

From the Wisdom of the World's  
Ancient Healing Traditions



**Holistic Health**  
**SCIENCES**

**TWBG Herbal Formula  
Program**



*Mission Statement: We honor the peerless wisdom of the sages by naturally restoring bodies and enhancing minds through education, service, and high-quality products.*

We'd love to hear your success stories, your recipes, and tips. Contact us at:

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Welcome to your journey  
toward perpetual health and  
wellbeing.

- Detox your body.
- Be healthier.
- Feel happier.



**Holistic Health**  
S C I E N C E S

# TWBG Herbal Formula Program Phase 1 Instructions

# What's Included in Your TWBG

## Herbal Formula Kit:

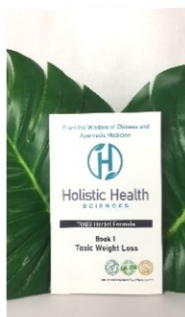
- TWBG Herbal Formula Drops



- Proprietary Formula:
  - Chitrak (*Plumbago zeylanica*),
  - Musta (*Cyperus rotunda*),
  - Vidanga (*Embelia ribes*),
  - Dang Gui (*Radix Angelicae sinensis*),
  - Da Zao (*Fructus Jujubae*),
  - Guggul (*Commiphora mukul*),
  - Brahmi (*Bacopa monnieri*),
  - Shankpushpi (*Convolvulus pluricaulis*),
  - Tulsi (*Ocimum tenuiflorum*),
  - Shatavari (*Asparagus racemosus*),
  - Ashwagandha (*Withania somnifera*)
- Hand-crafted with vast expertise and care by designer-maker Dr. Shozuya.

**DO NOT attempt this program WITHOUT the TWBG Herbal Formula Drops**

- This TWBG Herbal Formula Program Book



- Phase 1 Instructions
- Shopping List
- Recipes
- Phase 1 Journal
- Phase 2 Maintenance Instructions
- Phase 2 Maintenance Journal

## Before You Begin...

- **Who is the TWBG Herbal Formula Program suitable for?**
  - TWBG Herbal Formula Program is suitable for all ages
  - **DO NOT** attempt this program if:
    - You are pregnant or nursing.
    - You are experiencing loss of head hair or teeth.
- **Will TWBG interfere with my western medications?**
  - No. TWBG will not interfere with western medications.
    - However, your doctor may need to decrease your prescribed dosage as a result of weight loss.



# Five Things You Will Need:

1. TWBG Herbal Formula Drops



**DO NOT attempt this program WITHOUT the TWBG Herbal Formula Drops**

2. This TWBG Herbal Formula Book



3. A food scale



4. An emergency packet of 1 TABLEspoon of sugar



5. An emergency packet of 1 TEAspoon of salt





# How to Take the TWBG Herbal Formula Drops

*Take 2 drops under your tongue,  
3 times a day*

*(It is perfectly safe to take the drops more than 3x/day)*

- Do not eat or drink anything 15 minutes before AND 15 minutes after taking the TWBG Herbal Formula drops.
- Choose ONLY items from the TWBG Herbal Formula Shopping List for your meals and snacks.

	<b>200g</b>	Proteins*
Eat <b>UP TO:</b>	<b>200g</b>	Vegetables*
(per day)	<b>2 qty</b>	Starches
	<b>2 qty</b>	Fruits

*\*Your vegetable and protein MUST be eaten together in the same meal*



- Cook with **NO OIL** (steam, bake, dry fry, broil) and remove all visible fat.
- While taking the TWBG Herbal Formula Drops, your body will be getting its requirement of fats from your stored fat.

# Troubleshooting

## MENSTRUATION

- Menstruation will cause you to stall.
- We suggest beginning this program on day 1 of your period.

## APPLE DAY

- If you stall or things don't go as planned, eat ONLY apples the following day.
- You may enjoy your organic apples cooked, baked, roasted, as applesauce, or simply as it is.
- Your weight should reset when you wake up the next morning.



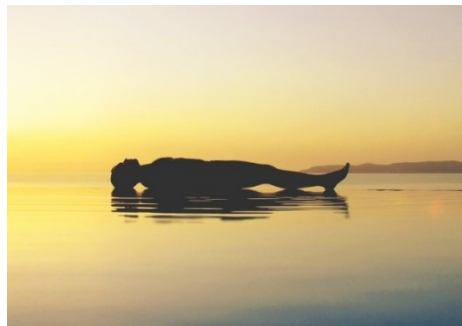
# How to Get Better, Faster Results

## *Rest More, Lose More!*



- To lose weight, you have to maintain low levels of the stress hormone *cortisol*.
- Being stressed out in any way triggers a cortisol response.
- When cortisol builds up in your body, it gets stored in the fat you're trying to lose.
- Take some time to relax and chill out!

Having trouble relaxing? Get the best rest of your life by listening to *Deep Awareness*, a guided meditation available from our website! Find this meditation at:



[www.HolisticHealthSciences/recordings/yoga-nidra](http://www.HolisticHealthSciences/recordings/yoga-nidra)

# IMPORTANT!!

\*\*\*CARRY THESE ITEMS WITH YOU\*\*\*

- If you begin to feel shaky in the limbs, lightheaded, dizzy or faint (hypoglycemia):
- Mix 1 TABLEspoon of SUGAR with water then drink it



- If you feel empty/shaky in the chest (low sodium):
- Mix 1 TEAspoon of SALT with water then drink it



# Daily Water Intake Requirement

½ of your body weight in ounces.

Ex. 220lbs/2 = 110oz

110oz ÷ 8 = 14 cups

## Water Intake Table

Weight Range	Cups/Day		Weight Range	Cups/Day
32-48	3		288.2-304	19
48.2-64	4		304.2-320	20
64.2-80	5		320.2-336	21
80.2-96	6		336.2-352	22
96.2-112	7		352.2-368	23
112.2-128	8		368.2-384	24
128.2-144	9		384.2-400	25
144.2-160	10		400.2-416	26
160.2-176	11		416.2-432	27
176.2-192	12		432.2-448	28
192.2-208	13		448.2-464	29
208.2-224	14		464.2-480	30
224.2-240	15		480.2-496	31
240.2-256	16		496.2-502	32
256.2-272	17		502.2-518	33
272.2-288	18		518.2-534	34

# TWBG Herbal Formula Shopping List

# Proteins

*(Must be eaten WITH 1 vegetable)*

Protein Choose 1, and only 1, for your meal	Calories
8% Ground Beef, ¼ lbs	214
Beyond Beef Crumbles, 5oz (2½ servings) *	225
Buffalo, ¼ lbs	177
Chicken Breast, ¼ lbs	165
Fat Free Cottage Cheese, ¾ cup	123
Crab, ¼ lbs	96
Eggs, 2 Medium	140
Pea Protein Powder, 1 scoop	90
Shrimp, ¼ lbs	98
Steak Lean Cut, ¼ lbs	242
Veal, ¼ lbs	194
White Fish, ¼ lbs	149

**\*Note:** Do not overcook!! Follow the instructions on the package.

# Vegetables

*(Must be eaten WITH 1 protein)*

Veggies <i>Choose 1, and only 1, for your meal</i>	Calories
Asparagus 100 grams	25
Beet Greens 100 grams	24
Bok Choy 100 grams	12
Cabbage 100 grams	36
Celery 100 grams	16
Chard 100 grams	25
Cucumber 100 grams	32
Daikon Radish 100 grams	22
Dandelion Greens 100 grams	22
Evolution Fresh Juice: Green Devotion 100 mL	12½
Fennel 100 grams	12
Kale 100 grams	50
Lettuce 100 grams	13
Red Radishes 100 grams	20
Spinach 100 grams	25
Tomatoes 100 grams	20
White Wood Ear Mushroom 100 grams	35



## Starches<sup>\*/\*\*</sup>

Starches	Calories
1 Grissini Breadstick**	14
1 Melba Toast**	20
¼ Tortilla (small)**	14
Rice (Basmati 5 grams precooked weight) (Approx. 2 tsp after cooking)	18
Rice (Calrose 5 grams precooked weight) (Approx. 2 tsp after cooking)	19

**\*Note:** DO NOT eat 2 starches or 2 fruits at the same time. You can, however, eat a starch and a fruit together. You can also eat a starch and a fruit along with your meal.

**\*\*Note:** Check all labels for added ingredients such as sweeteners, including zero calorie sweeteners.

## Fruits\*

Fruit	Calories
Apple 1 Medium	72
Blueberries 1 cup	83
Grapefruit Medium	41
Jackfruit 100 grams	94
Nectarine 1 Medium	57
Orange 1 Medium	65
Peach 1 Medium	60
Plum 1 Medium	30
Quince 2 Medium	104
Tangerine 1 Medium	40

**\*Note:** DO NOT eat 2 starches or 2 fruits at the same time. You can, however, eat a starch and a fruit together. You can also eat a starch and a fruit along with your meal.

## Beverages\*

Beverages	Calories
Coffee (1 Tbsp milk can be added)**	9
Sparkling Water	0
Tea	0
Black Tea	0
Chai Tea	0
Green Tea	0
Tulsi Tea	0
Water	0
Zevia	0

**\*Note:** Check all labels for added ingredients such as sweeteners, including zero calorie sweeteners.

**\*\*Note:** For each cup of coffee you drink, drink a cup of water IN ADDITION to your daily water requirement.

## Condiments<sup>\*/\*\*</sup>

Condiments	
Basil	Oregano
Black Pepper	Paprika
Bragg Liquid Aminos	Parsley
Cardamom	Psyllium Husk
Cayenne Pepper	Salt
Cilantro	Salt, Himalayan Pink Sea
Cocoa Powder*	Salt, Sea
Coriander	Shirataki**
Cinnamon	Soy Sauce
Cumin	Stevia
Garlic	Tabasco
Ginger	Tamari
Konnyaku or Konjac**	Tea*
Lemon (12 calories)	Thyme
Lime (8 calories)	Turmeric
Monk Fruit	Vanilla*
Mustard	Vinegar
Mustard Seeds	Vinegar, Apple Cider
Nutmeg	Vinegar, Balsamic
Nutritional Yeast	Wasabi**
Onion (use sparingly)	White Pepper
Onion Powder	

\***Note:** Check the labels for added sugars.

\*\***Note:** May be purchased at Asian markets or online. Purchase the angel hair variety and rinse it well before using. Refer to the Preparation notes in the Glossary.

## Glossary



GRISSINI and MELBA TOAST may be found in the pasta section of your local supermarket. One round OR 1 stick is the serving size for the TWBG Herbal Formula program.



MONKFRUIT may be found with other sweeteners or in the baking aisle in some branches of Sprouts, Whole Foods, Target and Costco. Monk Fruit may also be purchased online through companies such as Amazon, Target and Walmart.



PSYLLIUM HUSK can be added to drinks to create a unique and satisfying dessert with a Jell-O-like texture. You can find psyllium husk in the supplement section of most health food stores.

# Glossary



**SHIRATAKI** noodles can be found in most Asian markets (Nijiya, Mitsuwa, Tokyo Central), or from Amazon. Be sure to check the ingredients to be sure your product is made with only KONNYAKU or KONJAC.

**PREPARATION:** Rinse noodles ***VERY, VERY, WELL*** to remove the encasing liquid. Bring to a boil in a pot of water, then simmer with seasoning for 15-20 minutes. Add the cooked noodles to your recipes.



**STEVIA** is a natural zero calorie sweetener that can be found in the baking section of most health food stores.



**ZEVIA** is a zero calorie, carbonated beverage sweetened with stevia! Available at Sprouts and Whole Foods.



## FAQs

- **Is it true that I DON'T have to exercise to lose weight while on the TWBG Herbal Formula program?**
  - **YES! Exercise is not required.**
  - **In fact, DO NOT attempt any exercise program that EXCEEDS the intensity of your CURRENT workouts.**
  - **The GENTLE, mindful practices of Yoga, Qi Gong and Tai Chi are excellent paths to partner with the TWBG Herbal Formula program. These arts will get you started on a journey towards perpetual health.**

Visit [www.HolisticHealthSciences.com](http://www.HolisticHealthSciences.com) for more TWBG FAQs.

# TWBG Herbal Formula Recipes



# Weight Loss Recipes

- Here are some wonderful recipes to get you off to a great start with your TWBG weight loss!
- Reacquaint yourself with a wide variety of herbs and spices which will help you create truly flavorful dishes!
- Remember to cook with NO oil and with all visible fat removed.
- Prepare to steam, bake, broil, AIR/DRY fry and simmer!
- Once you get the hang of it, be creative and enjoy!

If you would like, please share your recipes with us. Email us at: [HolisticHealthSciences@gmail.com](mailto:HolisticHealthSciences@gmail.com), text/call us at (310) 701-6423, or contact us via Instagram at @Holistic\_Health\_Sciences.



## Steak

Calories: Roughly 205

Servings: 1 – Protein; 1 – Veggie

100g	Lean round steak
2 ½ Tbsp	Minced garlic, divided
1 tsp	Fresh ground pepper
100g	Onion, sliced
1	Bay leaf
½ cup	Beef stock
½ tsp	Stevia
1/2 Tbsp	Red wine vinegar
	Salt & pepper to taste

Set steak in large non-aluminum baking dish. Combine pepper and 1 Tbsp garlic. Rub on both sides of steak. Sprinkle with onions and add the bay leaf to the marinade. Pour beef stock over the steak; refrigerate at least 2 hours or overnight.

Remove steak from marinade. Heat in heavy skillet over medium heat. Add marinade and remaining garlic. Cook until onions are tender and liquid is absorbed, stirring frequently; about 20 minutes. Stir in stevia and cook for an additional 5 minutes. Add vinegar. Season marinade with salt and pepper. Remove bay leaf. Broil steak to desired doneness. Cut into thin slices and serve with marinade on top.



## Tilapia

Calories: 150

Servings: 1 – Protein;

1 – Starch

100g	Tilapia filet
¼ tsp	Cracked black pepper
¼ tsp	Chili powder
¼ tsp	Chopped cilantro (dried)
1 Tbsp	Minced garlic
1	Melba toast
1	Lemon (juiced)

**Preheat Oven: 350 °F**

In a bowl, crush melba toast into a powder and add all spices except minced garlic. Place tilapia fillet in baking dish. Drizzle lemon juice over the fillet, then coat fillet with melba toast/spice mix. Add minced garlic over the top of the fillet. Place in preheated oven for about 10 minutes or until golden brown.

**Remember:**

**Eat a vegetable along with your protein**



# Lettuce Wraps

Calories: 184

Servings: 1 - Protein 1 - Veggie

100g	Extra lean ground beef, or Beyond Beef Crumbles*
1 tsp	Cumin
1 tsp	Paprika
2 tsp	Garlic powder
2 tsp	Onion powder
2 Tbsp	Chili powder
1 tsp	Salt
1 Tbsp	Dried cilantro
½ cup	Water
100g	Lettuce leaves

Brown meat; then add water and seasonings. Cook on medium-high heat until liquid has been absorbed. Wash lettuce thoroughly and dry. Spoon meat onto each leaf of lettuce. You can also add cayenne pepper if you prefer it spicier! Enjoy!

\*Note: Do not overcook! Follow the instructions on the package.



## Faux Tortilla Soup

Calories: 209

Servings: 1 – Protein;  
1 – Veggie; 1 – Starch

### Meat Mix

100g Ground beef OR  
chicken or  
Beyond Beef  
Crumbles  
1 Tbsp Chili powder  
1 tsp Minced garlic  
1 tsp Cayenne pepper

### Tomato Mix

100g Stewed diced  
tomatoes  
3 Tbsp Cilantro  
½ Lemon  
1 Tbsp Salt  
1 Tbsp Onion powder  
3 Tbsp Chili powder  
2 Tbsp Garlic powder  
2 C Water  
1 Melba toast  
(garnish)

Brown meat and spices (Meat Mix). While that is cooking, add Tomato Mix to blender or food processor and pulse a few times to mix ingredients. Add to pot and bring to a boil on medium-high heat. Add Meat Mix to pot and boil for another 5-10 minutes. Let simmer on low heat for 10 minutes. Add crushed melba toast to your bowl for the Faux Tortilla effect! Add spices to taste and enjoy!



## Spinach Stuffed Chicken

Calories: 182

Servings: 1 – Protein;  
1 – Veggie

100g	Chicken breast
1 ¼ c	Water
1 Tbsp	Minced garlic
1 tsp	Chives
100 g	Raw spinach
1 Tbsp	Balsamic vinegar
1 tsp	Braggs
	Salt & pepper to taste

### Preheat Oven: 350 °F

Cut chicken breast in half to make 2 cutlets. Place a sheet of plastic wrap on top and pound them out to make them thinner. Sprinkle both sides with salt and pepper. In a separate bowl mix the minced garlic, chives, salt and pepper together along with any other spices you prefer. Spread spice mixture on one side of each chicken cutlet. Place spinach over each cutlet and roll semi-tightly, use a toothpick to hold cutlets together.

On the stove, add 1/4 cup water to hot pan. Place cutlets in pan and cover with balsamic vinegar. Brown each side for 3 minutes.

Remove cutlets from pan and place in a small baking dish. Add 1 cup of water and Bragg's to baking dish. Cook in oven for 15-20 minutes or until middle is 190 degrees. When done you can slice into pieces or leave whole.



## Balsamic Chicken w/ Grilled Asparagus

Calories: 181

Servings: 1 - Protein 1- Veggie

100 g	Chicken breast
100 g	Asparagus
1 Tbsp	Balsamic vinegar
1 Tbsp	Braggs Liquid Aminos
1 Tbsp	Rotisserie chicken seasoning
1 tsp	Minced garlic
1 tsp	Garlic powder
1 ½ c	Water
	Salt & pepper to taste

### **Preheat Broiler to Low**

#### Chicken:

In a small bowl add balsamic vinegar, Braggs, water and minced garlic. Stir. Place chicken in pan. Pour vinegar mixture over chicken. Set flame to med-high and brown both sides of chicken (3-4 minutes each side). Add other spices and cover. Simmer until done. If liquid runs out, add ¼ cup water until chicken is cooked through (190 degrees in middle). Excess liquid can be poured on top of chicken as a sauce.

#### Asparagus:

Place asparagus spears on a cookie sheet. Add salt and pepper to taste. Broil on low for 12 min. Turn broiler up to high and broil for an additional 3 min. Keep in mind that the thickness of asparagus spears vary in size, so adjust your time accordingly.



# Chicken Breast with Pesto

Calories: 130

Servings: 1 - Protein

## Chicken

100g Chicken breast  
3 Tbsp Lemon juice  
Salt & pepper

## Pesto

3 cloves Garlic  
 $\frac{1}{4}$  C Basil leaves  
2 Tbsp Apple cider vinegar  
2 Tbsp Lemon juice  
 $\frac{1}{4}$  tsp Oregano  
 $\frac{1}{4}$  C Chicken broth\*  
Salt & pepper

\*Chicken broth: Boil the chicken for this recipe in 1/3 cup of water. Set aside broth to use in the pesto

Marinate chicken in lemon juice, salt and pepper. Fry in a pan until lightly browned and cooked thoroughly. For the pesto sauce, puree fresh basil, garlic, chicken broth, apple cider vinegar and lemon juice in a food processor. Add pesto mixture to chicken, add a little water and cook on medium heat, coating chicken with the pesto mixture. Add salt and pepper to taste and serve hot. Pesto sauce may be made by itself and added to vegetables or other protein options.

**Remember:**

**Eat a vegetable along with your protein**





## Chicken Breast 2

Calories: 145

Serving: 1 - Protein 1 - Veggie

100g	Boneless, skinless chicken breast
½ tsp	Salt
½ tsp	Pepper
1 tsp	Garlic powder
2 cups	Water

### Sauce:

¼ tsp	Balsamic vinegar
½ Tbsp	Lemon juice
¼ tsp	Onion powder
1 tsp	Minced garlic
½ tsp	Braggs Liquid Aminos
100 g	Onion

Slit chicken breast down the middle (do not cut all the way through). Boil Chicken in 2 cups of water. When finished, place on cookie sheet and bake in the oven at 250 °F for 10-15 minutes. While the chicken is baking, caramelize the onions and make the sauce. Remove all chicken broth from pan except for 1/2 cup of the broth. Add all ingredients, including onion. Stir fry for a few minutes, then put heat on low, cover and let the onions caramelize. When onions are brown, remove lid and toss, pour mixture on top of chicken and serve. Add a Melba toast and enjoy!



# Chicken Soup 1

Calories: 131

Serving: 1 - Protein

- 2 c      Chicken/vegetable broth\*  
          (or 1 cup broth\* + one cup water)
- 2 tsp     Braggs Liquid Aminos
- 3         Egg whites
- 1         Whole egg
- Green onions, thinly sliced
- dash     Garlic powder
- Salt & pepper to taste

\* NOT store-bought broth

In a small sauce pan, bring broth/water, Braggs, and spices to a boil. While waiting for the pot to boil, whisk eggs together quickly until fluffy. Once broth boils, pour eggs into saucepan and cook for another minute while stirring slowly. Pour immediately into a bowl and serve – garnish with green onions. You could add some cabbage or some fennel on the side for a veggie.

Cautionary item: This item includes both eggs and chicken (broth only)

Remember: Eat a vegetable along with your protein



## Chicken Soup 2

Calories: 156

Servings: 1 - Protein 1 -  
Veggie

100 g	Chicken breast
100 g	Celery
3 cloves	Garlic
2 C	Chicken broth* (or 1 cup broth* + one cup water)
1 Tbsp	Minced onion
½ tsp	Dried parsley
½ tsp	Dried basil
	Salt & pepper to taste

### \* NOT store-bought broth

Boil chicken in 3 cups water. When done, set aside chicken and cube. Remove 2 cups of broth from pot and place in food processor. Combine all other ingredients with broth. Pulse until reaches desired consistency. Pour back into pot with cubed chicken. Cook on medium heat until boiling. Cover, then simmer for another 20 minutes.



# Cinnamon Apple Chips

Calories: 80

Servings: 1 - Fruit

1	Apple
1 tsp	Cinnamon
½	Lemon

Preheat oven to 150 °F

Slice apple thinly (approx. 1/8 inch). Cover a baking tray with parchment paper. Lay the apples on the baking tray leaving a small space in between each apple slice. Sprinkle a small amount of lemon juice and a small amount of cinnamon over the apple slices. Place the baking tray into the oven. Turn oven off and leave overnight. Apples should dehydrate completely, but if not, repeat the process until apples are completely dehydrated.



## Apple Tart

Calories: 84

Servings: 1 - Fruit

1	Apple
1 tsp	Pure Vanilla Extract
1 pkt	Stevia (optional)
1 tsp	Cinnamon
¼ cup	Water

Preheat oven to 325 °F

In a small saucepan, add vanilla extract, stevia, cinnamon and water. Heat mixture over a low flame. Set sauce aside.

Cut apple into thin slices (with or w/o peel) and add to a small baking dish. Pour "syrup" over apple slices. Mix until all slices are covered then bake in an oven for approximately 7 minutes (or to desired texture).



## Sparkling Green Tea

½ cup	Strong brewed green tea chilled
3 Tbsp	Lemon Juice
½ cup	Sparkling Mineral Water
2 pkt	Stevia
	Crushed Ice

Add stevia, lemon juice, green tea and sparkling mineral water.

Pour liquid into a tall glass. Add crushed ice and cold sparkling mineral water.

# Get Creative!

Here are some examples of excellent foods people have enjoyed while losing weight



Chicken with  
Salsa Fresca



Chicken (or  
Beef or  
Beyond Beef)  
Koobideh



Filet Mignon



Chicken Adobo



Hirame  
Sashimi w/  
ponzu &  
radish



Shrimp  
Cocktail

## Remember:

To succeed, it is important that you **ONLY** use ingredients listed in the TWBG Herbal Formula Shopping List

# Restaurant/Take-Out Menu

Here are a couple ideas if you get pulled into a staff meeting, family party or any INESCAPABLE event:



- Lettuce wrap with a ground beef patty or chicken breast (no skin).
- Watch the portion.
- Ask for plain/no sauce.
- Tomatoes with a ground beef patty or chicken breast (no skin).
- Ask for plain/no sauce. Watch the portion.

When you get the hang of it, you can find options anywhere!



Ex. Disneyland – Adventureland:  
Purchase some celery from  
Tropical Imports and enjoy them  
with a kabob from Bengal BBQ  
(ask for no oil)!

Do you have a survival story?  
We'd love to hear about your successes at  
your favorite restaurant!

Share your story at  
[HolisticHealthSciences@gmail.com](mailto:HolisticHealthSciences@gmail.com)



# TWBG Herbal Formula Phase 1 Journal

# 21 Days Left

Date:		Weigh-In Time:	
Weight:	Chest:	Waist:	Buttocks:
Meal 1			
			Time: _____
_____		+	_____
Protein			Veggie
Meal 2:			
			Time: _____
_____		+	_____
Protein			Veggie
Fruit 1			
Fruit 2			
Starch 1			
Starch 2			

Water Intake Requirement: \_\_\_\_\_

Water Tally:

Drops Tally: \_\_\_ \_\_\_ \_\_\_

# 20 Days Left

Date:		Weigh-In Time:	
Weight:	Chest:	Waist:	Buttocks:
Meal 1			
			Time: _____
_____		+	_____
Protein			Veggie
Meal 2:			
			Time: _____
_____		+	_____
Protein			Veggie
Fruit 1			
Fruit 2			
Starch 1			
Starch 2			

Water Intake Requirement: \_\_\_\_\_

Water Tally:

Drops Tally: \_\_\_ \_\_\_ \_\_\_

# 19 Days Left

Date:		Weigh-In Time:	
Weight:	Chest:	Waist:	Buttocks:
Meal 1			
			Time: _____
_____		+	_____
Protein			Veggie
Meal 2:			
			Time: _____
_____		+	_____
Protein			Veggie
Fruit 1			
Fruit 2			
Starch 1			
Starch 2			

Water Intake Requirement: \_\_\_\_\_

Water Tally:

Drops Tally: \_\_\_ \_\_\_ \_\_\_

# 18 Days Left

Date:		Weigh-In Time:	
Weight:	Chest:	Waist:	Buttocks:
Meal 1			
			Time: _____
_____		+	_____
Protein			Veggie
Meal 2:			
			Time: _____
_____		+	_____
Protein			Veggie
Fruit 1			
Fruit 2			
Starch 1			
Starch 2			

Water Intake Requirement: \_\_\_\_\_

Water Tally:

Drops Tally: \_\_\_ \_\_\_ \_\_\_

# 17 Days Left

Date:		Weigh-In Time:	
Weight:	Chest:	Waist:	Buttocks:
Meal 1			
			Time: _____
_____		+	_____
Protein			Veggie
Meal 2:			
			Time: _____
_____		+	_____
Protein			Veggie
Fruit 1			
Fruit 2			
Starch 1			
Starch 2			

Water Intake Requirement: \_\_\_\_\_

Water Tally:

Drops Tally: \_\_\_ \_\_\_ \_\_\_

# 16 Days Left

Date:		Weigh-In Time:	
Weight:	Chest:	Waist:	Buttocks:
Meal 1			
			Time: _____
_____		+	_____
Protein			Veggie
Meal 2:			
			Time: _____
_____		+	_____
Protein			Veggie
Fruit 1			
Fruit 2			
Starch 1			
Starch 2			

Water Intake Requirement: \_\_\_\_\_

Water Tally:

Drops Tally: \_\_\_ \_\_\_ \_\_\_

# 15 Days Left

Date:		Weigh-In Time:	
Weight:	Chest:	Waist:	Buttocks:
Meal 1			
			Time: _____
_____		+	_____
Protein			Veggie
Meal 2:			
			Time: _____
_____		+	_____
Protein			Veggie
Fruit 1			
Fruit 2			
Starch 1			
Starch 2			

Water Intake Requirement: \_\_\_\_\_

Water Tally:

Drops Tally: \_\_\_ \_\_\_ \_\_\_



# 14 Days Left

Date:		Weigh-In Time:	
Weight:	Chest:	Waist:	Buttocks:
Meal 1			
			Time: _____
_____		+	_____
Protein			Veggie
Meal 2:			
			Time: _____
_____		+	_____
Protein			Veggie
Fruit 1			
Fruit 2			
Starch 1			
Starch 2			

Water Intake Requirement: \_\_\_\_\_

Water Tally:

Drops Tally: \_\_\_ \_\_\_ \_\_\_

# 13 Days Left

Date:		Weigh-In Time:	
Weight:	Chest:	Waist:	Buttocks:
Meal 1			
			Time: _____
_____		+	_____
Protein			Veggie
Meal 2:			
			Time: _____
_____		+	_____
Protein			Veggie
Fruit 1			
Fruit 2			
Starch 1			
Starch 2			

Water Intake Requirement: \_\_\_\_\_

Water Tally:

Drops Tally: \_\_\_ \_\_\_ \_\_\_

# 12 Days Left

Date:		Weigh-In Time:	
Weight:	Chest:	Waist:	Buttocks:
Meal 1			
			Time: _____
_____		+	_____
Protein			Veggie
Meal 2:			
			Time: _____
_____		+	_____
Protein			Veggie
Fruit 1			
Fruit 2			
Starch 1			
Starch 2			

Water Intake Requirement: \_\_\_\_\_

Water Tally:

Drops Tally: \_\_\_ \_\_\_ \_\_\_

# 11 Days Left

Date:		Weigh-In Time:	
Weight:	Chest:	Waist:	Buttocks:
Meal 1			
			Time: _____
_____		+	_____
Protein			Veggie
Meal 2:			
			Time: _____
_____		+	_____
Protein			Veggie
Fruit 1			
Fruit 2			
Starch 1			
Starch 2			

Water Intake Requirement: \_\_\_\_\_

Water Tally:

Drops Tally: \_\_\_ \_\_\_ \_\_\_

# 10 Days Left

Date:		Weigh-In Time:	
Weight:	Chest:	Waist:	Buttocks:
Meal 1			
			Time: _____
_____		+	_____
Protein			Veggie
Meal 2:			
			Time: _____
_____		+	_____
Protein			Veggie
Fruit 1			
Fruit 2			
Starch 1			
Starch 2			

Water Intake Requirement: \_\_\_\_\_

Water Tally:

Drops Tally: \_\_\_ \_\_\_ \_\_\_

# 9 Days Left

Date:		Weigh-In Time:	
Weight:	Chest:	Waist:	Buttocks:
Meal 1			
			Time: _____
_____		+	_____
Protein			Veggie
Meal 2:			
			Time: _____
_____		+	_____
Protein			Veggie
Fruit 1			
Fruit 2			
Starch 1			
Starch 2			

Water Intake Requirement: \_\_\_\_\_

Water Tally:

Drops Tally: \_\_\_ \_\_\_ \_\_\_

# 8 Days Left

Date:		Weigh-In Time:	
Weight:	Chest:	Waist:	Buttocks:
Meal 1			
			Time: _____
_____		+	_____
Protein			Veggie
Meal 2:			
			Time: _____
_____		+	_____
Protein			Veggie
Fruit 1			
Fruit 2			
Starch 1			
Starch 2			

Water Intake Requirement: \_\_\_\_\_

Water Tally:

Drops Tally: \_\_\_ \_\_\_ \_\_\_

# 7 Days Left

Date:		Weigh-In Time:	
Weight:	Chest:	Waist:	Buttocks:
Meal 1			
			Time: _____
_____		+	_____
Protein			Veggie
Meal 2:			
			Time: _____
_____		+	_____
Protein			Veggie
Fruit 1			
Fruit 2			
Starch 1			
Starch 2			

Water Intake Requirement: \_\_\_\_\_

Water Tally:

Drops Tally: \_\_\_ \_\_\_ \_\_\_



# 6 Days Left

Date:		Weigh-In Time:	
Weight:	Chest:	Waist:	Buttocks:
Meal 1			
			Time: _____
_____		+	_____
Protein			Veggie
Meal 2:			
			Time: _____
_____		+	_____
Protein			Veggie
Fruit 1			
Fruit 2			
Starch 1			
Starch 2			

Water Intake Requirement: \_\_\_\_\_

Water Tally:

Drops Tally: \_\_\_ \_\_\_ \_\_\_

# 5 Days Left

Date:		Weigh-In Time:	
Weight:	Chest:	Waist:	Buttocks:
Meal 1			
			Time: _____
_____		+	_____
Protein			Veggie
Meal 2:			
			Time: _____
_____		+	_____
Protein			Veggie
Fruit 1			
Fruit 2			
Starch 1			
Starch 2			

Water Intake Requirement: \_\_\_\_\_

Water Tally:

Drops Tally: \_\_\_ \_\_\_ \_\_\_

# 4 Days Left

Date:		Weigh-In Time:	
Weight:	Chest:	Waist:	Buttocks:
Meal 1			
			Time: _____
_____		+	_____
Protein			Veggie
Meal 2:			
			Time: _____
_____		+	_____
Protein			Veggie
Fruit 1			
Fruit 2			
Starch 1			
Starch 2			

Water Intake Requirement: \_\_\_\_\_

Water Tally:

Drops Tally: \_\_\_ \_\_\_ \_\_\_

# 3 Days Left

Date:		Weigh-In Time:	
Weight:	Chest:	Waist:	Buttocks:
Meal 1			
			Time: _____
_____		+	_____
Protein			Veggie
Meal 2:			
			Time: _____
_____		+	_____
Protein			Veggie
Fruit 1			
Fruit 2			
Starch 1			
Starch 2			

Water Intake Requirement: \_\_\_\_\_

Water Tally:

Drops Tally: \_\_\_ \_\_\_ \_\_\_

# 2 Days Left

Date:		Weigh-In Time:	
Weight:	Chest:	Waist:	Buttocks:
Meal 1			
			Time: _____
_____		+	_____
Protein			Veggie
Meal 2:			
			Time: _____
_____		+	_____
Protein			Veggie
Fruit 1			
Fruit 2			
Starch 1			
Starch 2			

Water Intake Requirement: \_\_\_\_\_

Water Tally:

Drops Tally: \_\_\_ \_\_\_ \_\_\_

# The Last Day!

Take your last dose around noon TODAY, and read through Phase 2: Maintenance!

Date:		Weigh-In Time:	
Weight:	Chest:	Waist:	Buttocks:
Meal 1			
			Time: _____
_____		+	_____
Protein			Veggie
Meal 2:			
			Time: _____
_____		+	_____
Protein			Veggie
Fruit 1			
Fruit 2			
Starch 1			
Starch 2			

Water Intake Requirement: \_\_\_\_\_

Water Tally:

Drops Tally: \_\_\_ \_\_\_ \_\_\_

## How do I know when the herbal drops are out of my system?

- You are waiting for TRUE hunger to return!
- True hunger will come on suddenly and strongly.
- It may take up to 24 hours for you to begin to feel hungry again.
- When true hunger returns, the Herbal Formula Drops are out of your system and it's time to move on to Phase 2: Maintenance.
- Note that TRUE hunger is felt mostly in the mouth.
- Hunger that is felt in the stomach is typically associated with mental and physical attachments to food.

*False Sign of Hunger:* Stomach rumbling

### Plan Ahead

Decide in advance the first new food item you will be adding back into your diet: **It is important to add something with a high oil content:**

-----  
*(almonds, nuts, cheeses, olives, oils etc.)*

Carry this item with you during the day. As soon as you experience this sudden, strong, hunger - Eat Up!

**Move on to Phase 2: MAINTENANCE**

# TWBG Herbal Formula Phase 2: Maintenance Instructions



# CONGRATULATIONS!



## You've Just Completed Phase 1

***REMEMBER:** Stop taking the TWBG Herbal Formula Drops around noon on the last day of Phase 1.*

### **BEFORE BEGINNING PHASE 2:**

It is important that you do not add a new food while the herbs are in your system.

# HOW TO KEEP THE WEIGHT OFF...

- Step 1:



using the TWBG  
Herbal Formula  
Drops

- Step 2:

Eat 2-3x MORE calories than on the diet.

*NOTE: Adjust your calories according to the scale. If the scale goes up, remove some; if the scale goes down, add some.*

- Step 3:

Add ONE new food OR combination to your diet per day

*We recommend that you start with cheese, nuts, peanut butter or oil of your choosing (e.g., coconut, sesame, olive oil, grape seed oil)*

- Step 4:

Continue to weigh yourself in the morning.

If you gain weight, that food is not for you. If you don't gain weight, that food is fine for you. The same process applies to combinations of foods. Add the foods and combinations that work for you to your *SAFE FOODS* list in this book. Next time you do this program, you can add foods from this list immediately into your diet during the Maintenance Phase!

## What is the quickest way to fail?

Adding sugars and starches back to the diet  
*BEFORE* your weight has set.

# Protein Reset Day

If you find that your weight has gone up 1 pound and has stayed there for several days despite reducing calories, you can do a Protein Reset Day:

1. Throughout the day, eat **ONLY** apples.
2. Then in the evening, eat either steak, chicken OR fish. That is all. No Veggies. If you are following the vegetarian and vegan variation of the program, eat the vegan protein.

Your weight should reset by the following morning!



**DO NOT try to lose  
any more weight!**

You do not want your weight to fluctuate at all  
during the next year.

Record your weight from  
TWBG Herbal Formula Phase 1  
Journal – Final Day Entry

lbs.

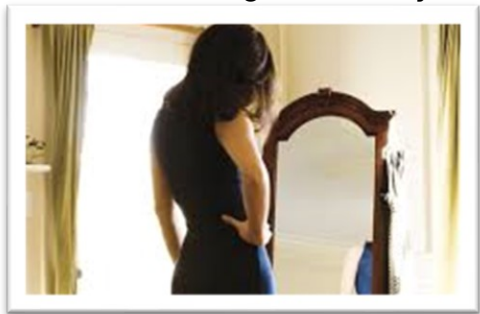
**THIS IS YOUR STABLE WEIGHT**

*You will use this number at the beginning of each  
maintenance journal entry.*

## Why do I have to stop losing now?

If you continue to lose more weight and you neglect setting your new weight, you run the risk of *gaining ALL the weight back.*

- Your body remembers being heavier, so your brain will start putting back regular fat to conform to your old body image.
- It will take time for your brain to accept the new person you have become, and it may even seem odd to you for some time when you look at yourself in the mirror.
- It will take time for you to get used to the way the new “you” looks.
- The longer you maintain a steady weight, the better and quicker, your body will accept its new picture of you.
- Eventually you will feel quite normal and accepting of your new body.
- You must give yourself time to digest what just happened.



*You do not want your weight to fluctuate at all during the next year.*

# Maintenance Tips & Tricks



- Leave sugars and starches out for as long as humanly possible. **DO NOT** add sugars and starches back into the diet before your weight has set.



- Try to include a protein with whatever you are eating throughout the day.



- Eat real, clean, food: Fresh, organic, natural fats (olive oil, almonds, real cream, regular salad dressings, coconut oil, walnuts), and fresh grain-fed meats that YOU prepare.



- Domestic cheeses **DO NOT** have the same effect as international cheeses



- Non-organic foods **DO NOT** have the same effect as organic foods. Visit: <http://www.helpguide.org/articles/healthy-eating/organic-foods.htm>.

# More Maintenance Tips & Tricks



- Prepare your meals at home. Avoid restaurants. Restaurants add starches and sugar to their food.



- Eat fresh foods. Avoid processed meats (including lunch meats), canned fruits, canned vegetables, packaged meals, and frozen foods.



- Continue to drink water.

# Avoid Incompatible Foods

## Ancient Words of Wisdom

*Combining these foods in the same meal will create TOXINS in your body.*



- Milk and Fish  
(some milk is fortified with Omega 3s from fish oil)
- Milk and Sour Fruits



In fact, milk is a complete food by itself and is best consumed alone. Milk should always be consumed warm as well.



- Melons are incompatible with EVERYTHING, including other melons. *Eat them alone or leave them alone."*



# The Great Low Carb Bread Co.

Visit our website,

[www.HolisticHealthSciences.com](http://www.HolisticHealthSciences.com) to  
order your low carb bread.

SPEND \$100+, RECEIVE FREE FLAT RATE SHIPPING AT THE GREAT LOW CARB BREAD COMPANY!



- The Great Low Carb Bread Company makes low carb bread, another tasty item that you can enjoy while in the Maintenance phase of the TWBG Herbal Formula program.
- They have low carb bagels, hamburger buns, hot dog buns, onion rolls and much more.

# Daily Water Intake Requirement

½ of your body weight in ounces.

Ex. 220lbs/2 = 110oz

110oz ÷ 8 = 14 cups

## Water Intake Table

Weight Range	Cups/Day		Weight Range	Cups/Day
32-48	3		288.2-304	19
48.2-64	4		304.2-320	20
64.2-80	5		320.2-336	21
80.2-96	6		336.2-352	22
96.2-112	7		352.2-368	23
112.2-128	8		368.2-384	24
128.2-144	9		384.2-400	25
144.2-160	10		400.2-416	26
160.2-176	11		416.2-432	27
176.2-192	12		432.2-448	28
192.2-208	13		448.2-464	29
208.2-224	14		464.2-480	30
224.2-240	15		480.2-496	31
240.2-256	16		496.2-502	32
256.2-272	17		502.2-518	33
272.2-288	18		518.2-534	34





# TWBG Herbal Formula Maintenance Journal

# Day 1 Maintenance

Add ONE new *item* or *combo* each day

Date:	Weigh-In Time:
<p>Current Weight: <input type="text"/> lbs. This is your <b>STABLE WEIGHT</b>. <i>You will enter THIS number in each of your maintenance journal entries.</i> <i>DO NOT allow this weight to fluctuate more than 0.2 lbs. UP or DOWN.</i> <i>Remember, if your weight goes over 1 lbs. and reducing calories has not been working for several days, have a Protein Reset Day.</i> <i>Begin today by eating 2-3x MORE than on the diet</i></p> <p> <i>We recommend that you start with nuts, peanut butter, cheese or an oil of your choosing (e.g., coconut, sesame, olive, grapeseed).</i></p> <p>Holistic Health SCIENCES</p>	
<p>Today's NEW item/combo is: _____ <i>If you have done the TWBG Herbal Formula program before, feel free to add back all items from your previous Safe Foods List.</i> <b>REMEMBER:</b> After you stop taking the drops, you must wait for TRUE hunger to return BEFORE you add this first new item.</p>	
Meal 1 (record all ingredients used):	
Meal 2 (record all ingredients used):	
Meal 3 (record all ingredients used):	
Additional Snacks:	

Water Intake Requirement: \_\_\_\_\_ Water Tally:

# Day 2 Maintenance

Add ONE new *item* or *combo* each day

Date:	Weigh-In Time:
Stable Weight: _____ Current Weight: _____ <i>From Maintenance. Day 1</i>	
▪ If you gained weight: Were there <i>ANY</i> starches or sugars? <input type="checkbox"/> Yes <input type="checkbox"/> No Which food/combo is the culprit: _____	
▪ If you lost weight: Increase the number of calories you're consuming; be sure to add plenty of oil and protein to your meals.	
Today's NEW item/combo is: _____	
Meal 1 (record all ingredients used):	
Meal 2 (record all ingredients used):	
Meal 3 (record all ingredients used):	
Additional Snacks:	

Water Intake Requirement: \_\_\_\_\_

Water Tally:

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# Day 3 Maintenance

Add ONE new *item* or *combo* each day

Date:	Weigh-In Time:
Stable Weight: _____ Current Weight: _____ <i>From Maintenance. Day 1</i>	
▪ If you gained weight: Were there <i>ANY</i> starches or sugars? <input type="checkbox"/> Yes <input type="checkbox"/> No Which food/combo is the culprit: _____	
▪ If you lost weight: Increase the number of calories you're consuming; be sure to add plenty of oil and protein to your meals.	
Today's NEW item/combo is: _____	
Meal 1 (record all ingredients used):	
Meal 2 (record all ingredients used):	
Meal 3 (record all ingredients used):	
Additional Snacks:	

Water Intake Requirement: \_\_\_\_\_

Water Tally:

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# Day 4 Maintenance

Add ONE new *item* or *combo* each day

Date:	Weigh-In Time:
Stable Weight: _____ Current Weight: _____ <i>From Maintenance. Day 1</i>	
▪ If you gained weight: Were there <i>ANY</i> starches or sugars? <input type="checkbox"/> Yes <input type="checkbox"/> No Which food/combo is the culprit: _____	
▪ If you lost weight: Increase the number of calories you're consuming; be sure to add plenty of oil and protein to your meals.	
Today's NEW item/combo is: _____	
Meal 1 (record all ingredients used):	
Meal 2 (record all ingredients used):	
Meal 3 (record all ingredients used):	
Additional Snacks:	

Water Intake Requirement: \_\_\_\_\_

Water Tally:

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# Day 5 Maintenance

Add ONE new *item* or *combo* each day

Date:	Weigh-In Time:
Stable Weight: _____ Current Weight: _____ <i>From Maintenance. Day 1</i>	
▪ If you gained weight: Were there <i>ANY</i> starches or sugars? <input type="checkbox"/> Yes <input type="checkbox"/> No Which food/combo is the culprit: _____	
▪ If you lost weight: Increase the number of calories you're consuming; be sure to add plenty of oil and protein to your meals.	
Today's NEW item/combo is: _____	
Meal 1 (record all ingredients used):	
Meal 2 (record all ingredients used):	
Meal 3 (record all ingredients used):	
Additional Snacks:	

Water Intake Requirement: \_\_\_\_\_

Water Tally:

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# Day 6 Maintenance

Add ONE new *item* or *combo* each day

Date:	Weigh-In Time:
Stable Weight: _____ Current Weight: _____ <i>From Maintenance. Day 1</i>	
▪ If you gained weight: Were there <i>ANY</i> starches or sugars? <input type="checkbox"/> Yes <input type="checkbox"/> No Which food/combo is the culprit: _____	
▪ If you lost weight: Increase the number of calories you're consuming; be sure to add plenty of oil and protein to your meals.	
Today's NEW item/combo is: _____	
Meal 1 (record all ingredients used):	
Meal 2 (record all ingredients used):	
Meal 3 (record all ingredients used):	
Additional Snacks:	

Water Intake Requirement: \_\_\_\_\_

Water Tally:

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# Day 7 Maintenance

Add ONE new *item* or *combo* each day

Date:	Weigh-In Time:
Stable Weight: _____ Current Weight: _____ <i>From Maintenance. Day 1</i>	
▪ If you gained weight: Were there <i>ANY</i> starches or sugars? <input type="checkbox"/> Yes <input type="checkbox"/> No Which food/combo is the culprit: _____	
▪ If you lost weight: Increase the number of calories you're consuming; be sure to add plenty of oil and protein to your meals.	
Today's NEW item/combo is: _____	
Meal 1 (record all ingredients used):	
Meal 2 (record all ingredients used):	
Meal 3 (record all ingredients used):	
Additional Snacks:	

Water Intake Requirement: \_\_\_\_\_

Water Tally:

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# Day 8 Maintenance

Add ONE new *item* or *combo* each day

Date:	Weigh-In Time:
Stable Weight: _____ Current Weight: _____ <i>From Maintenance. Day 1</i>	
▪ If you gained weight: Were there <i>ANY</i> starches or sugars? <input type="checkbox"/> Yes <input type="checkbox"/> No Which food/combo is the culprit: _____	
▪ If you lost weight: Increase the number of calories you're consuming; be sure to add plenty of oil and protein to your meals.	
Today's NEW item/combo is: _____	
Meal 1 (record all ingredients used):	
Meal 2 (record all ingredients used):	
Meal 3 (record all ingredients used):	
Additional Snacks:	

Water Intake Requirement: \_\_\_\_\_

Water Tally:

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# Day 9 Maintenance

Add ONE new *item* or *combo* each day

Date:	Weigh-In Time:
Stable Weight: _____ Current Weight: _____ <i>From Maintenance. Day 1</i>	
▪ If you gained weight: Were there <i>ANY</i> starches or sugars? <input type="checkbox"/> Yes <input type="checkbox"/> No Which food/combo is the culprit: _____	
▪ If you lost weight: Increase the number of calories you're consuming; be sure to add plenty of oil and protein to your meals.	
Today's NEW item/combo is: _____	
Meal 1 (record all ingredients used):	
Meal 2 (record all ingredients used):	
Meal 3 (record all ingredients used):	
Additional Snacks:	

Water Intake Requirement: \_\_\_\_\_

Water Tally:

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# Day 10 Maintenance

Add ONE new *item* or *combo* each day

Date:	Weigh-In Time:
Stable Weight: _____ Current Weight: _____ <i>From Maintenance. Day 1</i>	
▪ If you gained weight: Were there <i>ANY</i> starches or sugars? <input type="checkbox"/> Yes <input type="checkbox"/> No Which food/combo is the culprit: _____	
▪ If you lost weight: Increase the number of calories you're consuming; be sure to add plenty of oil and protein to your meals.	
Today's NEW item/combo is: _____	
Meal 1 (record all ingredients used):	
Meal 2 (record all ingredients used):	
Meal 3 (record all ingredients used):	
Additional Snacks:	

Water Intake Requirement: \_\_\_\_\_

Water Tally:

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# Day 11 Maintenance

Add ONE new *item* or *combo* each day

Date:	Weigh-In Time:
Stable Weight: _____ Current Weight: _____ <i>From Maintenance. Day 1</i>	
▪ If you gained weight: Were there <i>ANY</i> starches or sugars? <input type="checkbox"/> Yes <input type="checkbox"/> No Which food/combo is the culprit: _____	
▪ If you lost weight: Increase the number of calories you're consuming; be sure to add plenty of oil and protein to your meals.	
Today's NEW item/combo is: _____	
Meal 1 (record all ingredients used):	
Meal 2 (record all ingredients used):	
Meal 3 (record all ingredients used):	
Additional Snacks:	

Water Intake Requirement: \_\_\_\_\_

Water Tally:

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# Day 12 Maintenance

Add ONE new *item* or *combo* each day

Date:	Weigh-In Time:
Stable Weight: _____ Current Weight: _____ <i>From Maintenance. Day 1</i>	
▪ If you gained weight: Were there <i>ANY</i> starches or sugars? <input type="checkbox"/> Yes <input type="checkbox"/> No Which food/combo is the culprit: _____	
▪ If you lost weight: Increase the number of calories you're consuming; be sure to add plenty of oil and protein to your meals.	
Today's NEW item/combo is: _____	
Meal 1 (record all ingredients used):	
Meal 2 (record all ingredients used):	
Meal 3 (record all ingredients used):	
Additional Snacks:	

Water Intake Requirement: \_\_\_\_\_

Water Tally:

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# Day 13 Maintenance

Add ONE new *item* or *combo* each day

Date:	Weigh-In Time:
Stable Weight: _____ Current Weight: _____ <i>From Maintenance. Day 1</i>	
<ul style="list-style-type: none"><li>If you gained weight: Were there <i>ANY</i> starches or sugars? <input type="checkbox"/>Yes <input type="checkbox"/>No Which food/combo is the culprit: _____</li><li>If you lost weight: Increase the number of calories you're consuming; be sure to add plenty of oil and protein to your meals.</li></ul>	
Today's NEW item/combo is: _____	
Meal 1 (record all ingredients used):	
Meal 2 (record all ingredients used):	
Meal 3 (record all ingredients used):	
Additional Snacks:	

Water Intake Requirement: \_\_\_\_\_

Water Tally:

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# Day 14 Maintenance

Add ONE new *item* or *combo* each day

Date:	Weigh-In Time:
Stable Weight: _____ Current Weight: _____ <i>From Maintenance. Day 1</i>	
▪ If you gained weight: Were there <i>ANY</i> starches or sugars? <input type="checkbox"/> Yes <input type="checkbox"/> No Which food/combo is the culprit: _____	
▪ If you lost weight: Increase the number of calories you're consuming; be sure to add plenty of oil and protein to your meals.	
Today's NEW item/combo is: _____	
Meal 1 (record all ingredients used):	
Meal 2 (record all ingredients used):	
Meal 3 (record all ingredients used):	
Additional Snacks:	

Water Intake Requirement: \_\_\_\_\_

Water Tally:

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# Day 15 Maintenance

Add ONE new *item* or *combo* each day

Date:	Weigh-In Time:
Stable Weight: _____ Current Weight: _____ <i>From Maintenance. Day 1</i>	
▪ If you gained weight: Were there <i>ANY</i> starches or sugars? <input type="checkbox"/> Yes <input type="checkbox"/> No Which food/combo is the culprit: _____	
▪ If you lost weight: Increase the number of calories you're consuming; be sure to add plenty of oil and protein to your meals.	
Today's NEW item/combo is: _____	
Meal 1 (record all ingredients used):	
Meal 2 (record all ingredients used):	
Meal 3 (record all ingredients used):	
Additional Snacks:	

Water Intake Requirement: \_\_\_\_\_

Water Tally:

If you would like to download additional TWBG Herbal Formula Maintenance Journals, please visit us at [www.HolisticHealthSciences.com](http://www.HolisticHealthSciences.com)

# Day 16 Maintenance

Add ONE new *item* or *combo* each day

Date:	Weigh-In Time:
Stable Weight: _____ Current Weight: _____ <i>From Maintenance. Day 1</i>	
▪ If you gained weight: Were there <i>ANY</i> starches or sugars? <input type="checkbox"/> Yes <input type="checkbox"/> No Which food/combo is the culprit: _____	
▪ If you lost weight: Increase the number of calories you're consuming; be sure to add plenty of oil and protein to your meals.	
Today's NEW item/combo is: _____	
Meal 1 (record all ingredients used):	
Meal 2 (record all ingredients used):	
Meal 3 (record all ingredients used):	
Additional Snacks:	

Water Intake Requirement: \_\_\_\_\_

Water Tally:

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# Day 17 Maintenance

Add ONE new *item* or *combo* each day

Date:	Weigh-In Time:
Stable Weight: _____ Current Weight: _____ <i>From Maintenance. Day 1</i>	
▪ If you gained weight: Were there <i>ANY</i> starches or sugars? <input type="checkbox"/> Yes <input type="checkbox"/> No Which food/combo is the culprit: _____	
▪ If you lost weight: Increase the number of calories you're consuming; be sure to add plenty of oil and protein to your meals.	
Today's NEW item/combo is: _____	
Meal 1 (record all ingredients used):	
Meal 2 (record all ingredients used):	
Meal 3 (record all ingredients used):	
Additional Snacks:	

Water Intake Requirement: \_\_\_\_\_

Water Tally:

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# Day 18 Maintenance

Add ONE new *item* or *combo* each day

Date:	Weigh-In Time:
Stable Weight: _____ Current Weight: _____ <i>From Maintenance. Day 1</i>	
<ul style="list-style-type: none"><li>If you gained weight: Were there <i>ANY</i> starches or sugars? <input type="checkbox"/>Yes <input type="checkbox"/>No Which food/combo is the culprit: _____</li><li>If you lost weight: Increase the number of calories you're consuming; be sure to add plenty of oil and protein to your meals.</li></ul>	
Today's NEW item/combo is: _____	
Meal 1 (record all ingredients used):	
Meal 2 (record all ingredients used):	
Meal 3 (record all ingredients used):	
Additional Snacks:	

Water Intake Requirement: \_\_\_\_\_

Water Tally:

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# Day 19 Maintenance

Add ONE new *item* or *combo* each day

Date:	Weigh-In Time:
Stable Weight: _____ Current Weight: _____ <i>From Maintenance. Day 1</i>	
▪ If you gained weight: Were there <i>ANY</i> starches or sugars? <input type="checkbox"/> Yes <input type="checkbox"/> No Which food/combo is the culprit: _____	
▪ If you lost weight: Increase the number of calories you're consuming; be sure to add plenty of oil and protein to your meals.	
Today's NEW item/combo is: _____	
Meal 1 (record all ingredients used):	
Meal 2 (record all ingredients used):	
Meal 3 (record all ingredients used):	
Additional Snacks:	

Water Intake Requirement: \_\_\_\_\_

Water Tally:

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# Day 20 Maintenance

Add ONE new *item* or *combo* each day

Date:	Weigh-In Time:
Stable Weight: _____ Current Weight: _____ <i>From Maintenance. Day 1</i>	
▪ If you gained weight: Were there <i>ANY</i> starches or sugars? <input type="checkbox"/> Yes <input type="checkbox"/> No Which food/combo is the culprit: _____	
▪ If you lost weight: Increase the number of calories you're consuming; be sure to add plenty of oil and protein to your meals.	
Today's NEW item/combo is: _____	
Meal 1 (record all ingredients used):	
Meal 2 (record all ingredients used):	
Meal 3 (record all ingredients used):	
Additional Snacks:	

Water Intake Requirement: \_\_\_\_\_

Water Tally:

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# Day 21 Maintenance

Add ONE new *item* or *combo* each day

Date:	Weigh-In Time:
Stable Weight: _____ Current Weight: _____ <i>From Maintenance. Day 1</i>	
▪ If you gained weight: Were there <i>ANY</i> starches or sugars? <input type="checkbox"/> Yes <input type="checkbox"/> No Which food/combo is the culprit: _____	
▪ If you lost weight: Increase the number of calories you're consuming; be sure to add plenty of oil and protein to your meals.	
Today's NEW item/combo is: _____	
Meal 1 (record all ingredients used):	
Meal 2 (record all ingredients used):	
Meal 3 (record all ingredients used):	
Additional Snacks:	

Water Intake Requirement: \_\_\_\_\_

Water Tally:

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# Keep It Up!



Keep going and maintain  
your weight for an entire  
year!

# Try Adding a NEW Healthy Habit

## Ancient Healing Words of Wisdom

Here are some healthy habits that you may consider adopting at some point:



- Scrape your tongue each morning
- Only eat when you feel hungry.



- At meals, fill your belly with:  
50% with food (approx. 2 LEVEL handfuls),  
25% with liquid and keep 25% empty.
- Have your drinks without ice.  
Iced drinks weaken digestion and damage the heart



- Notice if you have cravings.  
It may be toxins talking to you
- Notice if your sinuses are congested in the morning.  
You probably did not fully digest the meal from the day before
- Notice if you experience gas or bloating.  
This is a sign of weak digestion
- Notice if your breath stinks  
Often caused by food sitting in the stomach overnight
- Notice if you feel sleepy after you eat  
This is a sign of indigestion
- Notice if you feel energized after you eat.  
This is correct! Your food should energize you!
- Notice if you woke up with phlegm.  
Phlegm is a sign of toxins.

# The Benefits of Organic Food

From:

<http://www.helpguide.org/articles/healthy-eating/organic-foods.htm>

Visit the HelpGuide.org link above to get more details from their article “Organic Foods: What You Need to Know.” Here are a few points made in that article:



- Organic foods provide a variety of benefits to your mental and emotional health as well as for the environment.



- Organic produce contains fewer pesticides.



- Organic food is often fresher.



- Organic farming tends to be better for the environment.

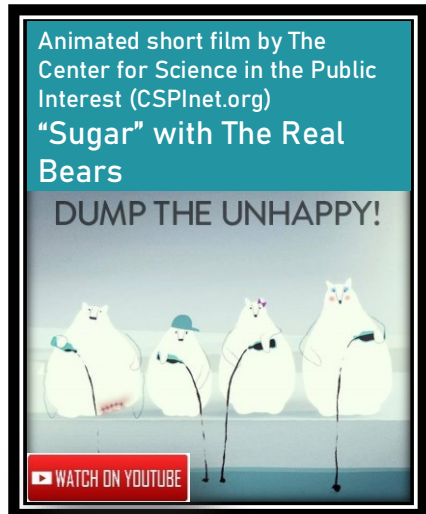
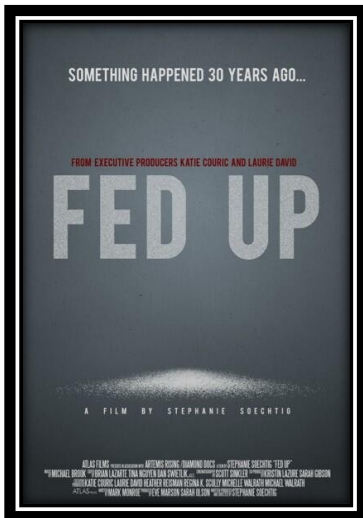
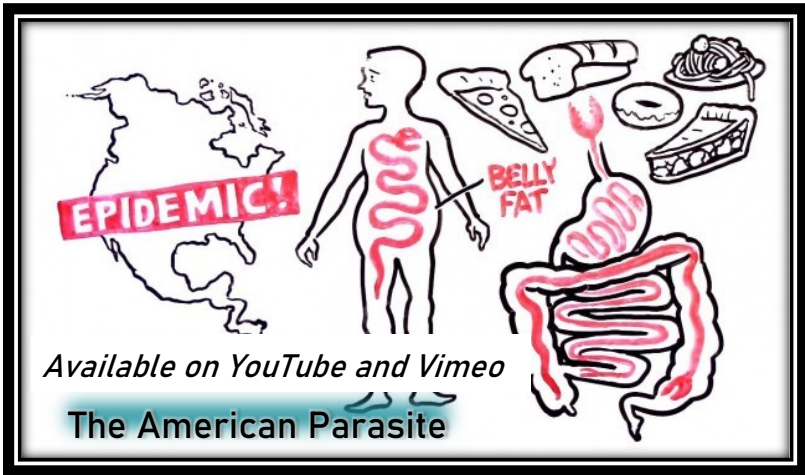


- Organically raised animals are NOT given antibiotics, growth hormones, or fed animal byproducts.



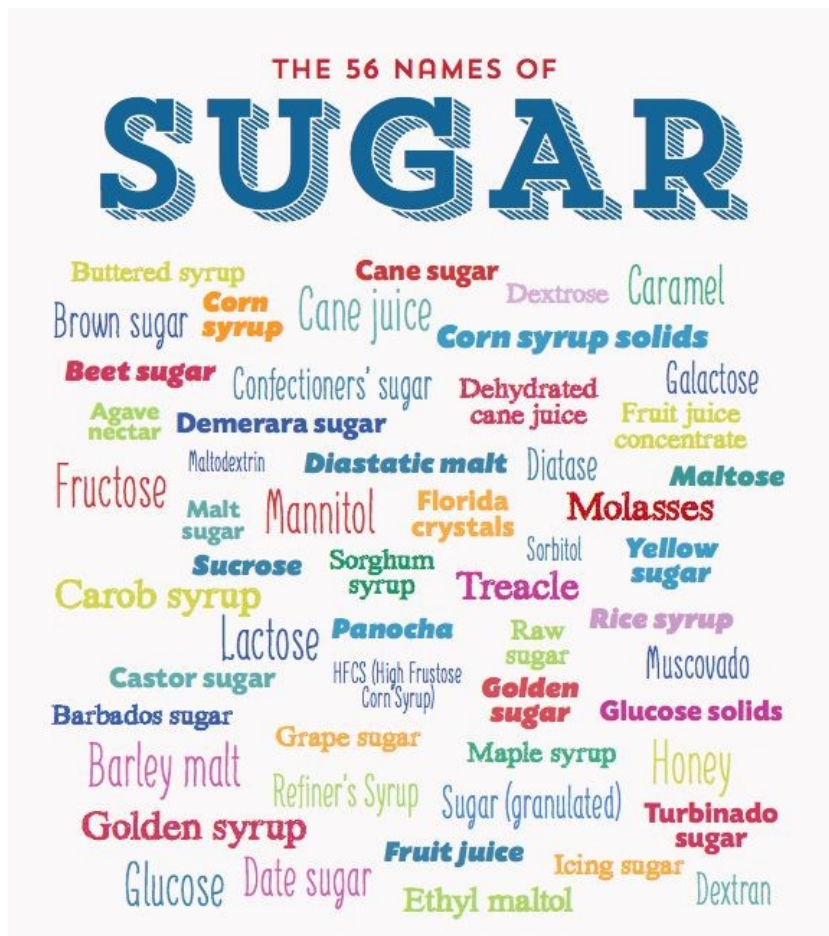
- Organic food is GMO-free.

# Recommended Viewing



## Start a Habit

Get to know the 56 names of sugar and start checking your labels today for these sneaky culprits!



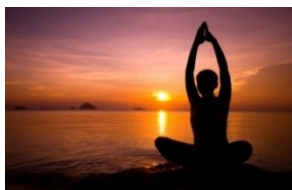
## Recommended Classes with TWBG

Holistic Health Sciences offers a number of classes that can be taken with the TWBG Herbal Formula Program. For more information, visit [www.HolisticHealthSciences.com](http://www.HolisticHealthSciences.com)



### Tai Chi (12 hr)

*Prerequisite - Intro Workshop*  
Balance, strength, longevity, and inner peace can be yours with Tai Chi. Free yourself from back pain, stress, anxiety, physical debility, and much more with these simple, yet extremely effective exercises.



### Sitting Yoga (12hr)

*Prerequisite - Intro Workshop*  
Unwind and gain flexibility and strength with a relaxing sitting yoga series for all levels



### Meditation I (12 hr)

*Prerequisite - Intro Workshop;*  
*Ages 13+*  
Take a step on the path to a more enjoyable life! Learn the step-by-step process that will lead you to success in meditation.





# Remember to Breathe

[www.HolisticHealthSciences.com](http://www.HolisticHealthSciences.com)

Phone/Text: (310)701-6423

[HolisticHealthSciences@gmail.com](mailto:HolisticHealthSciences@gmail.com)



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# Stay Hydrated and Drink Water


[www.HolisticHealthSciences.com](http://www.HolisticHealthSciences.com)

Phone/Text: (310)701-6423

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# Jiao

It rhymes with WOW!

Hand-  
crafted  
with care  
in small  
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Soothe joint pain.



Heal bruises.



Gain greater flexibility when applied before and after workouts. Cuts warm up and cool down time by 90%.



Great for contact sports. Apply liberally before practice.



Safe for all ages



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# TWBG HERBAL FORMULA

*LEARN ABOUT TOXIC WEIGHT LOSS*



 *Three Weeks to a Better Body*

 *Melt Stubborn Fat Fast*

 *Look Good and Feel Amazing*

 *Detox and Cleanse*

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*Dr. Sifu Nadine Shozuya* is a Doctor of Acupuncture and Chinese Medicine, Licensed Acupuncturist, and Certified Ayurvedic Practitioner. She grew up in Hawaii, where she was exposed to the potent medicines of nature. Throughout her time in California, she has used her medicinal skills to heal thousands of people all across the South Bay and beyond. She founded Scholar Warrior Community Center in 2001 and believes that holistic healing should be available to all.

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