

## How to Loose Weight Quickly and Safely By Dr. Michael Lange



**Obesity is an epidemic in America** and it is a root cause for many diseases. If you are overweight, Your risk increases for general health problems and ocular disease. Macular degeneration, dry eye, retinopathy, and glaucoma are all more prevalent in the over weight population. Our nation is consuming calorie dense, nutrient deficient, overly processed foods that are filled with harmful

antibiotics, pesticides and hormones. To add fuel to the fire, we are becoming more sedentary and lazy. Loosing weight is simple math, you must burn more calories than you consume. For every 3,500 calories less you intake or burn is equivalent to one pound of weight. I have developed a system that is simple and works quite well. This system uses the highest quality nutrients available and is not based on any stimulants that will speed up your metabolism and potentially cause other health issues. I believe if you keep it simple then everyone can follow and get the results you need.



Our largest meal traditionally in most Americans supper and this should be our smallest meal. A typical supper may consist or spaghetti and meat balls, 2 slices of french bread with butter, salad with oil and vinegar, glass of sweet tea and a red wine or cold beer followed by desert. This meal will have between 2,500-2,700 calories depending on how much you eat. You can easily see that one meal could actually be much higher in calories than this depending on what you eat and the portion size.

## How It Works



My simple system consists of taking one scoop or **Fortifeye Super Protein** and one scoop of **Fortifeye Blue Green Super food** combined with two cups of spring water or well water and gently blending or shaking. Drink this and take one **Fortifeye Super Omega** with the shake and one at bedtime.

New science indicates 1.5mg- 2mg of omega 3 fish oil enhances weight loss by increasing fat metabolism. This combination will give you 20 grams of the highest bio-available Whey

protein concentrate from grass-fed New Zealand A2 cows with only 120 calories, a combination of 12 FODMAP free fruits and vegetables with only 25 calories and all the omega 3 fatty acids you need with 12 calories. This is a complete meal replacement that has only 157 calories, 3 carbohydrates, 1 gram of sugar and 3.9 grams of fat. You are getting everything you need for a complete nutrient- packed meal in one drink. The Blue Green Superfood was made with fruits and vegetables that do not aggravate Irritable Bowel Syndrome, or IBS.

If you drink this every day as a replacement for your supper and if you were eating the typical American supper, *you will loose between 4 and 5 pounds per week* by following this one simple meal replacement and everything else remains the same in your life. Once you start the program you will see it is easy to follow. New studies indicate a good whey protein will actually decrease hunger urges and curb your appetite making it easier to follow the plan. This Whey protein concentrate will also make you feel better by stimulating the production of your master antioxidant called Glutathione. You can learn more about Fortifeye Super Protein's production at [www.newzealandwheyproteinconcentrate.com](http://www.newzealandwheyproteinconcentrate.com)

If you add a little cardio exercise a half hour a day by biking, walking, swimming , in line skating, elliptical, tread mill or stationary bike you can easily burn and additional 200-400 calories daily. which could equal another pound of weight loss per week. I also recommend a half hour of sun a day between noon and 2 pm without sun screen to get adequate Vitamin D. Several studies have confirmed a link between vitamin D deficiency and belly fat. By getting a little bit of a sun tan it may actually help with the weight loss and make you look healthier at the same time.



I have hundreds of patients that have lost significant amounts of weight safely by following this simple meal replacement protocol and are healthier today because of this. This simple method was developed to work well with diabetics, celiac, IBS and people following the paleo or low carb diet.

You have to have the will power to loose the weight for this to work and you can not eat anything after you have your drink for supper. Only drink water after the Fortifeye combination and you will see the pounds come off of you very quickly. Learn more about these 3 Fortifeye products discussed at [www.fortifeye.com](http://www.fortifeye.com)

I also recommend for Breakfast and lunch following a paleo meal plan. I always recommend discussing your weight loss goals with your physician and following up with your personal physician as needed. Drink to your health!!



**Michael Lange OD, CNS**

