

LEPTIN: WEIGHT LOSS PATCH

DrPenny Weight Loss Services Inc.

The Leptin Weight Loss Patch is a drug free transdermal patch, that can be placed anywhere on the body. This clinically formulated transdermal patch safely and effectively reduces the appetite by blocking receptor sites. Counterweight Rx uses natural Bata inhibitors to block appetite craving sites that stimulate snacking and excessive food intake. Proven to be safe, fast, natural, and can burn fat 60% faster with any diet and exercise plan. The Patch is a smart weight loss tool, to help kick start your metabolism, burn fat and control appetite. You will feel and see the change.

The hypothalamus (brain) plays an important role in appetite and hormones. The brain integrates signals coming from the stomach, fat cells, and hormones to tell you that you're hungry and full. Counterweight Rx uses a synergistic combination of natural, safe, effective Bata blocking properties from Garcinia Camboga, in conjunction with the feeling-full hormone Leptin for the best weight loss results.

Give Your Metabolism a safe, fast and natural fat burning boost, ORDER TODAY

LEPTIN is a hormone that triggers the brain to signal the body to burn calories – especially stored fat. Leptin is produced in the adipose tissue (fat cells), and is part of a complex series of chemical messengers that travel from the hypothalamus to the thyroid gland to speed up metabolism. Obesity can cause the body to be resistant to Leptin.

The Leptin Weight Loss Patch (Counterweight Rx) is most effective when included with a diet and exercise plan. Used alone, the patch will enhance your ability to eat less, feel satisfied, and reduce cravings and overeating. You can achieve and maintain your optimal weight by unconsciously eating less, and feeling full. **Included Ingredients:** Kava-Kava, Gingko Biloba, Piper Methysicum

Instruction: How to wear the Leptin Weight Loss Patches

Apply anywhere on the body in an area with NO hair.
The Patch should be worn at least 12 hours a day.
Replace every 24 hours.
Do NOT reuse a Patch.
Remove immediately for local irritation. (NOT likely)
Not used by children under 18, pregnant women or nursing mothers.
For sensitive skin or damaged skin use at your own risk.
No returns, refunds or exchanges (Safety Policy)
Contact your doctor before starting any diet & exercise product or weight loss program

Skin Sites for the Patch: tummy, butt, back shoulder, outer arm, top leg,

Benefits for Leptin

- ✚ Helps control cravings
- ✚ Helps control overeating
- ✚ Helps control bingeing
- ✚ Helps control the Night Eating Syndrome
- ✚ No known SIDE EFFECTS
- ✚ Kick start fat burning with Diet & Exercise
- ✚ Proven to boost fat burning 60% faster with the DietSmart Plan
- ✚ 10% from each order will be donated to many Soup Kitchens & Food Banks

Contact Manufacturer: Viaguard Inc. – Accu – metrics, #1232 Kingston Rd.,
Toronto ON Canada M1N 1P3 Toll **Free:** 1 877 842 4827

The Mini DietSmart Plan weight loss rehabilitation

Learn how to rehabilitate your metabolism to **STOP WEIGHT GAIN**

How to monitor your **METABOLISM**

DrPenny Weight Loss Services Inc.	Sluggish Metabolism	Healthy Metabolism
Age: ___ Frame: ___ Ht. _____ Sex: ___	Start Date: _____	Target Date: _____
Start Weight <small>In pounds</small>		
Goal Weight		
Ideal Weight	Muscle Mass ___ Fat Mass ___	Muscle Mass ___ Fat Mass ___
Mini Action Plan Commitment & Accountability	Diet Changes: Rehab Changes:	Dietary Achievement: Physical Achievement:
Weight Loss Grant's Start Weight:		
Weight Loss Grant's 17% Goal Weight:		
Weight Loss Grant's Target Date:		
Body Mass Index		
Body Fat % (Percentage)	%	%
Measurements <small>In inches</small>	Chest ___ Waist ___ Hips ___ Bicep ___ Thigh ___ Calf ___	Chest ___ Waist ___ Hips ___ Bicep ___ Thigh ___ Calf ___
Ph Strip Reading	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
Keto Strip Reading	Negative Trace Moderate Large	Negative Trace Moderate Large
Glucose Strip Reading	Negative Trace ¼ ½ 1 2 or More	Negative Trace ¼ ½ 1 2 or More

MACRO'S	CALORIES	CHARBOHYDRATES # of Grams	PROTEINS # of Grams	FATS 3# of Grams
DietMath = DRA Goal weight X 10 = _____ calories needed daily.	DRA = Daily Recommended Allowance	Nutritional Value = 4 cal/g Calculate from reading labels. Record total Carbs for that serving size.	Nutritional Value = 4 cal/g Calculate from reading labels. Record total Proteins for that serving size.	Nutritional Value = 9 cal/g Calculate from reading labels. Record total Fats for that serving size.
Breakfast				
Lunch				
Dinner				
Totals	_____ Calories	_____ Grams	_____ Grams	_____ Grams

NUTRITIONAL PRINCIPLES & PHYSICAL REHABILITATION

Learn how to rehabilitate your metabolism to **stop gaining weight!**

- ✚ **Determine Your Body Mass Index** – used to quantify an individual's obese level.
- ✚ **Set Your Weight Loss Goal** - you will have a better chance, be realistic and patient.
- ✚ **Meet Your Basal Metabolic Needs** the calories your body needs for everyday functions.
- ✚ **Total your Daily Recommended Allowance** for calories to help meet your daily needs.
- ✚ **Account for Rate of Weight Loss:** to lose a pound a week you must create a caloric deficit of 3,500 calories in your body weekly to achieve your desired weight loss.
- ✚ **Plan for Fitness** – being honest and accurate here is very important. If you do NOT exercise but say that you do, your caloric intake may be too high making it harder to lose weight. Create a fitness plan that determines how many calories you burn each week to monitor and track Calories IN and Calories OUT for faster lasting weight loss.
- ✚ **Sedentary Lifestyle Assumptions** – a sedentary lifestyle includes light walking, light housekeeping, deskwork, running errands, etc. To determine the caloric needs for a sedentary lifestyle multiply your BMR by 1.2 for additional calories needed.
- ✚ **For Your Health & Wellness** – do not eat less than 1200 calories a day for adult females, and 1500 calories daily for adult males. Eating less can trigger your body into a starvation mode and naturally conserve energy. Then, your body lowers your metabolic rate causing calories to NOT burn as efficiently or quickly – resulting in weight gain and other health problems such as; obesity, diabetes type 2, and heart complications and eating disorder.

Date:	Workout Routine	Workout Duration	Workout Intensity	Hours of Sleep	Liters of Water
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
Total Calories Out (Burned)		-----	-----	-----	-----
Supplements	- - -	-----	-----	-----	-----

Motivational Tips

- ✚ Don't be self-critical, set your mind and goals for success this time. **Common Sense.**
- ✚ Look back and learn from past mistakes and do not criticize yourself. **Move Forward.**
- ✚ Concentrate on the tasks ahead for changes and improvements. **Focus on YOU.**
- ✚ Remind yourself how far you've come towards your long-term goal. **Be Patient.**
- ✚ Recheck your motivation. Think about why you started. **What do you really want?**
- ✚ What is being slimmer and feeling better going to do for you? **Stick with it!**
- ✚ Take responsibility for your actions. Two of the greatest obstacles to success in weight loss and weight control are excuses and blaming others. **No More Excuses!**
- ✚ Help and educate others about how wonderful you feel. **Tell a friend and others.**
- ✚ One of the greatest encouragements towards succeeding in your weight loss goal is to put a picture on the wall showing a before photo of you, and your ideal shape. A constant visual can help keep you on track, and remind you of your commitment.
- ✚ Having a Plan of Action to keep you inspired. **(Track Specifications & Goals).**
- ✚ Track your progress by journaling your Metabolic Specifications, Calories In & Out, Behaviors & Habits, and to Manage Macronutrients; Carbs, Proteins & Fats.
- ✚ Monitor diet and leptin for appetite control; cravings, overeating and bingeing.
- ✚ Think yourself thin. Having an image of yourself inspires the conscious mind, and is an incentive for the unconscious mind. **Be responsible for your life and actions.**

Dr. Penny.ca