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Slim Protocol and Lifestyle Choices A Simple Guide to Real Weight Loss.



We are learning more and more about increasing the effectiveness of **Slim™** with feedback from our practitioners, affiliates, and customers. The following is a pragmatic look at simple steps to take in obtaining real weight loss.

Also note this independent research report that was just completed on **Slim™** and you can see internal changes in the body from one (1) Slim Holographic disc placed on the thyroid <http://www.8ight.com/v/EISSlimDisc12810.pdf>. Recommended placement is actually three (3) **Slim™** Holographic Disc as noted below so the effect will be more.

Weight gain is caused primarily by the following:

1. **The liquids we are drinking are toxic to our bodies.** Liquids, including water, contain fluoride, chloride, bromides, corn syrup, and artificial sweeteners. Of special consideration are the liquids all create positive + ion charges. See explanation and recommendation in Real Weight Loss Detail to be posted shortly on <http://www.8ight.com/SearchResults.asp?Cat=59> under **Slim Disc Research Results**.
2. **The food we are eating is toxic to our bodies.** We have to convert from processed foods to natural foods. Note the food chart here and See explanation and recommendation in Real Weight Loss Detail to be posted shortly on <http://www.8ight.com/SearchResults.asp?Cat=59> under **Slim Disc Research Results**.
3. Also note the research report by Beverly Rubic for further reasons for our view on why modern foods are creating inflammation in our blood and weight gain posted shortly on <http://www.8ight.com/SearchResults.asp?Cat=59> under **Slim Disc Research Results**.
Slim™ disc clear up much of this issue.
4. **The environment we are living in is toxic to our bodies and getting worse.** We are bombarded with positive + ions 24/7 from EMF frequencies resulting in disruption in our body's internal communication system. See explanation and recommendation in Real Weight Loss Detail to be posted shortly on <http://www.8ight.com/SearchResults.asp?Cat=59> under **Slim Disc Research Results**.
5. **Everyone needs more exercise to maintain muscle and organ strength.** **Slim™** can help with body conditioning actively and passively. See explanation and recommendation in Real Weight Loss Detail to be posted shortly on

<http://www.8ight.com/SearchResults.asp?Cat=59> under **Slim Disc Research Results.**

Use **Slim™** to release your thyroid hormones for increased fat metabolism. Use additional points below for increased metabolism and appetite suppression.

Placement 1. Place Slim on the thyroid, CV22, as noted in this picture.
Placement can be on the skin or on the back of a necklace.

Hint. Tap the Slim holographic disc or necklace several times a day to stimulate the thyroid for TSH hormone release.

Supplement with iodine and zinc as we are all deficient in both as well as a good total mineral supplement. See www.8ight.com for recommendations.

For metabolism use the following points. Place one **Slim™** disc on the sole of each shoe in front of the heel on the center line of the bottom of the foot. When you put on your shoes you are **on** and when you take them off you turn **off**. The holographic disc will last in the shoe for a couple of weeks before the sliding of the foot wears the hologram down.

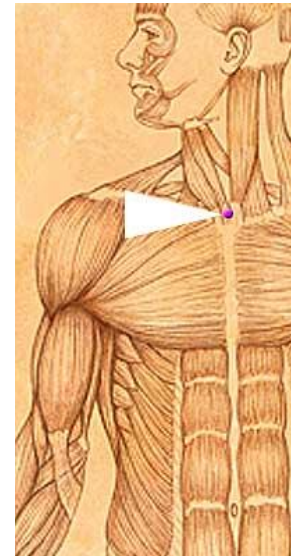
For additional metabolism use ST 36 below each knee. ST 36 is one of the most powerful acupuncture points on the body. Peel and stick the **Slim™** Holographic Disc on the point noted.

If you keep **Slim™** on during the night, and in extreme cases this is very helpful, use our **Sleep™** Holographic Disc to help with the continued metabolism during the night that could disrupt sleep.

Sleep™ can be use for several nights by removing each morning and sticking back on the sheet the disc come on. Use the same disc until the adhesive gives out.

We are seeking simple ways of implementing real weight loss into everyone's day with better nutrition and lifestyle choices. There are so many bogus programs being advertised now it is totally confusing, but one area to rule out is **processed food weight loss using paid celebrities** to sell you with their beautiful bodies.

You may see temporary gains in using processed foods that have 0 nutritional value, 0 energy content, and only empty calories with food preservatives. You will build up all



the wrong molecules in your body in the process and crash and burn coming back down or up in this case.

Hint. Shop the perimeter of grocery stores skipping over the baking section. The interior isles of grocery stores are basically processed food that will make you fat. Stay away from all corn additives like corn syrup and salt. You get enough salt without adding more. Processed foods include drinks and pasteurized products that are all dead.

Alkalinity You have to change your acidic (-) levels and work to a slightly alkaline body. You can do this naturally by selecting the positive base forming foods in this chart so you have a net alkaline effect daily. This is critical to weight loss and health.

Eat from the bottom of the chart limiting the foods in the upper part of the chart and monitor your alkalinity seeking around 7.4 pH.

More research reports coming shortly.

8ight Health Staff

Acid and Base Forming Foods

Residual Acidity (-)		
Acid Forming Foods	-40	Pork, Veal, Hamburgers, Polished Rice, Beef, Oysters, Crab, Lobster, Shrimp, Ham, Turkey, Chicken, Coffee & Tea, Fresh Water Fish, Eggs, Liquor, Chocolate, Hard Cheese (Parmesan), Ocean Fish, Natural and Wild
	-35	Rice, Beer, Wine, Most Breads and Pasta, Spaghetti, Whole Grain
	-30	Breads, Margarine, Nuts, Butter and Cream, Soft Cheese, Whey, Cow's Milk, Goat's Milk, Potatoes, Lentils, Onions, Garlic, Carrots, Apples, Pears, Bananas, Oranges Raisins, Beans (French, White, Kidney) Olives, Molasses, Cabbage & Lettuce, Dandelion Greens, Soy Nuts, Beets, Celery, Carrots, Tomatoes, Dried Figs, Shiitake Mushrooms Pure Lecithin, Ginger, Spinach, Cucumbers, Radishes, Squash.
	-25	
	-20	
	-15	
	-10	
	-5	
	0	
	+5	
Base Forming Foods	+10	
	+15	
	+20	
	+25	
	+30	
	+35	
	40	
	Residual Basicity (+)	