

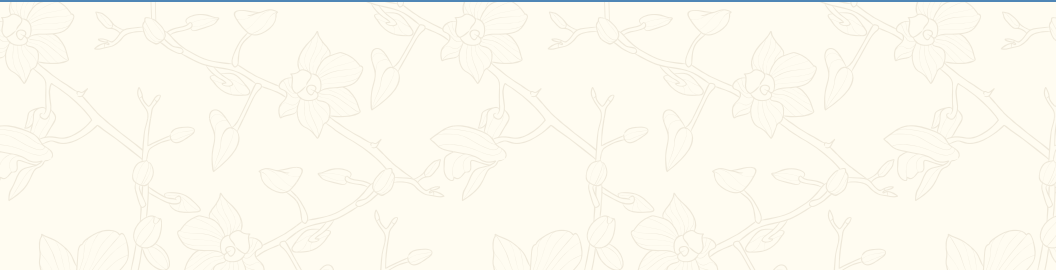


INNOVATION GUIDED BY NATURE, BACKED BY SCIENCE

180<sup>TM</sup>

Turn Your Life Around

PRODUCT USAGE PROTOCOL





For more than 28 years, Dynamite has been a supplier of premium vitamins and minerals, with the intent of providing every living being the highest quality of life through proper nutrition. This has been our family's focus for generations and will continue to be so.

Obesity in America has been called the country's greatest health challenge ever. Dynamite has chosen to get involved in this issue because we are in the midst of an obesity epidemic. In 2007, 74.1% of adults in the United States were overweight or obese, with related medical treatments costing an estimated \$117 billion. These figures have doubled and tripled in the last 15 years. In fact, a U.S. Department of Defense report notes that about one-fourth of college-aged individuals are obese, making them medically ineligible to serve in the military.

Obesity is not a disease. It is a curable condition of the addiction to unwholesome foods. This is why we are introducing Dynamite's newest product, 180™. 180 was developed to break the cycle of food addiction, cleanse the body of food toxins and reintroduce a clean, healthy diet.

As an advocate of good health, I urge you to carefully study the effects of what you are eating, cleanse your body of its toxins and join us in the joy of good health.

Your life is about to do a 180. Best wishes on your journey.

A handwritten signature in black ink, appearing to read "JZ", with a small dot at the end of the second stroke.

Jos Zamzow  
Dynamite Chief Operating Officer

p.s.

Do not ignore step one of the protocol — taking measurements and pictures. You will quickly begin to see dramatic changes in how your body is shaped, and waiting even a few days will prevent you from capturing the full record of your success. This is critical because 180 will change your physical shape but has the potential to create a real opportunity for business as well. You can lose weight, look great and get paid to do so! Your friends, family, and coworkers will see the changes firsthand, but soon people will only know the skinny you and the record of the old you will prove to be your best sales tool!

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## OUR MONEY BACK GUARANTEE

We are so convinced that you will see results if you follow this protocol, we offer a 100% money-back guarantee on the first bottle. If after following the protocol for 18 days (1 bottle) you have not either lost weight or decreased in size (shown in your measurements), we will give you your money back. Simply send us a copy of your tracking information (page 6) and the first 18 days of your food journal (see page 10 for an example of information required) and we'll refund your money.

## What Makes 180 So Different?

The concept behind Dynamite 180 is not new. In fact, the first documented “very low calorie diet” plan, called “Pounds and Inches” was formulated in the 1950s by Dr. Albert Theodore William Simeons in conjunction with the use of the hormone human chorionic gonadotropin or hCG. While Dynamite 180 offers some of the same benefits, our product does not contain any hormones. Instead, 180 is a combination of homeopathic and herbal ingredients to aid your body in accessing abnormal fat stores, eliminating toxins, re-setting your hypothalamus and creating a feeling of wellbeing. You may notice that our Ultra Clean Eating protocol resembles other diet programs that tout lean protein and lots of vegetables, adding in 180 just makes the whole process easier.



Regaining health isn't all about restricting calories and losing weight. Think of the “old fat” as dirty fuel for your body—lots of exhaust is produced when you burn it up! Supporting your filtering organs is critical! That's why we've added herbs to help your body with this process. We've also included a few other helpers for good measure.

**LARCH FLOWER ESSENCE** has shown to give a person a feeling of greater potential, confidence and a release from self-limiting behavior and beliefs.

**BORAGE FLOWER ESSENCE** enhances feelings of encouragement and balance.

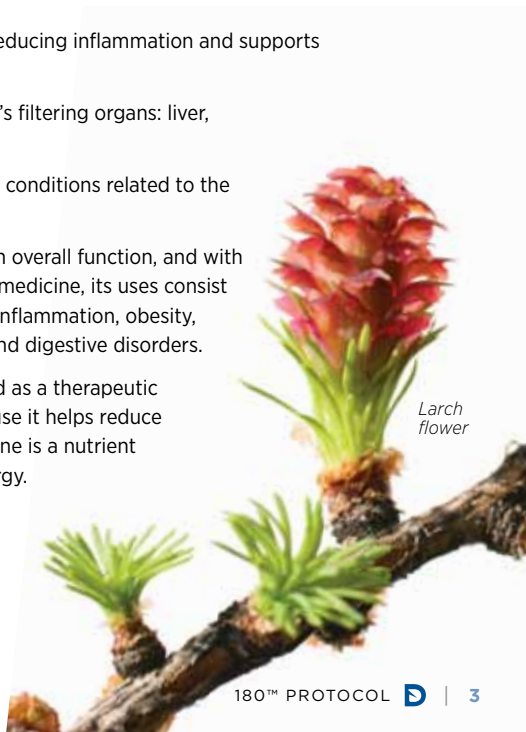
**ELEUTHERO ROOT** assists in reducing inflammation and supports the liver as it eliminates toxins.

**BURDOCK ROOT** aids the body's filtering organs: liver, kidneys, and lungs.

**RED CLOVER HERB** is used for conditions related to the heart, lungs, liver and blood.

**GUGGAL GUM** aids the thyroid in overall function, and with respect to metabolism. In Ayurvedic medicine, its uses consist of aiding in cleansing blood vessels, inflammation, obesity, easing joint pain, thyroid problems and digestive disorders.

**L-CARNITINE** has been proposed as a therapeutic treatment for many conditions because it helps reduce oxidative stress. In addition, L-Carnitine is a nutrient that helps the body turn fat into energy.



Larch  
flower

## Mineralization in the Body

Modern farming practices have left the food supply with little or no mineral or trace mineral value, yet the body desires food to fulfill the nutrients it needs. This becomes a devastating losing circle: We eat for nutrients, the food lacks the nutrients, so we crave more and are left with calories to burn without the proper nutrition. Most people are chronically mineral deficient as a result.

The 180 program will help you lose weight, but do not neglect the other aspects of health as they all tie together. Along with 180, be sure to take the Dynamite Daily Foundation products. These supplements help to support the body's vitamin and mineral needs, allowing it to crave less food and properly utilize what it does have.

Additionally, natural trace mineral salt (Dynamite NTM Salt) is the greatest alkaline-forming substance known; therefore, if a natural and better diet is undertaken in order to heal, it must include NTM salt. The absence of salt in the daily diet greatly hampers absorption of nutrients contained in foods and it renders them unable to function as natural healing agents. NTM salt is a living food, with its ionic and electrolytic properties profoundly anchored in its grounding crystals.

**Note: typical table salt is not advised on the protocol because it contains anti-caking agents and other additives** (see page 9 for more about refined salt and page 8 for additional supplement suggestions).



## The Body's Fat Reserves

As mentioned earlier, the 180 program is based loosely on Dr. A. T. W. Simeons' 1950s research that concluded there are three different types of fat in the body:

**STRUCTURAL (VISCERAL) FAT** found in and around the muscles, cushioning organs, padding of bottom of feet, etc.

**NORMAL (DERMAL) FAT** found directly under the skin's surface, providing the soft cushioning between the skin and frame of the body.

**ABNORMAL (ADIPOSE) FAT** found under the dermal fat and not available for use by metabolism until the other two kinds of fat are used.

Abnormal fat can be viewed as "famine fat." It is stored by the body for emergency famine. Yo-yo dieting contributes to the storage of this type of fat because the body begins to question the availability of fuel (food). When calories are restricted, the body stores all the fat it can to save up for the lean times!

Most calorie reduction plans will not produce the best results for those individuals with an abundance of abnormal fat stores because their bodies will begin burning the wrong kind of fat. When a low calorie diet is introduced in the system, the normal reserves of fat are used up first. As a result, most people look gaunt and drawn after a reduced calorie diet. When the normal reserves of fat have been reduced however, the abnormal fat remains intact. Without using 180 in a reduced calorie diet plan, the body will burn structural and normal fat. By following the protocol precisely and using 180, the body will "burn" the abnormal fat, while preserving muscle, normal fat and structural fat.

## How It Works

180 will help to release the abnormal fat reserves in the body, but commitment is what keeps the extra weight off. Commitment to all phases of this plan will retrain the hypothalamus to be the food/fat gatekeeper it is meant to be and help break the addiction to refined carbohydrates, sugars and other problem-causing foods. 180 works best when used for a minimum of 18 days. After completing this period, the length of time required on 180 varies by each person. Continue taking the drops until you have met your desired weight.

### Resetting the Hypothalamus

The hypothalamus is located just above the brain stem. It is known as the master gland and is the supervising center in the brain that links the body's two control systems: the nervous system and the endocrine system.

The hypothalamus controls body temperature, hunger, thirst, blood pressure, heartbeat, gastric reflexes, maternal behavior, blood pressure, immune responses, and carbohydrate and fat metabolism. The hypothalamus is responsible for the control of food intake. It is the hypothalamus' job to make the body salivate for an apple, rather than a piece of chocolate cake. If the hypothalamus is working normally, then a person will be more inclined to crave a nutritionally well-balanced diet. Food that is void of nutrition will not have the same pull or crave-producing impact.

This is why some people can have one bite of their chocolate cake, push it to the side and say, "That was enough."

When driving on the highway, the driver's peripheral vision assists him in making the tiny steering adjustments to keep the car in between the lines. The hypothalamus, when functioning normally, works in the same way. It assists the body by steering the appetite and promoting more effective metabolism to keep the body at a certain weight, or "set-point," just like the lines on the highway.

For those who have a hypothalamus that is not functioning properly, it is like their peripheral vision has become distorted. The lines on the highway, so to speak, become wider and wider, or not visible at all. The body's hunger becomes more and more intense, more food is craved and eaten, more fat is consumed and stored. Now, the body's "set-point" has risen on the scale to a new high and isn't coming down.

Using 180, it is possible to lower the body's "set-point" and retrain the hypothalamus to make the necessary adjustments and keep it there, forever!

### There is another piece to the intricate puzzle:

In the body, there is a hormone called leptin. Leptin is like a messenger between the hypothalamus and the fat stores. When your body gets to the point where it has stored enough fat, leptin runs to the hypothalamus to tell it to stop collecting the fat.

In a normally functioning hypothalamus, it would understand leptin's message and stop storing extra fat on your body. When the hypothalamus is not functioning properly, it is as if it does not hear or understand what leptin tells it. So the hypothalamus thinks it still needs to store excess fat. And it does. It keeps storing and storing because it has not understood the message that there are already enough fat stores. This is called leptin resistance. The more important part of this equation is that leptin is produced by the abnormal fat.

It is clear why it is so crucial to rid the body of the abnormal fat. Once the pounds of fat begin to reduce, the amount of leptin can begin to return to normal levels. This will

start the process of healing the broken system of communication between fat stores and the hypothalamus. When the communication is restored, the hypothalamus will once again prompt the body to decrease food intake through appetite and increase energy output to burn up any extra calories eaten.

It is for this reason that most weight reduction programs fail their participants. If the body doesn't get rid of the abnormal fat, the high levels of leptin in the body will keep the hypothalamus confused. In its confusion, the message is to continue to store fat and keep the appetite elevated.

## CAN'T I JUST EAT THE FOOD AND LOSE WEIGHT?

Yes. If you do nothing but eat better and exercise you will lose weight and feel great. Here is the catch...you knew that last year, and the year before that, too. If you were able to do it, you wouldn't be reading this now. 180 is a tool that makes this process easy, doable and a lot quicker.

## Tracking Your Results\*

DATE:								
	DAY 1	DAY 7	DAY 14	DAY 21	DAY 28	DAY 35	FINAL	DIFFERENCE
Upper Left Arm								
Upper Right Arm								
Chest (Under Arms)								
Chest (Biggest Part)								
Waist (Across Belly)								
Hips								
Left Thigh								
Right Thigh								
Left Calf								
Right Calf								
Left Ankle								
Right Ankle								
Weight								

\*This is required for the money-back guarantee.

**As difficult as it may be, take pictures of yourself from all angles before you start and then weekly when you take your measurements. Record your weekly progress in the table above.**

# The Eating Plan

## THE FIRST 48 HOURS: Replenish Your Normal (Dermal) Fat Reserves

We like to call the first two days of the protocol “loading days” because they involve replenishing your dermal fat stores. Amazingly a person can be 30-40 pounds overweight and actually deficient in their dermal fat stores. This deficiency will cause powerful hunger and cravings that make following the reduced calorie portion of the protocol more difficult. So for the first two days, take 180 three times daily (morning, noon and evening 15-20 minutes prior to eating) and eat, eat, eat! Focus on high-calorie and particularly high-fat foods like bacon, nuts, cheese, cream, butter, olives, avocados, etc...

Some folks will notice a small weight gain during the first two days. This weight will drop off immediately as you begin the reduced calorie portion of the protocol.

**Continue to weigh and record your weight on loading days.**

## DAY 3: Begin Ultra Clean Diet Phase

**Weigh first thing in the morning, record your weight, and begin.**

Just as during loading days, take 180 as directed, three times per day, 15-20 minutes before eating. Weigh yourself every morning using a digital scale that measures to 0.2 pounds then, eat three meals daily according to the plan on the following pages. You will remain in this phase of the protocol until your goal weight has been reached.

## Ultra Clean Diet (see page 8 for a list of approved foods)

**Note: Caffeinated beverages can interfere with 180. Try to avoid them for 20 minutes before or after a dose.**

**BREAKFAST** Because there are many different perspectives on this meal and many different results, we are offering two options and suggest you try both to see which one works best for your metabolism:

**Option #1:** Take 180, then drink a large glass of water or coffee/tea and skip breakfast altogether. The theory behind this is that you are prolonging the overnight fast and allowing your body a few additional hours of fat burning and cleansing. If you choose this route, we recommend mixing pre-made Dynamite Miracle Clay™ in a glass of water, allowing the clay to settle to the bottom, then drink the gray water at the top of the glass. This will assist your body in removing toxins.

**Option #2:** Depending on your own blood sugar needs and how you function in the morning, many people choose to eat in the morning. For this option, the ideal choice is 1 egg and ½ of a slice of toast (approx. 45 calories). You may also choose to eat 1 of your allowable fruits or a low-calorie, high-fiber cereal (110 calories or less per cup) with ½ cup of skim milk.

Note: If you stall out or find that your weight loss is not progressing, we recommend option #1 for breakfast.

**SNACK** One piece of fruit

**LUNCH** One handful of salad greens **AND** 3-5 oz of lean protein. Or try your protein **AND** a cup of veggies. Don't be afraid to mix it up, keeping your food interesting is key to staying on track.

**SNACK** One piece of fruit

“Down 13 lbs in 14 days and NOT hungry! I haven't felt this great in years. In two more weeks I'll be down to my weight in High School! Wow, love the 180 protocol!” KAREN INGALLS, WA

**DINNER** A slightly larger portion of protein (5 oz) **AND** one cup of vegetables **AND** a handful of salad.\*

*\*Salads can be so much more than lettuce. Look into mixed greens and experiment with your own blends and add a few slices of veggies from the list but avoid iceberg lettuce!*

**WATER** Use the following chart for recommended water intake. **Drink more if possible.**

Starting weight (lbs)	Water per day (oz)
120-150	70
150-180	80
180+	90

Drinking enough water is essential to your success!

The quality of the water you drink can make a big difference. We recommend using distilled water and adding Dynamite Catalyst Water to improve the elimination of toxins. Adding Elixir™ at least one time per day will assist electrolyte balance. Herbal, caffeine-free tea counts towards your daily water intake.

**DYNAMITE SUPPLEMENTS** See page 4 to better understand the role nutrients play in the hunger cycle. It is imperative to the success of this program that you take the Dynamite Daily Foundation products, including DM Plus and Tri-Mins. Additionally, you may want to add in Elixir™ for digestion, Premium Magnesium to regulate bowels, Herbal Green™ to further alkalize your diet and IZmine™ and/or Miracle Clay™ to assist in detoxification.

APPROVED RAW FRUITS - LIMIT 2 PER DAY			
	SERVING SIZE	WEEKLY LIMIT	OK FOR FRUIT FAST?
Tomato	1 whole	none	yes
Grapefruit	half	none	yes
Apple	1 medium-sized	none	yes
Cantaloupe	¼ melon	none	yes
Blackberries	1 handful	none	yes
Strawberries	1 handful	none	yes
Raspberries	1 handful	none	yes
Pineapple	½ cup	none	no
Blueberries	1 handful	4	no
Pear	1 whole	4	no
Nectarine	1 whole	4	no
Orange	1 whole	4	no
Peach	1 whole	4	no

APPROVED VEGETABLES			OTHER ITEMS
Radish	Cucumber	Sauerkraut	Herbal Tea (as much as you want)
Fennel	Cabbage	Celery	Black Coffee
Onion	Bean Sprouts	Tomato	Any No-Sugar Seasoning
Chard	Asparagus	Lettuce (no iceberg)	Dynamite NTM Salt
Mushrooms	Cauliflower	Spinach	Pickled Vegetables*
Zucchini	Beet Greens	Leafy Greens	Stevia (natural sweetener)

APPROVED PROTEIN SOURCES				
Crab	Veal	Beef	Elk	Whitefish
Lobster	Chicken	Pork (lean cuts)	Buffalo	Ahi Tuna (not canned)
Shrimp	Whey Protein		Venison	1 Egg + 3 Whites

*\*Use sparingly and be aware of sodium and sugar content.*

“I can’t tell you how excited we both were when Dynamite announced the 180 protocol. We knew if it was Dynamite, it would be the real deal. It is such a rush to get on the scale in the morning and see the pounds slipping away... This is about so much more than just losing weight. It’s about changing your life, about saving your life.”

SUE AND ROGER GLAVE, ID

## Things NOT on the list:

**CERTAIN VEGETABLES AND FRUITS** One of the first questions people have is regarding the missing healthy fruits and veggies from the protocol, for instance, broccoli. Dr. Simeons and countless doctors following him have done many clinical trials using the very low calorie diet. In their findings they have found certain foods commonly cause weight loss to stall out and even cause weight gain. It is for this reason we leave those foods out. Once the maintenance phase begins, these healthy foods are the first non-protocol items we recommend you add back in to your diet.

**DIET SODA** In a recent study at University of Texas Health Science Center at San Antonio, researchers followed 474 diet soda drinkers, 65 to 74 years of age, for almost 10 years. They found that diet soda drinkers' waists grew 70 percent more than non-drinkers. Specifically, drinking two or more diet sodas a day grew waistlines five times more than non diet soda drinkers. The 180 protocol is a fantastic way to break your diet soda addiction and bring back health.

**ALCOHOLIC BEVERAGES** Alcohol provides the body with calories that do not contain nutrition. Additionally when you consume it with other foods, it is the first fuel your body uses, which delays the fat-burning process.

**SALAD DRESSING** This is a perfect time to "rethink" what you put on your salad. Many people use dressing to cover up a poorly engineered salad (ranch dressing on iceberg lettuce). Learn to make a nice salad and what you can or cannot put on top becomes less important! Try using salsa, sliced jalapeños or pepperoncinis in place of dressing. Slice tomatoes and cucumbers into very small pieces such that each bite has a bit of each and you will not miss the high calorie dressings of the past. If you insist on dressing however, try balsamic vinegar alone or mixed with lemon and stevia for a fresh, light dressing that works with the protocol.

**COOKING OIL, GREASE AND COOKING SPRAYS** For obvious reasons, these are not included in the very low calorie diet. Now is a great time to learn to cook without adding fat!

**CHEMICAL ADDITIVES OF ALL KINDS** Removing chemicals is important not only in weight reduction but also in maintaining a healthy weight. Unnatural additives are treated as toxins by our bodies, often being sequestered from the rest of the body in unnatural fat deposits. Examples are: MSG, artificial sweeteners such as Splenda® (sucralose), Sweet'N Low® (saccharin), Equal® and Nutrasweet® (aspartame), acesulfame K and neotame, artificial colors and flavors, preservatives, high fructose corn syrup, trans-fat, etc.

**REFINED "TABLE" SALT** Refinery salt contains chemical additives, such as bleaches, conditioners and anti-caking agents whose role is to prevent the salt from mixing with water, in the box or in the body. This prevents the salt from performing its important functions in the organism. You MAY (and really you MUST) use Dynamite NTM Salt which is free of additives (see page 4 for more on salt).

## Cheating

Holidays, special occasions, vacations, etc... will always present temptation and you may choose to go off the protocol for a day or two. If this happens, don't dwell on it, simply return to the protocol as soon as possible afterwards. Your progress may be impeded, but you'll be amazed at how quickly you can get back on track. Note: Continue on 180 even on cheating days.

**If you "cheat", follow with one of these easy one day fasts to quickly resume weight loss:**

**SIMPLE FAST** Take 180 as you would on a normal day but do not eat until the evening meal. Drink plenty of water and at the evening meal eat a typical 180 protocol dinner. Don't be afraid to reward yourself with a nice steak. You will be amazed at how easy this is and it gets you immediately back on track.

**FRUIT FAST** Take the 180 as you would on a normal day but eat only fast-approved fruits from the list and drink plenty of water. Do this for one entire day and return to eating as normal the following day. Our experience has taught us that apples are the easiest fruit for this type of fast but experiment with a mix of fruits if you prefer.

# Food Journal\*

Take a moment each day to document your daily meals—your weight-loss goal will be that much easier to achieve. By tracking each meal, you can see which foods help your progress and which impede weight loss. Use the example below to create a food journal. **Weigh yourself daily and record in your journal.**

Day ____	BREAKFAST	EXERCISE	NOTES
	SNACK		
	LUNCH	WATER INTAKE	
	SNACK	WEIGHT	
	DINNER		
Day ____	BREAKFAST	EXERCISE	NOTES
	SNACK		
	LUNCH	WATER INTAKE	
	SNACK	WEIGHT	
	DINNER		
Day ____	BREAKFAST	EXERCISE	NOTES
	SNACK		
	LUNCH	WATER INTAKE	
	SNACK	WEIGHT	
	DINNER		
Day ____	BREAKFAST	EXERCISE	NOTES
	SNACK		
	LUNCH	WATER INTAKE	
	SNACK	WEIGHT	
	DINNER		

*\*This is required for the money-back guarantee.*

## Stall Tactics

Nothing is more frustrating than when our bodies hit a natural weight-loss plateau. The good news about the 180 protocol is that stalls never last very long if you simply stay the course. However, should you go 3-4 days without any loss, here are some techniques for getting past the stall:

**SIMPLE FAST OR FRUIT FAST** (see page 9 on cheating)

**WHITE FISH AND CABBAGE** Eat breakfast as usual, then for both lunch and dinner eat 3-5 oz of white fish (from the list) and boiled cabbage.

**ADDRESS EMOTIONS** Take some time to journal about the last time you recall being your current weight. It may have been years ago during a divorce or the death of a loved one and you began gaining weight as you coped with those emotions. Because emotions leave chemical tags behind, you may need to work through prior issues before your body will let you lose more weight.

**CONSTIPATION** Add Dynamite Premium Magnesium to your daily supplements. Increased magnesium will help your colon move. You might also consider adding a fiber source (watch out for sugar and aspartame).

**WATER QUALITY** Make sure your water is clean and high quality. Your body is dumping toxins and the quality and clarity of the water makes a difference. We recommend distilled water with Catalyst Water added.

**TIGHTEN UP YOUR FOODS** Review your journal for other times you stalled or lost less weight. You may have a food allergy that is causing inflammation. You can also replace more sugary fruits like oranges with less sugary fruits like apples (see chart) or replace fattier proteins with leaner options.

## Exercise

Exercise is another area where results vary depending on the individual. Regular exercise is absolutely imperative to good health and maintaining proper weight so it needs to be incorporated. However, if you were not already exercising regularly before you started 180, do not start a new regimen right away. The reason is that exercise causes inflammation and it will skew your weight loss results. In the beginning, anything that impedes weight loss can be discouraging. Instead, we recommend waiting until you are within 10 to 20 pounds of your goal before slowly introducing exercise. You will be amazed at how differently exercise feels when you aren't carrying as much weight! You'll find that you actually enjoy moving your body again! On days of physical work you may need to add a couple ounces of additional protein to one of your meals.

## Stabilization Period **Congratulations! You've Reached your Goal!**

When you reach your goal weight you will begin the stabilization period. Stop taking 180 and continue to eat the protocol for three days. You will have some residual effects as the 180 leaves your system. You should notice a stronger appetite after about 3 days which will trigger you to begin eating larger portions.

### During the first 3–6 weeks after stopping 180:

- Slowly increase your portions but continue to only eat foods from the approved 180 protocol. For instance, you might add a few ounces of protein at your meals, increase the size of your salads and/or eat more than 2 fruits a day. With each portion size increase, note your weight changes, if any, and make adjustments as needed.
- Weigh yourself daily and do your best to remain within 2 pounds of your goal weight during this time.
- If you notice significant weight gain one day, restrict your calories the next day to stay within 2 pounds.
- If you notice weight loss, increase your portion sizes to stay within 2 pounds.
- Continue to drink the recommended amount of water for your new weight.

We recommend no less than 3 weeks for this period but some may need a little longer in this stage. You will know you need to re-enter stabilization if, once you add in new foods, your weight fluctuates dramatically. If this occurs, simply go back to eating only protocol foods and extend the stabilization period by another week or two.

## Maintenance

Once your weight has stabilized for 3-6 weeks, you will be ready to gradually add in foods that are not listed in the protocol. This phase is as important as all the others combined because if you quickly revert to old habits, you will see your body weight increase again.

Since this protocol is about cleansing and restoring health, take time in this phase to continue food journaling and weighing yourself daily. You might learn, for instance, that certain foods will never be a good choice for your body. This is the perfect time to observe, journal and make life-long changes that will help your overall health for the rest of your life.

## Important Points

### **CONSULT YOUR DOCTOR BEFORE STARTING THIS OR ANY WEIGHT LOSS PROGRAM.**

**MEDICATIONS** Continue taking all medications and talk to your doctor about how weight loss might affect the dosage of your medications. If you are diabetic, or are taking thyroid or blood pressure medicine, be especially sure to seek guidance from your doctor, as weight loss could affect which medications you take and the dosage as well.

**STORAGE** Do not store your drops close to or on any electronic devices (TV, cell phone, computer, etc.).

## REFERENCES AND SUGGESTED READING

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