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www.Diennet.com | info@diennet.com

DIENNET CUSTOM MEDICAL WEIGHT LOSS TREATMENT

**PLEASE KEEP AND STUDY THE ENCLOSED PROGRAM GUIDE.
FOLLOWING PROGRAM GUIDELINES IS YOUR KEY TO SUCCESS WHILE ON
THE DIENNET TREATMENT.**

**Feel free to contact our office at any time if you have comments, questions or
concerns.**

**Your progress and well-being while on the Diennet Custom Medical Weight Loss
Treatment is important to us.**

The Diennet Institute®

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THE DIENNET DIET

While on the Diennet Custom Medical Weight Loss Treatment you **must** adhere these THREE restrictions:

- 1) NO BREAD except one serving in the morning (before 10 a.m.) with breakfast. This includes pizza, crackers, tortillas, popcorn, rice cakes, etc.
- 2) NO ALCOHOL OR WINE. Alcohol can be harmful with this type of program and prevent it from working.
- 3) NO SWEETS. This includes cakes, chocolates, candies, sweet desserts and sodas. You must also avoid fruit (no more than 2 pieces per day). Artificial sweeteners should also be avoided.

You should also adhere to the following recommendations while on the Diennet Treatment:

- 1) Rice, potatoes and pasta are acceptable in normal amounts
- 2) Do not consume more than one sweet drink per day. Avoid fruit juice and carbonated beverages/soda.
- 3) Eat everything, but in moderate quantities. It is important for your body's mineral balance that you eat a variety of foods in moderation.
- 4) Avoid drinking more than 2 cups of coffee or tea daily.

Proper Nutrition is imperative while on the Diennet Custom Medical Weight Loss Treatment. Starving is not helpful and overeating can prevent weight loss. Follow these nutritional guidelines to achieve weight loss success:

- Eat at regular hours three times per day
- Dine early to digest well before bedtime
- Pay attention to the quantity of what you eat – in volume, not quantities.
- Eat everything, but in small quantities, and learn how to vary your food.
- Do not snack between meals



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YOUR CAPSULES

Your capsules should be taken together (A + B + C) at the times indicated. Taking them on time is very important.

BEGINNING YOUR TREATMENT:

For the first week, take one of each of your capsules at 5 p.m. daily.

After the first week, take one of each of your capsules at 11 a.m. and 5 p.m. daily.

EATING WHILE TAKING CAPSULES:

Do not eat one hour before or after taking your capsules. When taking pills on time, do not eat between 10 a.m. and 12 p.m., and 4 p.m. and 6 p.m. daily.

STORING YOUR CAPSULES:

Capsules should be kept in a cool, dry place. Never refrigerate your capsules or store in a place where dampness can occur, such as under the kitchen or bathroom sink.

WOMEN TAKING CAPSULE D:

If you receive capsule "D" (3-6 pink capsules) take one only on the 14th day of your cycle, counting from the first day of your period every month. You must take only one capsule per month.

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WEIGHT LOSS

While on the Diennet Custom Medical Weight Loss Treatment, it is unusual to lose weight during the first week – perhaps only a pound.

You should lose five pounds per month if you are to remain in metabolic balance.

It is best to weigh yourself in the morning, after using the bathroom and before eating breakfast.

WARNING: Too rapid weight loss could cause fatigue and an imbalance which may cause you to regain some weight. It is best to lose weight slowly and steadily while on the Diennet Treatment.

If you are losing weight too quickly, you may take your capsules only once daily at either 11 a.m. or 5 p.m. Call us for more information.

Getting a good night's sleep every night is essential for the success of your weight loss while on the Diennet Treatment.

WEIGHT MAINTENANCE

When you have reached your ideal body weight, do not stop taking your capsules for at least 3 months:

- For the first month, alternate taking your capsules twice daily and once daily.
- For the second month, take your capsules at 5 p.m. only.
- For the third month, take your capsules every other day at 5 p.m.

Weigh yourself weekly and keep a record of it. If you gain weight, go back to taking your capsules twice daily until you return to your ideal body weight. Do not hesitate to reorder, as it is easier to maintain your weight this way than to gain it back and have to lose it again.



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IMPORTANT MEDICAL NOTES

In case of serious illness involving fatigue, fever, intake of antibiotics or other strong medication (such as anesthesia or vaccinations), stop taking your capsules temporarily until you have recovered.

Women, if you become pregnant stop taking your capsules for the duration of your pregnancy.

The capsules you receive are designed for YOU in order to balance YOUR body's metabolism. It is important that you do not share or exchange capsules with anyone else.

**THE CAPSULES ARE NOT INTENDED AS A SUBSTITUTE FOR MEDICATION
PRESCRIBED TO YOU BY YOUR DOCTOR.**

Should you have any problems while on the Diennet Treatment, please contact us immediately.

SUCCESS WITH THE DIENNET CUSTOM MEDICAL WEIGHT LOSS TREATMENT

Successfully losing weight with the Diennet Treatment depends on 4 factors:

- 1) Taking your capsules according to guidelines.
- 2) Eating according to the Diennet Diet guidelines.
- 3) Sleeping well. You should sleep well, without nightmares or interruption, and you should not feel tired when you wake up in the morning.
- 4) Eliminating stress. You should get rid of stress if you want to lose weight smoothly. Stress is the cause of many diseases, including obesity.

Do not change your lifestyle while on the Diennet Treatment.

Do not take any new hormonal medications while taking your capsules.

Exercise to help eliminate stress – we recommend walking.

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Your treatment plan was designed specifically for you, and is sensitive to your specific case and needs. We encourage you to follow the program guide very closely, and adhere to all restrictions and recommendations.

If you need to make changes while on the Diennet Custom Medical Weigh Loss Treatment, or have questions regarding your treatment, please do not hesitate to contact us and a member of our staff will be happy to assist you.

Warm Regards,
Dr. Marcel Diennet
and the Diennet Institute team