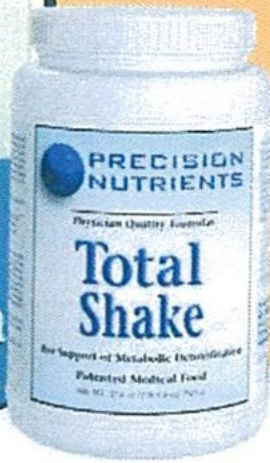
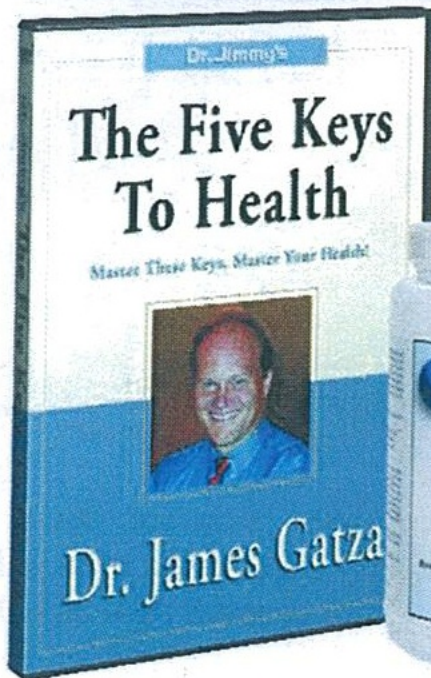


Dr. Gatza's Total Shake Program



To be healthy and slim,
your body needs to
produce loads
of energy.

Phase I: A New You

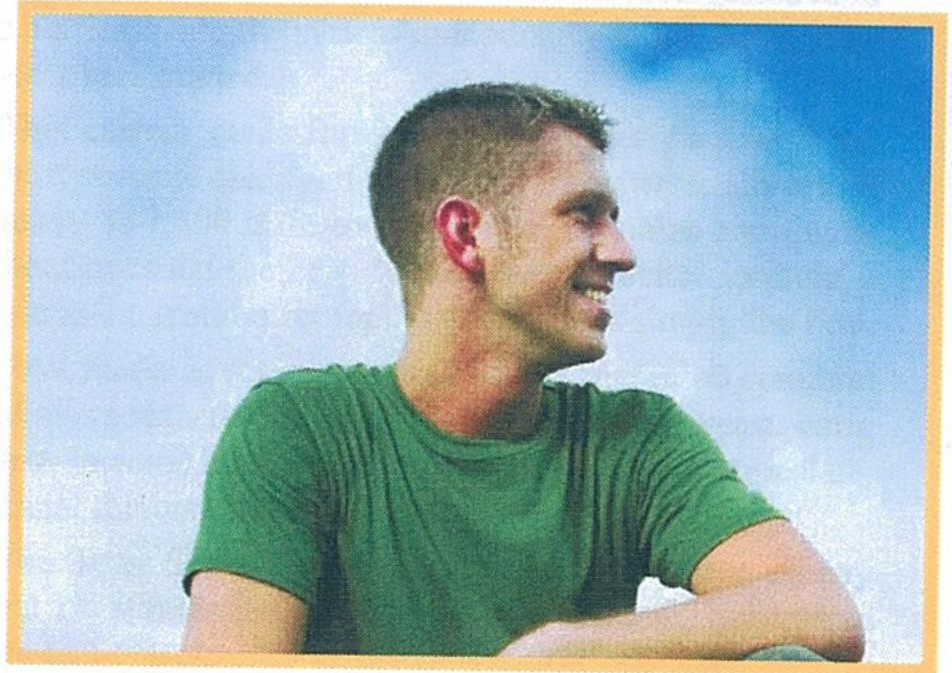
Energy is created by the process called metabolism. Metabolism is necessary for health and vital for weight loss, but cannot be accomplished in a toxic body. My program supports natural cleansing in your body, which leads to a much improved metabolism and greater overall health. This cleansing is designed to reduce your body's load of toxic substances, which comes from drugs, chemicals, pesticides, preservatives, cleaning agents, alcohol, junk food, bacteria, etc. etc. etc.. The most common things my patients tell me after completing this program is that they feel years younger, have lost weight, sleep better, have more energy, and most importantly, they reduced or eliminated their main body complaints.

The three basic phases are achieved with the Total Shake Program. They are:

Phase I: A New You - Lose the weight and feel better immediately

Phase II: A Better You - Continue weight loss and continue rebuilding the body

Phase III: The Ideal You - Keep the weight off as a lifestyle and enjoy great overall health



Day 1-3: Drink 5 Total Shakes and 8 additional glasses of water throughout the day.

Days 4-21: Eat 1 meal a day, 4 Total Shakes (add additional shakes if you are still hungry), and 8 additional glasses of water throughout the day between meals and at night.

Most people lose 1/3 of the weight they want to lose on this part of the program.