Unlock Your Body's Natural Fat Burning Potential

Strategies For Getting 2X The Weight Loss Results Using These Powerful, Natural Supplement Formulas



TRUTHENTICS HEALTH

Thank you for your Purchase!

Over the past 35 years, we've helped thousands just like you to lose weight and improve their health using specific dietary and exercise strategies along with proven nutritional support formulas that support their fat-burning biology.

Our approach focuses on improving metabolic health to lose weight and keep it off. Being able to burn fat is a crucial aspect in your weight loss journey because it not only helps reduce overall body fat percentage and improve body composition but also leads to the "right kind" of weight loss – *fat, not muscle.*

When you burn fat, you break down stored fat to use as energy, as well as help support your metabolism. A better functioning metabolism then can lead to more calories being burned throughout the day, even at rest, which will continue to support ongoing weight loss.

To help in this process, we developed two nutritional supplement formulas called ***Weight Loss Formula One*** and ***Weight Loss Night Formula*** to support metabolic and digestive health, to help bring the body back into balance, ignite your fat-burning engine, and improve overall health and longevity.

Both our ***Weight Loss Formula One*** and ***Weight Loss Night Formula*** are supported by the best science, our years of experience in metabolic health and weight loss nutrition.

Along with the Strategies we provide in this Guide, we believe *you too CAN unlock your fat-burning potential and achieve success.*

Both our ***Weight Loss Formula One*** and ***Weight Loss Night Formula*** will make it easier for you to lose weight, look better, feel better about yourself, and *help you become the best version of yourself!*



Dr. Rich Farina

Dr. Rich Farina
Founder, Truthentics Health

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DISCLAIMER

The statements within this book have not been evaluated by the Food and Drug Administration (FDA). The products mentioned are not intended to diagnose, treat, cure or prevent any disease.

Note that the contents here are not presented from a medical practitioner and that any and all healthcare planning should be made under the guidance of your own medical and health practitioners.

The content within only presents an overview based upon research for educational purposes and does not replace medical advice from a practicing physician.

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How to Get 2X The Results When Using Our Weight Loss Formulas!

*Here are **10 strategies** you can easily implement to get 2X the results from using one or both of our Weight Loss Formulas…*

Most people who take nutritional supplements generally follow the "take as directed" instructions on the side of the bottle. And while that may be adequate for most supplements, we wanted to take the opportunity to provide you with some **proven tips and strategies** when you take one or both of our ***Weight Loss Formulas***.

These strategies have helped our Truthentics Health Personal Coaching Clients get greater results from taking these products… ***as much as 2X better results!*** So we highly recommend that you implement as many of them as possible or that your lifestyle will allow.

By the way, just as a matter of clarification, neither of our ***Weight Loss Formulas*** are "quick-fix" weight loss supplements that promise you fast, unrealistic changes on the scale that are usually from water weight loss, muscle loss, dehydration, and artificial and dangerous thermogenic stimulation.



Instead, our ***Weight Loss Formulas*** are **scientifically-designed nutritional formulas** that address the deeper pathways of your internal fat-burning "engine" that are responsible for converting the food you eat into energy or into stored fat. In fact, what makes our ***Weight Loss Formulas*** so unique is that they address two critical factors that challenge most people who are trying to lose weight:

- **Compromise of your very capable fat-burning potential to tap into and use stored fat for energy…**
- **The decline of your body's ability to properly process all of the essential macronutrients in the foods you eat.**

Perhaps the most exciting feature of our ***Weight Loss Formulas*** is that ***the benefits of taking it increase with continued use.*** In fact, we have seen many of our coaching clients continue to take one or both of these supplements to prevent backslides once they've reached their weight loss goal and ultimately get off the dieting rollercoaster.

Begin implementing at least THREE of the following strategies when you start taking our ***Weight Loss Formulas***. Pick the ones that will be easy for you at first so you can gain some momentum towards reaching your goal. The more of these strategies you are able to implement and master, the greater the impact will be on how you look and feel. Soon you'll be happy that you chose the weight loss approach that just makes good sense!

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Proven Strategy #1: For optimum results, take Weight Loss Formula One before breakfast and lunch.



We recommend that you **take a minimum of TWO (2) capsules of Weight Loss Formula One with water each day, one before breakfast and one before lunch.** As your fat-burning biology begins to awaken and become more efficient, you may increase the dose to three (3) capsules per day, taking the third capsule 30 minutes before dinner, as long as you eat dinner at least 4 hours before bedtime. ***The benefits of taking Weight Loss Formula One increase with continued use, so be sure to allow adequate time for the "ramping up" process to occur.***

*IMPORTANT: After you reach your goal weight, we recommend taking one (1) capsule daily with water before breakfast or lunch to prevent weight loss "rebounding" until your biology stabilizes at your new weight.

Proven Strategy #2: Start out the easy way… Just cut out the Junk Food.



One of the easiest ways to start losing weight and rebuild your fat-burning biology at the same time is to simply remove most of the junk food from your diet. Most people are truly unaware how many hidden calories, toxic preservatives, and inflammation-causing seed oils that are contained in the junk food they eat.

And while this strategy may seem obvious, it can often be difficult to implement because people get into habits and situations that promote access to eating junk food. If you gradually begin eating a **"cleaner diet"** by simply removing junk food, you will easily have a jumpstart towards losing the weight you want to lose.

Does this mean you will never be able to eat a Taco Bell© burrito or a McDonald's© cheeseburger? Not at all. In fact, Proven Strategy #9 will show you how to eat whatever you want… including some junk food… one meal a week. See that below

Proven Strategy #3: Eat, don't crash diet.

One of the biggest mistakes you can make when trying to lose weight is to eat a calorie level below what your body actually needs to "burn" your stored calories (fat).



When you eat too low of a calorie amount each day, you can stall your mighty fat-burning engine. Then, instead of having this internal engine running on all cylinders

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and naturally burning through everything you eat, you end up with one that is just crawling along and barely able to process even the lower amount of calories you are eating.

You can even gain weight when you try and dramatically cut your daily food intake in desperation to lose weight quickly.

To be safe, unless metabolic testing is available, **most women should never lower their calorie intake below 1,200 calories per day; for men, that number is 1,600 calories.** This will ensure timely consistent weight loss from stored fat while keeping your stored fat burn rate adequate and healthy to see the job to its completion.

Proven Strategy #4: Try to consume ALL of your daily meals (calories) within a 10 hour period.



Today, there is a huge body of evidence that supports this strategy not only where weight loss is concerned, but also for overall health and longevity. The genesis of this strategy was based on groundbreaking research at the Salk Institute in LaJolla, California where scientists discovered that the timing of when you eat may be more important than exactly what you eat in determining whether you'll stay slim or regain your weight.

The premise is that the body was designed to run best with periods of eating followed by periods of non-eating or fasting. With this approach, **it's a 10-hour eating window followed by 14 hours fasting which enhances a cascade of fat-burning hormones in your body.** The 10-hour period can be adjusted to best suit you. The "ideal" 10-hour period has been found to be between 7:00 AM and 5:00 PM. However, you can choose whatever hours you feel would work best with your schedule.

Proven Strategy #5: Unless absolutely necessary, refrain from eating after your Dinner Meal.



This works in tandem with Proven Strategy #3. **By making your dinner your last consumption of calories for the day, it drives your biology into a "body fat burning mode" earlier for maximum weight loss while you sleep.**

Furthermore, if you're a person who typically skips breakfast and then tends to overeat at your dinner meal and even snack beyond, putting this strategy in practice will break this ineffective eating cycle and shift the consumption of a majority of your calories during the day when you'll have a better chance of converting them into energy rather than converting them into stored body fat.

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Proven Strategy #6: Skip the starch at your Dinner Meal whenever possible.



Starchy carbohydrate foods like breads, cereals, crackers, muffins, pasta, rice, etc. are best eaten when they can be burned for fuel as energy – during the day. Once your fat-burning biology has recovered, ignited, and working more efficiently so that you can deal better with these types of foods, they are best eaten as part of your breakfast or lunch meal.

Does that mean you can never have starchy foods in your Dinner meal? Of course not. In fact, if you are a regular exerciser and perform some type of resistance-based exercise, your body's glycogen stores will be empty and ripe to receive the new glycogen as a replacement, which you can easily get from having starch at your dinner meal.

This strategy is just one more "biohack" to implement if you're looking to look and feel better in a leaner body.

Proven Strategy #7: Work toward developing a "routine meal blueprint" for eating during the week.

Most people who want to lose weight tend to overthink their "weight loss menu". Instead, we recommend that you develop a **simpler "blueprint" for what you eat during the week.**

Consider that if you could follow a blueprint or framework of how and what to eat each day, you could eventually learn how to work and substitute within that blueprint so you didn't feel like you were following a restrictive diet.

Making the blueprint "simple and flexible" is the key. Here's an example of one that many of our Truthentics Health coaching clients have used to great success:

Breakfast – High-Powered Shake



Example:

1 - 2 scoops Vanilla-Flavored
Protein Powder (ex: whey, collagen)
1 cup of fresh or frozen fruit
(i.e. strawberries, melon)
2 tbsp. milled flax seeds
1 cup coconut water or regular water
3-4 ice cubes (optional)

Place ingredients in blender. Blend until smooth.

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Lunch – Big Salad With Protein



Example:
3 cups lettuce, chopped
4-6 oz. white meat chicken/turkey/tuna
1 hard-boiled egg
1 tomato, chopped
1 cup other vegetables
2 tablespoons Italian low-fat dressing

Dinner – Large Lean Protein With Two Veggies



Example:
5-7 oz. of grilled lean steak, chicken breast, white fish filet (tilapia, flounder) broiled or steamed
Salt, pepper, herbs to taste
2-4 cups steamed non-starchy vegetables of your choice
2 tsp. olive oil
Salt, pepper, herbs to taste

Proven Strategy #8: Don't just hydrate… *"superhydrate"!*

If you are looking to lose weight (body fat), drinking adequate amounts of pure fresh water per day cannot be overemphasized. Here's why…



When your kidneys don't have enough water with which to detoxify your body, the liver is called to help out. But this then diverts your liver from its primary duty – to convert stored fat into usable energy. **By not drinking enough water, you create an obstacle that prevents your body from losing excess body fat efficiently!**

But how much should you drink? While the recommendation for staying healthy is drinking eight 8-ounce glasses per day, **when it comes to weight loss, we recommend 16 ounces for every 25 pounds of body weight… up to eight 16 ounce glasses per day.**

Here is an **"11-Day Adaptation Schedule**" shown below to facilitate this new habit as well as to more gently introduce your body to the effects of drinking more water.

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Suggested 11-Day Water Drinking "Adaptation" Schedule:

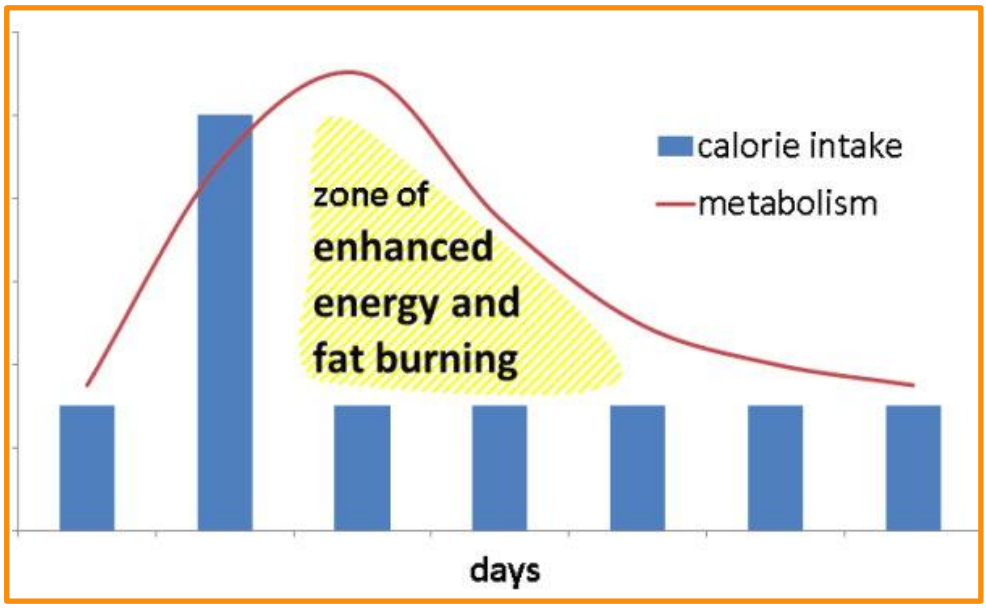
Number of 16 oz. Glasses Per Day

Time	DAY 1	DAY 3	DAY 5	DAY 7	DAY 9	DAY 11
7:00 AM	1	2	2	2	3	3
12:00 PM	1	1	2	2	2	3
4:00 PM	1	1	1	2	2	2
8:00 PM						
TOTALS	3	4	5	6	7	8

Proven Strategy #9: **Be good to yourself and your body's biology… Have one "cheat meal" each week.**

The strategy of using a weekly Cheat Meal helps keep your body's biology from entering "survival mode". **The power of one carefully-designed Cheat Meal per week cannot be under estimated.** Done properly, it signals your brain that your body has enough stored fat to "make energy" and it tells your body to "rev-up" and GO!

Our research has shown you can have a heightened level of enhanced energy and fat burning up to 4 days following a well-designed Cheat Meal. Also the Cheat Meal helps you start building an eating plan you can live with long term.



We recommend you take your weekly Cheat Meal sometime between Friday evening and Saturday evening.

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This does several important things…
It rewards your food cravings from the previous days, allowing you to enjoy pleasures like pizza, pasta, breads, etc.

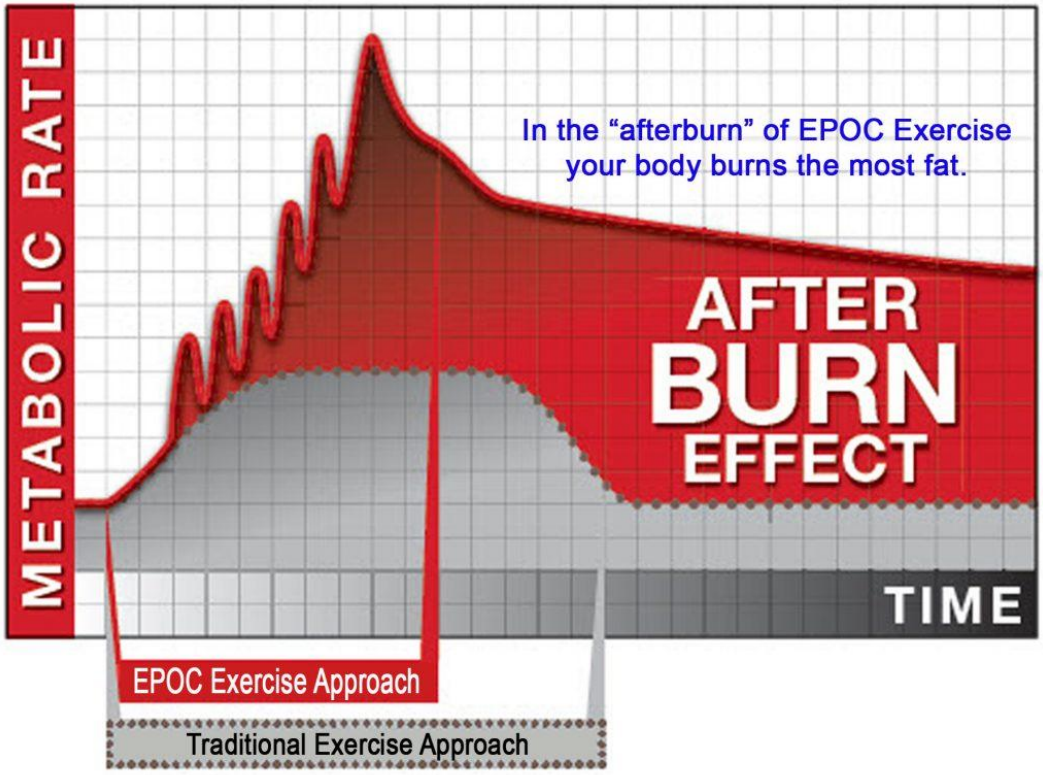
Eating these “food flings” are physiologically rewarding and you can eat most anything you want, so long as it all occurs all within a 2-hour window.

Proven Strategy #10: **Accelerate your weight loss by 30% or more by performing some brief exercise that will enhance your fat-burning biology.**

Although not necessary for our ***Weight Loss Formula One*** to work for you, the addition of exercise supercharges fat loss if you have more weight to lose. *But what type of exercise is best?*

While you may be able to rack up the mileage on the treadmill or the elliptical so the display says you’ve burned a few hundred calories, **cardio style of exercise isn't the optimal metabolism-boosting workout.** In fact, when it comes to exercise, simply 'burning calories' is often a mistake.

The best way to lose weight with the addition of exercise is to perform exercise that stimulates and fatigues your muscles… *all of your muscles.* So the best type of exercise that will increase your RMR (Resting Metabolic Rate) requires re-building or even building some muscle so you can be burning calories even when you're not working out.



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Recently, we have found a new, very specific type of resistance exercise allows you to harness the power of what is known as **E.P.O.C. (Excess post-exercise oxygen consumption also know as "afterburn")**. This style of exercise delivers a bigger, longer rise in resting metabolic rate and thus faster, greater weight loss without a lot of extra time and effort.



It's called ***Static Contraction Exercise (SCE)*** and is effective in helping you re-build and tone your muscles, as well as provide your body with just enough muscular stimulus so you lose weight from FAT while keeping your muscle. **In other words, you ensure that your weight loss is the "right kind" of weight loss… *from just FAT*.**

If you're unfamiliar with how to perform this type of exercise, you can perform SCE at home using inexpensive resistance bands.

Instead of focusing on the amount of exercise and frequency, emphasizes the intensity of the workout session and therefore SCE sessions are very brief in length. In fact, we call it ***Muscles In Minutes***.

In fact, some would say it doesn't even seem like exercise… because you are essentially **"holding" your resistance in a static position** halfway within the exercise's range of motion and counting the seconds (perhaps using a stopwatch) until you reach the time when you simply can't hold it there any longer (also known as the "drift point").

The typical SCE routine consists of only 5 exercises with Hold positions of 15-90 seconds each. You can literally perform the entire SCE routine in about 5 minutes! To learn more, contact us at **Support@Truthentics.com**.

There you have it… 10 easy-to-implement strategies you can follow to get the 2X the results when taking one or both of our ***Weight Loss Formulas*****.**

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FAQ's About Our
Weight Loss Formulas

Q: Do I have to exercise to get results and how often?



A: No. However, best weight loss results can be achieved when you combine our ***Weight Loss Formulas*** with regular resistance-based exercise and a balanced, nutritious diet.

Q: How long will one bottle last?

A: Each bottle of our ***Weight Loss Formulas*** with contains 60 capsules. If you take it as recommended, one bottle will last you approximately a month.

Q: Are there any side effects I might experience?

A: All of the ingredients in our ***Weight Loss Formulas*** are natural and carefully combined in the right doses to ensure best results. We recommend that you adhere to the cautions on the label. When an individual uses the product as directed, you should not experience any irregular side effects. But as always, consult your doctor before use and before beginning any weight loss program.

Q: How big are the capsules?

A: The product capsules are standard pharmaceutical-grade size. They are easy to swallow with water or another beverage. They are also gluten-free and soy-free.

Q: Does this product come with any kind of guarantee?



A: Our ***Weight Loss Formulas*** with comes with an unconditional 60-Day 100% Money Back Guarantee. If after taking the product for at least 30-60 days you are not completely satisfied, simply contact us directly for a full refund. ***Remember… results get better with continued use.***

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Did You Only Get *ONE* Of Our Weight Loss Formulas?

No problem. No matter which Truthentics Weight Loss Formula you purchased, you can easily pick up the other one so you get…

24/7 WEIGHT LOSS SUPPORT



Many of our Truthentics Customers usually purchase our ***Weight Loss Formula One*** without knowing that there is a **"companion product"** called ***Weight Loss Night Formula*** that helps you actually continue to lose weight while you sleep.

It's true… our ***Weight Loss Night Formula*** is specially designed to:

- Offset the **"dawn effect"** that **causes you to gain weight while you sleep***
- Help your **nighttime metabolism from dropping off***
- Suppress **late-night cravings***
- Improve **body fat release from stubborn fat cells***
- Relax and **sleep more soundly***

Be sure to stack the deck in your favor by taking BOTH Truthentics Weight Loss Formula… take ***Weight Loss Formula One*** during the day AND our ***Weight Loss Night Formula*** before bedtime. Both Weight Loss Formulas are available on…

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Weight Loss Formula One
Weight Loss Night Formula

Walmart+

Weight Loss Formula One
Weight Loss Night Formula

Unlock Your Body's Natural Fat Burning Potential

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TRUTHENTICS HEALTH®

MEET

DR. RICH FARINA

FOUNDER OF TRUTHENTICS HEALTH®

A Metabolism-First Approach to More Energy, Better Health, and Lasting Results.



35+ YEARS
of real-world experience in metabolic health, nutrition, and performance.

THOUSANDS
of people helped to improve energy, blood sugar, weight, strength, and overall health.

LIFESTYLE + TARGETED NUTRITION
A practical, natural approach to address the root causes of poor metabolic health.

> ***My mission is simple—help you understand your metabolism and give you real, practical strategies to feel better, have more energy, and take back control of your health.***

AREAS OF FOCUS

- Energy & Metabolism
- Blood Sugar & Insulin Health
- Healthy Weight & Body Composition
- Muscle, Strength & Performance
- Hormonal & Cardiometabolic Health
- Healthy Aging & Longevity

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FOR PRACTICAL TIPS, RESEARCH INSIGHTS, AND SIMPLE STRATEGIES FOR A HEALTHIER METABOLISM.

TRUTHENTICS
HEALTH



OUR MISSION

To Help People Restore Their Energy & Health by Fixing Their Metabolism.

We provide simple, science-backed strategies and high-quality nutritional support to address the root causes of low energy, weight gain, and metabolic decline—so you can feel better, function stronger, and ***live a healthier, more active life.***



STEADY ENERGY

HEALTHY WEIGHT

BETTER METABOLISM

CLEARER THINKING

OUR GOAL

To give you the knowledge, tools, and support to take control of your metabolic health—***naturally and for life.***

Dr. Rich Farina

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WHAT MAKES TRUTHENTICS DIFFERENT?



Dr. Rich Farina

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PREMIUM, LAB-TESTED INGREDIENTS
High-quality, trusted, and pure.

METABOLISM-FIRST FOCUS
Supports energy, blood sugar, weight, and long-term health.

SCIENCE-BACKED FORMULAS
Evidence-informed nutrients that work with your body.

QUALITY YOU CAN TRUST
Made in the USA in cGMP-certified facilities with third-party testing.

REAL-WORLD RESULTS
Built from 35+ years of experience helping thousands of people improve their metabolic health.

NOT JUST SUPPLEMENTS—
A SMARTER, METABOLISM-FOCUSED APPROACH TO BETTER HEALTH.