

Lose Weight Now! FAST BURN

- *Slow metabolism*
- *Fight hormone imbalance*
- *Control carbo-cravings*

Dr. Michael Hirt's Fast Burn is a three-step personalized nutrition weight loss program created in 1997. Since its beginnings, Fast Burn has helped countless people successfully lose weight and keep it off.

Patients can experience difficulty losing weight due to slow metabolism, carbo-cravings, and hormone imbalances. Vitamin and herbal supplements can be helpful to correct these imbalances and help keep the weight coming or staying off.

For the complete weight loss supplement program, ask for the "Fast Burn..Faster: Natural Weight Loss Supplements" Handout at Dr. Hirt's office.



We also have an extensive line of delicious low-carb food products to help you stay on the Fast Burn Diet and lose the weight you want...fast.

Please see pages 58-63 for our complete listing.

AppTRIM

by Physician Therapeutics

- *Stimulate your metabolism safely and effectively*
- *Assist fat burning*



AppTrim is an all-natural supplement invented by a Cedar-Sinai cardiologist to help patients lose weight. The main ingredient in AppTrim is cocoa, or chocolate. While many people can point to chocolate as a cause of their weight gain, I bet you never thought chocolate could help you take it off!

Raw cocoa contains metabolism-boosting nutrients that have been shown in clinical studies to increase weight loss.

AppTrim can help take off an additional half to one pound of weight each week, depending on just how slow your metabolism is. This weight loss effect takes about two weeks to fully kick-in.

| NAME | PRODUCT # | SIZE |
|-----------|-----------|---------|
| AppTrim | 114 | 120 cap |
| AppTrim D | 115 | 120 cap |

7-KETO-DHEA

by Pure

- *Boost energy and metabolism*
- *Improve thyroid function*



Think of 7-keto-DHEA as WD-40 for your metabolism!

By helping your thyroid hormone do its job better, 7-keto-DHEA can help you lose more weight and have more energy.

7-keto-DHEA does all of this without affecting your thyroid gland or your thyroid hormone levels. 7-keto-DHEA has none of the hormonal effects of DHEA because it is a different molecule. Your metabolism starts to run as it should.

| PRODUCT # | SIZE |
|-----------|---------|
| 212 | 60 caps |



WEIGHT LOSS

Feeling “Toxic” at a Heavier Weight?

NUTRA-KLENS

by MyBestHealth

- Quick Start Weight Loss
- 4-Stage Cleaning Process
- Refresh Liver Detoxification
- Complete 21-day Program



Weight seems to come on fast and leave slowly. You may also be feeling “toxic” at a heavier weight. The Fast Burn Fresh Start program is designed to detox your body, break your craving cycles, take off some quick pounds, and lead you right into a personalized weight loss program.

Push Your Body’s “Reset” Button!

The core of our detox program is Nutra-Klens, a clinically tested shake that contains all natural vitamins and herbs. Nutra-Klens limits the toxic burden going into the body and helps the body get rid of the current toxic load, achieving internal balance and cleansing.

Using a proven four stage cleaning program—Washout, Secondary Cleansing, Physiological Re-adjustment and Stabilization— Nutra-Klens will revitalize and re-

invigorate your health.

While it will assist you in losing weight, Nutra-Klens is also helpful for patients experiencing migraine headaches, muscle and joint pains, fibromyalgia, chronic fatigue, food allergies and intolerances, chemical and environmental sensitivities, skin problems, and alcohol and chemical dependency. These are often other signs and symptoms of being toxic.

The personal health choices we make in our hectic, go-go lives often turn our bodies into the human equivalent of a toxic waste Superfund site. It is no surprise that so many of us walk around feeling poorly and with nagging health problems.

With the help of Nutra-Klens, the Fast Burn Fresh Start program has consistently made a substantial difference in my patients’ lives...and I hope to count you as another success story.

For the complete program ask for the “Fast Burn: Fresh Start” handout available exclusively at The Center.

| PRODUCT # | SIZE |
|-----------|---------|
| 169 | 21 serv |



ADVA-KLENS

by MyBestHealth

- Companion Supplement for Nutra-Klens Program



Adva-Klens is an important companion supplement for the Nutra-Klens program and will help clear toxins from the body and rejuvenate the liver’s detoxification functions.

Take one capsule of Adva-Klens twice daily with the Nutra-Klens shake. If you are feeling very toxic, increase this dose to two capsules twice daily until you are feeling better.

| PRODUCT # | SIZE |
|-----------|---------|
| 111 | 76 caps |

NUTRA-KLENS Shake Recipes

Basic Recipe

- 2 scoops Nutra-Klens
- 6-8oz water
- 1-2 slices of pineapple, 1 peach,
- ¼ cup berries, or ½ bananas
- 2-3 ice cubes
- Blend

Recipe 2

- 2 scoops Nutra-Klens
- 3oz. water, apple, berry, or pineapple juice
- 3oz. almond milk, rice milk or organic coconut milk
- 2-3 ice cubes
- Blend

Because No One is Perfect

THE MORNING AFTER DIET PILL

by MyBestHealth

- Increase metabolism
- Burn calories faster
- "Delete" Key for your Diet

Wouldn't it be nice if you had a "Delete" Key for your diet?

The Morning After Diet Pill has been designed to be just that...a second chance to get it right. The Morning After Diet Pill helps dieters dramatically lessen the negative impact of bad food choices by supporting them in three ways: metabolism, calorie absorption, and water retention.

The Morning After Diet Pill contains a special blend of herbs that support your body's metabolism. The faster your metabolism can be revved up, the faster you burn calories.



Even if you are sticking to your diet, The Morning After Diet Pill can support your body in achieving your weight loss goals by supporting your metabolism, assisting your body with bloating, and helping your intestines' ability to push food through without absorbing all of the calories.

We all make diet mistakes, but you don't have to live with them. And when you have just blown your diet, The Morning After Diet Pill helps you wipe the slate clean and flush your mistakes to give your diet another fresh start. Ask for "The Morning After Diet Pill" handout for complete details.

| NAME | PRODUCT # | SIZE |
|-------------------------------|-----------|---------|
| Morning After Diet Pill | 223 | 90 tabs |
| Decaf Morning After Diet Pill | 237 | 90 tabs |

Move over, Metamucil AYUR-TRIPHALA & GUGGUL



It is normal and healthy to have a bowel movement daily. My recommendation has always been, "Never let the sun set twice without a bowel movement."

However, any change in diet can upset your bowels and make you less regular. If you are having problems, our Natural Pharmacy stocks supplements to support normal bowel function.



Triphala is an ancient Ayurvedic constipation remedy and contains three fiber-rich herbs. When combined with Guggul, another Ayurvedic supplement, both can also help lower cholesterol.

Ayur-Triphala and Guggul are non habit forming laxatives and can be used as long as needed.



Greased Lightening CASTOR OIL

by Nutritional Counselors of America

Castor oil has always been a safe and reliable laxative, but its bad taste has kept it in the medical history books and out of the medicine cabinet.

Our Natural Pharmacy stocks Castor Oil capsules which have all of the potency of castor oil with none of the aftertaste. In Ayurvedic traditions, castor oil is used to detoxify the body and reduce arthritis pain.

The usual dose of Castor Oil is one to three teaspoons once or twice daily. Approximately five Castor Oil capsules are equivalent to one teaspoon of Castor Oil.

| PRODUCT # | SIZE |
|-----------|----------|
| 123 | 180 caps |

| NAME | PRODUCT # | SIZE |
|---------------|-----------|----------|
| Ayur-Triphala | 116 | 100 caps |
| Guggul | 149 | 60 caps |





LEANTAIN

by Health Concerns

- Boost metabolism
- Limit appetite



As part of a comprehensive and personalized weight loss program for his patients, Dr. Hirt uses a combination of nutrition, herbs, vitamins, medicines, and hormones (if necessary) to help patients achieve sustainable weight loss.

Leantain is a blend of herbs designed to help boost the metabolism while simultaneously limiting appetite. This is a potent and reliable supplement that has helped thousands of patients

succeed at losing weight.

| PRODUCT # | SIZE |
|-----------|---------|
| 222 | 90 tabs |

SATIET-EASE

by Pure

- Useful for stress eating
- Helps nighttime snacking



Satiety-Ease is an herbal formula specifically designed to help with natural appetite control and carb-cravings. Satiety-Ease is particularly useful for stress-eating, and because Satiety-Ease contains no caffeine or stimulants, it may also be used to help with nighttime snacking.

This is a potent and reliable supplement that has helped thousands of patients succeed at losing weight, and is often used

in combination with our other weight loss supplements for maximal benefit.

| PRODUCT # | SIZE |
|-----------|--------|
| 186 | 90 cap |

Weight Loss Insurance

REDUCE

by MyBestHealth

- Win Battle of the Bulge
- Maintain muscle mass



Reduce is a standardized extract derived from natural vegetable oils that has been shown in clinical studies to help patients maintain their body fat-to-muscle ratio after weight loss.

Every dieter lives in fear that one day, some day, they might regain all of their weight. Dr. Hirt's personalized weight loss program is designed to help patients win the "Battle of the

Bulge" permanently.

By helping to maintain muscle mass after weight loss, Reduce helps to maintain the body's metabolism which is necessary for fat burning to continue and prevent weight regain.

Think of Reduce as weight loss insurance.

| PRODUCT # | SIZE |
|-----------|---------|
| 179 | 90 caps |

Stepping Up

Fast Burn

Fast Burn is a three step program that allows me to re-engineer your diet.

- Step ONE: Weight Loss
- Step TWO: Food Testing
- Step THREE: Maintenance

Most patients stay on Step ONE until they are very close to their weight loss goal. Then, Step TWO starts with the re-introduction of foods, one at a time. This allows us to evaluate how your body responds to specific foods, and it is impossible to determine this until you have lost most of your weight.

Finally, Step THREE balances the proportions of carbs, fats, and proteins in your personalized diet that let's you enjoy long-term successful weight loss. You will finally understand what your body is really designed to eat and how to fuel your body so you always feel and look your best.

The Fast Burn: Success Made Simple will serve you well in each of the Three Steps of **Fast Burn**.

The Answer to the Snack Attack

HUNGRY?

When you are on a diet and a “Snack Attack” hits, it can be very hard to resist your cravings for foods that you know are not good for your diet.

Whether you are trying to lose weight, drop your cholesterol, control your blood pressure or lower your blood sugar, the shift from your old habits to your new healthier lifestyle can be frustrating, especially when

your taste buds are slow to come around to the new foods.

Over time, the healthy habit patterns you practice today will help you make the best decision when a craving hits. During this transition, most of our patients find it very helpful to have “quick ‘n easy” snacks nearby so that your best diet decision is right at your fingertips.

With these healthy and convenient snacks around, you will find it easy to stay right on track.

STARTER PACK

Like any other part of your diet, it’s important to put some thought into what kind of snacks to have on hand; otherwise it’s all too easy to pick something high-calorie, high-fat, or high-sugar. Snacks can also play an important role in maintaining blood sugars, energy levels, balance in our diets, and more importantly can help prevent us from overeating at the next meal.

Now, the question remains, what do we snack on? For your convenience: we’ve put together a starter pack that provides a great range of snacks to choose from, and it’s made easier with single serve and ‘grab ‘n go’ pack formats that can be eaten ‘on the run’ .

Starter Kit contains: 2 boxes of Bariatrix Bars, 1 package of Ready-To-Go Shakes, 1 bag Flax Snax



Crackers, 1 box Soy Nuts and 3 single serving bags Soy Chips

| PRODUCT # | SIZE |
|-----------|-------|
| 900 | 1 kit |

CHOCOLATE LOVERS

Since the first use by the ancient Mayans thousands of years ago, chocolate has captured the attention of the human palate. It takes some ingenuity to make it sweet, creamy and low in carbohydrates, but it can be done!

So if you’re a certified chocoholic and going completely out of your mind trying to find great-tasting chocolate treats to enjoy on your low-carb lifestyle, look no further because YOU’VE FOUND THEM!

For your convenience: we’ve put together a chocolate lovers pack that provides a great range of snacks to choose from, and it’s made easier with single serve and ‘grab ‘n go’ pack formats that can be eaten ‘on the run.’



The Chocolate Lovers Pack contains: 2 boxes of Bariatrix Bars, 1 package of Ready-To-Go Shakes, 1 box of Pudding/Shakes and 1 Choco perfection Bar.

| PRODUCT # | SIZE |
|-----------|-------|
| 901 | 1 kit |

WINTER COMFORT PACK

Winter is that wonderful time of year when we snuggle under warm clothes and curl up in front of the fire. It's also a great time to enjoy comfort food - which can often mean we give up trying to be healthy or worse, we gain a few pounds!

Fortunately, there's no need to stop being healthy or put on weight just because it's winter. Both health and weight conscious individuals, alike, can enjoy some of their favorite comfort foods without worry. Whether you've been low carb for a while or you're just starting out, it's good to know you don't have to give up some tried and true classics.



Winter Comfort Pack contains: 2 boxes of Shakes, 2 boxes Soup and 1 box of Bars.

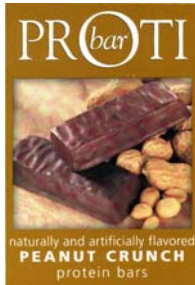
| PRODUCT # | SIZE |
|-----------|-------|
| 902 | 1 kit |

Fast Burn Basics

PROTEIN BARS

By Bariatrix

- **Excellent protein to carbohydrate ratio**
- **Convenient: no need to mix or prepare**



The Bariatrix Proti-bar was designed as the exclusive weight loss bar for those who are truly serious about effective weight loss management.

Proti-bars have the highest protein amount coupled with the lowest fat, calorie and carbohydrate ratio on the market today.

It's so unique, its patented!

Stop those cravings with the best tasting bar on the market!

| FLAVOR | PRODUCT # | SIZE |
|----------------------|-----------|--------|
| Chocolate Chip | 801 | 7 bars |
| Coconut Almond | 803 | 7 bars |
| Caramel Nut | 804 | 7 bars |
| Dbl. Choc. Crunch | 805 | 7 bars |
| Chc Peanut Crunch | 806 | 7 bars |
| Yogurt Peanut Crunch | 807 | 7 bars |

Fast Burn Basics

SOUP MIX

By Bariatrix

- **15g protein / serving, yet filling**
- **Easy to prepare**

Looking for that small meal yet filling to get you through the day? Bariatrix offers you variety and versatility with our satisfying and savory soups. A great tasting option for a light meal, and a real treat on cold days.

Soup is an excellent choice to get that needed protein and help you stay on the Fast Burn Diet. Soup Mixes are also great for adding flavor to your meatloaf, favorite chicken recipes or boosting protein in your fish.



| FLAVOR | PRODUCT # | SIZE |
|-------------------|-----------|--------|
| Cream of Chicken | 703 | 7 pkgs |
| Cream of Mushroom | 704 | 7 pkgs |
| Cream of Tomato | 705 | 7 pkgs |
| Chicken Noodle | 862 | 7 pkgs |

Fast Burn Basics HOT & COLD DRINK MIXES

By Bariatrix

Heart-Warming, Low Carb Hot Drinks

- *Designed for lactose intolerant patients*
- *Good source of calcium*



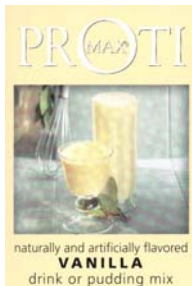
Hot and tasty, these creamy drinks provide an enhanced level of protein and calcium. Our hot drinks are rich and satisfying with a taste chocolate lovers will really appreciate. Our Cappuccinos are smooth

and delicious and can be enjoyed hot, or as a refreshing treat over ice.

Fast Burn Basics SHAKES

by Bariatrix

- *Often copied, never equaled*
- *15g high quality protein*
- *Only 3-5g of carbs*
- *Designed for lactose intolerant*



The Bariatrix shake/pudding combination has been recognized as the premier product in the weight loss industry, and has been the mainstay of the Bariatrix product line for over 2 decades.

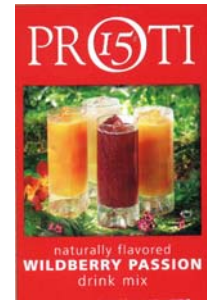
The Bariatrix pudding/shake offers the highest quality of protein in either a thick shake or a rich, creamy pudding.

| FLAVOR | PRODUCT # | SIZE |
|---------------------|-----------|-------|
| Chocolate | 707 | 7 pkg |
| Vanilla | 708 | 7 pkg |
| Ready to go Choc. | 709 | 6 pkg |
| Ready to go Vanilla | 710 | 6 pkg |

Refreshing Cold Drinks

- *15g of protein per serving*
- *Low in fat—low carbohydrate*

Throughout the year, nothing refreshes as well as a delightful, cool beverage. These drinks have as much protein per serving as two eggs! Great tasting and filling!



| Flavor | PRODUCT # | SIZE |
|---------------|-----------|-------|
| Cappuccino | 711 | 7 pkg |
| Hot Chocolate | 712 | 7 pkg |
| Peach Mango | 713 | 7 pkg |
| Wildberry | 714 | 7 pkg |
| Grape | 904 | 7 pkg |
| Lemon | 905 | 7 pkg |

The Perfect Pudding PROTIQUE LEMON PUDDING

by Bariatrix



Tired of the same old protein supplements?

It's time to put an end to the diet doldrums with our exciting cool and creamy Protique Lemon Pudding. It makes a delicious high protein treat!

| PRODUCT # | SIZE |
|-----------|-------|
| 718 | 7 pkg |



A Delicious Snack for All SOY PROTEIN CHIPS

by Michael Season's

- High protein
- Low carb
- Heart Healthy



Heart healthy, low in carbohydrates, high in protein -- Michael Season's Soy Protein Chips just may be the ultimate feel-good snack. But don't let all this "healthy" talk fool you; these crispy chips taste great too!

Recipe Idea: Crumble pieces of Soy Protein Chips over salads -- a healthy alternative to croutons!

| PRODUCT # | SIZE |
|-----------|-------|
| 818 | 3 bag |

One-of-a Kind KELP NOODLES

by Sea Tangle Noodle

- Low cal
- Low carb
- Ready-to-eat



Kelp, a sea vegetable, is now an easy to eat noodle. They are fat-free, gluten-free, and very low in carbohydrates and calories. Try them in salads, stir-fries, broths, and casseroles.

Kelp Noodles are a one-of-a-kind healthful and tasty alternative to pasta and rice noodles. Best of all, no cooking is required.

| PRODUCT # | SIZE |
|-----------|-------|
| 725 | 28 oz |

This Must be Cheating FLAX CRACKERS

By Foods Alive

- Naturally low carb
- Anti-cancer lignans
- Wheat & gluten free
- High in dietary fiber
- Omega-3 EFA's

Flax cracker have no artificial flavors, no artificial colors and no preservatives. They come in seven delicious flavors:

BBQ: Ahhhh.... the classic taste of Barbeque! How could you not like these?!? Enjoy the wonderful taste and aroma of BBQ without worry!

Italian Zest: A special blend of Italian herbs compliments the great taste of garlic, onion, and tomato. The perfect snack or addition to any meal.

Maple & Cinnamon: Made with 100% Pure Grade A Maple syrup and a pleasant touch of cinnamon.

Mexican Harvest: Garlic, onion, and tomato mixed with just the right blend of Mexican spices. A slightly spicy and extremely flavorful south of the border taste!

Hemp: This tasty cracker combines the benefits of both Hemp seed & Flax seed. Seasoned with the perfect touch of Rosemary in a superb savory crunch!



Original: Plain and simple, so light and tasty! The perfect vehicle for any spread, dip, soup, or salad!

Onion Garlic: What a wonderful taste!! The robust flavors of garlic, onion, and tomato make this one of our best tasting crackers yet!

| FLAVOR | PRODUCT # | SIZE |
|--------------------|-----------|--------|
| BBQ | 849 | 4 oz |
| Italian Zest | 850 | 4 oz |
| Maple & Cinnamon | 851 | 4 oz |
| Mexican Harvest | 852 | 4 oz |
| Hemp | 853 | 4 oz |
| Original | 854 | 4 oz |
| Onion & Garlic | 855 | 4 oz |
| Flax Snax Crackers | 856 | 3 bags |

A Delicious Snack for All

SOY JERKY

by Tasty Eats

- 12g protein
- Low carb
- Cholesterol free
- 97% fat free



Our Soy Jerky tastes absolutely out of this world! The new low carb chick'n flavors have no added sweetener or sugar. They use no MSG, artificial flavoring or coloring and contain no preservatives. Each serving has 42 mg of healthy Isoflavone.

| NAME | PRODUCT # | SIZE |
|------------------|-----------|-------|
| Jamaican Chick'n | 726 | 3 bag |
| Tandoori Chick'n | 727 | 3 bag |

Even the Squirrels are Jealous!

SOY NUTS

by Proti Snax

- 11g of protein
- Great taste!
- Individual bags

Satisfy cravings for crunchy and savory with Proti-Snax Toasted Soy Nuts. Available in BBQ and Garlic and Onion flavors, they will satisfy your snack attack without the extra fat or carbohydrates.

These are low-carb soy nuts you will not find in stores.



| NAME | PRODUCT # | SIZE |
|----------------|-----------|-------|
| BBQ | 860 | 7 pkg |
| Garlic & Onion | 861 | 7 pkg |

Dream Come True!

FLAX-Z SNAX HOT CEREAL

- Only 2 net carbs
- Simple to prepare
- Just add hot water



A dream come true for those living the low carb lifestyle. A hot breakfast cereal.

Made from a mixture of ground nuts, wheat bran, flax seed meal, and other wholesome ingredients, it is hard to believe that there are only 2 carbs per serving,

It's simple to prepare -- Just add hot water!

Nutritious and delicious, try Flax-Z-Snax Hot Cereal for breakfast today!

| NAME | PRODUCT # | SIZE |
|------------------|-----------|-------|
| Cinnamon & Spice | 723 | 14 oz |
| Vanilla Almond | 724 | 14 oz |
| Butter Pecan | 845 | 14 oz |

Add that Zing to Salad!

DRESSING PACKETS

by Salad Essentials

- Low carb
- Omega-3
- Low cal
- Omega-6

Our low-calorie dressings will add a delicious zing to salads and veggies with minimal calories, carbs and fat.

In addition, Salad Essentials flavors go a step further and offer a revolutionary (and tasty!) way to increase intake of Omega-3 and Omega-6 essential fatty acids.

Individual packets make them convenient to carry with you. Don't blow your diet with high calorie restaurant dressings. Bring your own!



| NAME | PRODUCT # | SIZE |
|----------|-----------|--------|
| Ranch | 857 | 14 pkg |
| Red Wine | 858 | 14 pkg |
| French | 859 | 14 pkg |



No Sugar or Hidden Sugars of Any Kind

SNACK & SLIM PUDDINGS

by Freedom Foods

- Only 2 grams or less TOTAL carbohydrates
- Great source of protein, providing 20 grams per serving.
- Low in calories, fat and is lactose free
- Good Source of Calcium
- No preservatives or trans fats

Snack & Slim Protein Pudding can be enjoyed as a sports performance supplement, a unique, real food alternative to nutrition shakes and bars for the health minded, and a delicious and slimming high protein meal replacement or mini-meal for the people 'on-the-go.'



At the same time, delicious taste and superior convenience makes Snack & Slim Protein Pudding a perfect choice for children of all ages.

Of course it is also the perfect "food" for anyone concerned with their blood sugar.

| FLAVOR | PRODUCT # | SIZE |
|-----------|-----------|--------|
| Chocolate | 906 | 4 pack |
| Vanilla | 907 | 4 pack |

Voted Best Tasting Sugar Free Chocolate

CHOCOperfection

by LowCarb Specialties

- Less than 2g Net Carbs
- High level of natural dietary fiber
- 60% cocoa
- Gluten-free
- Diabetic approved

Take the finest, most scrumptious imported European chocolate and sweeten it with sugar-free natural ingredients that taste exactly like sugar, and you get ChocoPerfection.

Even better, these silky-smooth, delicious chocolate bars, with less than 2g Net Carbs actually helps with weight loss, due to their high level of natural dietary fiber.



| FLAVOR | PRODUCT # | SIZE |
|----------------|-----------|------|
| Dark Chocolate | 910 | bar |
| Milk Chocolate | 911 | bar |

Success Made Simple FAST BURN: THE COOKBOOK

When you commit to a diet, you are committing to changing what you eat and the way you eat it. At the same time, you worry about boredom and frustration, the twin demons that can annihilate your diet success.

That can be hard to swallow.

The *Fast Burn: Success Made Simple* will help keep you committed to your weight loss goal. Inside this book are great tasting, fat burning recipes that tap into the helpful suggestions and collective wisdom of the thousands of patients who have used the **Fast Burn** diet program to successfully lose weight.

More importantly, this cookbook gives you access to the private kitchens of Julie Smith and Lindy Hirt.

| PRODUCT # | SIZE |
|-----------|------|
| 019 | each |