



Maximizing The Weight Loss Experience

On behalf of the Bouari Team we would like to thank you for allowing us to be part of your journey to a healthier and happier you!



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The Bouari Program Mandatory Reading Manual

Dear Bouari Clinic Client,

Congratulations on your decision to make weight loss and health your number one priority. Whether your desire is simply to lose weight, have extra energy, feel more youthful and confident, the Bouari Program and its qualified team members are here to help you achieve your desired success.

For some of you weight loss may have been a struggle all your life. Thousands of people have lost weight safely and increased their quality of life by participating in the Bouari Program.

The Bouari Program is revolutionary in its approach to addressing obesity. You will be absolutely amazed at the spectacular results that this program offers.

The Bouari Difference

We offer a system that promotes a safe, natural approach to weight loss that is based on eating “**real foods**”. Unlike most programs that focus on suppressing the appetite and limiting food intake, we will instruct you on what foods to eat that will optimize nutrition and promote fat-burning while restricting those foods that quickly turn to fat. **Weight loss will be substantial, and will instill lasting motivation.**

The Bouari Program is an easy to manage system! **No calorie counting or weighing of food portions are required.** Instead, the focus is on learning how and what to eat to lose and then maintain your weight.

The Bouari Program provides many benefits. As anyone who has done a crash diet can tell you, weight quickly lost through food deprivation or starvation is weight destined to return. This is not a crash diet. The popular belief many people have of “calories in-calories out” is simply not the factor in weight loss and obesity. Continuous calorie restriction almost always backfires because your body thinks its starving, so your brain sets off a chain of chemical

processes, ultimately slowing down the body's metabolism. A sluggish metabolism, however allows the body to store more fat. It can be an extremely frustrating and disheartening struggle to lose even a single pound despite making healthy food choices and exercising regularly.

The rate of weight loss experienced on the Bouari Program is safe and motivating. Our clients lose an average of three to five+ pounds per week. The amount you lose can be influenced by individual variables such as age, gender, starting weight, and how strictly you follow the program.

The difference is:

- No surgery.
- No prescription drugs.
- No packaged foods.
- Not an exercise program.

The Bouari Plan

During the weight loss portion of the program you will be on a nutrient-dense, low-fat, structured eating plan consuming healthy foods four to six times a day. Recommended portions of lean proteins, fresh vegetables, and low glycemic fruits will help you lose weight and place your body into fat-burning mode. You will burn fat and turn it into a source of fuel.

This plan used in conjunction with our proprietary supplements were developed to increase metabolism and promote optimal weight loss. Throughout this process you will learn the building blocks to sustain your weight and health long after you have reached desired goal.

While the Bouari Program does not recommend high intensity exercise, we do encourage light to moderate physical activity to promote a healthy cardiovascular system and assist the body in burning fat more rapidly.

Your follow up visits are scheduled regularly at your convenience to monitor weight, body measurements, blood pressure, and provide one-on-one guidance and support.

With the Bouari Program, the Advantage is Yours

Our strategic fat-burning food plan in conjunction with our all-natural, FDA registered, proprietary formula **Advantage** which was designed to support the endocrine system; specifically what we refer to as the P.H.A.T. (Pituitary, Hypothalamus, Adrenal and Thyroid) glands. The **Advantage** formula assists in weight loss by controlling hunger and appetite during the weight loss process. You will not feel like you're on a diet because; **hunger is not an issue**. The human body was designed to store fat and then burn it as fuel. It strives to maintain body weight (fat stores) to ensure that there is an adequate amount of fuel available when needed. Whenever you significantly limit your intake of carbohydrates (starches) and use the Advantage formula, your body will draw on its alternative energy system; FAT stores for fuel. This means your body will burn fat and turn it into a source of fuel. In other words, your body naturally recycles your stored body fat.

It's a simple, natural, and effective program...that works!

Success Factors

Here are some suggestions:

1. **Your emotional readiness.** When making a life change with eating habits, the first few days are the hardest. Establish a support system of family and friends during this brief period until you get into the rhythm of a healthier eating pattern. The Bouari consultants are here to provide support and can be contacted for questions. Log onto our website at www.bouariclinic.com for testimonials and ideas from other clients and staff.
2. **Knowledge.** Please read the booklet in its entirety, making sure you understand all aspects of the program before you start. In addition, make sure you have all your supplements and review directions on how to take them. This will allow you to make accurate choices to maximize nutritional benefits.
3. **Prepare for success.** Use our food guidelines to shop ahead of time and plan a menu that works for you.
4. **Monitoring.** Please advise your Bouari Clinic consultant of any medications before starting the program. As you lose weight, you may find that the need for blood pressure and/or diabetes medications may change. It's important to monitor and inform your healthcare provider of any changes.

Getting Started

Day 1 and 2: FAT LOADING DAYS -

It is imperative that you take the ADVANTAGE Spray while you are fat loading. The reason for fat loading is to prepare you mentally and physically to start the program.

Dosage: Start using the ADVANTAGE Spray. Shake bottle thoroughly and spray (3) three times under the tongue in the morning and (3) three more times in the evening. Hold the solution underneath your tongue for 2-3 minutes.

Start using the Bouari B-12. Ten (10) drops under the tongue, once a day in the morning.

It is very important that you weigh yourself first thing in the morning and record it in your journal throughout the program. Your scale is a tool to help you on your weight loss journey.

Begin Fat Loading.

During the first two days you will **OVEREAT!** You may load up on fatty proteins, vegetables, fruits, and carbohydrates. The goal is to eat 50% more than your current caloric intake. This will enable your body to access your abnormal fat deposits once you begin the low calorie routine.

Eat what your heart desires but avoid eating sugary items such as ice cream, cookies, and candy on your fat loading days as you will find yourself not feeling well on day three due to all the excess sugar.

Day 3 THROUGH THE REMAINDER OF WEIGHT LOSS PHASE -

CONTINUE ADVANTAGE Spray (3) three sprays in the morning and (3) three sprays at night until you are finished.

Begin taking the **BOUARI EDGE** for energy and appetite support as directed.

BOUARI BASICS

Phase	Directions	Explanation
<p>Day 1 & Day 2 Fat Loading</p>	<ul style="list-style-type: none"> • On day 1 begin taking Advantage spray • 3 sprays under the tongue upon awakening and 3 sprays at bed time • 2 days of fat loading • Eat any high calorie, high fat foods of your choice. 	<p>Fat loading prepares the body to start the low calorie diet.</p> <p>*See Fat Loading Alternative on Page 8</p>
<p>Day 3 through the remainder of your program (25-50 days or more)</p> <p>600-800 calories</p>	<ul style="list-style-type: none"> • Continue taking your Advantage spray. • Begin your nutrient dense diet • Avoid all high calorie foods 	<p>On your diet days your body will begin to draw from your fat reserves.</p>
<p>The Stabilization Phase (21 Days after diet)</p>	<ul style="list-style-type: none"> • No starches or sugars • Increase calorie intake • Introduce other foods not on the diet 	<p>The Stabilization Phase is to maintain your new weight. Stay within 2 lbs. of your end weight.</p>

Eating Routine: The Bouari healthy food plan begins. You should eat a total of four to six small meals a day.

The objective of the Bouari Program is to provide you with all the nutrients your body needs while keeping your blood sugar steady throughout the day. This will help to ensure that cravings and hunger are suppressed during the diet phase. You will be eating between 600 to 800 calories per day, **but do not fixate on counting calories.** If you simply follow the program you will maintain steady weight loss.

Note: Skipping meals will hinder your weight loss as it lowers your metabolism and triggers cravings.

FAT Loading Alternative

Take three high quality fish oil tablets four times a day for the first two days.

In addition, eat healthy fats such as avocado, salmon, or raw nuts.

“Menu Suggestion & Food List”

Dr. Carol Ann Chaney-Bouari, PhD in Nutrition, worked diligently to enhance this list of healthy choices for you. Our main objective is for you meet your goals and maintain your optimal weight. The foods below reflect the most current list of food choices.

Tip: Choose **ORGANIC** when possible.

Proteins

Calories calculated at 3.5 ounce servings

Name	Calories
*Bouari Protein Meal DF Natural Berry DF Natural Vanilla	100 (17 grams of protein)
*Bouari Meal Whey Chocolate	110 (17 grams of protein)
*Bouari Energy Bar DF Chocolate/Almond	170 (6 grams of protein)
*Bouari Crave Control Bar DF Coconut/Almond	170 (8 grams of protein)
Buffalo Steak	157
Chicken Breast	157
Edamame (½ cup)	120 (11 grams of protein)
Egg White	17
Whole Egg**	72
Beef Fillet	210
Beef Tenderloin	235
Beef Top Sirloin	195
Cod	89
Cold Cut (Nitrate Free)	30 - 110
Crab	83

Name	Calories
Flounder	99
Grouper	100
Haddock	95
Halibut	119
Lobster	100
Mahi Mahi	72
Monkfish (poor man's lobster)	65
Mussels	89
Ocean Perch	103
Orange Roughy	107
Red Snapper	109
Sea Bass	105
Shrimp	84
Sole (filet)	99
Tilapia	145
Scallops	111
Rainbow Trout	190
Tofu (½ cup)	94 (10.1 grams of protein)
Tuna 2 oz drained (canned white albacore, water packed)	70

Tip: Do not eat beef everyday!

Any white fish is great! No SALMON, HERRING, MACKERAL or SARDINES

** Always choose caged-free eggs, they are healthier and more nutritious.

* Available at the clinic as a medical food.

Vegetables

May be served raw, steamed or grilled

Calories below calculated at
1 cup or 3.5 ounces

Name	Serving Size	Calories
Artichoke	1	4.1 - 5.3 grams of protein
Asparagus	6 spears	30
Arugula Salad	Unlimited	Negative
Beans (green)	1	30
Bell Pepper (green)	1	33 (1 grams of protein)
Bell Pepper (orange)	1	25 (1 grams of protein)
Bell Pepper (red)	1	39 (1 grams of protein)
Bell Pepper (yellow)	1	20 (1 grams of protein)
Bok Choy	1	10 (2.6 grams of protein)
Broccoli	1	20 (2.6 grams of protein)
Brussel Sprouts	1	38
Cabbage (green)	Unlimited	Negative
Cabbage (red)	1	29
Celery	Unlimited	Negative
Collard Greens	1	30 (3 grams of protein)
Cucumber	Unlimited	Negative (0.5 grams of protein)
Fennel	1	12
Kale	1	50 (7 grams of protein)
Leaf Lettuce (romaine, dandelion, mesculun, mixed greens, etc.)	Unlimited	Negative
Leek	1	10
Mustard Greens	1	30 (3.1 grams of protein)
Okra	10 pods	25 (3.8 grams of protein)
Onion (red)	1	15

Name	Serving Size	Calories
Onion (yellow)	1	64
Spinach	Unlimited	Negative (3.5 grams of protein)
Spaghetti Squash (baked)	1	45
Squash (yellow)	1	25 (1.5 grams of protein)
Swiss Chard	1	32
Tomatoes	1	20 (1.5 grams of protein)
Turnips	1	21
Watercress	1 bunch	20
Zucchini	1	30

FRUIT

Choose 2 different servings per day

Name	Serving Size	Calories
Apple (any kind)	1 medium size	44
Apricot	1	30
Blackberry	1 cup	70
Blueberry	1 cup	50
Grapefruit	1	100
Lemon	1	20
Lime	1	10
Orange	1	37
Pear	1	45
Plum	1	25
Raspberry	1 cup	64
Strawberry	1 cup	49
Tangerine	1	26

Beverages

You **MUST** consume 1/2 ounce water per body pound per day.

Ex: If you weigh 180 lbs you must drink 90 ounces of purified water per day. Do NOT drink tap water. Add the juice of a lemon or lime to assist in absorption.

- Zevia 0 calories
- La Croix 0 calories
- Homemade Lemonade sweetened with Stevia
- Pellegrino 0 calories
- Perrier 0 calories
- Vitamin Water Zero 0 calories sweetened with Stevia
- Green Tea 0 calories
- Oolong Tea 0 calories
- Yerba Mate Tea 0 calories
- All variations of teas that are **not** presweetened 0 calories
- Crystal Light **Pure** 0 calories
- **Unsweetened** Coconut Milk 45 calories per 8 oz
- **Unsweetened** Almond Milk 40 calories per 8 oz
- **Unsweetened** Rice Milk 45 calories per 8 oz

Suggested Grocery List

(Purchase Amounts for one Week - Organic when Possible)

- | | | |
|--|--|--|
| <p>Proteins</p> <ul style="list-style-type: none"> <input type="checkbox"/> Chicken Breast <input type="checkbox"/> Center-Cut Beef Filets <input type="checkbox"/> Tenderloin / Top Sirloin <input type="checkbox"/> Nitrate-free Cold Cuts <input type="checkbox"/> Buffalo Steaks <input type="checkbox"/> Crab Meat <input type="checkbox"/> Flounder <input type="checkbox"/> Grouper <input type="checkbox"/> Haddock <input type="checkbox"/> Halibut <input type="checkbox"/> Lobster Meat <input type="checkbox"/> Tilapia <input type="checkbox"/> Cod Filets <input type="checkbox"/> Shrimp <input type="checkbox"/> Mahi Mahi <input type="checkbox"/> Monkfish <input type="checkbox"/> Mussels <input type="checkbox"/> Ocean Perch <input type="checkbox"/> Orange Roughy <input type="checkbox"/> Red Snapper <input type="checkbox"/> Sea Bass <input type="checkbox"/> Swordfish <input type="checkbox"/> Scallops <input type="checkbox"/> Rainbow Trout <input type="checkbox"/> Tuna (White Albacore) <input type="checkbox"/> Whole Eggs <input type="checkbox"/> Bouari (Meal Replacement) <input type="checkbox"/> 5-7 Bouari bars | <ul style="list-style-type: none"> <input type="checkbox"/> Unsweetened rice / Coconut milk <input type="checkbox"/> Artichokes <input type="checkbox"/> Edamame <input type="checkbox"/> Tofu <p style="text-align: center;">Vegetables</p> <ul style="list-style-type: none"> <input type="checkbox"/> Asparagus Spears <input type="checkbox"/> Baby Arugula Salad <input type="checkbox"/> Green Beans <input type="checkbox"/> Green, Red, Orange Yellow Bell Pepper <input type="checkbox"/> Broccoli <input type="checkbox"/> Brussel Sprouts <input type="checkbox"/> Green or Red Cabbage <input type="checkbox"/> Celery <input type="checkbox"/> Collard greens <input type="checkbox"/> Cucumbers <input type="checkbox"/> Fennel <input type="checkbox"/> Kale <input type="checkbox"/> Leaf Lettuce <input type="checkbox"/> Leek <input type="checkbox"/> Mustard Greens <input type="checkbox"/> Whole Okra Pods <input type="checkbox"/> Red/Yellow/White onion <input type="checkbox"/> Radishes <input type="checkbox"/> Spinach <input type="checkbox"/> Spaghetti Squash / Yellow Squash <input type="checkbox"/> Tomatoes <input type="checkbox"/> Watercress <input type="checkbox"/> Zucchini | <p>Fruits</p> <ul style="list-style-type: none"> <input type="checkbox"/> Apples <input type="checkbox"/> Apricots <input type="checkbox"/> Blackberries <input type="checkbox"/> Blueberries <input type="checkbox"/> Grapefruits <input type="checkbox"/> Oranges <input type="checkbox"/> Pears / Plums <input type="checkbox"/> Raspberries <input type="checkbox"/> Strawberries <input type="checkbox"/> Tangerines <p style="text-align: center;">Condiments & Seasonings</p> <ul style="list-style-type: none"> <input type="checkbox"/> 2-3 Lemon & Limes <input type="checkbox"/> Olive oil / cooking spray <input type="checkbox"/> Apple cider, red wine or plum UME Vinegar <input type="checkbox"/> Sea Salt <input type="checkbox"/> Red / White / Black Pepper <input type="checkbox"/> Braggs Liquid Amino Spray <input type="checkbox"/> Stevia, Truvia, Zero or Zweet <input type="checkbox"/> Any natural herb or spices <p style="text-align: center;">Beverages</p> <ul style="list-style-type: none"> <input type="checkbox"/> Zevia / La Croix <input type="checkbox"/> Purified Water <input type="checkbox"/> Pellegrino / Perrier <input type="checkbox"/> Vitamin Water Zero <input type="checkbox"/> Green Tea / Black Tea <input type="checkbox"/> Oolong Tea <input type="checkbox"/> Yerba Mate Tea <input type="checkbox"/> Crystal Light PURE |
|--|--|--|

For your convenience, this page is detachable. You may use it and the note space behind it for grocery shopping.

ANY QUESTIONS

- Q: Can I use one of the Bouari protein products instead of a meal?
- A: It's fine to use the protein products occasionally in place of lean meats, fish, and other food choices from your Protein list. When you do, count it as your protein serving. For long-term success, however, it's important for you to learn how to plan, shop for and prepare appropriate meals.
- Q: Do I really need to take supplements every day?
- A: YES! The vitamin and mineral supplements help ensure that your body is getting the nutrients it needs - and that you'll continue feeling and looking healthy!
- Q: Can I substitute certain foods on the menu with foods that have the same number of calories?
- A: ABSOLUTELY NOT....the chemical compounds of foods differ, along with their effects on our hormones and stress levels of sleep-for example a chicken breast has the amount of calories of a doughnut.
- Q: Refresh my memory! What are the major benefits of staying in ketosis?
- A: When you're in mild to moderate ketosis, you'll lose weight rapidly and safely. You'll feel less hungry, less often. Your cravings will diminish. You'll have more energy and a greater sense of well-being. Most important, you'll burn excess body fat as rapidly as possible, while maintaining lean muscle mass.
- Q: Is it okay to have an extra protein snack if I'm hungry?
- A: Yes. Some individuals need more protein, especially if they are active. Always carry servings with you in case of "emergency". Remember to record your snacks on your "Daily Journal".

Seasonings & Condiments

- You may prepare your food using an Organic Olive Oil **SPRAY** or Coconut Oil **SPRAY** of which has 0 calories.
- You may use 1- 2 tbsp per day of olive oil mixed with apple cider, red wine, or plum **UME** vinegar salad dressing.
- Replace table salt with Sea Salt, it has minerals and it is safe to use.
- Garlic, Ginger, Basil, Parsley, and any other herb is acceptable.
- White, Black, or Red Pepper
- Soy sauce has 4 calories per tsp. and 2 grams of protein
- **Herbamare Celery Salt** - delicious on all salads and vegetables
- **Braggs Liquid Amino Spray** may be added to salads, vegetables, fish, meat and chicken.
- You may use **Stevia, Truvia, Zero, or Zsweet of all which have 0 calories.** They are natural sweeteners to add to coffee, tea, or any food.
- Avoid artificial chemical sweeteners such as Equal (nutrasweet), Sweet N Low (saccharin), and Splenda (sucralose). We have noted decreased weight loss with use of all of these chemicals.

STABILIZATION PHASE

Congratulations on your success! You have achieved tremendous weight loss and by now have a new relationship with food by learning to eat and enjoy a nutrient dense diet that will sustain wellness and vitality in your life! The final phase of the Bouari weight loss program is the stabilization phase. This is a crucial step in maintaining your new body weight. Many of our patients continue to experience additional weight loss during this phase. **We cannot express enough the importance of this part of the program. This is vital to maintain your weight loss!**

The process of learning creates new neural connections within your brain. These new connections create actual structural changes in your brain. With reinforcement (practice) the changes (connections) can become permanent which you will then find that making healthy choices about what you eat will become second nature. To achieve true weight control, form those new connections and make your primary goal to learn how to weigh less and live longer.

The Stabilization Phase Details:

After you have completed your last dose of the Advantage spray, you will continue to follow your nutrient-dense diet. At this time you can begin to incorporate additional foods.

- Stop taking the Advantage Spray.
- **Eating routine:** The first two days of the Stabilization Phase you need to continue to eat the same foods and portions that you were while during the Weight Loss Phase. On the third day you will gradually increase healthy food portions and you can begin to eat all types of proteins, vegetables, and fruits.
- Weigh yourself everyday first thing in the morning for the rest of your life.
- Consider doing a detox/cleansing program

AVOID all the following items during the entire Stabilization Phase & limit these items after you have achieved your weight loss goal

- WHITE SUGAR
- GLUTEN – (flour, bread, breaded food, pastas, cookies, crackers, etc.)
- Packaged processed foods (often contain high fructose corn syrup and gluten)
- DAIRY
- Artificial Sweeteners
- Processed Meats (bacon, sausage, cold cuts, hot dogs, etc.)
- Alcohol may be consumed once a week.

REMEMBER THE RULE: Weigh yourself every morning and if you have gained two or more pounds you must do a correction diet day. This indicates “that” what you ate the day before stressed your “set-point”.

Correction Diet Day: Eat unlimited protein, vegetables, and salads. No fruit or grains allowed.

Continue to drink half an ounce of water for every pound you weigh.

Eat as much organic, whole natural foods as possible

Remember, you’ve worked hard to lose the weight and transform your overall health and well-being. Consider this as you integrate the food you used to eat. Don’t resume old habits, think of food as fuel and focus on how you feel when you eat. Remember, we at Bouari are here to help you even after.

Bouari Products

Advantage Program

ADVANTAGE FORMULA - FDA Registered proprietary formula for weight loss

The main component in our weight loss plan. It is a safe and natural solution to weight-loss. The Advantage formula was created to support and activate the body's metabolism, balance hunger, curb appetite, and target the excess fat deposits on the body. Combined with our food plan you will achieve safe and rapid weight loss.

BOUARI EDGE - Provides energy and reduces hunger and controls cravings

A synergistic blend of ingredients containing herbs and botanicals to assist in controlling appetite and cravings. It boasts natural caffeine in the form of dark cocoa beans (Chocamine™) to provide a thermogenic effect, as well as, give an extra kick of energy. The combination of increased energy accompanied with a reduced caloric intake leads to successful weight loss.

BOUARI METHYLCOBALAMIN - Sublingual B-12 to help support liver, brain, and nervous system

Methylcobalamin is a coenzyme, utilized by the body for many functions and plays a key role in **supporting weight loss**. Helps increase your energy levels, promotes cognitive memory and also increases your metabolism.

Recommended Supplements

All Bouari Supplements are a safe way to enhance your healthy weight loss plan!

BOUARI CRAVE AWAY - Supports satiety (the sensation of fullness)

Proprietary formula of brown potato and seaweed specifically addresses hunger and cravings. It is beneficial to individuals who have high blood pressure or experiencing psychological food cravings in the evening hours. There are no natural stimulants.

BOUARI ALOE LAX - A natural laxative that stimulates the colon muscle

Stimulates the colon by way of peristalsis, a natural wave-like contraction. This is unlike harsh chemicals that have an irritating effect and may “hit” you at inopportune times. In fact, it’s a common complaint for many individuals to not have a daily bowel movement during the weight loss program. Having a **regular** bowel movement daily is essential to properly eliminate waste, toxins and to help you lose weight. It is a safe, natural, non-addictive, non-irritating laxative formulated to assist in cleansing of the bowels. There is strong scientific evidence in support of the laxative properties of aloe based on the cathartic properties of anthroquinone glycosides found in aloe.

BOUARI LIBIDO F – Support for Women

Blend of nutraceutical and herbal ingredients for supporting increased female sexual desire and pleasure. Its ingredients promote natural production of testosterone, blood flow, and adrenal function. It is completely safe for long term use.

BOUARI LIBIDO M – Support for Men

Helps maintain normal testosterone levels which are important for supporting sexual desire and fertility, as well as mood and energy. Also provides safe support for natural testosterone production, enhanced function, and increase in desire.

BOUARI METABOLIC SUPPORT –

Supports insulin levels and metabolism

Researched with results confirming it provides essential herbs, vitamins, and minerals to support healthy insulin receptors and blood sugar metabolism. It is used for individuals who have high serum glucose and/or high triglycerides for nutritional supplementation.

BOUARI ADAPT 2 STRESS – Helps to relieve stress

Provides multiple adaptogens, which are plant compounds, that stabilizes the hypothalamus-adrenal-pituitary axis under times of stress. These compounds address the negative impact of stress on the immune system and support the adrenal feedback loop function. Helps individuals to adapt to all stressors and provides important nutrients for use during potassium/sodium shifts and blood sugar imbalances. It is used to balance individuals who are referred to as “wired but tired”.

OPTICRINE – Supports vitality, virility, and fertility

Provides compounds that support the vitality, virility and fertility in both males and females. In men it is used to support the luteinizing hormone (LH), and testosterone. In females it is used to support the follicle stimulating hormone (FSH), estradiol and healthy follicular phase function.

PROGESTAID – Supports a healthy menstrual cycle

Formulated to assist in the normal release of luteinizing hormones and to nutritionally support the body’s ability to produce progesterone. This product contains natural compounds to support healthy menstrual cycle function enzymes to support healthy digestion and modulate normal glucose uptake from the gastrointestinal tract.

MYCO-ZYME – Addresses unhealthy bacteria and candida-yeast

Provides a broad-spectrum herbal formula for healthy gastrointestinal function, supports a fit bacterial environment, and addresses overgrowth of unhealthy bacteria and candida-yeast. It is used for those who have reoccurring UTI’s, bloating and gas. Also used for the continued desire of carbohydrate consumption.

BOUARI BARS – Meals on the go

Bouari Bars are much more than just energy bars. They are delicious, fructose –free snack bars that contain nutritious whey, omega -3 fatty acids, fiber, glutamine, phosphatidylcholine and antioxidants for immune support and quick, satisfying nutrition. The Coconut/ Almond and Chocolate/ Almond have crave control and anabolic energy properties.

BOUARI GREENS –

For those who do not like eating vegetables and fruits

The vegetable, fruit, and berry ingredients are brightly colored and nonoxidized, as the powders are protected from heat, UV light and moisture from start to finish. Unlike other greens products we never add inexpensive fillers or bulking agents such as fiber, whole grasses, pectin, rice bran or flax. In every spoonful of Bouari Greens you receive densely packed nutrition that intensely nourishes and strengthens every system in your body, resulting in sustained energy, enhanced recovery, mental clarity and overall well-being!

BOUARI THYROID – Supports endocrine system and thyroid gland

Provides key nutrients, minerals, and glandulars to support a healthy endocrine system specifically, the thyroid gland. It is used when individuals have complaints of low temperature, **low energy, hair loss, constipation**, and have had difficulty **losing** weight.

BOUARI ADRENAL - Nutritional energy support during and after weight loss

A powerful nutritional, glandular formula designed to support the exhausted, overworked individual who has complaints of fatigue. It is used to support the “fight or flight” mechanism in the body due to life’s constant demands.

BOUARI BALANCE-DF - Dairy and Gluten-free probiotic

It is a vegetarian, dairy and gluten-free, four strain probiotic (beneficial bacteria) totaling 30 billion CFU per capsule. These live microorganisms have proven health benefits and are sealed in a nitrogen blister pack to protect from heat, moisture and oxygen. These specially designed, innovative capsules help slow exposure to stomach acid and ensure more targeted release.

BOUARI -C - Support for colds, flus, and allergies

BOUARI – C is a buffered vitamin C that provides high concentration of bioflavonoids and alkalizing minerals, calcium, magnesium and potassium.

BOUARI DHEA 5mg - Anti-aging, energy, immune system

Supplies 5 mg of DHEA for the synthesis of important hormones and for a variety of potential physiological responses such as healthy aging, ongoing energy and vitality, a balanced stress response as well as muscle integrity and fat reduction.

BOUARI FIBER – Gastrointestinal support for constipation

Provides sources of natural fibers, guar gum, pectins, lignans and enzymes to support healthy digestion and modulate normal glucose uptake from the gastrointestinal tract.

BOUARI FEMALE BALANCE – PMS and Menopause

Supports classic herbal hormonal balancing in the form of vitex, polygonum and black cohosh, along with DIM and chrsyin for protection and optimization of beneficial estrogen aromatase activity. Calcium-d-Glucarate promotes the proper elimination of excess estrogens. Rosemary, resveratrol, grape seed extract and EGCG from green tea are included for maximum antioxidant protection. Vitamin B6, B12, folates, magnesium and calcium are also included.

BOUARI LV-GB – Supports Liver and Gallbladder function

Is a comprehensive formula of nutrients for aiding bile flow for the proper processing and elimination of toxins. It is used as additional support during weight loss for those who are on prescription drugs known to affect the liver and may be impeding weight loss.

BOUARI CLOSING TIME -

Reduces stress, anxiety, and sleeplessness

A stress hormone stabilizer with stress-reducing ingredients and cortisol-lowering botanicals to help reduce stress and relieve occasional sleeplessness. This safe, natural and non-habit forming formula increases the ability to fall asleep, stay asleep, and will not cause morning grogginess while providing all-day stress reduction.

BOUARI CLEANSE -

Supports gastrointestinal, liver and kidney function

A hypoallergenic brown rice protein formula, rich in nutrients, amino acid, minerals, prebiotics, and probiotics to support healthy gastrointestinal, liver and kidney function. This product may be used as a meal replacement anytime during the day. Beneficial during the Stabilization Phase portion of the program after your target weight has been reached.

BOUARI MEAL

Plant-derived alternative to our popular whey-based Bouari Cleanse featuring the hypoallergenic Peatein (natural pea protein isolate). Bouari Meal – DF is casein-free, lactose free, gluten free and offers the same comprehensive blend of added nutrients as our Bouari Cleanse to promote health and healing.

Available in Berry and Vanilla flavors.

Whey based protein available in Chocolate.

Bouari H2O Balance

Bouari H2O blends taurine with vitamin B6 to provide healthy water balance, normalize blood pressure, promote heart health, and offer antioxidant defense. This safe diuretic does not cause any loss or imbalance of minerals in the body.

BOUARI MULTI- V -

Full spectrum multivitamin with copper and iron

Provides a comprehensive quality source of vitamins and minerals, specifically magnesium and potassium. This vegetarian formula is appropriate for teenagers, menstruating females, pregnant or lactating women and those who avoid eating red meat. In addition it is used for complaints of leg cramps and hair loss.

BOUARI ZZZ - Regulates sleep

Melatonin is secreted by the pineal gland. As a supplement it is important in regulating sleep and the body's daily rhythmic cycle, making it ideal for jet lag. Melatonin is also an important antioxidant which acts as an effective scavenger of highly toxic free radicals, like those found in conditions such as cancer. Melatonin production may decrease with age so supplementation may be ideal, especially for those over the age of 50.

Product Care

Applicable to **Advantage** Spray and **BOUARI B-12**

- Store in room temperature and do not expose to direct sunlight.
- Shake well before administering
- When using a product with a dropper, make sure to count the number of drops to avoid over usage of product.
- To avoid contamination don't let the dropper or spray touch the inside of your mouth.
- Hold the **ADVANTAGE** Spray liquid at least two to three minutes under the tongue to allow ample time for your sublingual glands to absorb the formula.
- Avoid eating or drinking 5 to 10 minutes before and after using the **ADVANTAGE** Spray.

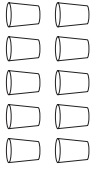
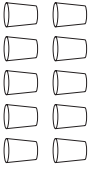
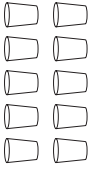


Please note: In the event you break, lose, or drop your products, you will be responsible for the cost to replace them.

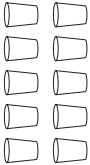
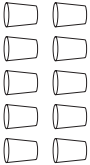

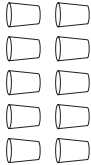
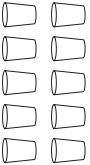
Maximizing Your Weight Loss Tips

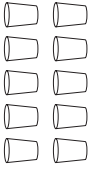
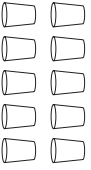
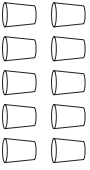


- Are you drinking enough purified water? The rule is ½ ounce per body pound. Water is one of the most important elements on this program to help flush out toxins in your body. Try adding a glass or two of green tea daily.
- Are you having one to two bowel movements per day? If you're having trouble with constipation, start taking our Aloe Lax capsules. Suggested use is 1-3 capsules with water after dinner or before bedtime.
- Choose organic whenever possible. Many times the additives, chemicals, or hormones added to the food may be slowing your weight loss.
- For women, your menstrual cycle may be coming into play. Contact the clinic if you have any questions regarding concerns that this may be affecting your weight loss.
- Have you changed or started one or more medications? Contact the clinic if you are being treated for a new medical issue since starting the program.
- Follow the program by eating small meals several times throughout the day. Simply having a bite or two throughout the day will assist your metabolism into losing weight instead of holding onto the weight.
- Consider adding a brisk walk, some yoga, or any type of 15-minute activity to your day. Physical activity raises the heart rate, speeds metabolism and may increase your weight loss. We believe that exercise is good for everyone; however, it's not required to lose weight on this program successfully.

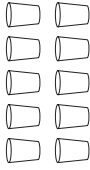
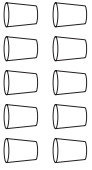
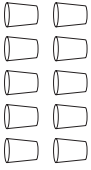


- Make sure you are getting enough sleep. More than a few participants have reported staying up late and getting up early resulting in little or no weight loss in the morning. However, simply weighing again an hour later (without eating or drinking anything) revealed a drop by two pounds. While this probably doesn't actually affect the rate of loss, it can be discouraging, therefore, sleep habits should be kept in mind.
- If weight loss has slowed down, you may consider reducing or eliminating your intake of fruit and increasing your vegetable intake.
- Have you been eating the same foods day in and day out? Have some variety and try different foods that are on healthy food list.
- Are you at the end of your program? Are you at your ideal weight? Have you lost inches but still not at the weight you desire? Are you in the suggested weight range for your age and height? Perhaps, it's time to enter the Stabilization Phase. Consider doing a cleanse or detox the body and restart at a later date. If you are near the end of the program and find yourself hungry and not feeling as well as you should be – your body may be at its ideal weight.


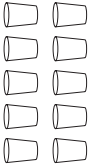
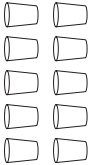


DAILY JOURNAL - Make sure to log in your journal daily

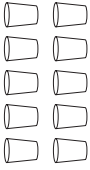
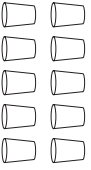
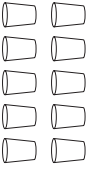


Weight	Breakfast *PF	Snack *F	Lunch *PV ²	Snack *V	Dinner *PV ²	Beverages
Foods Consumed						
Day 1 <u>Fat Load</u>						
Day 2 <u>Fat Load</u>						
Day 3 <u>Start Diet</u>						
Day 4						
Day 5						
<p>* Key: P= 3.5 oz of protein F= 1 Serving of fruit V²= 2 Servings of vegetables</p>						

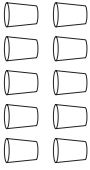
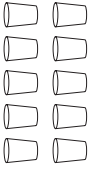

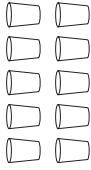
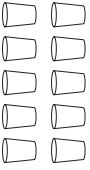
Weight	Breakfast *PF	Snack *F	Lunch *PV ²	Snack *V	Dinner *PV ²	Beverages
Foods Consumed						
Day 6						
Day 7						
Day 8						
Day 9						
Day 10						
<p>* Key: P= 3.5 oz of protein F= 1 Serving of fruit V²= 2 Servings of vegetables</p>						

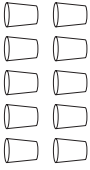
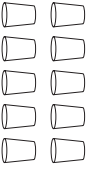
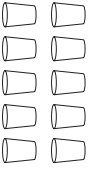


Weight	Breakfast *PF	Snack *F	Lunch *PV ²	Snack *V	Dinner *PV ²	Beverages
Foods Consumed						
Day 11						
Day 12						
Day 13						
Day 14						
Day 15						
<p>* Key: P= 3.5 oz of protein F= 1 Serving of fruit V²= 2 Servings of vegetables</p>						

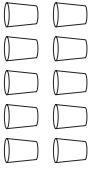
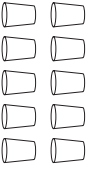
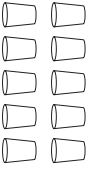


Weight	Breakfast *PF	Snack *F	Lunch *PV ²	Snack *V	Dinner *PV ²	Beverages
Foods Consumed						
Day 16						
Day 17						
Day 18						
Day 19						
Day 20						
<p>* Key: P= 3.5 oz of protein F= 1 Serving of fruit V²= 2 Servings of vegetables</p>						

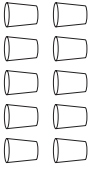
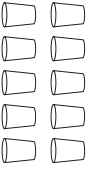
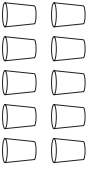


Weight	Breakfast *PF	Snack *F	Lunch *PV ²	Snack *V	Dinner *PV ²	Beverages
Foods Consumed						
Day 21						
Day 22						
Day 23						
Day 24						
Day 25						
<p>* Key: P= 3.5 oz of protein F= 1 Serving of fruit V²= 2 Servings of vegetables</p>						

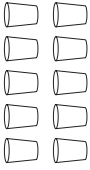
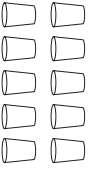
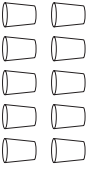


Weight	Breakfast *PF	Snack *F	Lunch *PV ²	Snack *V	Dinner *PV ²	Beverages
Foods Consumed						
Day 26						
Day 27						
Day 28						
Day 29						
Day 30						
<p>* Key: P= 3.5 oz of protein F= 1 Serving of fruit V²= 2 Servings of vegetables</p>						

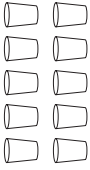
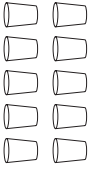

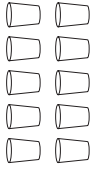
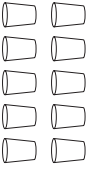
Weight	Breakfast *PF	Snack *F	Lunch *PV ²	Snack *V	Dinner *PV ²	Beverages
Foods Consumed						
Day 31						
Day 32						
Day 33						
Day 34						
Day 35						
<p>* Key: P= 3.5 oz of protein F= 1 Serving of fruit V²= 2 Servings of vegetables</p>						

Day	Weight	Breakfast *PF	Snack *F	Lunch *PV ²	Snack *V	Dinner *PV ²	Beverages	
		Foods Consumed						
Day 36								
Day 37								
Day 38								
Day 39								
Day 40								
<p>* Key: P= 3.5 oz of protein F= 1 Serving of fruit V²= 2 Servings of vegetables</p>								

Weight	Breakfast *PF	Snack *F	Lunch *PV ²	Snack *V	Dinner *PV ²	Beverages
Foods Consumed						
Day 41						
Day 42						
Day 43						
Day 44						
Day 45						
<p>* Key: P= 3.5 oz of protein F= 1 Serving of fruit V²= 2 Servings of vegetables</p>						

Weight	Breakfast *PF	Snack *F	Lunch *PV ²	Snack *V	Dinner *PV ²	Beverages
Foods Consumed						
Day 46						
Day 47						
Day 48						
Day 49						
Day 50						
<p>* Key: P= 3.5 oz of protein F= 1 Serving of fruit V²= 2 Servings of vegetables</p>						

Weight	Breakfast *PF	Snack *F	Lunch *PV ²	Snack *V	Dinner *PV ²	Beverages
Foods Consumed						
Day 51						
Day 52						
Day 53						
Day 54						
Day 55						
<p>* Key: P= 3.5 oz of protein F= 1 Serving of fruit V²= 2 Servings of vegetables</p>						

Weight	Breakfast *PF	Snack *F	Lunch *PV ²	Snack *V	Dinner *PV ²	Beverages
Foods Consumed						
Day 56						
Day 57						
Day 58						
Day 59						
Day 60						
<p>* Key: P= 3.5 oz of protein F= 1 Serving of fruit V²= 2 Servings of vegetables</p>						



Letter of Commitment to Myself

Dear Bouari Clinic:

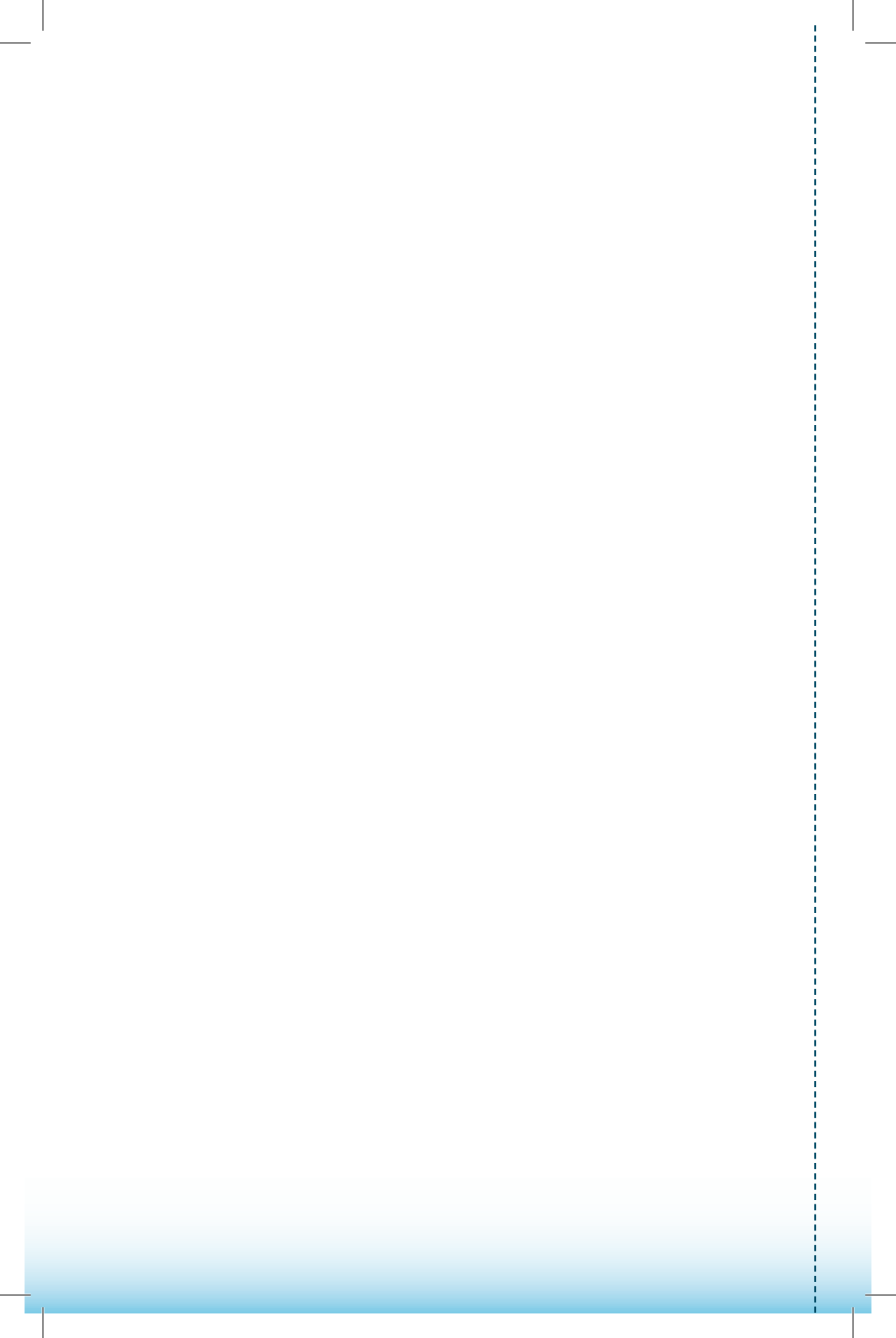
I, _____, hereby commit to the Bouari Clinic policies and procedures outlined here within to successfully reach my personal goals and make health my number one priority.

My obligations are subject to the following conditions:

- Facilitate the proper use and handling of the Advantage Program Products and Supplements.
- Follow Bouari guidelines for healthy foods and portion control to achieve rapid weight loss.
- Retain an accurate account of food consumption by updating journal daily.
- Participate in regular weigh in's and measurements with realistic expectations.
- Maintain a positive outlook that I have taken the first step to improve my health and overall quality of life.

I realize that this contract is a commitment to myself and the Bouari Program, my reward will be a better quality of life.

X _____







888.776.0188

WWW.BOUARICLINIC.COM