

The Diennet Treatment General Program Guide



The Diennet Institute
— IN BEVERLY HILLS SINCE 1982 —

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1 Restrictions

Diet: There are only **THREE** restrictions, but they are indispensable:

1. **NO BREAD** except in the morning, (before 10 am) for the breakfast.
2. This includes PIZZA, CRACKERS, TACOS, TORTILLAS, POPCORN, RICE CAKES, ETC..
3. **NO WINE OR OTHER ALCOHOL** which can be harmful with this type of program and keep it from working.
4. **NO SWEETS:** cakes, chocolates, candies, sweet desserts, and sodas. Not too much fruits: Two pieces a day, and you may have a little bit of honey with breakfast. **LIMIT YOUR USE OF ARTIFICIAL SWEETENERS TO 1 PER DAY.**

AND

You must respect the following recommendations strictly:

- a. Rice, potatoes and pasta are acceptable in normal amounts.
- b. **SWEET DRINKS: NO MORE THAN ONE** sweet drink a day including fruit juice, avoid carbonated drinks, and no more than one **DIET SODA** a day.
- c. Eat everything else in moderate quantities, but it is **VERY IMPORTANT** for your body's mineral balance to eat a little bit of everything except as listed above.
- d. Try to avoid drinking more than 2 cups of coffee or tea daily.

2 Proper Nutrition

Proper nutrition is imperative while on the DIENNET Program.

STARVING IS NOT HELPFUL AND OVEREATING CAN PREVENT WEIGHT LOSS

1. Eat at regular hours three times a day.
 - a. You can eat some bread for breakfast but not for lunch or dinner.
 - b. Dine early to digest well before bedtime.
 - c. **WHAT IS IMPORTANT IS:**
 - The **QUANTITY** of what you eat not in calories but in **VOLUME!**
 - If a salad is twenty calories per pound, and you eat three pounds of it, you will put on weight.

2 Proper Nutrition (continued)

2. Eat everything but in small quantities and learn how to vary your food.

Example:

- Salad and cheese first, fruit after.
- Fish and rice
- Red meat with potatoes.
- White meat with pasta.

3. DO NOT SNACK BETWEEN MEALS!

3 Use of Capsules

The capsules should be taken together (A+B+C) at the times indicated below.

TAKING THEM ON TIME IS IMPORTANT!

TO BEGIN YOUR PROGRAM

- For the first week, take one of each at 5 p.m.
- After the first week, take one of each at 11 am. and 5 pm. continuously.

Capsules should be kept in a dry place.

NEVER REFRIGERATE or keep under the kitchen or bathroom.

IMPORTANT: Do not eat one hour before and one hour after taking your capsules.

Do not eat between 10 a.m. and 12 p.m. and between 4 p.m. and 6 p.m.

WOMEN

If you receive capsule "D" (3 or 6 PINK capsules in all for 3 or 6 months) take one on the 14th day of your cycle, counting from the first day of your period every months. You must take **ONLY ONE CAPSULE PER MONTH.**

4 Weight Loss

- It is unusual to lose weight during the first week, perhaps only one pound.
- It is best to weight yourself in the morning, after using the bathroom and before eating breakfast.
- You should lose five ponds in a month if you are to remain in metabolic balance.

WARNING: A rapid weight loss could cause fatigue and an imbalance which may cause you to regain some weight.

if you are losing weight too quickly, take your capsules only once a day at the time you prefer: 11AM or 5PM and call us.

It should work smoothly.

IMPORTANT: Good sleep at night is necessary.

5 Maintenance

When you have reached your ideal body weight, do not stop taking your capsules for a least three (3) months.

For the first month, alternate taking your capsules twice a day and once a day.

For example:

- Monday: 11 a.m. and 5 p.m.
- Tuesday: 5 p.m.
- Wednesday: 11 a.m. and 5 p.m.
- Thursday: 5 p.m.
- Etc.....

For the second month, take your capsules every day at 5 p.m. only.

For the third month, take your capsules every other day at 5 p.m.

5 Maintenance (continued)

Weight yourself weekly and keep a record of it.

If you gain weight, go back to taking your capsules twice a day until you return to your ideal body weight.

82% of our customers stabilize their body metabolism and weight in this manner.

18% need a longer stabilization period.

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.

Do not change your lifestyle during the program. If you have to call us.

Do not take any new hormonal medications during the program.

DO NOT CHANGE ANYTHING until the end of the program except in extreme cases.

Try to EXERCISE to help eliminate the stress in your life.

The program is very sensitive: the capsules are made exactly for you and your special case because everyone is a different case.

So do not change anything. CONTACT US FIRST.

6 Contraindications

In case of a serious illness involving fatigue, fever, intake of ANTIBIOTICS or other strong medication, ANESTHESIA or VACCINATIONS, interrupt the capsules until you have recovered.

IMPORTANT NOTE:

THE CAPSULES ARE NOT INTENDED AS A SUBSISTUTE FOR MEDICATION PRESCRIBED BY YOUR DOCTOR.

7 Women

If you are become **pregnant**, discontinue the capsules.

**** The capsules you receive are designed for YOU in order to balance YOUR body metabolism. Therefore, do not share or exchange capsules with anyone. ****

SHOULD YOU HAVE ANY PROBLEMS DURING THE PROGRAM PLEASE CONTACT US IMMEDIATELY!!!

The program depends on 4 factors:

1. The capsules and their guidelines.
2. The way of eating
3. Your sleep
You should sleep well, deeply, without nightmares, without interruption and you should not feel tired when you wake up in the morning.
4. Stress
You have to try to get rid of stress, if you want to lose weight smoothly and correctly. Stress is the cause of many disease: heart, colitis, cancer, obesity, etc.

I encourage you to follow this Program Guide very closely.
Good luck!

Best Regards,

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