



DR JEWKES/MEDICAL ADVISOR WEIGHT LOSS

I have received some questions about our weight loss program and how some are losing weight faster than others. Let me explain some of the facts about why this happens.

First of all this happens with almost all weight loss programs. Everyone has different metabolisms. There are varying factors that play into success of pounds lost. Remember our program is a marathon not a sprint. Age, eating habits, exercise, medications, hormones, even genetics will affect your weight loss program.

We would encourage those of you that have not seen immediate changes with your weight to continue to be patient. In my professional opinion I still think the key to success is to also implement the other four products that Rain Nutrition started out with. Soul, Pure, Storm, and Rush play an important role with your body's ability to repair and correct the wear and tear of daily grind of eating habits, oxidative stress, inflammation, immune weakness, and imbalanced hormones. We have had many lose weight with these wonderful products before our weight loss program was introduced at our launch.

Don't quit after a month or so. Be diligent and persevere and in most cases once the body starts to change its metabolism you should see the pounds start to reduce. Remember those with the most weight to lose will see quicker results. Make sure that your exercise is adequate, that you are drinking plenty of water and check with your doctor or pharmacist and find out if there may be a medication prescribed that might be slowing and interfering with your metabolism. I have seen this be a common thread in my own practice with patients trying to lose weight.

Review your caloric intake and exercise program and you may even have to increase the dosage of the vapor to help kick start your body. Good luck and stay positive.

