



Have you ever wished your body had a Reset Button?

Now it is possible to reduce the endless cycle of carbohydrate cravings and begin a lifetime of healthy habits with the Reset Program. Reset is the first step toward resetting your body and your life with a nutritionally balanced meal replacement program that will jump start your weight loss.

The first five-day phase of Reset provides you with a clean break from high-fat and high-glycemic foods. The Jump Start phase will help kick your body into gear and help curb your cravings for carbohydrates. Our unique healthy low-glycemic meal replacements, combined with 30 minutes of walking each day, could help you lose up to five pounds in five days.

Reset your body - Reset your life.



A Comprehensive, Supervised, Proven Program For Meaningful, Consistent Weight Loss.

The 12 Week Reset Program

Reset Program Outline:

Laboratory Testing & 12 Week Assessment

- Weight
- Body Measurements (BMI),
- Specialty Blood Work which Shows Risk Factors including:
 - Anti-Aging Indicators
 - Highly Predictive (HP) Coronary Risk Panel particularly the **Oxidized LDL/HDL ratio**, Homocysteine and hs-CRP

Weekly Consultation and Coaching

Weekly Lectures by a Medical Doctor on Many Aspects of Healthy Living:

- Proper Weight Loss and Management by Following the Low-Glycemic Index
- The Benefits of Proper Nutritional Supplementation
- The Benefits of Management of Sleep and Stress
- Anti-Aging Strategies
- Reversing Metabolic Syndrome and Insulin Resistance

BUDDY-SYSTEM SUPPORT

Research Shows That Our Unique Buddy System Improves Overall Results.

TO GET STARTED CALL US AT:

714.769.6673 or visit us at:
www.cmblabs.com/weightloss
Email: info@cmblabs.com



Join Us Now... Our team of medical and weight loss professionals will help you achieve real, long term, lasting results.

Results You Can Count On

Week 1: Average Weight Loss 5 to 7 lbs.
Results may vary.

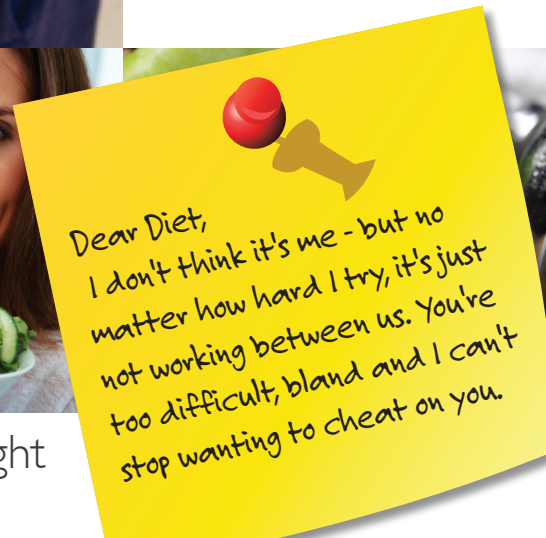
This phase is known as "Reset Phase," in which you will be on a combination of healthy meal replacement drinks, fruit, vegetables, and nutrition bars.

During the first few days you will be resetting your body as well as kicking the carbohydrate cravings, all without starvation-type diet techniques. Blood sugar levels will start to level off, and hormones will begin to balance.

You will feel an increase in energy and an improvement in your mental and physical health at the end of the first week.

Week 2: As you follow the program, you'll enter the "**Transform Phase**" and rotate into your diet one healthy, low-glycemic meal (including meat if you wish), and continue on the meal replacement drinks, fruits, vegetables, and the nutrition bars.

Week 3-12: As you follow the program, you can expect to lose 1 to 3 lbs per week depending upon your body type and diligence.



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- BALANCE YOUR METABOLISM
- MASTER AN EFFECTIVE DIET
- EXERCISE SMARTER
- ADD SUPPLEMENTS TO REACH YOUR GOAL
- LEARN TO MAINTAIN TARGET WEIGHT

Testing & Planning

Eat Right...Lose Weight

Start Now! 714.769.6673
www.cmblabs.com/weightloss