

The weight loss plan consists of three phases.

Phase 1. Starting price is \$1575 for between 4 and 6 weeks of treatments. After phase 1 is complete, you should be able to lose 1 to 3 pounds per day at will. And, you're going to eat pretty much anything you like. The program does not involve starving yourself but it does require that you be consistent and determined.

Phase 2. and **Phase 3** are not for you, but are for people who are morbidly, obese, or have more than 30 pounds they wish to lose in 60 to 90 days.

Here's the program.

Phase 1 has four parts:

Part 1.) Metabolic Enhancement treatments. This requires that you come to the clinic to receive a Hopewell Specific Acupuncture and Tui Na therapies and to allow Tracking of your progress with Acugraph as well as BMI. This part lasts for between four and six weeks following which in combination with part two and part three you should begin to steadily lose 1 to 3 pounds per day within the first one to two weeks.

Part 2.) Systemic Insulin Level Reduction. This is a Purposeful Nourishment and Sleeping Pattern Adoption which Integrates a large variety of your favorite low glycemic index foods and drinks with a modified and healthy lifestyle. It involves satient foods that also increase the body' metabolic rate and decrease cortisol levels in the blood. Part two runs concurrent with part one and instruction is provided. Support is always available from the clinic to answer any questions that will occur from time to time.

Part 3.) Customized Herbal Therapy treatments. Each week you will pick up a one week supply of a targeted herbal formulation. Ingredients are specifically chosen to increase the metabolic rate, transform stored fatty cells into a liquid form that can be voided, to clear away cell waste and unlock cells' insulin receptors. This part runs concurrently with parts one and two.

Part 4.) Requires learning a Qi (Chee) Gong routine with eight moves that has the effect of circulating energy in the body, increasing blood flow, and most importantly increasing the body's production of nitric oxide which is vital for increasing testosterone levels in men. An important component is developing a mind clearing meditative state while doing the exercises and is also incorporated with sleep. The process is called purposeful meditation and was developed by Dr Dawson. Part four is also performed concurrently with parts 1, 2 and 3.

Together, these four parts make up the phase 1 portion of the program, and is applicable to those people who want to lose 15 to 20 pounds or less and keep it off.

The program has no refunds, for any reason, and all if the material is proprietary.