

THE NULEAN PATIENT MANUAL

In these pages: instructions for doing the NuLean Weight-Loss Program, tips for losing weight and keeping it off, and all your questions answered.

Instructions to do the NuLean Weight-Loss Program are on pages 10 and 11

Dear Friend,

The NuLean Weight-Loss/Cleanse Program offers a whole new approach to natural weight-loss by cleansing the body of the very impurities that create fat.

You can have complete confidence in doing the NuLean Program because, unlike other natural weight-loss methods, it's backed by a bona-fide University Medical Study, a study in which participants not only lost considerable weight and inches, but also enjoyed a remarkable resurgence of health, validated by laboratory blood work, done to the highest standards.

This manual provides instructions on how to do the NuLean Program plus provides valuable information on how you can achieve the best results possible with it.

Accompanying this manual is the CD entitled "How to Get Sensational Results from the NuLean Cleanse."

By listening to this CD you will learn weight-loss secrets that will greatly assist you in achieving permanent weight-loss for the rest of your life. Please listen to it as your first step. People who do, really do achieve sensational results!

NULEAN ONE WEEK DIET CLEANSE: On this One Week Program you eat one meal a day and supplement the remaining meals with the NuLean products. Complete instructions on how to do the One Week Program is in this manual on page 10. The One Week Program can be done consecutively, week after week, until your target weight is met. Or it may be done as a monthly program, as described in the One Month Instructions on page 11.

WHAT TO EAT

To cleanse your body of toxins and lose weight, you will need to eat less.

Please realize, however, that this is not a fasting program. **The purpose of eating less isn't to starve yourself or even take in fewer calories so that you lose weight. The purpose is to give your digestive system a break so that it will have the ability to help detoxify your system.**

The meals you eat should be 400 to 600 calories.

THE FOODS YOU CAN ENJOY

Proteins: Chicken (broiled or grilled), fish (steamed, broiled or grilled) Turkey (broiled or grilled). Never fry food while you are doing the NuLean Program. Avoid butter or dressings on the meat or fish. Salt (small amounts) and pepper is okay. Freshly squeezed lemon on fish is also okay.

Vegetables: Eat a good serving of vegetables, such as broccoli, asparagus, cabbage, cauliflower, celery, lettuce, spinach, tomatoes or zucchini. It is best to eat these raw or steam them lightly. Cooking them in water is alright, however they do lose some of their nutrients when cooked that way. Do not cook vegetables in oil. If you eat them raw avoid salad dressing.

Remember, the purpose of these foods isn't just to supply low calories, but to give your digestive system a break so that your body can detoxify during the cleanse.

Beverages: Bottled water only - No soft drinks. It is also best to avoid coffee, for the very toxins that are in coffee are what you are trying to cleanse out of your body. Try to substitute a caffeine-free herb tea for coffee, while you are doing the NuLean Program.

The reason coffee should be avoided isn't because it's fattening. It's because caffeine actually prevents (or greatly slows down) the body from detoxifying.

Many people who had wanted to give up coffee prior to doing the NuLean Program, and were unable to, have found it easy to give up while cleansing because the cravings go away. So, even if you think it's impossible to give up coffee, try it. You may be surprised at how easy it is!

If you absolutely must drink coffee, drink the very least amount possible while doing the Program. And drink it black only.

Avoid alcohol.

What foods to avoid: Avoid all foods except those listed on the instructions on this page. This includes potatoes, grains, dairy, beef, pork, sugar, honey, corn-based products, eggs, cheese, excess salt, any and all processed foods, and alcohol.

Snacks: If you feel hungry during the day, you should have a snack. It is best to eat vegetables (such as cucumber or celery only as described in the instructions) or half a dozen RAW almonds. (Make sure they are raw, not salted, baked or oiled.)

EXERCISE

Exercise is an essential element of losing weight. It's how you stimulate your body's metabolism to burn fat.

But you don't have to start running or lifting weights to get this effect. In fact, it is not healthy to jump into such strenuous exercise if you are not prepared for it, and doing so may actually make it harder to lose weight.

A twenty-minute brisk walk each day is usually enough to stimulate your body's fat-

burning process

If you are already used to a more strenuous exercise routine you may continue it while doing the NuLean Program. If you lift weights, however, you should know that muscle mass is heavier than fat, so your pounds lost while doing the Program may not be as many as expected. Where you will probably see the most loss is in inches, and this should be in the places you want to lose the inches.

If possible, exercise the same time each day. Walk (or run) as briskly as you can for twenty minutes. What's important is that you do it every day that you are on the NuLean Program, as this will not only help burn fat, but will also help detoxify the body.

It is better to exercise a smaller amount each day, than to exercise on fewer days while putting in more time. Try to exercise each day while on the Program..

WATER

It is very important that your body stays well-hydrated during the Program. You will be cleansing toxins out and you will need plenty of water to accomplish this. Water helps flush your digestive tract.

When you exercise, you also lose water in breath and perspiration. Seventy percent of your body consists of water. You will need to keep it hydrated to stay healthy.

Drink at least eight 8-oz glasses of filtered water each day that you are on the Program.

PROGRESS

To monitor your success, it is important that you weigh yourself daily. Do it at the same time each day, for example in the morning before drinking the *cleanser*.

Don't get discouraged if you see your weight fluctuate a bit. Follow the instructions and you will probably see your weight drop each day at first, and then week by week.

Also check your measurements after each one-week cycle (if you are doing more than a week program). You may lose more inches than weight, and for most people it is the inches that are most important because the inches are what people see on you.

You want to measure your stomach, chest, neck, arms and thighs (and any other area you want to lose weight.) After measuring yourself write down the cumulative number before the diet and then after it. When you see how many inches you have lost this will help you gain confidence and continue losing weight.

DAYS	WEIGHT	STOMACH	THIGHS	ARMS	CHEST	NECK	HIPS/BUTT
Day 1							
Day 2							
Day 3							
Day 4							
Day 5							
Day 6							
Day 7							

Total weight lost after one week: _____ Total overall inches lost: _____

At the end of one week you will have lost weight, detoxified your body, and will have created an alkaline state in your body that will help fight disease and keep you in top health. You will have created a new “normal” standard for yourself as well as a new slimmer, healthier body.

However long it takes you to cleanse and reach your ideal weight, we recommend that you continue taking the Quick Burn caps for the rest of your life, similar to how you would take a multi-vitamin. The Quick Burn caps will greatly help you maintain your new weight and an alkaline body. Think of them as your lifetime weight-loss maintenance supplement. They are key to being able to attain the goal of permanent weight-loss.

HELPFUL TIPS/FREQUENTLY ASKED QUESTIONS

Many questions can be answered about the NuLean Weight-Loss Program if one understands the basic *purpose* behind why it works, and why the Instructions are set up the way they are.

The NuLean Program works best when the Instructions are followed exactly as written. There is much science behind this regimen. That said, we have answered some questions below relating to slightly altering, or changing the Instructions if absolutely necessary.

Q: WHAT’S THE PURPOSE OF EXERCISE?

A: Often people think the purpose of exercising while on the NuLean Weight-Loss Cleanse is to “burn calories.” Although this is somewhat true, a truer statement is: *The purpose of exercising is to kick-start your metabolism so it runs at an optimum rate to help detoxify your body, which also helps you to lose weight.* If a person’s body is overburdened with toxins (almost everyone), then the metabolism is going to be “sluggish.” Exercise is the sure and natural way to increase the rate of metabolism.

Q: WHY CAN’T I EAT MUCH FOOD?

A: The *primary* purpose for cutting down on food while cleansing is *not* to cut calories, but to give your digestive tract a *break* so that your body can more easily *detoxify*. The *one meal a day Program*, with the limited vegetables and snacks, is specifically designed to allow cleansing to take place. Another way to do this is to not eat any food for a few days or a week. This however, is very difficult for people to do. Eating one meal a day, we found, works just as well.

Q: WHY CELERY AND CUCUMBER AND ALMOND SNACKS?

A: Again, what you are trying to achieve is a detoxification of your body (which involves giving your digestive tract a break). *Fiber* is very important for the detoxification process. The vegetables recommended on the diet are high in fiber.

Celery is an excellent source of vitamin C and a very good source of dietary fiber. It also has properties that are known to reduce blood pressure.

Cucumber is also a good source of fiber. Plus, you get the added bonus of vitamin C, silica, potassium and magnesium.

Raw Almonds are high in fat, but they also help in losing weight. Getting enough fat in your diet is helpful. A study published in the *International Journal of Obesity and Related Metabolic Disorders* suggested that an almond-enriched low calorie diet (such as the NuLean Program) can help overweight individuals shed pounds effectively.

Q: CAN'T I EAT OTHER TYPES OF VEGETABLES?

A: We suggest that you eat celery and cucumber for the reasons given in the above answer. If you would like to eat other vegetables *in addition* to these you may do so. Here is a short list of what vegetables to eat and what to avoid:

Okay to eat: Broccoli, asparagus, Brussels sprouts, cabbage, lettuce.

Avoid eating: Artichoke, all beans, carrots, corn, tomatoes, peas.

Q: CAN I EAT FRUIT WHILE ON THE CLEANSE?

A: Avoid all fruit while cleansing to lose weight. Fruit, in general, is good for you. If you *just* want to detoxify, you may eat a small amount of fruit. If you want to lose weight then avoid fruit.

Q: CAN I EAT OILS?

A: It is best to do the Program without oils. If you feel you must have oil with your vegetables then use a small amount of extra virgin olive oil. A small amount of fish oil is okay too. Avoid salad dressing.

Q: CAN I EAT MORE DUE TO THE FACT THAT I WORK OUT A LOT AND I'M BURNING MANY CALORIES IN A WORKOUT?

A: During the weeks you are doing the Program, the purpose of not eating is to give your digestive system a break so that you may detoxify better. This is even more important than not eating because you don't want to add calories to your diet. The purpose of doing exercise each day is to stimulate your metabolism, rather than to just burn calories. So, to answer your question, if you feel you must eat more while doing the Program, simply snack on more vegetables or almonds, or add a second low calorie meal during the day. As much as possible, however, try to stay with the Program as instructed.

Q: I'M A 250-POUND MAN. CAN I EAT MORE ON THE CLEANSE THAN A 150 POUND WOMAN?

A. See the above answer.

Q: I WORK OUT STRENUOUSLY THREE DAYS A WEEK, IS THAT ENOUGH?

A: Exercising for a short period *each day* is better than exercising strenuously for longer periods over fewer days. If you cannot exercise each day, do as many days as possible.

Q. WHAT IF I FOLLOW THE PROGRAM AND DON'T LOSE WEIGHT?

A: It is important that you view losing weight as a *process*, rather than a "one shot cure." Anyone can lose weight if they follow the NuLean Program. Some people lose weight much faster than others. It is important to realize that you will lose weight at a rate that is *right for your body*. Even if you don't lose a lot of weight the first week, your body will still start detoxifying, which has great health benefits. Work with your healthcare provider to stay on the Program, and you will reach your weight-loss goals.

Q: WHY DO YOU USE WHEY PROTEIN?

A: Protein is necessary for detoxification. Whey protein is the best type of powdered protein for this purpose. Whey is recognized for its excellent amino acid profile, rapid digestion, and beneficial variety of peptides. Whey is also the only protein powder that is alkaline forming in

the body. All the other types of protein powders (rice, egg, soy) are acid forming. An alkaline body is a healthy body. An acid body is an unhealthy body. (For more info listen to the CD “How to Achieve Sensational Results with the NuLean Cleanse.”)

Q: I AM LACTOSE INTOLERANT. CAN I TAKE WHEY PROTEIN?

There are two basic types of whey protein: whey protein *isolate*, and whey protein *concentrate*. Whey protein *isolate* is the most pure and concentrated form of whey protein available. It contains 90% or more protein and very little (if any) fat and *lactose*. In essence; the dairy is removed from the whey, leaving only the amino acids. Whey protein *concentrate*, on the other hand, has anywhere between 29% and 89% protein depending upon the product, which means far *more* fat and/or *lactose* in the powder. Research shows individuals with lactose intolerance generally have *no trouble* taking a high quality protein isolate, such as that in the Pprotein powder. Individuals with lactose intolerance *should avoid* whey protein *concentrates* as they contain lactose.

Q: I CAN BUY INEXPENSIVE PROTEIN POWDER AT THE HEALTH FOOD STORE. WHY BUY NULEAN PROTEIN POWDER?

A: Just as not all cars are created equal, not all protein powder is created equal. The NuLean “protein powder” is far more than just a protein powder. The NuLean powder utilizes Whey Protein *isolate*, which is the highest quality of whey supplement. With the NuLean product the whey is “isolated” and goes through the most advanced filtering process to remove carbohydrates and fats. The result is the highest percentage of protein compared to other whey products. In addition, the NuLean protein powder utilizes a proprietary combination of fibers specifically designed to assist in detoxifying the body. There are also what are called FOSs in the NuLean protein powder. These are special nutrients that feed the “friendly bacteria” in your gut, which is extremely important for detoxifying the body. In addition, the NuLean protein powder uses the least amount of “sugary” flavor enhancements, which are found in almost all other protein powders and provides high quality digestive enzymes.

Q: SHOULD I DO THE NULEAN WEIGHT-LOSS CLEANSE IF I'M ON MEDICATION?

A: The NuLean cleanse is all natural and normally does not conflict with medication. Some medication, however, like anti-depressants promote weight-gain. If you are on an anti-depressant you may not lose weight as quickly or effectively as not being on it. Always check with your doctor if you are taking any medication before starting the diet.

Q: IT IS A BIT HARD FOR ME TO EXERCISE —I FEEL TOO TIRED.

A: For the first 10-20 minutes, it is not unusual to feel tired as you are walking. The idea is to walk at a comfortable pace. At some point you should feel your energy level go up. Increase your speed, as you feel more energetic.

Q: MY HUSBAND IS LOSING WEIGHT FASTER THAN ME, WHAT'S THE DEAL?

A: Generally speaking, men tend to lose weight faster than women. This is because the female body is designed to hold onto fat for the purpose of bearing children. In fact, some research studies suggest that when a woman starts exercising the body will work extra hard to hold onto pounds. The solution is to keep going. It will come off.

Q: I LOST WEIGHT WELL DURING THE FIRST WEEK BUT THIS WEEK IT SEEMS TO HAVE STALLED.

A: The body loses weight at its own natural pace. If you just continue with the Program as instructed, your weight should continue to come off. You can also increase your exercise. Walk faster or try 30 minutes instead of 20 minute walks. And monitor your diet to make sure you don't eat any of the foods to avoid.

Q: ISN'T THIS CLEANSE JUST CAUSING A WATER LOSS?

A: When the doctors did the clinical study with the NuLean cleanse, they measured the body fat percentage among the participants. There was an average drop of 3.8% after the Program. Considering your body is 70 percent water, whenever you lose or gain weight a part of it is always "water weight." The body fat loss, as indicated in the study, however, showed that people doing the NuLean Program didn't *just* lose water weight, they lost fat. It is also worthy to note that you drink eight glasses of water a day while doing the Program. It's almost impossible to lose "just water weight" while you are drinking so much water.

Q: I JUST STARTED THE DIET AND MY ENERGY LEVEL IS LOW.

A: It is not unusual for someone to experience a dip in energy during the first day or two, maybe longer. This can be a sign that your body is starting to detoxify and burn its fat stores. Just continue with the diet and by the end of the week you will probably feel more energetic than you normally do.

Q: I FEEL HUNGRY DURING THE DAY.

A: Try eating some more snacks. You can eat a bit of celery or cucumber when you get hungry. Or some raw almonds (not roasted or salted). Also, check the other vegetables listed above. You'll be surprised that this hunger will probably go away as your body detoxifies some of the "junk."

Q: CAN I DRINK COFFEE?

A: Most coffee sold in America is toxic to the body. The NuLean Weight-Loss Cleanse is working to rid toxins from the body. Coffee actually stops the detoxification process. Many people report that they had tried to quit coffee before doing the Program and were not able to do so. They were able to quit during the Program. It's the perfect time to do so, because cravings for sugar, junk, and caffeine generally diminish while doing the NuLean Program. If you can do without caffeine, do so. If you have to have some, drink as little as possible and try not to add milk or cream. Try a cup of decaffeinated green tea—it has natural antioxidants.

Q: MY CHOLESTEROL IS HIGH—CAN I DO THE DIET?

A: It is a good idea to check with your doctor. In the research study done with the Program, those with high cholesterol saw an average drop of 26.45 mg/dl. Triglycerides dropped an average of 22.31 mg/dl.

Q: I HAVE SOME TROUBLE AREAS WHERE I HAVE NOT LOST INCHES

A: Keep in mind that any weight-loss is a health benefit for you. You can try some special exercises to tone the muscles in those troublesome areas. Specific exercises are available in many books and on the Internet at many sites.

For woman only:

Q: SHOULD I *START* THE CLEANSE IF I'M HAVING MY MENSTRUAL CYCLE?

A: For most women their body tends to hold onto fat and water during their menstrual cycle. If you are doing the NuLean Monthly Cleanse you will obviously have to do it through your menstrual cycle. However, it's not a good idea to do the **FIRST WEEK** during your menstrual cycle. Whether you are doing the one week or the longer program, for the best results don't *start* on the week of your menstrual cycle.

MORE YOU NEED TO KNOW ABOUT THE NULEAN --LOSS CLEANSE

This Program has been designed to promote safe weight-loss depending on how your body gives up fat. The average weight lost among the participants of a study was 7.5 pounds in the first week plus a reduction in blood glucose levels, cholesterol and an average drop in triglycerides of 19%. Some people may lose weight at a somewhat higher rate, some lower. You should monitor your progress and stay with the Program until you have reached your target weight.

Children and adolescents, pregnant or breast feeding women, and people with significant health problems including bulimia, heart disease, kidney disease, or diabetes, should not begin this Program without authorization from their primary care physician.

If you are under treatment for other conditions or taking medications prescribed by your health care provider, you should tell your doctor before starting this Program. In some cases, adjustments to medications or modifications to the Program may be appropriate.

Weight-loss can produce physical changes in the body, such as interruptions in the menstrual cycle, temporary hair loss, and dizziness. Such changes may indicate more serious health complications. Report any such changes that you notice to your primary care provider.

Keep in mind that weight-loss can reduce many of the risks associated with being overweight and obese: increased risk of heart disease, high blood pressure, diabetes, some forms of cancer, gall bladder disease, osteoarthritis, stroke, and sleep apnea, among other illnesses. Losing even small amounts of weight (five to ten percent of body weight) may reduce these risks.

AFTER THE CLEANSE

What do you do after you're all done cleansing to maintain your ideal weight? It's really quite simple. As much as possible try to stick with low-calorie protein and vegetable meals. Feel free to eat fruit. Try to avoid every food that is white: white sugar, white flour, white rice, white starches, white potatoes, dairy...if it's white don't eat it. The exceptions are white meat (such as chicken or turkey) and white fish. Also, you want to continue to put in, each day, twenty minutes of exercising or walking, if possible. Remember, your body was not designed to sit down all day. It needs to get up and move. Finally, keep taking the Quick Burn capsules each day. You can and should do this for the rest of your life, to help maintain your new weight. Follow this regimen and you will stay lean for the rest of your life.

One thing we must mention - Just because you have a new *normal* standard for health and fitness in your life, doesn't mean that the people around you have that same standard. In fact, they most assuredly won't. There are two things you can do about this. You can get them to do the NuLean Cleanse, so that they too adapt a new normal standard, or you can, as much as possible, acknowledge that you are in a different place than them, and that's simply the way it is.

Yet, even with all your best intentions, we understand there will be Christmas parties, and restaurant outings, and birthday cakes and so on. So if you slip, and "accidentally" put a few chocolate covered cherries in your mouth once in a while, don't give yourself a hard time. Simply return to your clean lifestyle as soon as possible.

If you really "fall off the wagon," and start to put on a few pounds, you can always cleanse again. It's good for you anyway.

Here's to your NuLean life!

NuLean is a registered trademark

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

ONE-WEEK INSTRUCTIONS

Products needed: One, One Week NuLean Wellness Weight-loss Cleanse (consists of one Super Cleanse, one Complete Protein, one Quick Burn Caps.)

MORNING

Two capfuls of SUPER CLEANSE in 8oz of water on an empty stomach.
One scoop of PROTEIN POWDER in 8oz of water.
Two QUICK BURN Capsules.

MID-MORNING

Snack on vegetables with a high water content (such as cucumber, lettuce or celery), or raw almonds (not cooked, baked or salted).

LUNCH

Two scoops of PROTEIN POWDER in 8oz of water.
One capful of SUPER CLEANSE in 8oz water on *first three days* of the diet only.

AFTERNOON

Snack on vegetables with a high water content (such as cucumber, lettuce or celery), or raw almonds (not cooked, baked or salted).
One capful of CLEANSE in 8oz of water.

DINNER

One 400 to 600 calorie meal. This could be a broiled or grilled fish or chicken meal with vegetables (see "Foods you can eat.") Nothing fried, ever.
Two QUICK BURN Capsules.

EVENING

One scoop of PROTEIN POWDER in 8oz of water.
Two capfuls of CLEANSE in water.

Exercise at least 20 minutes a day. A brisk walk or run is best. Working out on a treadmill is good too. If you work a job where you are active a lot it is best NOT to count that as exercise. Walk 20 minutes a day, or workout, beyond our normal job.

THROUGHOUT THE DAY

Drink Bottled water only. Drink a total of eight, 8oz glasses of water in addition to the water you take with the Cleanse and Protein drink

ONE-MONTH INSTRUCTIONS

Products needed: One Week NuLean Wellness Weight-loss Cleanse kit (this consists of one Super Cleanse, one Complete Protein, one Quick Burn Caps.) One container of Super Protein, One container Next Generation Greens.

Week one: Do the One Week NuLean Wellness Cleanse as instructed above, eating one full meal each day for seven days. You'll find you will have enough Super Cleanse for one week and enough Protein Powder for one week. *With the Quick Burn Caps, however, at the end of the week you will have approximately 60 caps left over.*

Week two: You will go from eating one meal a day, (as in the first week), to two meals a day (the same type of low-calorie meals you ate for the first week). For breakfast you will have a scoop of protein shake. For snacks you continue to eat vegetables or raw almonds. Also you may drink the Next Generation Greens drink anytime you desire for extra energy. In addition, take three Quick burn Capsules a day: one in the morning, one at lunch, and one at dinner. These would be left over from your first week's kit.

During this second week you should maintain your weight-loss from the first week, or continue to lose weight.

Continue to drink eight 8-oz glasses of bottled water.

Weeks three and four: Continue as you did in week 2 of the Program.

Exercise at least 20 minutes a day. A brisk walk or run is best. Working out on a treadmill is good too. If you work a job where you are active a lot it is best NOT to count that as exercise. Walk 20 minutes a day, or workout, beyond our normal job.

THROUGHOUT THE DAY

Drink Bottled water only. Drink a total of eight, 8oz glasses of water in addition to the water you take with the Cleanse and Protein drink

Should you desire to lose additional weight you should repeat the NuLean One Week Diet Cleanse after the fourth week and continue the monthly Program after that until your goal weight is attained. We have people who have done this for many, many months and lost over one-hundred pounds. It all depends on how much weight you would like to lose.