

A close-up photograph of white flowers and green leaves, with a bright light flare on the left side, creating a soft, natural background for the text.

AMG NUTRITION
WEIGHT MANAGEMENT
PROGRAM

Nutrition Programs

The nutrition programs from AMG Nutrition are the absolute best nutrition programs available anywhere in the world. To better understand why this is, it is important to understand what these programs are not. These are not diet programs, as diets imply a temporary detour from normal eating habits in order to achieve a temporary result. They are not based on the latest trendy discovery to come out of the Amazon or the mystical mountains of the Far East, as most of those programs disappear before you realize the limits of their effects.

Instead, AMG Nutrition bases its health programs and products on years of research from AMG Health. At AMG Health, nutrition is a cornerstone for treating chronic illnesses like cancer, infection, CFS, IBS, heart disease, and many more life threatening diseases. Data and experience gained from treating critically ill patients has led to the development of the most comprehensive nutrition programs for people with less threatening conditions.

AMG NUTRITION SAFETY

The key benefit of AMG, besides effectiveness, is the safety of its programs.

Our programs are designed and monitored by doctors; medical doctors with a complete understanding of the complexity of the human body and the dangers of a wrongly designed program.

At AMG, every person is treated as an individual. This, combined with our experience in treating critical patients through nutritional rebalancing, makes AMG Nutrition Programs the safest and most effective option possible.

Each nutrition program begins with a foundation package. The foundation package covers the most important aspects of nutrition common to people in that category. Beyond the foundation package, each program can be further customized based on the person's individual needs and goals. The advanced packages deliver precisely what you need based on specific testing and evaluation.

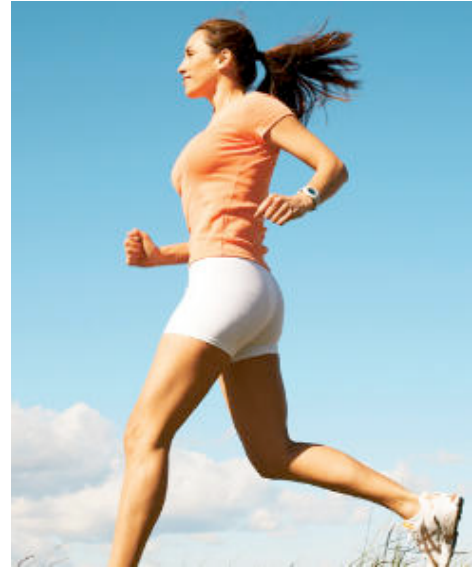
If you are ready to make a commitment to your health, read on.



Weight Management

Weight loss is one of the most misunderstood and mismanaged types of health issues in the world. Anyone who has tried to lose weight can attest to the hundreds of programs available. Every day, someone introduces a new ingredient or idea, but many programs unfortunately do not work. At the AMG Health clinic, we see this often with our gastric surgery patients who have reached the end of their patience with weight loss programs.

The AMG Weight Management Program began with rethinking the entire process. Instead of focusing on one factor like limiting fat or calories, we designed a program that starts from the very building blocks of good nutrition.



Begin with Improving Nutrient Absorption

Hunger is partially driven by your body's need for more nutrients. The poor diet that leads to weight gain usually also leads to a deterioration of your digestive system's ability to extract nutrients from the foods you eat. Before any changes are made to your diet to include nutrient rich foods, it is important to ensure that your body will be able to break them down and extract what it needs from them. Otherwise you will not get the full benefit from a change in diet.

Infuse Your Body with Nutrients

Loosing weight can feel like an uphill battle, especially changing diet and activity levels at the same time. By infusing your body with the nutrients it needs, it can have a snowballing effect. Your hunger will be reduced naturally which will make it easier to stay away from unhealthy snacks, and your energy level will be higher than normal even with a reduced intake in food. This part is key because of how important exercise is to losing weight.

Close the Loop with a Complete Diet and Exercise Plan

Once your body regains the ability to produce energy and control hunger, your chances of making a diet and exercise program work for you are much better. You will also be set up for better success in the long run.

AMG Foundations

Weight Management Foundations Program

STEP 1: 1 ON 1 CONSULTATION

The Weight Management Foundations Program is the first basic package to get you going. It begins with a complete nutritional evaluation by a health specialist to determine what your priorities need to be.

Your initial consultation will evaluate:

- Your goals
- Your medical and nutritional history
- Your daily dietary habits
- Any particular ailments or conditions



Based on this information, our nutritional specialist will then be able to formulate a supplement package and diet program for you.

STEP 2: DEVELOP YOUR PROGRAM

There are four things that mark the effectiveness of a nutritional program: selection, quality, quantity and timing of the ingredients. Many people are fooled by programs and products that advertise the vast selection of ingredients included, but they unfortunately do not realize that the quantities are too little to be effective, or that some ingredients have been combined to be taken at the same time when they should not be.

Our nutrition programs are designed for maximum effectiveness by utilizing the right ingredients, in the right quantities, and administered in the correct combinations for maximum absorption.

The following are some of the nutrient supplements included in most AMG Foundations programs.



Supplements for Digestive Efficiency

Digestive Enzyme - Papain

- Essential for digestion of protein and complex carbohydrates
- Does not act as an antibiotic

Soluble and Insoluble Fiber

- Good bacteria that helps maintain a healthy balance of micro-organisms in the gut
- Improves digestive efficiency
- Lower's cholesterol levels
- Inhibits fat absorption
- Has a natural detoxifying effect without harmful laxatives

Probiotics

- Good bacteria that helps maintain a healthy balance of micro-organisms in the gut
- Improves digestive efficiency

Aloe Vera

- Soothes gut irritation
- Helps heal intestinal damage



Supplements for Improved Nutrition and Energy

Flax Seed

- Excellent source of fiber
- Contains vital Omega-3 fatty acids, which are essential for energy production and cell membrane formation
- Flax seed aids in the transfer of oxygen from the lungs to the blood

Pantothenic Acid – Vitamin B6

- Essential for release of energy from foods
- Necessary for production of Coenzyme A for cholesterol and fatty acid metabolism
- Promotes healthy adrenal gland function
- Improves immune and nervous system activity

L-Carnitine

- Essential for fat metabolism as it transports fatty acids into the mitochondria, where they are burned to release energy.

Chromium Picolinate

- Normally found in liver, eggs, poultry and whole grain cereals, but in low quantities.
- As part of GTF compound, it is essential for normal sugar metabolism
- Also important for fat and protein metabolism
- Adequate chromium is essential for maintaining healthy cholesterol levels

AMG Power Greens

- Daily infusion of powerful supergreens delivers a boost of vitamins and minerals in their natural form
- Full of powerful immune boosters
- Contains antioxidants to counteract free radicals

Melatonin

- Sleep disorders have been shown to attribute to obesity, and Melatonin is very effective at improving sleep disorders



Close the Loop with a Complete Diet and Exercise Plan

The combination of these compounds will allow you to get more nutrients and energy out of a healthy diet. This is the most natural method of reducing hunger without artificial steroids or blockers, and the increased energy production will also make it easier to follow through with a dedicated exercise program.

Weight Management Foundations Program

AMG Elite

Every athlete knows the importance of having good equipment, and the more serious the athlete, the more serious the equipment. So you can think of nutrition programs as buying a pair of shoes. You can start with something like a general multivitamin, which would be the equivalent of buying any pair of shoes made for the male or female human foot. Beyond that you can proceed to a more advanced nutrition plan such as AMG Foundations, which would be the equivalent of buying a pair of shoes made specifically for your needs such as basketball, football, or running. The AMG Elite program is the most advanced nutrition program available, like having a custom made pair of running shoes specifically for your weight, size, pronation, habits, etc.

The AMG Elite Nutrition Program begins with a complete analysis of your current state of health, and creates a program based on your goals and exact needs of your chosen sport.



Complete Diagnosis

Since everyone has different needs, deficiencies, and requirements for losing weight, a complete analysis needs to be conducted of your vitamin, mineral, hormone, toxin, cholesterol, fat, and metabolic levels. This is done through a combination of several tests.

Hair Analysis

- Mineral levels
- Heavy metal intoxication

A hair analysis is a useful indication of current mineral levels. Minerals, unlike vitamins, can be dangerous if they are excessively low or excessively high. Yet they are vital for proper function, so close monitoring is important as you begin restoring your body to its intended health. Heavy metal intoxication is also important because any presence of heavy metals can hinder immune system efficiency and metabolic efficiency.

Basic Food Panel

- Food allergies

Unfortunately, many people are unaware of all the foods they are allergic to, which can place an unnecessary strain on their immune system. A basic food panel test can reveal

any unknown allergies, around which a safe dietary plan can then be designed.

Electrodermal Analysis

- Relative predictive nutrient absorption and reaction
- Internal systems check for your body
- Effectiveness of any current medication or nutritional supplements

The electrodermal analysis is an effective way to predict how your body is reacting to current treatments and how it will react to any available nutrients. Some people, for instance, react much better to calcium aspartate than calcium picolinate, while some people have the inverse reaction. Electrodermal analysis can predict this very accurately, while at the same time providing vital information about every important system in your body.

Blood Testing

- LDL and HDL cholesterol levels
- Triglyceride levels
- Blood oxygen and sugar levels
- Hormone levels

While not always necessary, blood testing can give us a more complete picture of where you are starting. It serves as a checkpoint for anyone with a possible condition necessitating special care or consideration.

Customized Program

All these tests are conducted in order to form the most complete custom program for you possible. Beyond the testing, the elite program includes:

- Complete evaluation of your health by a nutrition specialist
- Custom nutrition plan
- Custom supplements package
- Monthly or bi-monthly re-evaluation

With the AMG Elite Weight Management Program, you can have complete knowledge of your physical progress and full control of your progress. Give yourself the best possible chance to succeed with the AMG Elite program.