

Protocol for Dieters *(same as new "Action Steps" document)*

1. **Learn:** Either watch the 5 minute "Introduction" video and/or the 30 minute "core presentation" video
2. **More Info?** If you watched the 30 min video and need more information, look and listen to line items after videos. If you still need more, ask a coach questions & the password to www.TheConsumerLogin.com. Ideally, read the Diet Booster book co-authored by Julie Phillips and Teresa Smith. Program results (food, tonic, combination) may affect the following issues in a positive light:
 - ✓ Lasting, quick, safe weight loss
 - ✓ Blood sugar, low or high
 - ✓ Blood pressure
 - ✓ Lipids (cholesterol and triglycerides)
 - ✓ Fatigue, cravings, digestion, assimilation, elimination
 - ✓ Hormone balance and sexual function
 - ✓ Sleep, mood and clarity of thought
 - ✓ Pain related to inflammation
 - ✓ Sinuses, hair, nails, eyes (visual acuity), skin
3. **Ready?** If you understand & are committed 9 or 10 on a scale of 1-10, proceed to next step, otherwise find a different program or learn more, wait, and reconsider at a later time.
4. **Profile:** Watch the 10 min "dieter profile" video while filling out the dieter profile after videos & save to hard drive.
5. **Food Choices:** Fill in yes/no/maybe in left column of the food choice page after the videos & save to hard drive.
6. **Email Coach:** Attach filled in profile & food choice pages, specifying name/addr/phone/times you can discuss.
7. **Discuss with Coach:** Participate in 30 min conversation with coach, who will give feedback on profile/choices.
8. **Consult with Health Professional:** Consult with your health professionals of choice before doing the protocol. If you have any health challenges or medications this is very important and your complete responsibility. Coaches are typically NOT doctors, nurses, or certified nutritionists – they are experts in protocol rules. Medications that forcefully drive levels down like blood sugar or blood pressure are of utmost importance. Ask about caveats for kidney or liver disease, pregnant or lactating women, or children. If you are a type I diabetic, ask about the alternate version of the program and the testimonial of one who did that program. Coaches do not diagnose, prescribe, or advise on medications – these are between you and your doctor but some of them must be watched closely on a daily basis.
9. **Closure with Coach:** When you are ready, provide final decision and payment to coach who will set you up initially, send you a welcome email, be available to answer questions. Usually the coach or physician's office will place the initial order and tell you how to reorder in the welcome email.
10. **Prepare:** Use "4 Stages of the Pancreatic Protocol for Clients" from welcome email to shop for legal veggies, lean meats, seasonings, and pinkish seasalt from health food store. Consider www.waldenfarms.com and www.truelemon.com. Take measurements on the progress chart in the welcome email, body fat, before picture, read welcome email and all info on www.ThePancreaticProtocol.com and behind www.TheConsumerLogin.com.
11. **Execute:** Talk with coach before starting to confirm how to do this right. Report to coach EVERY DAY for first 5 days, then 1/week or as questions arise. Log weight, measurements, body fat weekly, along with other results. Watch the 5 minute follow-up video every day for the first 5 days, then 1/week to confirm not skipping/delaying meals, legal dressings/veggies, only 1 high carb protein isolate choice per day, etc. MUST be strict, talk to coach between all steps and after 2 weeks strict on step 4. FOLLOW through to get lasting effects & COMMUNICATE!
12. **Physician Check-Ups:** As needed for your individual purposes, get medical input from your health professionals of choice and highly desirable – find out how your blood sugar, lipids, pressure, thyroid levels, etc improved.
13. **After Picture:** Besides the after picture in same clothes/pose both given to coach, review the dieter profile and see if you have improved on most or all answers such as digestion, energy, no cravings, sleep, blood pressure...
14. **Share the Word:** Tell others how to become more educated, empowered, motivated, rewarded. Those who understand this program and do it right can positively change the quality and perhaps quality of their life! Consider becoming a certified coach or at least a refer-only "weigh to health" advocate for your own coach.