cup fruit is optional)

## SNACK

### CHOOSE ONE:

Unsweetened pickles and white turkey breast

Half of a low-carb protein bar

Apple with 1 tbsp almond butter

PureNourish shake

## DINNER

Take Slenderiix as directed

Take Optimals

Note: Xceler8 provides an energy boost, which may cause sleeplessness. Recommended to take with breakfast and lunch.

Up to 7 oz of protein from approved list (weigh before cooking)

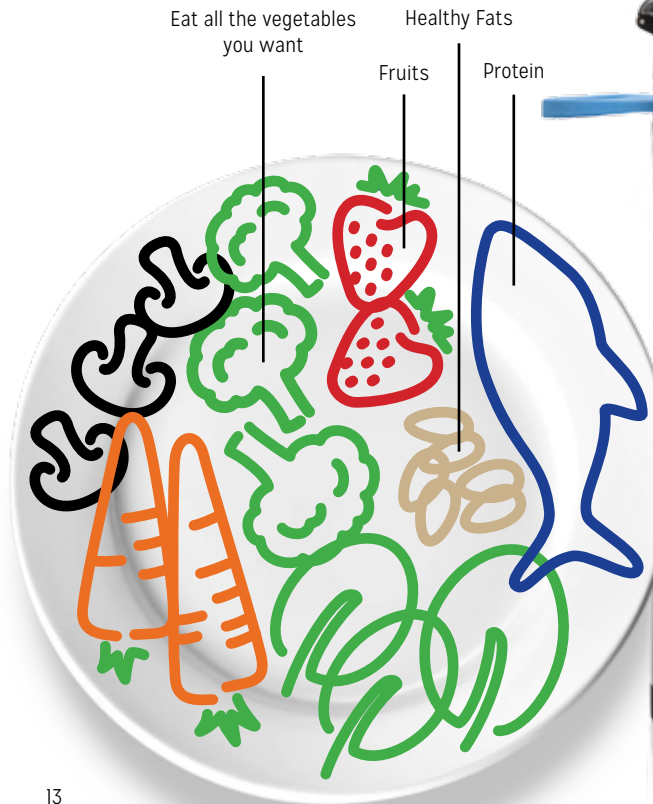
2 cups of cooked or raw vegetables  
and 1 cup fruit

## REMEMBER:

Only eat from the Approved Food List This plan requires you to count your calories.

# THE SLENDERIIZ PLATE

The Slenderiiz plate helps you visualize the proportions of a balanced meal.



Drink a minimum of 100 oz of water per day



# Q&A

## **Q: What should I expect when starting this program?**

**A:** You may experience a withdrawal from processed foods if your diet was high in fast food, frozen prepared or canned food before the program. As these chemical residues work their way out of your system, you may experience some cravings, but it is important to be strong through these first 48 hours so you can get to the good part!

The Slenderix drops will begin to take full effect after about 48 hours. To ensure weight loss, eat plenty of fibrous vegetables like broccoli, cauliflower, spinach, cucumbers, red peppers and cabbage.

If you are truly hungry and not just experiencing withdrawal from the chemicals in processed foods, you need to eat more fiber rich vegetables and drink more water.

Fiber and water intake are extremely important to your success with this program.

## **Q: Do I need to exercise while on this program?**

**A:** Exercise is important in maintaining a healthy lifestyle. Even small amounts each day will benefit you. Exercise will help you to lose inches though the scale may not reflect it as quickly because you are, at the same time, gaining muscle.

## **Q: What if I need to cheat?**

**A:** If you are going to deviate from the program at all, then eat more lean proteins or green vegetables and healthy fats.

Try to not eat sweets! Eating sugar, starch and vegetable oils can set your weight loss back and change your fat-burning potential by three to four days.

Small deviations will not usually cause a sudden weight gain, but will slow your weight loss. We prefer that you do not stray from the program, but if you do, be smart in your approach.

Make sure that your departure from the "ideal" is in moderation. Don't allow your cheating to set you back to the point that you give up.

## **Q: What do I do if I hit a plateau?**

**A:** It is normal to experience plateaus for two to five days. If it persists for longer than six days, you need to do one of two things to push your metabolism out of the plateau to allow your continued weight loss:

**Option 1:** For one full day, eat only protein, water, Slenderix & Xceler8 drops.

**Option 2:** Drink three PureNourish shakes a day with two apples as in between meal snacks, Slenderix & Xceler8 drops and plenty of water.

\*Shakes can be prepared with two cups of organic baby spinach blended into the shake to increase fiber and digestive-cleansing enzymes.

**HANDY TIP:** Dr. Ray Strand offers a program to educate, motivate and guide you through your healthier lifestyle transformation. This Healthy for Life Program can be found at [www.healthconceptsint.com](http://www.healthconceptsint.com)

- Easy to follow 3-phase weight loss program
- Hormone free Slenderiix drops are scientifically formulated to encourage weight loss
- Xceler8's B12 naturally supports the metabolism of carbohydrates and fats<sup>†</sup>

HORMONE FREE

## SLENDERIIX

HOMEOPATHIC WEIGHT  
MANAGEMENT FORMULA

1 Bottle

**Indications:** Helps to temporarily reduce minor hunger pangs and control appetite to support weight loss efforts.<sup>†</sup>

**Directions:** Place .7 ml (approximately 15 drops) under the tongue three times daily before meals. Leave under tongue for 10 seconds, then swallow. Do not eat or drink 10 minutes before or after taking Slenderiix.

**Warnings:** If pregnant or breast-feeding, do not use. Keep out of reach of children. Not for use of children under 18.

**Tamper Resistant Seal:** If seal is broken or missing, do not use.

**Ingredients:** Ammonium Bromatum 12X, Avena Sativa 6X, Calcarea Carbonica 6X, Fucus Vesiculosus 6X, Graphites 12X, Ignatia Amara 6X, Lycopodium Clavatum 6X, Nux Vomica 6X, Sulfuricum Acidum 6X, Thyroidinum 6X

**Inactive Ingredients:** Grain Alcohol 20%, Natural Flavors, Stevia Leaf, USP Purified Water

Store in a cool place, away from sunlight.

## XCELER8

METABOLISM SUPPORT  
& INCREASED ENERGY<sup>†</sup>

1 Bottle

**Purpose:** Helps metabolism and increased energy in weight loss efforts.<sup>†</sup>

**Directions:** Shake well before using. Take 1 ml two times daily, 10 minutes after taking Slenderiix drops with breakfast and lunch. Meal can be eaten immediately following Xceler8.

**Warnings:** If pregnant or breast-feeding, do not use. Keep out of reach of children. Not for use of children under 18.

**Tamper Resistant Seal:** If seal is broken or missing, do not use.

Store in a cool place away from sunlight.

<sup>†</sup> These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

### Supplement Facts

Serving Size: 24 drops (1 ml)  
Servings Per Container: 59

	Amount	Per Serving	%DV
Vitamin B12 (as Methylcobalamin)	600 mcg	10,000%	
Biotin	100 mcg		33%
Rosehips Fruit Extract	10 mg		*
Acerola Fruit	2.5 mg		*
Proprietary Energy Blend	37.5 mg		*
Green Tea Leaf Extract, Fresh Ashwagandha Root Extract, Rhodiola Rosea Root Extract			

\* Daily Value (DV) Not Established

Other Ingredients: Vegetable Glycerin, Water, Stevia Leaf Extract, Peppermint Essential Oil

2x2 fl oz (59 ml) bottles Net