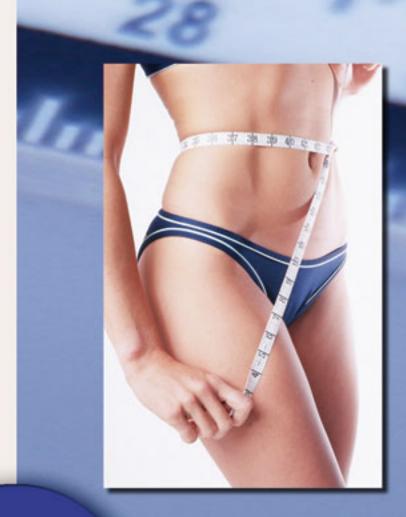
The scientific research is clear, adverse reactions to common foods, known as hidden food allergies, prevent efficient fat burning. In a study from Baylor Medical College 98% of the subjects following an eating plan avoiding their own trigger food, as determined by the Alcat test\*, decreased scale weight and/or improved body composition (muscle to fat ratio). They also experienced improvement in skin, more energy, elimination of migraines, reduced sugar cravings, better mood and sleep, and other benefits.

The Alcat test\*
is the only proven
laboratory method for
finding out which foods are
causing weight gain, water
retention, skin problems,
fatigue, arthritis, and
various other problems.

validated, has been awarded three US patents, and is performed under careful control by only one U.S. Government certified laboratory. The health benefits help ensure that you'll meet your weight goals safely, with less effort than you ever imagined possible, without the feeling of deprivation.



"The Alcat test...will change the future of medicine."

William G. Crook, author, The Yeast Connection, and many other books.

## WHY WEIGHT?

Physicians and scientists now know that caloric restriction alone is not enough. The body is genetically programmed to lower metabolism and conserve energy stores during times of perceived famine. In contrast, the Alcat test<sup>®</sup> produces the required improvement to metabolic function necessary for healthy and effective weight loss...fat is burned, energy increases, muscle mass is maintained or even increased...all without caloric restriction!

on the Alcat Test
please ask your
healthcare professional

## The Alcat Test® is a simple, effective blood test that will determine which foods and chemicals YOU need to avoid.

The Alcat test has been proven successful in helping overcome

- Stomach Disorders
- Fatigue
- Migraines
- Asthma
- Skin Disorders
- · Aching Joints
- Hyperactivity/ADD
- Obesity
- And much more...



The Alcat test\*
eating plan is
compatible with any
other diet program.
Many weight loss
experts already realize
this and have been
relying on the
Alcat test\*
for years.

"For eight years I have used the Alcat test in my practice. No other test is as accurate or useful."

Fred Pescatore, M.D., former associate

Medical Dir., The Atkins Center

"I've seen the (ALCAT) technique work when absolutely no other approach has made the scale budge."

Steven Lamm, M.D., author, Thinner at Last

"I have been tested and have been following the rotation diet sent to me for about two weeks. After only three days, the residual inflammation in my hands disappeared. I discontinued my arthritis medication, and the pain free condition continues. What a great relief that is! To say I am impressed would be totally inadequate" Kathryn P. Noble, M.D., Columbus, OH

"My clients have certainly seen results with your Alcat test. You may not realize how you have improved the quality of life for many people by making this test available."

Registered Dietitian from Massachusetts



The following results were obtained in a study of subjects experiencing food intolerance related health problems (n=353)

Condition of Subjects	Migraine/headache	95%	Exp
	Irritable Colon	87%	xperienced
	Eczema	94%	ced
	Perennial Rhinitis	95%	Imp
	Arthritis	85%	mprovement
	Asthma	96%	ment

"I have been using the Alcat test consistently for weight loss, chronic fatigue, depression, arthritis, candidiasis and a host of other diseases and find it an invaluable tool."

Dr. John P. Salerno, formerly of The Atkins Center, Medical Director Salerno Center Rockefeller Center in New York, Medical Consultant Josai Clinic, Tokyo, Japan, Medical Director, Cell Science Systems, Ltd.

"...within just four weeks of taking the test and following the food plan, I lost 5 kilograms (11lbs.), my stuffy nose and throat problem has completely cleared up and I now have tremendously more strength during training." Christian Mayer, World Champion Skier

"After the Alcat test I have probably 5% more strength and where I would take a rest after workouts in the afternoon I can carry straight through the day with no need or desire to stop for a break. To think that a mundane and harmless food like black pepper could be causing my problems is incredible...but it works! I recommend it to anyone looking for that edge on the competition and for health generally."

Dave Gauder - "Big Dave"
"The strongest man that ever lived"\*
Holder of 22 Guinness World
Strength Records.

\*Quote from Strength Athlete magazine.

Each Year
Millions of People
Start Diets That
Don't Work: WHY?



Dieting is frustrating and almost never brings long lasting results...

But fortunately, there is an answer.

The answer is finding an eating plan that's right for your own unique biochemistry.



Don't even
think about
starting a
diet without
reading
this book!

