



How Your Body May Initially Respond

While on the Ideal Protein Weight Loss Method, your daily food regime is dramatically altered in order to trigger *ketosis*. Due to this safe yet powerful metabolic process change, **the first few days** on the protocol may be a little bit of a shock to your body. Listed below are some of the most common consequences of these changes. **NOTE:** The four main symptoms listed below occur mostly during the first few days; however, your body may experience the same responses later on if you do not follow the Protocol as prescribed.

More than 70% of Clients will NOT EXPERIENCE ANY of these symptoms. If YOU become symptomatic, please know that these conditions are only temporary and (as you will read below) easily remedied by working with your Ideal Protein Coach.

1

- Hunger -

If you feel hungry during the first few days on the Protocol, you may eat up to five Ideal Protein envelopes per day (**one Restricted** Ideal Protein Food plus **four Non-Restricted** Foods). After a few days the hunger should disappear due to the production of *ketonic bodies*. **NOTE:** If you continue to feel hungry during the protocol, you are encouraged to schedule a review of your Weekly Food Journal with your Ideal Protein Coach to identify where the problem areas are. Some of the most common causes of hunger are: skipping a meal; not eating enough vegetables or water; or eating too many carbohydrates. **NOTE:** If you are following the Protocol correctly, you should not be hungry.

2

- Headaches -

Clients may experience headaches during the first few days on the Protocol--especially those who are insulin-resistant or those who have been eating carb-heavy diets in the recent past. High levels of insulin tell the kidneys to hold on to sodium and excrete magnesium and potassium. Upon starting the Protocol, carbohydrate levels are dramatically reduced causing insulin secretion to drop dramatically. Now the kidneys will function normally and will excrete excess sodium. The excess water in the body then follows sodium's lead and is also excreted usually resulting in a significant reduction in blood pressure. This can lead to headaches, a feeling of lightheadedness or dizziness upon standing up. The scientific term for this condition is orthostatic hypotension. Clients on prescription drugs for hypertension must be advised to watch for these signs. In most cases, in order to ensure Client safety, the Client's Physician will need to lower dosage or discontinue the medication completely.

If you experience headaches while on Ideal Protein, increase the use of Sea-Salt and make sure you are getting enough water. Usually 1/3 teaspoonful of Sea-Salt in 8 oz. of water will alleviate a headache within 15 minutes. **NOTE:** If you experience headaches later in the

Protocol, it is simply a sign of dehydration, increase your water intake and the headache should pass.

3 - Nausea –

A nauseous feeling is most commonly experienced in dieters who never eat breakfast. It's very simple: if the body is not used to having a morning meal and we, all of a sudden, start eating breakfast, the stomach says: "Hey, what's this? I'm still sleeping... do you mind!?!".

To alleviate nausea after breakfast, try starting with one of our lighter foods such as our drinks then introduce the solid foods later. If you need your caffeine fix in the morning, you can pour some black coffee into a large cup and then add our Ideal Protein Ready-To-Go Vanilla Shake as the creamer. You will be getting your protein AND caffeine in a very light meal that the body will easily assimilate.

The other common trigger for nausea is an abrupt decrease in sugar intake. Everyone must understand that through our Protocol we are fundamentally changing the metabolic processes. For years, sometimes decades, a typical diet consisting of a lot of fast sugars is consumed. We know these will be used as the first source of energy by the body. Now, if we drastically reduce the intake of these foods, we force the body to turn to other sources of energy (i.e., fat stores). This requires a whole different set of metabolic enzymes and requires the body to re-tool its metabolism. This doesn't happen immediately and therefore a slight lag-time can occur. The bottom line is that if you continue to feel weak and nauseous, your Ideal Protein Coach should consider placing the you on Ideal Protein's Alternative Protocol for one week.

The Alternative Protocol provides a limited amount of fast sugars and will allow you to taper off your high sugar-based diet. This will give your body time to get the necessary metabolic machinery in place so that you can officially trigger *ketosis* and live off your fat reserves once you begin the regular Protocol. The objective is to wean you off your former diet more gently. Again, most Clients will not have to start with the Alternative Protocol; however, it is available and highly effective for weaning purposes, Type 1 diabetics and adolescents.

4 - Fatigue –

There are three primary reasons why a Client may experience fatigue on the Ideal Protein Protocol: (1) low blood pressure (hypotension); (2) low blood sugar (hypoglycemia); and (3) an imbalance in blood electrolytes (magnesium, sodium and potassium). All of these issues can be corrected quickly and effectively.

Low Blood Pressure: When carbohydrates are severely restricted, our pancreas reduces the amount of insulin it secretes. High levels of insulin tell the kidneys to hold on to sodium and, as a result, we also retain a lot of water. Under insulin's influence the kidneys also excrete too much magnesium and potassium. When we lower the insulin level, the kidneys now function normally and excess sodium and water are rapidly eliminated. This can cause a drop in blood pressure and a feeling of fatigue can result. This is particularly pronounced if the Client is taking a prescription diuretic, a.k.a. water pill. If you experience low blood pressure, make sure to use your Sea-Salt liberally and increase the amount of water you are drinking on a daily basis.

Low Blood Sugar: In the beginning of the Protocol, we are drastically reducing the amount of carbohydrates the Client has typically been consuming. As a result, the body's first source of energy is suddenly decreased. It takes a few days for the Client's other biochemical processes to come on-line which provides a steady amount of fuel for the cells. The scientific term for these processes is *gluconeogenesis* and *lipolysis*. Consequently, if our blood sugar suddenly becomes lower than what our system is used to, we feel tired.

To remedy low blood sugar you may consume up to five packets of our products per day DURING THE FIRST WEEK, but only if necessary. For example, if one feels tired around 10 a.m., have a protein drink: e.g., Wildberry Yogurt. Alternatively, you may choose to eat 1/2 of a bar, or a few Chocolate-Covered Soy Puffs. After the first week, if you still feel fatigued, it is usually because you are consuming too many carbohydrates which prompts an insulin spike resulting in reactive hypoglycemia or low blood sugar. If this is occurring, please schedule an appointment to review your Weekly Food Journal with your Ideal Protein Coach.

Electrolyte Imbalance: The two most common problems here are low sodium and low potassium. If the first two issues above have been addressed and fatigue still persists, you should increase your potassium to two tablets per day for a couple of days and again, use the Sea-Salt liberally.

The following can occasionally occur during the Protocol:

- Muscle Cramps –

Deficiencies in Sodium and/or Potassium usually cause muscle cramping. Remember to always take supplements and minerals as directed. If you experience leg cramping, your Ideal Protein Coach could recommend that you double up on Potassium supplements for about three days. As usual, please double-check to make sure you are getting your Sea Salt.

- Bad Breath –

Halitosis is a good sign! Bad breath occurs when the body is in *ketosis* and producing *ketonic bodies*. This symptom means that the body has exhausted its carbohydrates supply and is burning its fat reserves to produce energy. DO NOT START CHEWING GUM! Even sugarless gum has carbohydrate and can ruin your *ketosis*. Use Binaca Breath spray or chew raw cloves.

- Constipation –

Natura Digestive Enzymes are highly recommended for Clients prone to constipation or diarrhea. If you are not having a bowel movement every day, increase your water and vegetable intake in addition to unlimited green salads. If constipation persists for two days, try doubling up on your Natura Cal/Mag supplement. Please note; however, based on our clinical experience, extra calcium can be constipating for some dieters. In these cases, keep the recommended four Natura Cal/Mag tablets per day but **ADD** one tablespoon of Citrate of Magnesia twice per day until relieved. A maintenance dose of one teaspoon once or twice a day may be used to maintain regularity. This product can be found in many grocery stores or pharmacies in the laxative section. It is inexpensive and very effective.