

What you have to do to expect 1 inch, 2 inches, and 2+ inches of fat loss average per area.

First – Minimal (needed for the 1 inch satisfaction pledge to be in effect) – to get about 1 inch average per measurement area

1. Drink half your weight in ounces of filtered water every day – Reverse Osmosis, Britta or Pur type Carbon Block Filter, Spring water – pretty much anything but tap water
Not most days, or close to but half your weight in ounces or more.
Easiest way to accomplish this is stop drinking non-water beverages. Don't have to, but makes it really easy to drink this amount.
2. Don't eat 1 hour before or 3 hours after the treatments – this helps burn the fat being released from the fat cells as energy – not close to, or just a little bit of food, none.
3. Do some sort of activity to burn 500 calories or more, the day of the treatments – to help burn some of the extra fat released as energy in the body. – ideally, do this every day for the 3 weeks.
4. Do the Detox program from HVS daily.

Second – Average – to get 1-2 inches average per measurement area

Needed for the 2 inch satisfaction pledge to be in effect-

All of the above, plus

1. Eat less than 50 net grams of sugar per day, everyday.
Net grams of sugar is calculated by taking the amount of carbohydrates on the nutrition label, subtracting out the amount of fiber. That number is your net sugar number – add up what you eat throughout the day. If you only eat fruits, vegetables, and proteins, with small portions – small being less than 2-3 cups - of whole grain carbs, you will be doing this.
2. Answer the 5 metabolic typing questions, and begin eating right for your body type
3. Do strength training exercise – lifting weights, rowing, anything were you use the muscles against resistance, not just aerobics

Third – Best to get 2-5 inches average per measurement area

Same as above plus:

1. Do the Herbalogica Detox and Purification System for \$300-\$700 extra
2. Do the nutritional consultation and symptoms survey checklist with Dr. Fettig \$ 125 extra
3. Get your nerves checked to make sure they are working properly, and if not, do what is needed to get them functioning as best as possible. Your nerves control everything in your body, including your hormones, fat loss, digestion, everything. Give your body the best chance possible by making sure the control mechanisms are working at least.