*Hi!*

*Have you been on a weight loss program before?*

*SOZA is a holistic weight loss program that believes in following a natural lifestyle. The supplements, and food you will be on are all-natural.*

*Do you use any artificial sweeteners in your coffee or tea? If you do, then throw them away and never use them again!*

*The program is comprised of the supplements in this weight loss kit, the foods you are required to eat, lifestyle we recommend and guidance.*

*These are our products...*

*This is Methylcobalamin Vitamin B-12, which we call BIO-ACTIVE. We believe it is the best type of B-12 available. The specific ingredient we use is called mecobalactive and it has a higher potency and absorption than others in the industry. Studies & tests show Methylcabalomin is the only type of B-12 that stimulates the brain where your hypothalamus gland is, that’s what boosts your metabolism.*

*Next is our LEAN. This is our Energy and Appetite support formula. It does not contain phentermine or ephedra, none of stimulants you should worry about…*

*It also has Vitamins & Minerals like Calcium and Magnesium.*

*A little bit of caffeine derived from green tea and green coffee bean extract that doesn’t make you jittery like roasted coffee.*

*Finally, it has chocamine, the plant that makes cocoa chocolate and provides caffeine free energy as well.*

*Lastly is our SUPREME FDA registered homeopathic formula for weight loss. This is our main ingredient that allows you to go low calorie and use the calories from fat as energy.*

*The program has three stages*

***Stage 1****: You will start by spraying SUPREME spray: 3 sprays , 2 times a day, and taking 1 B-12 tablet every day for the first 2 days, and then you will Binge.*

*Eat lots of carbohydrates, proteins and fats. About 50% more food than you would normally eat. The purpose behind this stage is to get your brain NOT go into starvation mode. Typically, when we go on a low calorie diet, our brain sends a signal that we are starving and your body goes into starvation mode, we hold onto the bad fat and lose structure fat and muscle mass.*

*What is important is losing our abnormal fat. We’re going to trick the brain so it will release the abnormal fat.*

***Stage 2 Diet****. You will start to consume about 800 calories per day and you will use the spray twice per day, again 3 sprays when you wake up in the morning and 3 sprays when you go to bed. You will still take 1 B-12 tablet under your tongue in the morning when you wake up and now take 1 LEAN along with your breakfast and lunch. Your typical day will consist of some fruit for breakfast. Fruits you are allowed to have is apples, oranges, grapefruits, pears and any type of a berry. Let me ask you something…grapefruits, do you love them or hate them? These are probably one of the best fruits you can eat because they have a fat releasing enzyme.*

*You will also have 1-3 egg whites along with cilantro, tomatoes, asparagus, etc, whatever you’d like to add to give your egg whites a bit of flavor, however this is optional. Just depends on how you feel after eating your fruits.*

*Then you will have a fruit snack mid morning, then a salad with about 4 to 6 ounces of protein plus a handful of fresh vegetables during lunch.*

*You can eat them raw, grill them or steam them. Do not microwave them anymore. The mild radiation destroys all the nutrients in them! Then you are going to have another fruit snack in the middle of the afternoon.*

*For dinner you can duplicate what you had for lunch. Just have a different protein.*

*Later you can have another fruit or protein bar before you go to bed.*

*You will continue this diet until you reach your desired weight goal, wherever it is that you want to get to. Once you reach that, you are done with the products.*

**Now you will begin stage 3: The 21 day maintenance or stabilization period.**

You will continue to eat the same healthy fruits, vegetables and protein that you were eating on the diet, you are just going to increase your calorie intake and introduce some of the food that weren’t allowed on the diet. Now you can eat bananas and grapes for instance.

You can eat lean pork and turkey. You are just going to stay completely away from white flour and white sugar. This is going to reset your hypothalamus gland. Your hypothalamus gland regulates your metabolism, supports your thyroid and decides how and where you’re going to store fat in the future.

We are going to reset it so you don’t gain your weight back.

Anybody can do anything for 12 days, right?

This is our manual. People read this 3-4 times. Make sure that you read it very thoroughly.

Do not skip meals! People who skip meals don’t do as well. Don’t stress or waste time counting calories. Stress causes our body to release cortisol. Cortisol holds on to abnormal fat. These are the meats and fishes you’re allowed, these are the fruits, these are the vegetables, these are the seasonings, these are the teas.

You can have 1 tablespoon of half and half with your coffee or tea. You are going to drink a Lot of water! Half gallon to a gallon a day. Rule of thumb is that when you go to the bathroom, if it’s not clear… you are not drinking enough water!

Everybody will run into a plateau, we all hit that at different times, but we will hit them. The best plateau breaker is what’s called an apple day. You basically eat 6 apples a day. This is the maintenance and stabilization period… So you will not regain your weight! You are going to increase your calorie intake, just stay completely away from white flours and white sugars!

You can mention that the only known side effect might be constipation and they can either buy the laxative or buy from a local CVS store if needed.

Any other questions?

Are you ready to get started?