

# ATOMIC



## WEIGHT LOSS PROGRAM

### Welcome to ATOMIC WEIGHT LOSS

**Congratulations! Yes, you really can drop those extra pounds. With over FIFTEEN years of successful results, we can and will show you how to change your life forever.**

**The ATOMIC Power drops contain only ingredients that are produced naturally by the human body and do not contain any drug or ingredient requiring a prescription. With recent advances in the science of natural supplements, we are pleased to offer an EFFECTIVE, painless, and cost friendly form of weight loss in an all-natural drop form which is administered under the tongue.**

**The ATOMIC Power drops are superior in quality and ingredients to other known supplements on the market. All our products are made here in the USA in an FDA certified lab. Our proprietary medically formulated supplements are enhanced with natural ingredients to support internal organ functions needed to aid in rapid weight loss. You will witness not only a shrinking silhouette, but more importantly, other potential health benefits including but not limited to, remarkable drops in cholesterol, triglycerides, blood pressure, and glucose (blood sugar) levels. Before beginning any weight loss program, we encourage you if desired, to consult your physician, although it is not mandatory to begin this program. If you are currently taking prescription medications, be aware that as weight is lost, dosages may need to be reduced. While we would always defer to your physician, our experience has proven that our program will not negatively interfere with any other medication currently taken.**

**The combination of the ATOMIC supplement, when taken in conjunction with the low-calorie food plan contained in this booklet, will allow your structural/muscular fat and normal fat deposits to go untouched, as compared to other weight loss programs which do not release abnormal fat deposits. This protocol will allow you to lose only unwanted, abnormal body**

fat. You will be able to maintain a low-calorie diet with energy, and best of all, without hunger. **THIS PROGRAM SHOULD NEVER BE ATTEMPTED WITHOUT ATOMIC POWER DROPS.**

Whether your goal is to lose hundreds of pounds or the last ten, we are here to support your journey. Unlike other products on the market, our ATOMIC Power Drops have been formulated with additional natural supplements essential to contribute towards healthy and rapid weight loss. We offer exemplary service and the utmost desire to help you succeed. In fact, many of the ATOMIC staff have preceded you on the same protocol with fantastic results.

If you are ready to make the commitment, we are here to help you on your journey . . .



## **Table of Contents**

---

<b>What the Atomic Weight Loss Program</b>	
<b>The Ultimate Weight Loss Program?.....</b>	<b>5</b>
<b>Not All Fat is Created Equal.....</b>	<b>6</b>
<b>What You Need to Know.....</b>	<b>7</b>
<b>What You Need to Do.....</b>	<b>8</b>
<b>Our Food Program ~</b>	
<b>Atomics' Four Steps to Success.....</b>	<b>9</b>
<b>STEP 1 ~ The First Two Days ~ Load Days.....</b>	<b>10</b>
<b>STEP 2 ~ Day 3-23</b>	
<b>or Until You Reach Your Goal Weight.....</b>	<b>11</b>
<b>STEP 2 ~ The Low-Calorie food program.....</b>	<b>12-14</b>
<b>STEP 2 ~ Plateaus.....</b>	<b>14</b>
<b>STEP 2 ~ Menu Items.....</b>	<b>15-17</b>

<b>STEP 3 ~ You Have Reached Your Goal Weight.....</b>	<b>17</b>
<b>STEP 4 ~ Resetting &amp; Stabilization.....</b>	<b>18- 21</b>
<b>STEP 4 ~ Sample Menus ~ Resetting &amp; Stabilization.....</b>	<b>21</b>
<b>Frequently Asked Questions.....</b>	<b>22- 25</b>

# **What Makes Atomic the Ultimate Weight Loss Program?**

---

## **Our Special Power Drops Formula**

**Our Power Drops are uniquely formulated to promote consistent weight loss and contain additional, essential natural ingredients that are the building blocks of every cell in your body. Furthermore, the type of suspension liquid with which ATOMIC is formulated aids in more rapid absorption.**

# **Not all Fat is Created Equal**

---

**There Are 3 Types of Fat:**

## **Structural Fat**

**This essential type of fat fills the gaps between your organs ~ a sort of packing material. Structural Fat also performs the important functions of bedding the kidneys in soft elastic tissue, protecting the coronary arteries and keeping the skin both smooth and taut. It also provides the springy cushion of hard fat under the bones of the feet, without which we couldn't walk.**

## **Normal Fat**

**This is the fuel upon which the body can freely draw from when the intestinal nutritional requirement demands it. Such Normal Fat is deposited all over the body. An excess of this fat cannot produce obesity.**

## **Abnormal Fat**

**This is the excess, "bad" fat and it is the accumulation of this fat, and this fat only, which an overweight person carries. It is deposited all over the body, but accumulates most naturally on the hips, buttocks, stomach, upper arms, and neck.**

***When you go on a regular low-calorie diet, your body pulls Normal Fat first, your Structural Fat second, and your Abnormal Fat last. The ATOMIC Program triggers the hypothalamus of your brain to release your Abnormal Fat first.***

# **What You Need to Know**

---

## **Fluids**

**Drink 50% of your body weight in ounces of fluid every day. (No more. No less) Example: If you weigh 210 pounds, you will need to drink 105 ounces of fluids every day. This will help with flushing your body of toxins and excess fat. Approved fluids are water, coffee, tea, club soda, plain seltzer and lemonade made with freshly squeezed lemon in Stevia® sweetened water or seltzer. Alcoholic beverages are NOT allowed.**

## **Free Foods You Can Eat Any Time**

**Unlike many other diet plans, with the ATOMIC program, there are three free foods that you can eat any time, in any amount, in addition to your regular meals. They are cucumbers, cabbage, and sugar-free salsa.**

## **For Women Only**

**With the oral, homeopathic ATOMIC Power Drops, you can continue the program while you are on your menstrual cycle.**

## **What You Need To Do?**

---

- **You must commit to taking oral, sublingual Power Drops, stick to the Low- Calorie Diet, as directed, and follow a light exercise plan until you reach your goal weight.**
- **You must be mentally and emotionally prepared to lose an average of ½ to 1 pound a day.**
- **Our bodies prioritize digesting food over healing. The reduced intake of calories allows your body to focus on repairing itself. This primarily occurs during sleep. Scheduling your daily routine in such a way that it promotes a quality night's sleep of 7 hours or more per night is recommended.**
- **If you are menstruating, you do not have to stop the ATOMIC Power drops during your cycle.**
- **We prefer that each client consult with their health care provider before starting this weight loss program, but it is not required to purchase ATOMIC drops.**
- **Acquire a digital scale for weighing your food and a digital bathroom scale for weighing yourself every day. A George Foreman grill or air fryer is also recommended.**
- **Record in a provided journal what you eat and drink, and your morning weight each day.**
- **As with any weight loss program, we recommend that you incorporate a consistent, non-strenuous exercise routine. A thirty-minute walk, light yoga, or light weight lifting, balance and stretching exercises are suggested. NO cardio raising activities are allowed while you are losing your weight.**

# **ATOMIC's Four Steps to Success**

## **STEP 1 ~ Days 1-2**

**“Load Days” plus Power drops. Begin taking the Power drops as directed. Eat as much as you want, especially foods high in fat. It is important to get the Power drops into your system before you start the diet plan.**

## **STEP 2 ~ Day 3-26 or**

### **Until You Reach Your Goal Weight**

**Continue Power drops plus begin the Low-Calorie Diet during Day 3-26 or until you reach your goal weight. *No matter when you reach your goal weight, you need to stay on the Power drops for a minimum of 21 days.***

## **STEP 3 ~ When You Reach Your Goal Weight**

**Once you reach your goal weight – stop taking the Power drops and maintain the Low-Calorie Diet for 3 days. Remember that no matter when you reach your goal weight, you need to stay on the Power drops for a minimum of 21 days after the two load days (23 days total). You can safely maintain the ATOMIC Weight Loss Program as long as needed to attain your personal weight loss goal.**

## **STEP 4 ~ Resetting & Stabilization**

**This usually takes a minimum of 3 weeks (See pages 18-21 for more information). Eat sensibly, no sugars, or starches, or alcohol. The goal of this phase is to stabilize and maintain your new weight by resetting your hypothalamus.**

# **STEP 1: First Two Days of Diet ~**

## **Load Days**

**Eat, drink, and be merry! Eat as much as you want, especially high fat foods.**

**Begin taking the Power drops. It is important to get the Power drops into your system before you start the diet.**

**We recommend that you take your Power drops at set times each day to help reduce your hunger. You must wait at least 30 minutes after taking your Power drops before eating or drinking. In addition, we recommend you wait for at least 30 minutes after eating a large meal before taking your next dose of Power drops.**

***Q: Why would I want to gorge myself on foods that I have always tried to avoid?***

***A:*** The first two days of the ATOMIC program are “Load” days. That means you can eat anything you want, especially those foods that are high in fat. It takes three days for the Power drops to completely enter your system. Loading adequately will curb your hunger for the first few days on the low-calorie plan.

***Q: What are the best foods on which to load?***

***A:*** High fat, high calorie foods such as full fat dairy products, nuts, oil, avocados, etc. Yes, and doughnuts, cakes, cookies, fried foods. Alcohol is allowed on the Load Days only!

***Q: Won't I gain weight if I eat all that food?***

***A:*** You should gain weight on these 2 days. Don't worry - it will come off just as fast. “If you don't gorge properly, the weight loss will be slower, Normally, to a person on a diet, this might sound strange but it really works. So, enjoy yourself for two guiltless days!

# **STEP 2: Day 3 – 26 of Until You Reach Your Goal Weight**

---

Step 2 begins on Day 3.

Continue taking the Power drops as directed and now you begin the Low-Calorie Diet. Again, when taking the Power drops, you must wait 30 minutes before consuming anything (this includes water). We recommend you wait for at least 30 minutes after eating a large meal before taking your next dose of Power Drops.

You must stay on the Power Drops a minimum of 21 days (after your two load days), even if you reach your goal weight. For some, that may be longer than 21 days. You can safely stay on the ATOMIC program until you reach your weight loss goals.

## **How to take your ATOMIC Power Drops:**

- Count out 12 individual droplets onto a spoon.
- Place drops under your tongue and hold in place for 5-10 seconds before swallowing for maximum absorption.
- Wait 30 minutes before or after eating or drinking anything. You cannot eat immediately after taking the Power Drops.
- Drops should be taken 3 times per day, in the morning, before lunch, and before dinner.

- If you forget to take your Power Drops, take them 30 minutes after your meal.
- Take 10 Drops of the B12 also 3x day
- Take 1 500 mg Magnesium Capsule for possible constipation
- Take 3 L-Glutamine Daily for reduced cravings
- Take 1 Potassium per day for possible cramping. Increase as needed up to 5 per day
- Take 2 Royal Flush tablets per day

## **STEP 2: The Low-Calorie Diet**

**Breakfast:** Any approved non-calorie fluids in any amount. You can choose to have one of your 2 daily fruits if you wish, as well.

**Lunch:** 3 ½ oz. of protein & 3 ½ oz. of vegetables

**Snacks:** One serving of fruit twice a day, in the morning and afternoon (at least 6 hours apart). One piece of Melba Toast or one Grissini® Breadstick twice a day. The fruit, Melba Toast or breadstick may be eaten between meals or with breakfast, lunch, or dinner.

**Protein Foods:** 3 ½ oz. twice daily ~ About the size of a deck of cards and choose only lean meats, particularly:

- Buffalo steak, filet, lean ground beef, London Broil, sirloin, veal, and venison
- Fresh white fish ~ Flounder, Chilean Sea Bass, cod, crab meat, halibut, lobster, mahi mahi, monkfish, perch, pike, sea scallops, shrimp, snapper, sole, tilapia, swordfish, catfish and whiting
- Chicken ~ chicken breast only with no skin. You cannot skip lunch and double up for dinner.

**NOTE:** *All visible fat and skin needs to be removed before cooking, and the portion should be weighed raw. It must be cooked without additional fat.*

**Salmon, grouper, eel, tuna fish, herring or any dried, pickled or smoked fish are NOT allowed.**

**Fresh Vegetables:** 3 ½ oz. selected vegetables twice daily

- Asparagus, beet-greens, broccoli, cabbage, cauliflower, celery, chard, chicory, cucumbers, fennel, mixed green salad, onions, red radishes, spinach, tomatoes, zucchini. (NO pumpkin, beetroot, potatoes, carrots, peas, corn, or green beans)

## **STEP 2: The Low-Calorie Diet cont.**

---

**Fruit:** Two portions per day, at least 6 hours apart

- Apple (medium), ½ grapefruit, orange (medium), 6 strawberries (large)

**Fluids:** You must consume half your body weight in ounces of recommended fluids

- Example: if you weigh 200 pounds, drink 100 oz. of water
- Approved fluids are water, coffee, tea, naturally sweetened seltzers, Pellegrino®, non-sweetened Perrier®, and lemonade made with freshly squeezed lemon in Stevia® sweetened water or seltzer.

### **Little Extras**

- As much 100% sugar-free salsa, white and red cabbage, and cucumbers as you would like to eat.
- You may season any food with the juice of one lemon daily, white or black pepper, sea salt, apple cider vinegar, white vinegar, mustard powder, garlic, sweet basil, parsley, thyme, Braggs® Amino Acids, Mrs. Dash®, Old Bay Seasoning®, marjoram, nutmeg, and cinnamon.
- Sauté in fat-free chicken, vegetable or beef broth.
- One tablespoon of skim milk daily ONLY!
- No artificial sweeteners ~ absolutely NO SUGAR. Stevia® or Truvia® may be used.
- No margarine, PAM®, butter, oil or dressing.

- **No balsamic or red wine vinegar.**
- **Juice of one lemon daily.**

## **Drinks**

**Teas, coffee, plain water, mineral water, Pellegrino®, non-sweetened Perrier®, and lemonade made with freshly squeezed lemon in Stevia® sweetened water or seltzer are the only drinks allowed.. We also recommend Green Tea and Yerba Mate tea as they increase energy and reduce appetite.**

## **STEP 2: The Low-Calorie Diet cont.**

---

### **Important Information**

- The low-calorie limit must always be maintained. Two small apples are not an acceptable exchange for one apple.
- Do not eat within 2 hours of going to bed.
- No chewing gum or mints, including sugar-free, unless sweetened with Truvia® or Stevia®.
- Birth control is allowed.

### **Plateaus**

#### **PLEASE READ COMPLETELY**

If you weigh yourself and see that your weight has stayed the same for four to six days in a row, after weighing yourself, you should eat six apples for that day. We recommend during that day that you should drink nothing except enough approved fluids to quench your thirst. The next morning you should see a drop in weight. If not, do not be concerned and do not immediately repeat your apple and water day. It is important to realize that because this protocol is synthesizing and releasing so much abnormal fat, the body may retain excess water in order to rid the system of the excess released fat and accompanying toxins. This, at times, results in no apparent weight loss on the scale, however, your body is still being reshaped and significant fat loss is still occurring.

## **STEP 2: Menu Items**

---

### **Any Time of Day**

- Coffee and Tea ~
- One tablespoon of skim milk daily
- Stevia® or Truvia® ~ Unlimited
- One Melba Toast or Grissini® Breadstick ~ twice daily,
- Fruits ~ Apple, ½ grapefruit, orange, 6 strawberries (large), ~ 2 per day eaten a minimum of 6 hours apart. You can enjoy the same fruit twice in a day if you wish.

### **Lunch & Dinner**

#### **PROTEINS**

Choose one of the following protein items for lunch and dinner:

Lean ground beef	Chilean Sea Bass	Perch
Buffalo Steak	Cod	Pike
Chicken breast	Crab meat (not imitation)	Sea Scallops
Filet Mignon	Flounder	Shrimp
London Broil	Halibut	Snapper
Sirloin	Lobster	Sole
Veal	Mahi Mahi	Tilapia
Venison	Monkfish	White Fish

All visible fat and skin must be removed before cooking. Meats and seafood must be broiled, boiled, poached, baked, or grilled with not additional fat. No oil, butter, margarine or PAM® allowed. Salmon, eel, fresh tuna, grouper, or herring – dried or pickled, are NOT permitted. All protein must weigh 3.5 oz. RAW.

## **STEP 2: Menu Items cont.**

---

### **VEGETABLES**

Choose one vegetable from the following for lunch and dinner:

<b>Asparagus</b>	<b>Fennel</b>
<b>Beet-greens</b>	<b>Mixed green salad</b>
<b>Broccoli</b>	<b>Onions</b>
<b>Cabbage**</b>	<b>Red radishes</b>
<b>Cauliflower</b>	<b>Spinach</b>
<b>Celery</b>	<b>Sugar-free salsa**</b>
<b>Chard</b>	<b>Tomatoes</b>
<b>Chicory</b>	<b>Zucchini</b>
<b>Cucumber**</b>	

**\*\* Free Foods can be eaten any time without needing to weigh the food.**

### **Little Extras**

- You may season any food with the juice of one lemon daily, white or black pepper, sea salt, apple cider vinegar, white vinegar, mustard powder, garlic, sweet basil, parsley, thyme, Braggs® Amino Acids, Mrs. Dash®, Old Bay Seasoning®, marjoram, nutmeg, and cinnamon.
- Sauté in fat-free chicken, vegetable or beef broth.
- One tablespoon of skim milk daily **ONLY!**
- No artificial sweeteners ~ absolutely **NO SUGAR!** Stevia® or Truvia® may be used.
- No margarine, PAM®, butter, oil, or dressing.
- No balsamic or red wine vinegar.
- Juice of one lemon daily is allowed.

## **STEP 3: You Have Reached Your Goal Weight!**

---

***Congratulations!***

**STOP YOUR ATOMIC POWER DROPS!**

Continue with the low-calorie diet or 3 additional days, since it is important to stay on the diet until all the supplement is gone from your body.

***YOU WILL NOT BE HUNGRY!***

At the end of these three days, move to Step 4 ~ Resetting & Stabilization.

## **STEP 3: You Have Reached Your Goal Weight!**

---

### **A Summary of Maintenance Phase**

It takes about three weeks before the weight reached at the end of the treatment becomes stable, i.e. does not show significant fluctuations after an occasional excess. If you have lost more than 30 lbs., add one additional week to this step for every 10 lbs. you have lost. Example: 50 lbs. of weight loss requires 5 weeks of this step. You will not need to do more than 6 weeks of maintenance once you reach 60 or more pounds

Eat what you want, when you want (preferably when hungry, not bored, stressed, etc.) and let your body tell you when you are satisfied, not “full”, however, avoid starches, carbohydrates, alcohol, sugars, and continue to weigh yourself EVERY DAY. If you experience a 2-pound weight gain over your desired weight, perform a “Steak Day”.

### **“Steak Day”**

If your morning weight has increased by 2 lbs. or more, you must skip breakfast and lunch but drink plenty of fluids. In the evening you must eat a huge steak with only an apple or a raw tomato.

It is very important that you do this on the day that your scale shows you more than 2 lbs. of weight gain and that you do not postpone this to the following day.

Many people become concerned in Phase 4 because the amount that can be eaten is not specified.

## **STEP 4: Resetting & Stabilization, Cont.**

There are four main rules that **MUST** be kept during this phase to successfully keep the weight off and reset your body for its new weight. They are as follows:

- **No Starches**
- **No carbohydrates**
- **No alcohol**
- **Do not eat until you are full. Stop when you are comfortable.**

Weigh yourself every day and initiate a “Steak Day” if weight is up by two pounds or more (from the weight of the last day of your Power Drops). Eat only enough to be satisfied, not “full.”

Let’s review this phase specifically.

## **No Starches**

No bread and crackers, cereals, pastas, grains, or rice except Melba Toast or Grissini® Breadsticks. Consuming legumes (such as kidney beans, refried beans, etc.) are allowed, however, if you decide to eat them, they must be eaten cautiously and in small portions (1/4 cup). Nuts, including peanut butter, are also starchy and should be eaten with the same caution.

## **No Alcohol**

Stay away from the obvious sweets and goodies. Also, be careful with very sweet fruit, and no fruit juices. Avoid adding sugars to unsuspected foods. Closely watch labels and be wary of fat-free or low-fat items that may be pumped up with sugars and carbohydrates. Artificial sweeteners, sugar-free gum, and diet drinks are acceptable. Watch your labels.

## **Don’t Eat Until You Are Full**

Rather, stop when you are satisfied. This takes a certain degree of awareness while you are eating.

## **WEIGH YOURSELF EVERY DAY!**

**“Relapses may be due to negligence in the basic rule of daily weighing. Many clients think that this is unnecessary and that they can judge any increase from the fit of their clothes. Some do not carry their scale with them on a journey as it is cumbersome and takes a big bite out of their luggage allowance when flying. This is a disastrous mistake, because after using our Power Drops, as much as 10 pounds can be regained without any noticeable change in the fit of the clothes”. Take your scale with you! You must weigh yourself every morning as you get out of bed, without clothes, after you have emptied your bladder, and before breakfast or liquids of any kind.**

**The following is a list of foods that are acceptable during Step 4:**

### **Fruits**

**Most fruits and berries are allowed. No fruit juices. Avoid canned fruits with added sugars or in heavy syrup. Also, avoid dried fruit. No canned cranberry sauce (too much sugar). Be careful with grapes and bananas.**

### **Vegetables**

**All vegetables are fine except the starch ones, such as potatoes, yams, corn, peas, rutabagas, chicory root or tomato sauce with added sugars.**

### **Meats**

**All meats are acceptable. Trim the visible fats and go for the leaner choices. Be careful with hotdogs. Jerkies are allowed if they do not have a lot of added sugar (7 grams of carbohydrate per serving or less). All seafoods are fine but no breaded items (or crab cakes).**

### **Dairy**

**Aim for lower fat options. Cheeses are fine but don't overindulge. Regular plain yogurt is acceptable. You may add our own Stevia®. Cottage cheese is allowed, low-fat versions are preferable.**



## **Starches & Breads**

**NO STARCHES, sugars, rice, bread, potatoes, pastries, etc. Legumes, beans, and edamame are acceptable. Most other legumes need to be eaten very carefully and in very small quantities. They are quite starchy and need to be eaten with caution.**

## **Nuts & Seeds**

**These are very starchy and need to be eaten with caution. Peanut butter in small quantities may be eaten. One serving a day of 10-15 nuts is the maximum that should be eaten. If you are having a difficult time controlling your weight in Step 4, cut nuts out completely.**

## **Condiments**

**Watch for added sugars and carbohydrates. Low-sugar barbecue sauce is allowed. No jams or jellies, only whole fruit spreads containing no added sweeteners except Stevia®. Low-sugar ketchup is acceptable. No sweet pickles or sweet pickle relish. Watch out with low-fat salad dressings, many have added sugars - you may be better off going with the regular, higher fat versions.**

## **Fats & Oils**

**Acceptable in small amounts.**

## **Sauces**

**Avoid starchy gravies. If the sauce tastes really sweet, it probably has a lot of added sugar and should be avoided. Au jus is preferred.**

## **STEP 4 ~**

### **Reset & Stabilize Sample Menus**

#### **Sample Menu 1**

***Breakfast:*** Two fried eggs, one fresh fruit

***Mid-Morning Snack:*** 10-12 Almonds

***Lunch:*** Grilled chicken breast with sautéed peppers and onions, ½ cup cottage cheese

***Mid-Afternoon Snack:*** Apple with 1 teaspoon peanut butter

***Dinner:*** Grilled steak salad with crumbled blue cheese and red onions with regular salad dressing

***Late-Night Snack:*** Cheese-stick with 1 cup of sugar-free lemonade

#### **Sample Menu 2**

***Breakfast:*** Two egg omelet with turkey sausage, onions, and peppers sprinkled with a little cheddar cheese

***Mid-Morning Snack:*** One peach with ½ cup cottage cheese

***Lunch:*** Ham slices with green beans and small salad with regular dressing

***Mid-Afternoon Snack:*** Celery slices with peanut butter

***Dinner:*** Hamburger patty with a slice of melted cheese, coleslaw (cabbage with mayonnaise, a splash of vinegar, and a little artificial sweetener)

***Late-Night Snack:*** ½ cup of plain yogurt, ½ cup unsweetened berries and a little artificial sweetener

# **Frequently Asked Questions**

---

**Q: How closely do I need to follow the ATOMIC Program?**

**A:** It is essential that you follow the protocol as outlined. The Low-Calorie Diet starts on the third day of the drops. It needs to be followed EXACTLY! Even slight variations in the diet and protocol can mean that the weight loss stops.

**Q: How often do I need to weigh myself during the diet?**

**A:** Weigh yourself every morning before eating or drinking any fluids and without clothing.

**Q: What type of exercise should I do while on the ATOMIC Weight Loss Program?**

**A:** Gentle to moderate exercise is recommended during the diet. For example: walking or yoga for ½ an hour per day is beneficial. Strenuous exercise is not recommended.

**Q: What do I do if I reach my goal weight before the 21<sup>st</sup> day?**

**A:** If you reach your goal weight before you have finished the 21 days of drops, you must not stop the drops until you complete your 21<sup>st</sup> day. Please contact us for a personalized plan.

## **Frequently Asked Questions cont.**

---

**Q: How do I help avoid a relapse of weight gain?**

**A:** Weigh yourself every day. Many people think that it is unnecessary to weigh daily and that they can judge an increase from the fit of their clothes. Some do not carry their scale with them while traveling, as it is cumbersome and takes a big bite out of their luggage allowance when flying. This is a serious mistake, because after following the ATOMIC Program, as much as 10 pounds can be regained without any noticeable change in the fit of their clothes. The reason for this is that after completing our program, newly acquired fat is first evenly distributed and does not show the former preference for certain body parts.

**Q: How much lemon juice can I use per day?**

**A:** The juice of one fresh lemon is allowed for any purpose per day.

**Q: Can I season my food?**

**A:** You may season any food with the juice of one fresh lemon daily, white or black pepper, sea salt, apple cider vinegar, white vinegar, mustard powder, garlic, sweet basil, parsley, thyme, Braggs® Amino Acids, Old Bay Seasoning®, oregano, nutmeg, cinnamon, Mrs. Dash®, and marjoram.

**Q: Can I use any fats to cook or eat with my food?**

**A:** No oil, Pam®, butter, or dressing is permitted during Steps 2 and 3.

**Q: What type of fluids can I drink?**

**A:** Approved fluids are water, coffee, tea, plain seltzers, Perrier®, and lemonade made with freshly squeezed lemon in Stevia® sweetened water or seltzer.

## **Frequently Asked Questions, cont.**

**Q: How much fluids should I drink each day?**

**A:** You should drink half your body weight in ounces of recommended fluids. Example: If you weigh 140 lbs. drink 70 oz. of recommended fluids daily. Many clients are afraid to drink so much fluids because they fear that this may make them retain more water. This is a wrong notion as the body is more inclined to store water when the intake falls below its normal requirements.

**Q: Can I vary when I eat my fruit or breadstick each day?**

**A:** The fruit or the breadstick may be eaten between meals instead of with lunch or dinner but not more than four items listed for lunch and dinner may be eaten at one meal.

**Q: What about the use of over-the-counter medications?**

**A:** You are allowed to take over-the-counter medications. Be careful of sugar content which could affect weight loss.

**Q: How do I weigh my meats and fish?**

**A:** The 3.5 oz. of meat must be scrupulously weighed raw after all visible fat has been removed. Use a postage or accurate food scale to weigh your food.

**Q: Can I vary the items listed for each meal?**

**A:** There is no problem in breaking up the two meals. For example, have a breadstick and a fruit for breakfast or before going to bed, provided they are deducted from the regular meals. The whole daily ration of 2 breadsticks or 2 fruits may not be eaten at the same time, nor can any item be saved from the previous day.

**Q: Why should I journal?**

**A:** It is important to journal your food intake each day in order to count your calories and log in the food and fluids you consume.

**Q: What if I just do the low-calorie diet without the ATOMIC Power Drops?**

**A:** Don't try this diet without ATOMIC Power Drops. The weight you lose will be quickly regained.

**Q: Does it matter if I eat 2 small apples rather than 1 large apple?**

**A:** Yes, you should only so eat 1 medium apple and not 2 small apples.

**Q: What should I do if I become constipated?**

**A:** Consult your medical health provider about taking a Magnesium supplement which should alleviate the condition and will not interfere with your program.



*The Ultimate Weight Loss & Wellness Program*

[www.M2Wellness.com](http://www.M2Wellness.com)