

Dr. Ming's Clinically Proven System

Congratulations on making a great decision today. Dr. Ming's powerful ingredient is Clinically Proven to help you lose weight and get in shape. This legendary formula incorporates the latest scientific discoveries with ancient knowledge to guarantee that you will achieve your goals for reducing weight while protecting for your health. Its exclusive combination of natural herbs was originally used to help you relax by lowering anxiety and eliminating toxins from the body.

This ancestral combination was studied in western laboratories. Thanks to these studies, the original ingredients of Dr. Ming's plus new 100% natural ingredients were combined to create the most effective weight loss formula ever.

Other chemical weight loss products can harm the natural regulatory mechanisms of the body. That's why, after losing weight many people put it back on and get even fatter after trying these dangerous treatments and diets.

Dr. Ming's formula is different because it's 100% natural and activates our body's mechanisms to provide well being and harmony while it safely reduces body weight.

Simply drink one cup of tea in the morning before breakfast and another cup of tea in the afternoon, follow the recommendations contained in this manual and you will see how in only few days you will start to lose weight and inches off your waist and start living your life today like you've always wanted to live it!

Before starting Dr. Ming's system it's important to know that in order to lose weight and obtain the ideal body for the long term, it's recommended that you combine it with improved life habits. Dr. Ming's tea is an important part of a healthy process to lose weight.



Lose Weight one day at the time

The universal key to weight loss is the following: The body must consume fewer calories than it uses during the day. Healthy weight loss is composed of following two phases:

1- Adjustment reduction

Adjustment reduction is the beginning stage. It must be a temporary stage to protect your health. Ideally, weight loss should occur when gradual changes in life habits have been made to maintain an ideal weight, health and energy. A body with an adequate fat level, appropriate foods and periodical exercise, is a body which naturally exudes happiness, energy and enthusiasm. The healthy body then becomes a tool to increase our harmony and well-being.

2- Maintenance

At the end of Dr. Ming's Tea treatment, we will invite you to live the pleasure of a healthy life. When you obtain the indicated weight for your body, the maintenance stage means that every day you are committed to eating better, exercising more and therefore enjoying the gift of life.

The success of your 30-day treatment and subsequent change in habits depends on your effort every day. That's why Dr. Ming's Tea program asks that you be what you've always wanted to be only for today.

Only for today feel like the happy, strong, healthy and athletic person that you've always wanted to be. Only for today know that you're in the correct place and that you are the person that you should be. Remember every day that you have been transformed and that you are already a different person with a destiny full of health, well-being and energy. Today you are certain on the path to success. Only for today remember that you have begun a process with no return which will bring you every day closer to better health, greater beauty and more security.

We suggest that every day you fortify your will with a positive phrase which motivates you. You may choose or many which must be recited at least twice a day. We will present a suggestion below:

Only for today will I take care of my body, which is a miracle of life. Only for today will I feed it well, exercise to strengthen it and obtain its natural beauty, which glows more every day. Only for today will I be optimistic, positive and happy and I will improve my life one day at a time. Today I am what I've always wanted to be.

The key to this system is based on the fact that you should only concentrate your attention and effort on today. Forget about tomorrow. Forget about yesterday. Only today matters and today you are different. Today you have been reborn knowing that you have better habits, that your mind is cleaning your body and that you will nourish it only for today, with healthy foods, fruits, vegetables and natural juices. Only for today will you avoid fried foods, avoid sweets and avoid sodas. Only for today will you avoid sugar and use sweeteners with no calories. Only for today will you eat fewer carbohydrates, less bread, rice and pasta. Only for today will you avoid red meat and prefer steamed chicken or steamed fish and delicious salads and fruits. The only thing that we have is today and all of its radiant beauty has been created for you. Only for today will you bond with another human being and be a happy and better person today.

Today I will not wait for them to smile at me. I will smile. Today I will not wait for them to forgive me. Today I will forgive. Today I will not wait for them to hug me and tell me that I am important. Today I will hug and sincerely speak with affection to other people. Today I will be the source of happiness, forgiveness and tolerance. Today I will positively impact upon my surroundings and I will be a source of gratefulness for the life, which has been given to me.

Do this every day. Think about this every day and your life will be transformed. You are already a new person.

The Ideal Body

The ideal percentage of fat for the woman's body is between 25% and 31%, while for a man it is 18% to 25%. This percentage may decrease in the case of athletes and the individual contexture of the person.

To know if your weight is recommended you should calculate your BMI (Body Mass Index). It's very simple; you just have to apply the following formula:



$$BMI = \frac{\text{Weight in Kg}}{(\text{Height in m})^2}$$

Results:

18.5 or less	Weight too low
18.5 to 25	Normal
25 to 30	Overweight
30 or more	Obesity

To achieve the ideal body, you should try to consume everything in moderation and not exaggerate the portion sizes and try to perform a physical activity at least 3 times a week for at least ½ hour.

The best way to burn calories and improve your health is to exercise regularly. In this way you will not only lose weight but also gain well-being and energy.

Healthy Eating Guide

There are foods that can bring a too high caloric load to the body. Fat calories are different from carbohydrate calories and protein calories. Understanding this difference is very important for us because we can replace fats with more fiber and protein and in this way we will be eating fewer calories!

Fats have 9 calories per gram, while proteins have only 4 calories per gram plus our body metabolizes dietary fat in another way that processes proteins.

The foods that should be eaten in a controlled manner are: carbohydrates in refined forms (white bread, rice, noodles, sugar, sweets, etc.) and saturated fats (fried, lard, butters and margarines, animal fats, etc.). It is very important to minimize sugar consumption. It is also advisable to reduce the consumption of red and fatty meats such as beef, fried foods and high-calorie foods.

Fibers

Fiber has always been an important word in the world of nutrition. At this time, most of us are aware of the need for fiber in our diet to help our body have regular bowel elimination, fight disease, control high blood pressure, and avoid obesity.

There are two different types of fibers: Soluble and Insoluble

Soluble fiber dissolves in water, and insoluble fiber does not.

Soluble fiber benefits the circulatory system, helping to maintain blood pressure and cholesterol at normal levels.

Insoluble fiber benefits the digestive system by adding bulk and softness to stool.

Refined, processed foods, and "fast food" tend to lack the fiber required for optimal health. Therefore many people may not be getting their recommended daily fiber intake.





The correct fiber mixture also seems to have a stabilizing effect on the blood glucose level and also tends to give the feeling of fullness.

This program recommends foods that contain a high degree of protein, and are low in fat and carbohydrates. Sufficient proportions of the above nutrients without exceeding 30% of suggested fat intake are an integral part of the weight loss program

Protein

Protein is an essential nutrient, which stimulates the metabolism because the body should intensely function to be able to decompose the protein completely so that it can later be absorbed. Protein helps to repair, nourish and protect the delicate tissue (muscle) during the weight loss program. The types of protein to consume should include “complete protein” which contains all the essential amino acids. Because your body cannot produce protein it’s important for you to consume it daily. Protein must be combined with carbohydrates to provide its maximum benefit.

Carbohydrates - Simple & Complex

Simple carbohydrates are rapidly absorbed and complex carbohydrates are slowly absorbed. It’s important that each type of carbohydrate is included in your daily diet.

It’s recommended that the majority of the carbohydrates be consumed early in the day preferably before 2:00 p.m.

Fat

Fat has three basic functions: Insulation, source of alternative energy and storage.

The consumption of fat should not exceed 30% of your daily calorie consumption.

NOTE: (Totally eliminating fat from your diet must be avoided because some fat is necessary for maintaining good health, reducing hunger and adding flavor to food).



Advice on nutritional planning

- Never reduce your calorie consumption below 1000 calories without being supervised by a doctor.
- Remember to eat regularly, don't kill yourself from hunger! The drastic restriction of calories may reduce your metabolic rate and make you gain weight.
- Train your body to burn calories eating regularly and moderately.
- To use the food planner simply choose any food on the list below for each meal. The selections of food may be substituted but remember to try eating the majority of carbohydrates before 2:00 p.m.
- Try to eat some protein at each meal.
- Drink two cups of Dr. Ming's Tea, one before breakfast and one in the afternoon.
- Drink at least 8 cups of water daily.



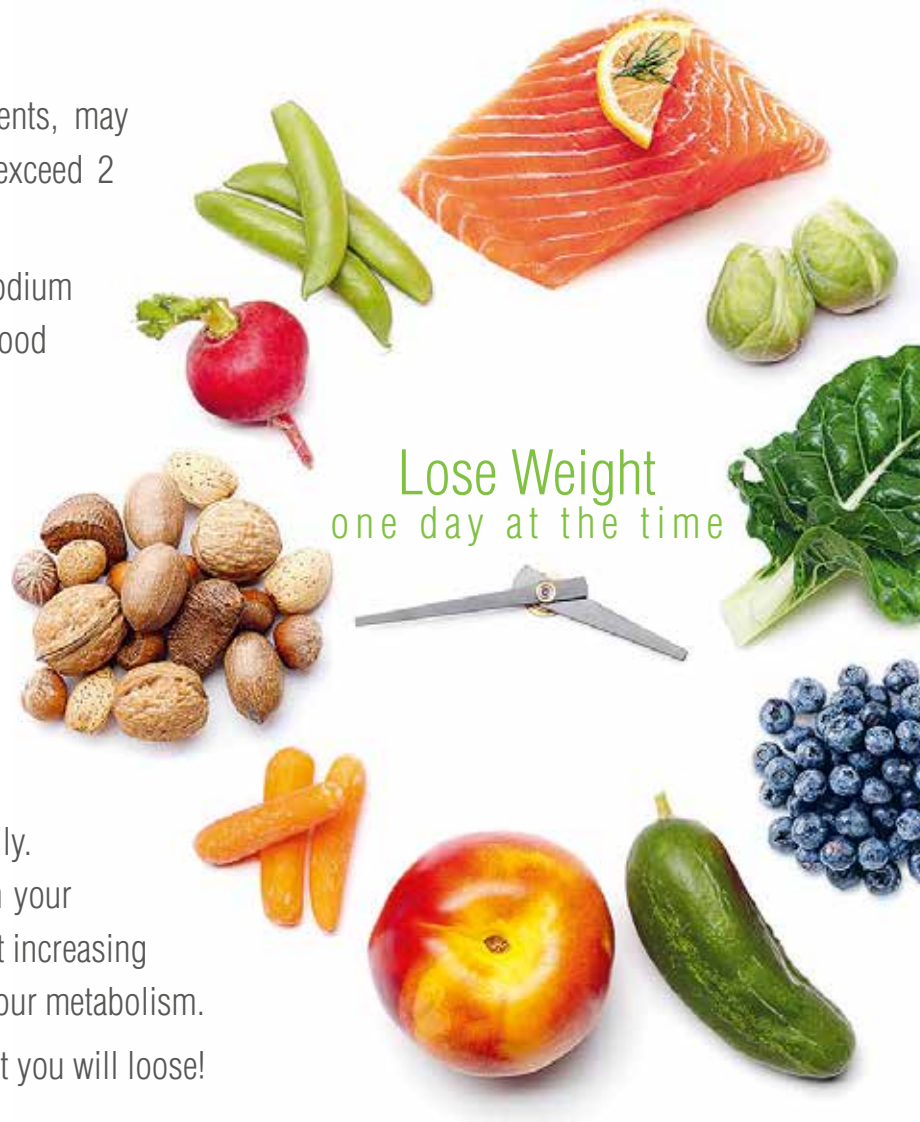
IMPORTANT: Any person with high blood pressure, diabetes, heart disease, kidney, thyroid, pernicious anemia, or any other disease should consult a doctor before beginning any weight loss program. This also includes pregnant and breastfeeding women, people under 18 years of age and people who are taking prescription medicine. Weight loss varies from person to person and is directly related to the reduction of your daily food consumption. For better results, use a low fat diet, including 8 glasses of water daily and a moderate exercise program.

This may surprise you but there is evidence that an increase in water intake really helps reduce fatty deposits. If you do not drink enough water, your kidneys may not function properly and some of your work will then be transferred to the liver. One of the main functions of the liver is to metabolize fats to convert them into energy, but if your liver is busy handling part of the work of the kidneys, it cannot effectively metabolize fat; therefore, some of the fat can remain stored in your fat cells.

Water retention can manifest itself in the form of swollen feet, legs, and hands. In addition, fluid retention may occur due to excessive intake of sodium, MSG, or some foods with preservatives. In essence, fluid retention can occur when there is a decrease in water and / or when there is an imbalance in the system. Drinking 8 glasses of water daily will help keep fluids at normal levels, stimulate the kidneys, and help with internal cleaning and maintenance. As you can see water is a very important part of a successful weight control program.

Various feeding tips

- 1 serving of coffee, tea, diet refreshments, may count as ½ glass of water. Try not to exceed 2 servings per day.
- You require 500 to 800 milligrams of sodium per day to stay healthy. Read all the food labels.
- Alcohol has almost twice the amount of calories whether of carbohydrates or of proteins and excessive amounts may lead to dehydration. Try to limit alcohol consumption as much as possible and if possible eliminate it completely.
- Try to drink 8 or more glasses of water daily. Water is added to the volume of water in your digestive system to process foods without increasing calories. This way, water can accelerate your metabolism.
- The more water you drink the more weight you will lose!



Physical Activity

When you are young you naturally exercise because it's fun. As time goes on, you will find that exercise keeps you young. Exercise is one of the most important elements to permanent weight control. The metabolic rate generally diminishes with age which may make you burn calories slower and gain weight. Exercise stimulates the metabolism, and this may help you burn more calories and lose weight. Exercise also helps you build and tone your muscles. Even after exercising your metabolism will function better because the muscular tissue is metabolically active for 24 hours.

Additional benefits of exercise include:

- Blood pressure goes down
- Lower levels of triglycerides
- Reduce stress levels
- Increase in cardiovascular health

Here are some exercise guides:

All body activities (moderate intensity, i.e. walking or jogging) will burn 50-60% of fat and are generally the best option for exercise in a weight loss program.

Your body begins to maximize burning body fat after the first 20 minutes of exercise.

Try to exercise your body before meals. This will help stimulate the metabolism and reduce your appetite.

Do 30 minutes, 3 to 4 times a week, of low intensity exercises (i.e. walking, shopping). This will greatly increase weight loss. Gradually increase the intensity through exercises such as jogging, swimming and bi- king.

Choose a daily activity, which you enjoy and try to include a positive friend to practice with.

Never exaggerate exercise. You must be able to carry on a normal conversation during your exercise routine.

Choose a daily activity which you enjoy and try to include a positive friend. Slowly begin to exercise and adequately warm up. Remember only to move!



IMPORTANT/WARNING: If you suffer from any disease or are taking any medication consult a doctor before beginning any exercise program. Do not begin an exercise program without a complete physical exam from a doctor. If you begin to exercise and feel tired, experience shortness of breath, or feel any other physical discomfort, stop immediately and consult your doctor.

TABLE DEMONSTRATING THE AMOUNT OF CALORIES BURNED PER HOUR AND PER TYPE AND IN- TENSITY OF EXERCISE

LIGHT	CALORIES
Lying down or sleeping	80
Watching TV	80
Housework	180
Cycling (5.5 mph)	210
Walking (3 mph)	300
Walking (4 mph)	345
Sex	300
Swimming (25 mph)	300
Dancing	350
Volleyball	350
Skating	350
Climbing stairs	400
Dance aerobics	420
Biking (23 mph)	660
Running (6 mph)	700

How should you weigh yourself?

Before you begin, select a good bathroom scale or a medical scale. Each time you weigh yourself or check your measurements, write down the day and results.

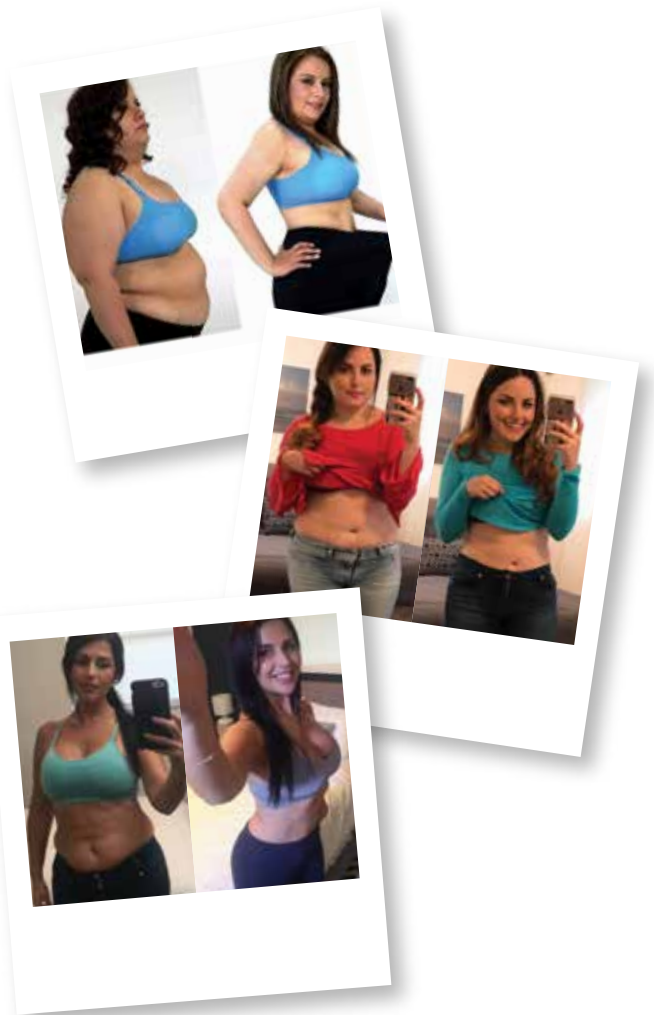
Here are some suggestions on weighing yourself:

1. The first thing that you should do in the morning before beginning your Program of Dr. Ming's is to weigh yourself.
2. Before weighing yourself first remember that you should do it yourself once a week and only once a week.
3. Always weigh yourself early in the morning (before breakfast) and at the same time each week.
4. Always weigh yourself without any clothes on or while wearing light clothing.

You should resist the urge to weigh yourself every day during the program. Those people who are addicted to weighing themselves should avoid doing it numerous times a day!

Don't let normal weight fluctuations bring you down. The scale only indicates your weight but says nothing about your health, fat content, muscular content or metabolism.

Hide your scale if you have to, but remember to weigh yourself just ONCE a week.



What measurements should i take?

Because you are losing body fat and hardening the delicate muscular tissue, the scale will not tell you the complete history of your progress. You can have an idea of how much fat you are really losing only by knowing the measurements of your waist and thighs.



The following measurements should be taken with a tape measure only once a week:

1. **Thorax** - measure around your thorax to the top of your chest.
2. **Abdomen** - measure around your waist at the level of your navel (above your pelvis).
3. **Hips** - measure around your hips at mid-buttock.
4. **High thighs** - completely measure around the high part of the thighs.
5. **Mid thigh** - measure around the thigh partially between your knees and the highest part of your leg.
6. **High part of arm** - partially measure between your shoulder and elbow, with your arms hanging down naturally.

Make sure to note the exact measures every time you take them.

IMPORTANT: Check with your doctor

Before beginning this program or any diet, consult your doctor. If you have a specific medical or dietary problem, your doctor will need to closely monitor your progress.

Congratulations!



If you have read this manual you are already a different person. You are richer because you are thinking about valuable ideas, which can transform your life. May this be the beginning of a more positive life full of better health, exercise and dietary habits

May you live your life today like you've always wanted to live it!

