

Dr. Barniak's Causation Diet

Heart-Healthy, Diabetic-Friendly Weightloss Habits

BREAKFAST, LUNCH & DINNER

1. Do mix 2 scoops of **MotherSOY® Essential Protein** with 1/2 tray of ice cubes and 12 ounces of diluted grape juice or other healthy beverage, in a blender for breakfast. Eat nothing else.
2. Do add **powdered vitamins**, minerals, herbs, flax seed and other healthy powdered ingredients to your morning protein shake.
3. Do eat only **1 plate of food** at lunch and 1 plate of food for supper.
4. Do eat a **large protein portion** of lean beef, chicken, turkey, soy substitute or deep water, cold water fish (e.g. halibut, tuna, cod, salmon) with vegetables at lunch and supper.
5. Do **eat slowly**, seated and relaxed when having breakfast, lunch, or supper meals.
6. Do make lunch your **largest meal** of the day.
7. Do not add **salt or sugar** to any food or beverage.
8. Do not leave any meal feeling full, but rather **slightly hungry**.
9. Do not fry when you can **bake**.
10. Do eat your meals at approximately the **same time** each day.
11. Do not eat **dairy cheese**.
12. Do use **low-fat** labeled products when available.
13. For more **rapid weightloss**, substitute an additional **MotherSOY® Essential Protein** smoothie for dinner instead of a meal.

DRINKS

14. Do drink 1 **large glass of water** before lunch and supper meals.
15. Do drink only **water between meals**, not soda, coffee, alcohol or juice.
16. Do drink **water first** at times of hunger.
17. Do drink a **cup of healthy tea** after lunch and supper meals.
18. Do not drink **cow's milk**.

SNACKS

19. Do not eat **dessert**.
20. Do not eat **white flour products** (e.g. bread, cookies, pasta), white starchy products (e.g. potatoes, rice), or **white sugar products** (e.g. candy).
21. Do eat only fresh, whole **fruit as a snack** between meals.
22. Do not eat **anything artificial**.

EXERCISE

23. Do **strenuous exercise 3 days** per week and do at least **30 minutes of brisk walking** on those days when you are not exercising.
24. Do **exercise early** in the morning.

REST

25. Do go to bed slightly hungry and get **8 hours of rest** each evening.
26. Do not eat any food other than fruit **within 4 hours** of sleeping time.
27. Do **rest when you are tired**, not eat.

LIFESTYLE

28. Do view an **old picture** of yourself at a desirable weight.
29. Do take time to have a healthy **bowel movement in the morning**.
30. Do **not weigh yourself daily**, but weekly.
31. Do measure weight-loss success by improvements in how you **look**, how you **feel**, and by a change in **clothing size**.

If You Want Permanent Weight Loss Success You Have to Treat the Cause of Weight Gain!

For over 20 years I have been treating overweight patients and "yo-yo dieters". I have finally determined that weight gain is generally caused by lack of one or more of the following conditions:

1. Lack of Protein

Protein stabilizes blood sugar. When blood sugar falls, the body is hungry. All meals should contain a sufficient amount of low-fat protein, particularly avoiding shellfish and pork.

2. Lack of Fiber

The presence of fiber in the diet creates a sense of fullness in the stomach. Fiber binds with dietary fat and removes it before entering the blood stream. All meals should contain a sufficient amount of fiber, which can be easily achieved by always including a vegetable, whole grain and/or a fruit at every meal.

3. Lack of Potassium

Potassium drives sodium and excess water out of the body. Excess sodium in the body results in water retention, which can lead to a "puffy" look. For snacks, choose high potassium fruits, such as watermelon, oranges or bananas.

4. Lack of Moderation

Overindulgence in anything is not good. Eating small, balanced carbohydrate-to-protein meals throughout the day helps maintain energy level and helps avoid extreme hunger, which may lead to overindulgence. Preparing meals ahead of time and avoiding regular restaurant eating will also help with moderation.

5. Lack of Exercise

The rate at which your body burns calories (basal metabolic rate) is dramatically affected by regular exercise. Exercise daily for 6 days, for 30-minutes at a time, alternating between a day of resistance exercise (weights) and a day of aerobic exercise (running, biking, etc.). Focus on intensity, not on endurance. Rest every seventh day.

6. Lack of Water

Dehydration "fools" the body into thinking it's hungry, not thirsty. Proper hydration is also critical in the fat metabolizing process. Urine should be clear. If you are not urinating once every two hours, you are most likely dehydrated.

The MotherSOY® Diet Plan for Vibrant Health and Long Life

Breakfast: Start your day with a **MotherSOY® Breakfast Smoothie**

Mix 2 scoops of **MotherSOY® Essential Protein** in a blender with 16 ounces of cold juice or other healthy beverage. Blend until smooth and drink immediately.

Lunch: Eat a satisfying, healthy lunch that consists of low fat protein sources and green vegetables.

Dinner: Eat a salad and/or soup with a side of healthy protein. For more **rapid weightloss**, substitute an additional **MotherSOY® Essential Protein** smoothie for dinner instead of a meal.

Judge all of the foods you eat by the following criteria:

Is it Heart Healthy, Diabetic Friendly and Free from Artificial Ingredients?

Added Tips

- Always leave your meal hungry. Your body takes time to send the signal that you are full.
- Drink only pure water at meals. Flavored beverages can dilute and even destroy the enzymes that are necessary to properly digest your food.
- Finish a meal with an herbal tea. Herbal teas can help you relax and aid in digestion.

Between Meals: All snacks should contain one or more of the following: high protein, high fiber or high potassium. If a snack is devoid of these ingredients, it may work against you. Also, prefer snacks that are low in refined sugar, saturated fat and/or artificial ingredients. Good choices are: fruits, nuts and/or seeds.

Breakfast is the Most Important Meal of the Day

What you eat and drink whenever your day begins, determines the condition of your physical and mental health all day long. There are 3 important things your body immediately requires when your day begins. This daily process is called the Circadian Rhythm and it is vitally important if you want to live a healthy life.

1. Your body needs a heart-healthy natural protein that can be easily absorbed into your bloodstream, in order to wake up and feed your brain and your body. It must also include important natural (not man made) vitamins, minerals, enzymes and amino acids that your body needs in order to function properly.

Daily protein requirements for the average healthy adult (basic maintenance) is 40-50% of your body weight in grams, based on a diet of 2,000 calories. Children and young adults who are still growing, athletes, weight trainers and individuals who are sick, injured or recovering from medical procedures require 75-150% of their body weight in grams of protein daily. (i.e., A person weighing 150 lbs. requires 75 grams of protein daily for optimum mental and physical performance.)

2. Your body needs a healthy fluid (100% fruit or vegetable juice, or distilled water) that can easily re-hydrate your body. The average daily requirements of purified or distilled water equals 40-50% of your body weight in ounces for basic maintenance and more if you are working in a physically demanding occupation, excessive heat or athletic training.

3. Your body also needs a healthy fiber in order to stimulate the removal of waste products and eliminate harmful toxins from your intestinal tract. The National Cancer Institute recommends 20-30 grams of fiber everyday for a diet of 2,000 calories. If your diet contains more calories, more fiber is needed.

Every cell in your body is made up of proteins. Your brain and vital organs cannot function properly without adequate amounts of protein everyday. Your brain requires protein for all mental activity, including your ability to learn, reason, communicate, focus your attention, memory and to control body functions. All automatic functions of your body are controlled by your brain, including the beating of your heart, breathing, walking, muscle control, hormone secretions and many more. A heart-healthy, diabetic-friendly, alkaline protein helps your body repair damaged tissue and fight off infections. If you fail to start your day with a heart-healthy high-protein, high-fiber breakfast, you will not be able to think clearly and every cell in your body will suffer. If you are not getting enough protein in your diet, your body will begin to use the protein from your muscles in order to keep your body alive. The world's top weight-loss specialists agree: ". . . the inclusion of additional protein in the diet results in profound and immediate changes."

Ten Classic Signs of Protein Deficiency

- 1.** Muscle Weakness and Loss of Physical Strength
- 2.** Decreased Immunity to Bacteria, Viruses and Cancer
- 3.** Stunted Growth
- 4.** Lack of Energy and Fatigue
- 5.** Brittle Hair and Nails
- 6.** Hair Loss and Premature Graying
- 7.** Water Retention and Bloating
- 8.** Lack of Mental Alertness, Memory Loss and Attention Deficiency
(Inability to Concentrate, Learn and Confusion)
- 9.** Nervous Irritability, Depression and Mood Swings
- 10.** Gain in Body Fat (Inability to Lose Weight)

A Breakfast Smoothie made with 2 scoops of **MotherSOY® Essential Protein** and blended with 16 ounces of your favorite fruit juice, provides a minimum of 32 grams of 100% pure soy protein and 12 grams of soy fiber, plus important vitamins, minerals, amino acids and enzymes your body needs everyday.

Distributed By:

MotherSOY® Essential Protein – The Safest and Most Powerful Weightloss and Quick Energy Pure Food Source on the Market Today!

Dramatically Feel Better in as Little as 3 Days!

"It is impossible for you to enjoy a life filled with vibrant health, abundant energy and mental clarity, if you do not eat a heart healthy, high-protein breakfast everyday! Starting your day with a healthy, high-protein breakfast is the single MOST IMPORTANT decision you can make everyday that will create a profound difference in your overall health, physical endurance and mental attitude all day long and no other breakfast protein is better for you than MotherSOY® Essential Protein." – Dr. Carl K. Barniak, CEO MotherSOY, Inc.

Tasteless **MotherSOY® Essential Protein** is the **ONLY All-Natural High-Protein 100% Pure Food Source** that can help your body achieve a heart-healthy weight – without any dangerous side effects – while feeding your brain and vital organs the essential protein nutrition that your body requires on a daily basis. Plus, the 100% pure protein helps to strengthen and build strong muscles, repair cell damage and protect your body against infections and disease.

Tasteless MotherSOY® Essential Protein Makes The Perfect Breakfast Smoothie

Only 70 Calories per Serving – 36 Servings per Container

High in Protein – 15 Grams per Serving

91% Calories From Protein

Stabilizes Blood Sugar and Prevents Hunger

High in Fiber – 5 Grams per Serving

Fiber Helps Your Body Eliminate Harmful Toxins

Lowers Bad Cholesterol and Raises Good Cholesterol

Creates a Satisfying Feeling of Fullness

High in Potassium – 750 Milligrams per Serving

Potassium is a Natural Diuretic that Eliminates Excess Water

Lowers Blood Pressure

Very Low in Sodium – Only 5 Milligrams per Serving

Sodium Makes Your Body Retain Water

Sodium also Increases Blood Pressure

Very Low Glycemic Index Value = 20

Slowly Increases Blood Sugar Levels and Controls Insulin Production

Very Low Carbohydrate (Net 1 Carb)

Forces Your Body to Burn Stored Fat for Energy

Zero (0) Fat and Cholesterol

100% Vegetarian, Heart Healthy and Diabetic Friendly

100% Pure – No Added Sugar | No Man-Made Ingredients

No Added Flavors | No Artificial Colors

2 Scoops of MotherSOY® Essential Protein Equals the Protein in 10 Egg Whites and the Fiber of 5 Medium-size Apples

A Breakfast Smoothie made with 2 scoops of **MotherSOY® Essential Protein** and blended with 16 ounces of your favorite fruit juice, provides a minimum of 32 grams of 100% pure soy protein and 12 grams of soy fiber, plus important vitamins, minerals, amino acids and enzymes your body needs everyday.

Amazing Benefits of

MotherSOY® Essential Protein

The World's Most Perfect Food

100% Pure Soy Protein

No Artificial Ingredients

Nothing Added

16 Grams Protein/Serving

Complete Source of Amino Acids

Important Vitamins and Minerals

70 Calories/Serving

Low Carbohydrates

Net 1 Carb

Virtually Tasteless

Alkaline pH

High Protein

High Fiber

High Potassium for Weightloss

Low Sodium

Preferred by Champion Athletes

Builds Strong Muscles

Increases Physical Endurance

Forces Your Body to Burn Fat

Controls Sugar Cravings

Satisfies Hunger For Hours

Recommended by Doctors

Used in Hospitals and Clinics

FDA Approved as a Food Source

Approved for Medicaid Coverage

Qualifies for two FDA Health Claims

Safe for Young Children

Safe for Pregnant Women

Feeds Your Body Essential Nutrition

Helps Your Body Fight Disease

Repairs Cell Damage

Helps Your Body Heal Injuries

Heart Healthy

Lowers Blood Pressure

Lowers Bad Cholesterol

Raises Good Cholesterol

Fat Free

Vegetarian Friendly

No Trans Fats

Virtually Allergy Free

Lactose Free

Gluten Free

Diabetic Friendly

Stabilizes Blood Sugar

Sugar Free

Low Glycemic

Mixes Instantly

Perfect for Baking

36 Servings Per Container

The Answer to World Hunger

A Perfect Survival Food

The Perfect Breakfast Protein