



**WEBER CHIROPRACTIC OFFICE, S.C.**  
**Providing Choices in Complimentary Health Care**  
Gentle Chiropractic Therapy – Acupuncture – Rehabilitation –  
Low Level Laser – Nutrition



# ***Introducing - Ideal Protein***

## ***Your last weight loss program***

**Obesity** in the United States now exceeds cancer as a cause of death. It is the basis for Type 2 diabetes, heart disease, certain cancers including liver & pancreatic, high blood pressure, gallbladder disease, strokes, arthritis and generalized inflammation in the body. It is estimated that 50% of people born today will develop diabetes in their lifetimes. For the first time since 1900, the current generations of young people have a shorter life expectancy. It is an epidemic that far exceeds any flu or disease we have ever known. It is the result of our food sources that are loaded with sugar and fat, and have fewer nutrients combined with reduced physical activity. Our fast food culture and reliance on processed foods is slowly but steadily robbing us of our health and vitality.

The source of most weight issues is **insulin dysfunction**. Insulin is the hormone produced by the pancreas in response to the presence of sugars in our diet. Its main function is to open up our cell's membranes and allow sugar to enter the cell and provide energy. When we overstimulate the pancreas with our high sugar diet, insulin is overproduced and the cells become immune to its effect, allowing our blood sugar levels to rise. Insulin also causes our body to store extra energy as fat and locks the fat in the fat cells (beer belly).

The **Ideal Protein diet** sets in motion the quick burn off of reserve sugars in 3-4 days and then allows your body to ease into a metabolic state of ketosis or fat burning. The addition of three Ideal Protein foods along with eating four cups of vegetables and two large lettuce salads and one serving of meat or seafood protein turns your body into a machine that targets only the fat stores and spares the muscle. **On average women can expect to lose 3-5 pounds per week and men loose 4-7 pounds per week. THIS IS NOT** a high protein diet such as Atkins or South Beach. The over 45 varieties of delicious Ideal Protein foods provide just adequate levels of highly absorbable protein to support production of the building blocks of the body –hair, nails, blood, muscles, organs, skin, hormones, and enzymes. There are four phases to the program which gradually gets you back to eating a normal but hopefully more educated diet that will keep those unwanted pounds off forever. We will teach you what food combinations cause you to gain weight and how to avoid those pitfalls. **The end result is you will not only be the weight you should be, you will be much healthier, have more energy and will live longer.**

**Those patients who know me also know that I am not one to offer something that doesn't do what it says.** My wife and I both went on this program and both lost over 16 pounds within the first three weeks. It is structured, easy to follow with delicious food choices, you won't be hungry and the unbelievable, safe, rapid weight loss keeps you on track until you achieve your desired weight. If you are ready for your last diet, call the office for more details on how to live better and longer or go to [www.idealprotein.com](http://www.idealprotein.com) for an overview of the program.

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