

FIRST SESSION INSTRUCTIONS

Groups are confidential. Matters discussed must stay in group.

Shakes and Soups

1. Five per day is the minimum amount, spread out throughout the day
2. No maximum number of shakes / soups per day
 - a. The more you drink, the more weight you will lose (because you are not eating other higher calorie foods)
3. Mix with water or non-caloric beverage
4. Adding ice in a blender makes the shake thick and creamy and adds volume
5. When preparing a hot soup or shake, it is best to mix it first and then heat it
6. Use less water to create a pudding
7. Use less water and bake it on cookie sheet with non-stick spray to create cookies or chips
8. Flavored, minimal calorie syrups like Torani add variety to the shakes.
9. Salsa adds variety to the soups, as do spices, such as onion flakes, garlic powder, hot sauce, basil, curry powder, Mrs. Dash's blends, etc
10. Bouillon has minimal calories and is okay. Sodium-free bouillon is best, but regular bouillon is better if you have low blood pressure and feel light-headed when standing up
11. Have extra packets at work, in your purse, in your car so you aren't caught without one. When caught without a shake, 8 ounces of non-fat /skim milk is a satisfactory substitute

Water

1. At least 64 ounces per day, in addition to other beverages

Caffeine and Alcohol

1. Avoid them
2. Decaffeinated beverages are okay. When weaning off of caffeine, it may be helpful to mix $\frac{1}{2}$ and $\frac{1}{2}$ to avoid headaches

Sugar-less gum and mints

1. Recommended
2. Beware that artificial sweetener may be sorbitol, which is a baby laxative and may cause gas

Dental care

1. Floss your teeth regularly

Take your measurements regularly

Exercise

1. In general, don't worry about exercise the first week. Your assignment for the first week is to get OFF food and onto the shakes/soups
2. Walking is recommended. Increase duration of walk gradually
3. Exercise may be broken up into many sessions during the day. Duration of exercise is more important than how fast you perform it
4. Goal is 6-9 hours per week in total: 1-1½ hours per day, 6 days per week
5. Purchase a pedometer and walk 10,000 steps per day
 - a. Omron Alvita Ultimate is recommended, best deal is through Amazon.com. Many people use Fit Bits or Jaw Bones or phone apps
6. Park far away, use the stairs, carry one bag from the car at a time, use the restroom most distant from your desk....
7. Weight-training / resistance training is also very important—builds muscle that is the engine that burns calories

Constipation-Remember to discuss this with the physician

1. Your bowel movements will not be the same: it is important to not become uncomfortable
2. Fiber, often in the form of psyllium, is safe and is recommended, once or twice per day.
 - a. Amount of fiber per dose varies among products:
 - i. Konsyl - 6g
 - ii. Sugar-free Metamucil - 3.4g
 - iii. **Benefiber** - 3g
 - iv. Sugar-free Citrucel - 2g
 - v. Fibercon tablets - 1g
 - b. Fiber "Lets you go"
3. Stool softeners may be helpful
 - a. Docusate (Colace, Surfak)
 - b. "Lets you go"
4. Easing the way- lubricating and making it easier to pass hard stools
 - a. Glycerin suppositories or Fleet's oil enemas
 - b. "Lets you go"
5. Laxatives and suppositories "Makes you go"
 - a. Use it every second or third evening, if needed
 - b. Dulcolax or Correctol (bisacodyl), oral or suppository
 - c. Milk of Magnesia
 - d. Senna
 - e. **Miralax** is not habit-forming may be used daily