

# Dr. Rutledge's Beta Diet Guide

IF YOU DO NOT FOLLOW THESE INSTRUCTIONS CAREFULLY, YOU WILL NOT HAVE SUCCESS WITH THIS PROGRAM.

DO NOT "SELF MEDICATE" NOR CHANGE THE SLIGHTEST MODICUM OF THE DIET.

CHANGES IN DOSAGE OF BETA AND/OR A CHANGE OF AS LITTLE AS 100 CALORIES OF THE DIET CAN MEAN FAILURE.

Teri and I are available to you and will guide you through this process, but you are asked to keep this sheet nearby to refer to at all times during this treatment.

We will meet with you prior to beginning your treatment. At this time we will do a complete overview of your medical history and order any tests that may need to be done prior to treatment. The tests vary depending on the individual and current medical conditions etc. At this time we will show you how to inject yourself with the Beta. If you are unable to inject yourself, please bring someone with you to the appointment that can be taught how to inject you. Weight measurements will be taken and we will discuss with you which medications and supplements to continue while on this program.

After the appointment, you will need to set aside a period of 26-40 days to strictly adhere to the guidelines of this program.

For menstruating women, you will want to begin these injections the day after your period ends or at least 12 days prior to the onset of next menses.

Beta for weight loss has been around for over fifty years and it has been found that a daily injection of a mere 125 units daily generally will reduce weight by one pound per day if one uses this strict 500 calorie diet along with it. You should not feel very hungry as you will have released and have available to you some 1500 to 2000 calories of your own dissolved fat daily.

Most medical conditions, including high blood pressure, diabetes, rheumatism, cholesterol, brittle nails, hair loss, ulcers and, varicose ulcers, respond positively to Beta treatment. However, we do ask that you alert Dr. Rutledge if you have a history of gout, herpes, or cold sores, as some diet modifications or supplements may be necessary.

A 15 pound weight loss goal requires that you have a 26 day treatment. There will be 23 daily injections (the treatment is ALWAYS 26 days even if you want to lose LESS than 15 pounds). After the last injection the patient must stay on the 500 calorie diet for three days. This is of utmost importance. If you eat normally during the time that Beta is still in your body you will gain weight rapidly.

Further weight loss will require another treatment no LESS than six weeks after completing the first treatment of losing 15 or more pounds. However, Beta has proven to shift weight around, pulling fat from those hard to reach places like thighs, arms, backs, stomachs and you may find that the results of one round of treatment is sufficient.

When combined with a 500 calorie diet, Beta weight loss is absolutely amazing. You must commit to this program or you will be disappointed with the results. It is easy to stay on the diet because most of your calories are coming from abnormal fat stores and hunger is rarely a problem.

**The program goes like this:**

**Day 1:** Gorge with fatty foods and inject once daily.

**Day 2:** Gorge with fatty foods and inject once daily.

**Day 3:** Begin 500 calorie diet and inject once daily.

**Day 4-23:** (or day 4-40 for those doing a 40 day treatment): Continue 500 calorie diet and inject once daily.

**Day 24-26:** (or day 41-43 for those doing the 40 day treatment): Continue 500 calorie diet without injections.

After day 26 or day 40, you may eat as much as you wish but NO STARCH or SUGAR for 3 weeks. However, it's best to slowly add back individual foods to see how they interact with your body so that your biochemistry is not shocked with a drastic change of fuel.

After those 3 weeks, you may slowly add in starches. I recommend avoiding sugar as much as possible. You must commit to weighing every day indefinitely. If you gained greater than 2 lbs. on any morning, you MUST on THAT DAY, commit to one of the following:

- 1) An all day fast and eating a large steak and "diet" salad in the evening only.
- 2) A complete salad day (the same as on the diet with same dressing).
- 3) An apple day (up to only 6 apples consumed the day and night).

This will result in complete maintenance of weight if done IMMEDIATELY. This cannot be put off for "tomorrow". If you take care of this on THAT day, you will find that the following morning you will have returned to your previous day's weight and know that either the food you consumed was not good for you or consumed in too high a quantity and should be avoided to prevent further weight gain. This is a great way to learn which foods and food combinations work for you, and which ones do not.

## **BEGINNING THE FIRST TREATMENT**

After your consultation you will receive the syringes for injection, this instruction guide, and the strict diet plan. Then it is time to go grocery shopping!!

Take this diet sheet with you. Some prefer to buy enough food for the entire diet and prepare and freeze (this is highly recommended). If you do not wish to do this, simply buy enough to last thru your next grocery visit.

*The FUN begins!*

### **Buy at the grocery store for induction:**

Chocolate, cream, fried foods, nuts, bread, butter, mayonnaise, cheeses, fatty meats of various kinds, and alcohol if you wish! Beginning the first day of the injections, you are to gorge yourself with fattening foods. During the first two days of treatment you gorge - force feed. You will probably be tired and become a couch potato for these two days and it's completely fine. Some say after the first 24 hours they begin to find they cannot stuff themselves but please do so! It's important. Continue for two days and up to the morning of third injection. The morning of the 3<sup>rd</sup> injection you begin the 500 calorie diet.

**IMPORTANT:** Set a strict time as to when you will be injecting. **Inject at the same time every day.** It does not matter what time... but the **SAME TIME EVERY DAY** does matter. Most find it best to inject either mid morning or mid afternoon as those times will help ameliorate ones natural patterns of hunger. For instance, if you are naturally hungrier in the mornings, morning injections prove to be best and vice versa for those that have afternoon cravings.

## **APPENDIX A: DIET PLAN**

**BREAKFAST:** coffee, tea, water. Only stevia or saccharin may be used.

### **LUNCH:**

1. 100 grams of chicken BREAST, fresh white fish (Tilapia, Chilean Sea Bass, flounder, sole or halibut), lobster, or shrimp. All visible fat must be carefully removed before cooking and it must be weighed raw. It must be boiled or grilled. Salmon, eel, tuna, herring, dried or pickled fish are NOT allowed because they contain TOO MUCH oil/FAT. Whichever protein you eat for lunch may not be eaten again for dinner in the same day. For instance, if you eat chicken for lunch you will want to eat fish, shrimp, or lobster for dinner that day.
2. One type of vegetable only to be chosen from the following: Spinach, chard, chicory, beet-greens, green salad, tomatoes, celery, fennel, onions, red radishes, cucumbers, asparagus, cabbage. NO OTHER VEGETABLES MAY BE SUBSTITUTED.
3. 3 Melba toast (small round).
4. One apple or a small handful of strawberries (This may be eaten for breakfast if preferred, but NOT BOTH).

## DINNER:

The same as lunch with the exception of a different protein source for dinner. So if you eat chicken as your lunch protein - shrimp, fish, or lobster should be eaten for dinner etc...

The juice of one lemon or two limes daily is allowed for all purposes. Salt, pepper, vinegar, mustard powder, garlic, sweet basil, parsley, cilantro, and thyme may be used for seasoning but no oil, butter, or dressing.

Tea (black or green), coffee, water, mineral water, club soda, or Zuvia (one 12oz per day) are the only drinks allowed, but they may be taken in any quantity and at all times with the Zuvia exception. You should drink about 2 liters of fluids per day. Many patients are afraid to drink in excess because they fear that this may make them retain more water. This is a wrong notion as the body is more inclined to store water when the intake falls below its normal requirements.

The fruit or melba (along with apple or strawberry only) ***may be eaten between meals instead of*** with lunch or dinner (either two apples a day total or 1 apple and 1 small handful of strawberries a day total). However, if you do decide to eat the melba as a snack instead of with lunch or dinner, do not eat it alone. ~~Make~~ **Make** sure you eat it with the apple or strawberries to reduce the glucose surge that occurs with melba alone. Not more than four items listed for lunch and dinner may be eaten at one meal.

## **APPENDIX B: OTHER GUIDELINES THAT MUST BE FOLLOWED DURING TREATMENT**

1. No lotion, conditioner, shaving gel, hand creams, or any sort of fat-based moisturizer may be used during the program. NO exceptions. One must also be aware of hidden emollients such as those found in lubricants and those applied during massages (see below). Lipstick is okay. Lip gloss is NOT. You may use chapstick BRAND to moisten the lips. Mineral oil (NOT Baby Oil) is permissible for dry skin as well.
2. No massages of any kind while injections are being administered on this program. Massages are encouraged 3 days after injections are finished. Always ask me before any over the counter medicines are taken. Some OTC meds can have a marked effect on your weight loss while on this program. Aspirin is okay for headaches or muscle aches. DO NOT USE OVER THE COUNTER LAXATIVES OR DIET AIDES.
3. MILD exercise is okay, and you are free to engage in most all activities as you please. However, if you engage in very strenuous activity (say a long day of kayaking, a two day hike, swimming more than a mile or any sort of marathon) you may find that you have gained a pound or two the next day. This will remedy itself within the next two days, and is no cause for alarm.
4. Pay attention to what you do unconsciously: No gum chewing, no lozenges, no mouthwash. Always ask whenever an item is in question. These hidden things can run you over the 500 calorie per day limit and you will NOT lose the weight! Weigh first thing in the morning after the bladder has been emptied. Keep a note pad near the scale and note the date and the weight.

You will need to send your morning weight to Teri EVERY morning. DO NOT WEIGH AT OTHER TIMES OF THE DAY. A person's weight can fluctuate as much as 5 pounds throughout the course of day and may only upset you. The morning weight is the most reliable.

#### **APPENDIX C: ITEMS NEEDED FOR THE PROGRAM**

1. Beta syringes from Dr. Rutledge.
2. Food Items listed on diet plan.
3. Bathroom scale.
4. Food scale that measures grams.
5. Alcohol pads for injections.
6. A tape measure. This is very encouraging for some people as fat is shifted in the body often causing huge reductions in measurements even if your weight is not drastically reduced. Many people find that they do not wish to lose as much as they thought because their body shape has improved so much.
7. A CAN DO ATTITUDE!!!