

EarMark Weight Management

Every organ, gland and system of the body has a nerve center placement in the ear. When a few key areas of the ear are stimulated daily it can be an encouragement to the body to receive different messages. These new messages and signals can create a change within the body which could bring about the affects you have been waiting for! Now, add a nutritional supplement, a clean eating program, and daily movement and the results can be seen within a short period of time.

The most exciting part of the program is the appetite suppressing qualities of using Balancing Blend Drops and the appropriate points on the ear for added assistance.

As the weight comes off and you reach your goal, continue taking the drops with the Jumpstart! Maintenance eating plan to find a dietary program that will allow you to keep the weight off for good!

Please see the website below for testimonials and more detailed information on the vitamins, minerals and added supplements we recommend for a healthy lifestyle in today's depleted nutritional state.

We are here to assist you on your journey, please contact us with any questions or concerns.

For ordering and information:



Take the drops daily for your lifestyle

- ◆ Appetite Control
- ◆ Better Sleep
- ◆ Increased Libido
- ◆ PMS and Menopause
- ◆ Relaxed Mood
- ◆ For Active Weight Reduction
- ◆ For Maintenance Stabilization

Instructions for taking drops:

- 1) Tap bottle lightly 5 to 8 times on palm of hand before use
- 2) Place .25 to .5ml under tongue
- 3) Hold for 2 minutes
- 4) Swallow
- 5) Refrain from eating for 15 minutes before & after
- 6) Repeat 3 times per day

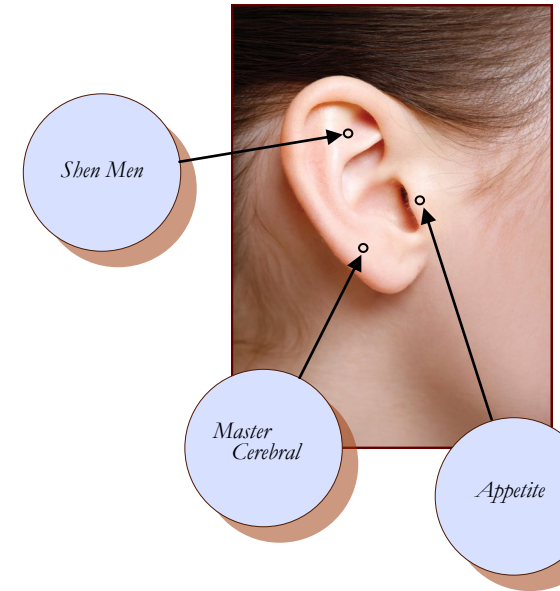


Balancing Blend Drops Disclaimer:

This product has been shown to be an encouragement to those individuals who appear to suffer from symptoms that might be caused by the conditions related to insomnia, menopause, PMS, reduced libido, overweight, anxiety and restlessness. These statements have not been approved by the FDA and this product is not intended to treat, cure, or prevent any illness. Please seek the counsel of your primary care facilitator.

EarMark

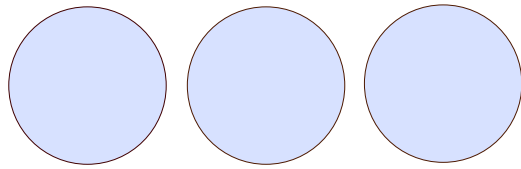
Weight Management



Revolutionary Protocol Combining Auricular Stimulation & Nutritional Supplementation

Fort Collins
(970) 568-2900

Greeley
(970) 373-1970



Simple Changes

Simple Rules:

- 1) **Eat breakfast at the FIRST sign of hunger**
- 2) Move your body: 15 to 20 mins (3 – 5x per week)
- 3) Ample water, higher pH (7.0) preferred
- 4) Eat more lightly as the day progresses
- 5) Finish eating by 7pm (5 or 6pm is better)
- 6) ***Eat Low Glycemic Meals from list**
- 7) Get sleep. (7-8 hours preferably)
- 8) Find ways elevate your mood. Play!
- 9) Take your supplements daily (see website for list)
- 10) **For some individuals, eating late causes gain**

The scale will tell you what is, and is not working!

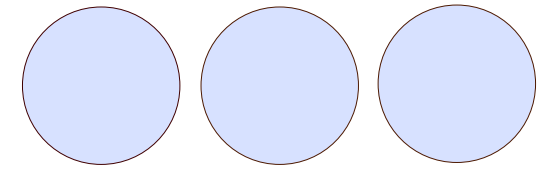
Better sleep means higher Human Growth Hormone (HGH) in the body. This could result in increased muscle mass. Do not let the scale fool you! Increased muscle mass burns more calories each day. Resistance training for toning muscles is very important!

Low Glycemic Meal Food

Select something from each category below

Proteins 3 to 5 oz Pick 1 per meal Suggestions: Lean, fat removed, Low sodium Best to choose: Hormone free Antibiotic free Free Range Low fat, low sugar, Protein shake (no soy)	Chicken breast, beef, buffalo, white fish (Cod, Tilapia), low-sodium seafood (shrimp, scallops, real crab, lobster, tuna) or Cottage cheese (full-fat, no more than 5gm of carbohydrates per serving), or Whole eggs (2-3 per meal) or Whey Protein Shake (low sugar)
Fruits Pick 1 and make it a handful	Strawberries, blueberries, grapefruit, apples, oranges, tomatoes
Vegetables Pick 1 to 3 items from the list and have a heaping handful of veggies! Detox soup recipe is on the website and is made with carrots and sweet potatoes and can be eaten on this plan!	Cabbage, celery, green beans, spinach, beet greens, lettuce, radishes, cucumbers, avocado, bell peppers, hot peppers, asparagus, onion, tomatoes, fennel, sprouts, broccoli or * Vegetable Detox Soup or * Green Drink or Smoothie
Grains Pick 1 per meal	1/4 cup cooked Quinoa, 3–4 Gluten Free Crackers 1/2 slice sprouted grain bread
Oils Use healthy oils Pick 1 or 2 items daily	Coconut oil (up to 2 Tbsp) Olive oil (1 Tbsp) Avocado (up to 1/2) Chia Seed (1Tbsp)

* (see website for recipes and more information)



Simple Steps

- 1) Follow EarMark Chart to locate points on ear
- 2) Place Acu-Beads on proper points on both ears
- 3) Stimulate points on both ears by using pointer laser on each spot for 20 seconds 2 to 3 times per day
- 4) Eat 2 low glycemic meals during the day, which consist of the foods listed in the chart to the left
- 5) Eat 2 to 3 snacks between meals from the list below (with 2 hours between meals and snacks)
- 6) For faster results pick 3 days out of the week when you stop eating at 3pm and fast until breakfast the next day—drinking only water and herbal teas during the extended break from eating.
- 7) Weigh every morning and chart your weight.
- 8) Measure arms, chest, stomach, hips and thighs and chart your measurements—measure every 2 weeks

Approved Snacks:

Green Drink: there are a variety of green drinks on the market that provide good nutrition and raise the pH within the body (higher pH = fat loss)

High quality Protein Shake (no soy)

1 Hard boiled egg - hormone free, antibiotic free

1 Medium sized apple or grapefruit

1 Fresh squeezed vegetable juice or smoothie*