

A large, solid blue silhouette of a woman's upper body, shown in profile from the waist up. Her arms are raised and crossed at the top, with her hands near her head. The silhouette is positioned on the left side of the page, extending from the top to the bottom.

# SF6

SIMPLE PLAN

*The Simple Plan for Losing Weight  
in 6 Easy Steps!*

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Dr. Steven Haltiwanger MD,CCN*

# Introducing...



By LifeWave®

## DISCLAIMER

These statements have not been evaluated by the Food and Drug Administration. The SP6 program is not intended to treat, prevent or cure any disease.

The LifeWave SP6 Appetite and Weight Control System is intended for healthy adults, age eighteen and over. This instruction booklet and associated guidelines are solely for educational and informational purposes. This booklet is in no way intended to be medical advice. Please consult a medical or health professional before you begin this or any new diet, exercise or nutrition program, or if you have any questions or concerns about your health. Individuals that are quoted in this book and on the LifeWave website have experienced results that may not be typical results and as such their results will not be the same as your individual results. LifeWave does not assume any responsibility for your use of information in this booklet. LifeWave patches are not intended to be used in the cure, treatment or prevention of disease in man or animals.

## The Simple Plan with 6 easy steps for weight loss!

Tired of weight loss programs that DON'T work? Fed up with impossible-to-stick-with fad diets or "fat burning" pills that rev you up only to have you crash back down? Do you spend hours in the gym and feel you have nothing to show for it? Well, you're not alone. Most people are frustrated by minimal or temporary results from the latest trends in weight loss.

It's time to stop believing in trends and start believing in *results!* It's time for a weight loss program that works by addressing *how* people gain weight and *why* diets, pills and exercise alone almost always fail.

### It's time for SP6 !

**SP6 – Simple Plan 6** – is a completely new approach for weight loss *success!* Only SP6 targets *how* you gain weight by reducing the cravings that cause you to over eat – and provides you with guidelines to keep the weight off. The unique SP6 system gives you the appetite control to be satisfied with normal meals and not desire unhealthy snacks and helps you understand how to make weight loss last a *lifetime*. You can start right now! Inside this booklet you'll find everything you need to know about the incredibly effective and easy steps of *Simple Plan 6*:

- Step 1** - Use the SP6 Appetite Control patch to help reduce cravings
- Step 2** - Detoxify and reduce calories with a meal replacement
- Step 3** - Eliminate excess sugar and improve your nutrition
- Step 4** - Hydration keeps you feeling full and functioning at your best
- Step 5** - Burn more calories for faster weight loss with our exercise guide
- Step 6** - Reward yourself each week for a job well done

Welcome to SP6.

The weight loss program that **WORKS!**

The **question** is,  
how can you **Control your Appetite**  
for **Successful** weight loss?



*“The patch is wonderful at controlling  
cravings and hunger”.*

## SP6 – STEP 1

### The SP6 Appetite Control Patch

**If you are overweight it is not your fault.**

Did you know that 100 years ago the average person consumed about 16 pounds of sugar in their diet each year? During the 1980's the average person in the United States consumed about 75 pounds of sugar in their diet each year. More incredible than that, today sugar consumption is at an all time high with the average American gulping down over 150 pounds of sugar each year!

Not surprisingly the incidence of obesity and diabetes has paralleled these increases in sugar consumption. The message is very clear: eating excessive amounts of sugar in our diet makes us sick and fat! When we consume sugar it “turns off” our ability to burn fat and “turns on” fat storage. So when we eat those foods that we know we should not our body goes into “fat storing” mode. The endless cycle of not being able to lose weight continues. To make matters worse, most people *crave* sugar and do not seem to be able to stay away from it.

In addition, when you consume more calories than your body requires, the leftovers are stored as fat. And though you've probably tried dieting to reduce the calories you take in, chances are your success was hampered by an *appetite* that wouldn't go along with the program. Stomach rumblings and sugar cravings can beat down even the strongest of wills, and put a quick end to “fool-proof” diets. The question is, how can you control your appetite and reduce your sugar intake for successful weight loss?

Our innovative patch regulates your appetite by applying mild pressure to acupressure points.

STEP

1

## STEP 1: The SP6 Appetite Control Patch

The self-adhesive SP6 Appetite Control patch utilizes the ancient principles of acupressure to gently stimulate points on the body that have been used to balance and control appetite for thousands of years. The result is a *natural* decrease in hunger and sugar cravings – without any drugs, stimulants or needles entering the body!

A chart on the following pages provides specific instructions for patch placement. You'll notice that two of the suggested points are Spleen 6 and Stomach 36, both well known acupressure points that help control the appetite and strengthen the digestive system. You may notice it's working the first time you use it!

The SP6 appetite control patch is the best of what's old and the best of what's new for successful weight loss!

### Benefits of using the SP6 Appetite Control Patch are:

- Helps to control and regulate your appetite
- May help to reduce your cravings
- No pills, drugs, stimulants or needles are involved
- Acupressure is recognized as safe
- Convenient and easy to use, apply in the morning, remove at night.

## What is Acupressure?

Acupressure is a type of Oriental healing art based on ancient Chinese and Japanese medicine. A practitioner will typically apply pressure on specific points on the body with his or her fingers in order to relieve pain and discomfort, prevent tension-related ailments, and promote good health.

Acupressure has been used for over 5000 years in China, and today both acupressure and acupuncture (stimulating acu-points with needles) are still the most widely used healing system in the world with over **1 BILLION** people using it as their primary source of health care.

Acupressure is based on the belief that energy flows through the human body in specific patterns, and when the human body is under stress many of our meridians (energy channels) and organs can fall out of balance. By stimulating specific points on the body (acupressure points) harmony and balance can be restored. Although acupressure has been thought of in the west as being esoteric, numerous clinical studies over the past 30 years have demonstrated its validity as a legitimate scientific healthcare practice.

In Traditional Chinese Medicine (TCM) appetite is associated with both the Stomach and the Spleen. When there is any imbalance or stress placed on either of these organs, appetite can become poor or excessive.

The Chinese explain the function of the Stomach and Spleen as transporting food and transforming it into energy. If the Stomach or Spleen become damaged through stress or poor diet then a number of health disorders can result such as weight gain, poor digestion, a slowing of the metabolism, water retention, bloating and a feeling of heaviness.

The SP6 Appetite Control Patch has been designed to regulate the appetite utilizing the principles of Chinese medicine by restoring harmony to the Stomach and Spleen meridians through gentle stimulation of specific acupressure points on the human body normally associated with the proper functioning of the Stomach and Spleen. (Spleen 6 and Stomach 36).



## Instructions for Use:

The SP6 Patch is intended to be used for the mild and temporary stimulation of acupressure points. SP6 is to be worn 5 days per week, wearing a new patch each day.

The patch is to be applied in the morning and then removed in the evening. Apply the patch to clean, dry skin. Patches can be worn for up to 12 hours at a time.

Remove immediately if you feel discomfort or skin irritation occurs. Do not reuse patch once removed from the skin. Do not use more than one SP6 Patch at a time on the body. Keep your body well hydrated with water during the use of the patches.



### STEP 1

First, locate the acupressure point you wish to stimulate.



### STEP 2

Next, remove a plastic bead from the bag. Remove the backing from the adhesive plastic patch included. Place the plastic bead in the center of the patch on the adhesive side of the patch.



### STEP 3

Lastly, apply the bead and patch to the acupressure point, smoothing the patch on so that it is properly secured to the skin. There should be a mild pressure on the acupressure point.



### DAY 1

#### SPLEEN 6 (Chinese name: San Yin Jiao)

To find this point place the four fingers of your left hand above the ankle bone on your right foot. Spleen 6 is located on the bone (tibia). This point has given the best results.



### DAY 2

#### STOMACH 36 (Chinese name: Zu San Li)

To find this point place the four fingers of your right hand underneath the bottom of the knee cap. Stomach 36 is 1 finger width to the outside of the knee. This point gives good results.



### DAY 3

#### KIDNEY 3 (Chinese name: Tai Xi)

To find this point locate the inside of your right ankle bone. Kidney 3 is located in the depression next to the ankle bone and the Achilles' Tendon.



### DAY 4

#### PERICARDIUM 6 (Chinese name: Nei Guan)

To find this point place four fingers widths at the crease of the inside of your wrist. The patch is placed in the middle of the wrist.

*This point is used for the relief of nausea.*



### DAY 5

#### CONCEPTION VESSEL 8 (Chinese name: Shen Que)

Place one patch directly on top of the belly button. This point gives good results.

**Warnings:** For external use only. Do not ingest. Do not use on wounds or damaged skin. Ask a health professional before using if you have a health condition. Do not use if pregnant or nursing. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

**WHAT** you eat...

*is every bit as **important***

as **HOW MUCH** you eat.



*"I was less hungry, had to remember to eat,  
had no cravings and felt fuller on less food".*

## SP6 – STEP 2

### Detox and Meal Replacement Guidelines

**In order to lose weight you MUST reduce your intake of calories.**

***It's that simple.***

To appreciate the difficulty that all of us have in trying to lose weight try and answer the following questions: How many calories do you need per day to support your muscles and bodily functions? How many calories were in the breakfast you had this morning? Lunch? Afternoon snack? And how many calories did you consume for the entire day? Did you consume more or less than what you need? Did you gain weight or lose weight today? How much of that weight loss/gain was body fat? The problem is that none of us know the answers to all of these questions, so how can we be expected to have a scientific and progressive method for losing weight?

Let's use a practical example: suppose that your body requires 3000 calories per day. If you consume more than 3000 calories you are gaining weight and if you consume less than 3000 calories per day you are losing weight. But here is where the formula gets complicated.

Most doctors agree that there is a very narrow "metabolic window" for weight loss. This means that if your body requires 3000 calories per day to sustain itself, then consuming 2700 calories will lead to weight loss. However, if you consume less than this 300 calorie window your body will go into survival mode, meaning that your metabolic rate will begin to slow down. This can even lead to your body burning muscle for fuel, which none of us want.

Using a Meal Replacement is  
a fast and convenient method  
for reducing your daily calories.

STEP

2

To make matters even more difficult, WHAT you eat is every bit as important as HOW MUCH you eat. You must avoid excess sugar, preservatives, artificial dyes, soda, artificial sweeteners, and refined carbohydrates.

Another wrinkle in the weight loss world is that while calories play an important part in gaining and losing weight, did you know that your body's ability to process calories is often affected by food that has already passed through your system? Excess, unabsorbed proteins cling to the walls of the intestines and block newer food nutrients from being properly absorbed. And that can be a problem for successful weight loss. To improve your body's ability to absorb the beneficial nutrients you do consume you must eliminate your stored toxins for optimum weight loss and dynamic health.

The average American diet contains huge amounts of protein, more protein than most of us require. As a result some of this protein does not make its way through the intestine and actually becomes stuck to the inside of the intestinal wall. As this decayed protein accumulates it will impair digestion but even worse, this dead decayed matter will enter our blood stream and create a very serious problem called "leaky gut syndrome".

### Detoxification & Meal Replacement Benefits:

- Detoxification helps you lose weight
- Removing undigested waste helps your body function naturally.
- Meal replacements provide you with an EXACT number of calories.
- Meal replacements have a healthy balance of nutrients.
- Fast and convenient to use almost anywhere.

To insure that you are getting off to a good start in your new weight loss program it is recommended that you perform a detoxification program for at least 2 days. A detoxification formula will help to move accumulated toxins out of the intestine – which makes you healthy – and then future nutrients that you put into your body will be absorbed more efficiently. Another huge advantage to performing a detoxification for 2 days is that you will lose weight and inches fast!

## STEP 2: Detoxification and Meal Replacement Guidelines

A detoxification for at least two days is recommended as the first part of Step 2. By helping to cleanse your intestines of accumulated waste, your body will be able to make the most of the calories and nutrients it will need for successful weight loss. You can find recommendations for successful detoxification on our website at [www.LifeWave.com](http://www.LifeWave.com)

The second part of Step 2 is intelligently reducing your sugar and calories each day by using a quality meal replacement every day to ensure that your body gets the nutrition and protein it needs for healthy and successful weight loss. Remember, in order to lose weight you must reduce the amount of calories that you are consuming each day.

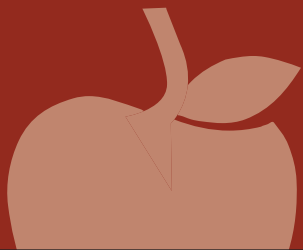
You want a meal replacement that contains an appropriate amount of calories, protein, vitamins and minerals, but DOES NOT contain artificial sweeteners or dyes, or other unnatural chemicals. The good news is that meal replacement ingredients are clearly listed, so there's less guesswork involved. *For meal replacement recommendations visit [www.lifewave.com](http://www.lifewave.com).*

More good news about meal replacements is that clinical studies have found that meal replacements are as effective as traditional calorie-counted diets in terms of helping people to lose weight in the short term. The commonly held belief that meal replacements only help people to lose weight temporarily is not supported by current research. Long term scientific studies suggest that meal replacements may actually help people to keep their *new lower weight*.

**YOU** are  
*what you* **EAT.**



*"I immediately had a feeling of not needing to eat –  
I stopped when I felt full".*



## SP6 – STEP 3

### Everyday Nutrition Guidelines

***"You are what you eat."* Remember that old saying?**

Well, it still holds true, especially when your goal is to lose weight. Diet affects everything – how you look, feel, heal and live. And though the SP6 Appetite Control patch will help to reduce your hunger and cravings, you still need to be smart about what you eat to realize a lifetime of successful weight loss.

#### **Consider this:**

Today the number of people who are obese or overweight in the United States is estimated to be between 60% and 80%. If we go back as little as 50 years the incidence of obesity in the United States was less than 5%! So *why* are people gaining weight today and unable to take it off? The answer as mentioned previously is that today Americans are consuming an unprecedented amount of sugar. Eating sugar tells your body to store fat. If you do not reduce your sugar intake you will continue to have a difficult time in losing weight.

#### **Food for Thought:**

- Eat a variety of quality foods each day.
- Avoid "empty" calories: foods low in nutrients but high in fat and sugar.
- Lower your sodium intake to retain less water.
- Read product labels and choose foods high in fiber and vitamins but low in fat.
- Eliminate your consumption of alcohol during your weight loss stage
- Keep a food log to help avoid unnecessary calories and record your progress.



STEP

3

## STEP 3: Everyday Nutrition Guidelines

Balanced meals. Quality foods. And moderation. When combined with the SP6 appetite control patch and program, these keys to proper nutrition will help unlock a healthier, leaner and lighter you.

**Balanced Meals** – Starting with the basic food groups of meats, fruits & vegetables, dairy and grains, remember that it's important to balance every meal with healthy amounts of protein, fat, fiber, vitamins, minerals and carbohydrates.

**Quality Foods** – A diet of quality foods will improve your health and your weight loss. Always read labels and look for foods that are low in fat and sugar. And choose fresh, organic foods over processed, packaged foods as much as possible.

**Moderation** – The SP6 appetite control patch will help keep your hunger in check, but enjoying 5 or 6 smaller, balanced meals throughout your day will help increase your metabolism as well, so your body will burn more fat.

**With these SP6 nutritional guidelines**, you'll soon be more *aware* of your eating habits. You'll start to think about how and what you eat each day – and soon those days will become the weeks, months and years that help make up a *lifetime* of healthy eating and successful weight loss!

### Tips for... *Dining Out:*



- Stay away from fried, battered or breaded food.
- Ask for sauces and dressings on the side.
- Eat a balanced snack before dining out.
- Choose a salad with protein (chicken, fish, lean beef, or tofu).
- Avoid buffets and all-you-can-eat restaurants.
- Choose steamed vegetables over fried, scalloped or creamed options.
- Skip the butter and gravy.
- Choose broth-based soups over creamed versions.
- Go easy on the breadbasket.
- Order a lunch portion or half-size order if available.
- Make healthy choices at fast food restaurants – ask for the nutrition facts menu.
- Order fresh fruit for dessert.

### Tips for... *Eating at Home:*



- Bake, broil or barbecue poultry and meats instead of frying.
- Include some protein with every meal or snack.
- Enjoy fresh fruit instead of a pre-packaged desserts.
- Use peanut butter on toast instead of butter for added protein.
- Don't keep "empty" calorie foods or deserts in the home.
- Keep healthy snacks and ingredients available for home and work meals.
- Be creative, try new healthy recipes from books, magazines or the Internet.

### Tips for... *Grocery Shopping:*



- Get in and out of the grocery store in about 30 minutes.
- Only buy for what is on your shopping list.
- Read the food labels before buying the items.
- Try to purchase fresh, organic and low-fat foods.
- Don't buy more than what you need for the week.
- Don't go grocery shopping when hungry. You'll avoid poor food choices.

# Hydration,

is a major contributor  
to *successful* weight loss.



*"I definitely felt sustained energy and fullness  
as well as continued mental clarity".*



## SP6 – STEP 4

### Hydration Guidelines

**Water.** Without it, life on Earth couldn't exist. It is truly the life force of the world, affecting every plant, animal and person. In fact, over 70% of your body is water. It keeps your brain and muscles functioning, your blood flowing, and plays some role in almost every biological system that your life depends on.

Every time you drink water, you *hydrate* your body, which helps to replenish the cells and systems that depend on water to keep your body functioning at its best and to keep you healthy. And because the body's performance depends on water in so many ways, it's not surprising that *hydration* is also a major contributor to successful weight loss.

*"I am a researcher. I have researched dehydration for the past 20 years. When I discovered that the solution to most of the disease conditions of our society is not a money maker, I decided to take my information to the public.*

*My research revealed that unintentional dehydration produces stress, chronic pains and many degenerative diseases. Dry mouth is not the only sign of dehydration and waiting to get thirsty is wrong. I have explained scientifically at the molecular level that it is water that regulates all functions of the body including functions of solid matter. 75 % of our bodies are composed of water. The brain is 85% water. It is water that energizes and activates the solid matter. If you don't take enough water, some functions of the body will suffer. Dehydration produces system disturbances."*

**- Fereydoon Batmanghelidj, M.D.**

If you don't take enough water,  
some functions of the body  
will suffer.

# STEP 4

## STEP 4: Hydration Guidelines

By regularly hydrating your body, you allow it to function properly, which means your internal systems can work more efficiently to process calories and create energy. For that reason alone, hydration is important for weight loss. But on a much simpler level, a cool glass of water is also a terrific way to help you keep feeling full and quiet a growling stomach, further reducing cravings for food. Many doctors even believe that “feeling hungry” is really your body telling you to drink more water!

### So how much water should you drink?

As a rule of thumb, if you divide your body weight in pounds by two, that’s the number of ounces of water you should drink every day. *Example:* A 150-pound person would need to drink about 75 ounces of water each day.

### SP6 Hydration Tips:

- Keep a 32-ounce bottle of water handy and sip it throughout the day.
- Drink 2 to 3 glasses of water at lunch and dinner.
- You’re drinking enough water if your urine is clear and odorless.
- Adding lemon to water can aid in liver detoxification.
- Studies have shown that drinking a glass of water upon waking and before sleeping will accelerate weight loss.



### Dehydration Symptoms:

- Thirsty
- Fatigue, Sleepiness or tiredness
- Dry and loose skin
- Muscle cramps or weakness
- Cracked lips, dry sticky mouth and tongue
- Infrequent urination , dark color or strong odor from urine
- Headache, dizziness or light headedness

### Benefits of drinking enough water each day:

- Reduces your cravings for food by keeping you feeling full
- Enhances the transport of nutrients throughout your body.
- Helps cellular systems function properly.
- Helps flush toxins and wastes from your body.
- Promotes a healthy pH balance in your body.
- Helps your body perform at its best.

No matter who you are...

**Exercise** can help make you  
*stronger, happier and healthier.*



*"I didn't notice anything right away, but when lunch time arrived, I was barely hungry."*



## SP6 – STEP 5

### Exercise Guidelines

#### **Young or old. Tall or short. Fat or thin – EVERYONE should exercise!**

Why? Because no matter who you are, exercise can help make you stronger, happier and healthier. Most importantly, a moderate amount of exercise is an important part in helping you lose weight by burning more calories.

#### **But why is losing weight through exercise alone so difficult?**

*Consider this:* if you are performing an exercise (such as a stationary bike) and you are able to burn 300 calories during your workout, you are doing well. But did you know that 1 pound of fat is equal to 3500 calories! Not only that, but when you exercise it takes about 20 minutes for you to burn the sugar that your body stores in the muscles for immediate energy, so you do not get to the "fat burning" part of your workout until then!

The bottom line is that most people have a difficult time losing weight with exercise alone which is why it is so important to combine exercise with proper nutrition and calorie reduction.

Exercise strengthens and tones your body, which can build confidence and self-esteem. It releases endorphins into your bloodstream, which can improve your mood. It can even boost your everyday energy and help you sleep better at night.

Strength training such as weight lifting is especially effecting in a weight loss program. Strength training builds muscle. Muscle burns energy. Energy comes from calories. Calories come from fat. The net result? Exercise burns fat – *and helps you lose weight!* The more you exercise, the more muscle you build, the more calories and fat you burn, and the more weight you lose. *Plus,* the new muscle you gain through exercise continues to burn fat around the clock to sustain itself. So by making exercise a regular part of your lifestyle, you can burn fat more consistently to help achieve your weight loss goals.

# STEP 5

## STEP 5: Exercise Guidelines

### Exercise Training:

The first thing you need to know about exercise is this: You need to enjoy it! Not to say that exercise shouldn't be challenging, but it also shouldn't be something that you dread. The goal is to find exercises and training options that you will stick with to reach and maintain your weight loss goals – you need to identify your *workout personality*. If you are uncomfortable in gym situations or don't care for jogging, look for other routes that match your needs. What kinds of activities or sports do you enjoy? Do you prefer to workout alone or would you benefit from the motivation of a trainer or group class? What would work best for your schedule? What would be convenient and affordable for you? You need to consider all of these questions because the answers will help you begin a *successful* fitness and weight loss program today that you can enjoy for a lifetime!

To get you started, the SP6 Exercise Guidelines focus on the three major components of a well-balanced exercise routine: cardio, resistance and flexibility training. After familiarizing yourself with these three areas, select activities that will fit your workout personality. *\*Consult your physician before starting any exercise program.*



### Cardio Benefits:

The body's hardest working muscle is the heart. And like any muscle, it enjoys a good workout – specifically a “cardio” or “heart” workout. Cardio exercise is aerobic exercise, meaning it is exercise that increases your heart rate, which increases your breathing, which increases the flow of oxygen to your muscles. As part of your exercise routine, cardio helps you burn calories and body fat and lose weight. It also increases lean muscle mass, may reduce fatigue, depression, risk of injuries and some chronic diseases. Plain and simple, having cardio in your SP6 program is great news for successful weight loss and your overall health!

Experts recommend adults get 30 to 60 minutes of cardio exercise at least three times a week. *\*Consult your physician before starting any exercise program.*

### Cardio Tips:

- Do cardio you enjoy. Don't like the treadmill? Try the stationary bike or elliptical trainer. The more you like it, the more you'll benefit from it.
- There is really no “best” cardio training. Anything that gets your heart rate up and provides a challenge will work just fine.
- Mix up your cardio routine. By using different types of cardio activities, you won't get bored and your body will utilize different muscles and avoid fitness plateaus.
- Test your cardio intensity with the talk test. Whether you're exercising at low or high intensity, you should still be able to talk and carry on a conversation comfortably. If you're having a difficult time, decrease your workout's intensity until you can talk comfortably.
- Use a heart monitor to keep your heart rate in a safe, but effective, fat burning zone.
- Stay hydrated! Drink water before, during and after your workout. See Step 4.

# STEP 5



## Resistance Training Benefits:

Resistance training helps build muscles you can admire in the mirror. That doesn't mean your heart can't appreciate a dumbbell workout, but your bicep is where you'll see and *feel* the "pump". Resistance training is any activity that uses opposing force to increase strength, enhance muscle tone and preserve or build lean muscle. Strengthening your muscles builds your endurance for all kinds of activities and helps protect your joints and prevent injury. And muscle burns energy – even at rest. So as you gain muscle, you actually help your body to burn more fat and maintain the healthy body weight the SP6 program can help you achieve.

Experts recommend adults do resistance training at least 2 to 3 days a week.

*\*Consult your physician before starting any exercise program.*

## Resistance Training Tips:

- Just do it – resistance training that is. It's an important part of any fitness program.
- Mix it up! Like cardio, trying different kinds of resistance training will help keep you interested and your body challenged.
- Use proper form. Whether you choose free weights or core training, ask a fitness professional to show you how to workout safely and effectively.
- For arms, try rowing, pull-ups, push-ups or curls.
- For legs, try climbing stairs, light dumbbell squats or machines at the gym.
- Shape your abs with trunk twists and crunches.
- Stay hydrated! Drink water before, during and after your workout. See SP6 Step 4.

## Flexibility Training:

Bending over and picking something up seems simple enough. But without flexibility, the muscles and joints needed to make it happen would be useless. Flexibility training helps the body stay flexible as it strengthens and stretches your muscles and joints. It can also help prevent muscle strains and sprains and can improve your performance in sports and other activities. As part of your SP6 program, flexibility training will help you bend, twist, move and exercise better and help you realize successful weight loss.

## Flexibility Training Tips:

- The correct way to stretch is slow and relaxed, holding the stretch for a minimum of 15 seconds. **DO NOT BOUNCE** as this can cause you to *pull* muscles.
- Stretch to the point of "mild tension". Ease off the stretch if it feels painful. **DO NOT** over-stretch!
- Remember to breathe slowly and naturally while stretching.
- Ask a fitness professional how to use a Swiss ball or foam roller to stretch and soften knots in muscle.
- Participate in a stretching class at the gym or try a yoga or Pilates class.

So, there you have the SP6 program's three major components for a well-balanced exercise routine: cardio, resistance, and flexibility training. The key is discovering which exercises within these three components will best match your workout personality to give you the enjoyment and results that can lead to a lifetime of successful weight loss.

***Follow these SP6 guidelines and success can be yours!***

STEP  
5

**SP6 Injury Prevention Guidelines:**

The smart way to get fit and lose weight is to do it safely. Performing exercises incorrectly or beyond your physical abilities will only cause injury and slow or stop your progress. Don't over-exert yourself. Listen to your body. And seek out advice. Fitness trainers can be wonderful motivators and are a terrific source of information. Three days a week would be great, but even a few sessions with a good trainer will give you the proper form, skill and confidence to begin working out on your own.

*\*Consult your physician before starting any exercise program*

**Here are a few other general tips to get you started:**

**Warm-Up:**

A warm-up of 5 to 10 minutes of cardio before your regular workout begins will increase your heart rate and prepare your muscles and joints for exercise, which can help to prevent injury.

**Cool Down:**

A 5 to 10 minute cool-down helps your body return to its normal state after exercise.

Because your muscles and joints will be warm and more flexible after a workout, try a relaxing stretch to decrease your heart rate and calm your body and mind.



**Workout Safely:**

A safe workout is one designed for your goals and physical abilities. To achieve your desired results from exercise, you have to recognize your physical limitations. Pushing too hard can leave you injured and frustrated.



**The SP6 "BEFORE" AND "AFTER" BODY MEASUREMENTS**

Record your measurement data below

While following the SP6 Simple Plan for Losing Weight program in 6 Easy Steps. Take the following measurements for each body part as indicated below. For best results make sure that measurements are taken at the same time of day. Good luck!

WEIGHT	Prior to Day 1 _____"	Day 30 _____"
CHEST	Prior to Day 1 _____"	Day 30 _____"
WAIST	Prior to Day 1 _____"	Day 30 _____"
HIPS	Prior to Day 1 _____"	Day 30 _____"
THIGHS	Prior to Day 1 _____"	Day 30 _____"

# Reward yourself

*for your achievement*

by doing something special **just for you.**



*"I'm so excited! I've lost more weight using this patch,  
than with anything else I have tried!"*



## SP6 – STEP 6

### Goals and Rewards Guidelines

**Everyone enjoys being rewarded for a job well done, and when you hit your weight loss goals this should be cause for celebration!**

Richard Quick, a 6-time United States Olympic Swimming coach has stated that one of the keys to success in both athletics and life is to be realistic about your goal setting. Do not set a goal that you can not reach only to get half way. *"If your goal is to reach the stars, then first set a goal to reach the Moon. Once you are on the Moon then you can set a goal of reaching the stars".*

The lesson in all of this is simple. If your goal is to lose 40 pounds, do not try and lose all of that weight all at once. First set a goal to lose 1 pound your first week. Once you hit this goal stop and reward yourself for a job well done. Perhaps your goal for week 2 will be to drop an additional 2 pounds. You are the best judge of what you want to accomplish but remember to be realistic – and have a plan for how you are going to hit your goal.

If you have 20 pounds to lose, how long did it take you to gain that weight? Chances are that you gained that 20 pounds over a period of a few years, so do not expect that weight to come off over night (although some people have lost 20 pounds their first month on Simple Plan 6). Make a list of mini-goals such as I will lose 20 pounds in 4 months, I will lose 5 pounds in 1 month, I will lose about 1 pound each week, and so on. Isn't it a lot easier to lose 1 pound a week than 20 pounds all at once?

And remember, an important part of goal setting is to reward yourself to help you stay motivated. So when you reach your goal, celebrate it! Reward yourself for your achievement by doing something special just for you.



# STEP 6



## STEP 6: Goals & Rewards Guidelines

There are many ways to **reward yourself** for hitting your weight loss mini-goals. Here are some suggestions to get you started in the right direction.

### Daily Reward Ideas:

- Take 15 minutes for yourself and do something you enjoy!
- Leave work a few minutes earlier so you can spend time with your loved ones
- Relax your body and mind; try meditating at the end of your day
- Take time to write in your journal of what you accomplished that day
- Enjoy a long soak in the tub

### Weekly Reward Ideas:

- Buy yourself that book or magazine you've had your eye on
- Enjoy a cup of your favorite designer coffee or drink
- Rent that movie you didn't get to see on the big screen
- Download the latest album from your favorite band
- Open a "reward me" bank account; Deposit \$5-10 for every pound you lose

### Monthly Reward Ideas:

- Buy that new dress, jacket or shoes!
- Treat yourself to that CD or DVD
- Get yourself a spa treatment
- Plan a weekend getaway to one of your favorite places
- Get your car detailed

## SP6 Goal Setting Tips

These practical tips on goal setting can help make it easier to set and reach your goals:

**1) Be specific. Realistic goals work best.** When it comes to making a change, the people who succeed are those who set realistic goals. Instead of "I will lose two sizes by bathing suit season," try "I will eat a healthy breakfast and lunch this week."

**2) Be patient. Lifestyle changes take time.** Forming new habits like getting up an hour earlier to workout or remembering to bring healthy snacks to the office takes time. Be patient and it will become part of your lifestyle.

**3) Be sure. Repeating goals make them real.** Write down or say your goal out loud each morning to remind yourself what you want and what you're working for. Every time you remind yourself of your goal, you're training your brain to make it happen.

**4) Be yourself. Pleasing others doesn't work.** To truly make any change, you must have the desire within yourself – you can't do it out of obligation to anyone else, be it a friend or spouse. To make it work, you have to do it for you!

**5) Be forgiving. Nobody's perfect.** Slip-ups are natural and nearly unavoidable as you adjust to new lifestyle demands. So don't be too hard on yourself if you miss a workout or have a cookie. Just encourage yourself to stick with the program and you *will* get there.

**6) Be positive. Focus on *your* success.** The SP6 program is not a race. It's your *individual* path to fitness and weight loss. So take it at your own pace, one where you can happily maintain your progress, visualize your results and enjoy your *success!*

# Simple Plan 6 FAQ's

## 1. How does SP6 work if nothing enters the body?

The SP6 Appetite Control patch utilizes the ancient principles of acupressure to gently stimulate points on the body that have been used to balance and control appetite for thousands of years. The result is a *natural* decrease in hunger and cravings – without any drugs, stimulants or needles entering the body!

## 2. What will I feel with the SP6 patch?

You will probably feel nothing. What many people report is that they become fuller faster when eating meals. Also, you should notice better appetite control and reduced sugar cravings.

## 3. Have the SP6 patches been clinically tested?

Yes. For more information on our research please visit our website at: [www.LifeWave.com](http://www.LifeWave.com)

## 4. Do I need to change my eating habits?

Today, most people consume too much sugar, which is a key reason so many of them have trouble losing weight. To lose weight you do need to reduce the amount of sugar and food you consume each day. Changing your eating habits to include healthy, well-balanced meals can improve your weight loss and help give you a better quality of life. *See Step 3 in our Nutrition Guidelines.*

## 5. Can I wear other LifeWave patches with the SP6 patches?

Yes, you can wear LifeWave Energy Enhancer or IceWave patches with SP6. Using Y-Age patches before you begin the SP6 program is recommended. It is not recommended to use either Y-Age patch with SP6 at the same time.

## 6. How do I know if the patches are working?

Many people report that when using the SP6 patch their appetite and hunger become suppressed. Specifically, they notice reduced cravings for sugar, feeling “full” faster during meals, and simply not feeling the “urge” to eat as much. And despite eating less, they tell of having plenty of energy. Individual results will vary.

## 7. What is in the patches and how do they work?

The SP6 patch DOES NOT contain any drugs or chemicals that enter the body. Instead, SP6 patches help to control appetite by applying mild pressure to acupressure points that are known to help control the appetite and curb cravings.

## 8. Will I get the jitters?

No, you should not experience any jitters during the use of the patches. The SP6 patch is not a stimulant. SP6 is a non-transdermal patch where nothing enters into the body.

## 9. Why use the patches only on the recommended acupressure points?

It is known in Traditional Chinese Medicine that Spleen and Stomach acupressure points are responsible for balancing and regulating the appetite; that is why we recommend stimulating these points.

## 10. How long and how often should I wear the SP6 patch?

It is recommended that you wear a patch for no more than 12 hours per day. For best results use the patches 5 days a week with 2 days off. *See directions for more details.*

## 11. Will the SP6 program still work if I don't drink water?

Supplying your body with the water that it requires each day is an important part of any health and weight loss program. If you want to lose weight and have optimum health you should drink the recommended amount of water each day.

### 12. How long and how often should I detox?

This will depend on your lifestyle and dietary habits. We recommend a detox program that is designed to remove built-up proteins from the wall of your intestine. This will improve your ability to lose weight and digest nutrients more efficiently. Normally a 2 to 7 day intestinal detox will work well. *If you require a special diet, consult a physician, a certified nutritionist or a registered dietitian before beginning any modified diet plan.*

### 13. Can I have more than one meal replacement a day?

We suggest using a meal replacement once per day for gradual weight loss. Try using a meal replacement at the meal that causes you the most trouble. *Example: if breakfast is always a donut on the run, drink a meal replacement shake instead. If you require a special diet, consult a physician, a certified nutritionist or a registered dietitian before beginning any modified diet plan.*

### 14. Can I wear the SP6 patch while detoxifying?

Yes, wearing the SP6 patch while detoxifying is encouraged.

### 15. Why use one meal replacement as compared to others?

We recommend using a meal replacement that contains a healthy balance of nutrients but DOES NOT contain artificial sweeteners, dyes or other chemicals. *If you require a special diet, consult a physician, a certified nutritionist or a registered dietitian before beginning any modified diet plan.*

### 16. How much weight can I expect to lose on the SP6 program?

As with any weight loss program individual results will vary. The SP6 program is intended to help you control your appetite, reduce calories, eat right, and exercise. This winning formula is a path that will assist you in losing weight.

### 17. Will the SP6 patch help with my metabolism?

The SP6 patch is not designed to boost your metabolism and it is not a stimulant. The SP6 patch is designed to help you control your appetite through stimulation of acupressure points. However, including exercise in your SP6 program may help boost your metabolism – and help you burn more calories!

## SP6 GOALS & REWARD LOG

### Daily Goals:

Date: \_\_\_\_\_

Monday: \_\_\_\_\_

Tuesday: \_\_\_\_\_

Wednesday: \_\_\_\_\_

Thursday: \_\_\_\_\_

Friday: \_\_\_\_\_

### Weekly Goals:

Date: \_\_\_\_\_

Week 1: \_\_\_\_\_

Week 2: \_\_\_\_\_

Week 3: \_\_\_\_\_

Week 4: \_\_\_\_\_

### Monthly Goal:

Date: \_\_\_\_\_

Goal: \_\_\_\_\_

30-Day Reward: \_\_\_\_\_

# SP6 Nutrition & Exercise Journal

Date: \_\_\_\_\_ Mon. Tues. Wed. Thurs. Fri. Sat. Sun.

Breakfast: \_\_\_\_\_

Snack: \_\_\_\_\_

Lunch: \_\_\_\_\_

Snack: \_\_\_\_\_

Dinner: \_\_\_\_\_

Snack: \_\_\_\_\_

Workout: Cardio: \_\_\_\_\_ Minutes: \_\_\_\_\_

Resistance: Lower Body: yes / no Upper Body: yes / no

Date: \_\_\_\_\_ Mon. Tues. Wed. Thurs. Fri. Sat. Sun.

Breakfast: \_\_\_\_\_

Snack: \_\_\_\_\_

Lunch: \_\_\_\_\_

Snack: \_\_\_\_\_

Dinner: \_\_\_\_\_

Snack: \_\_\_\_\_

Workout: Cardio: \_\_\_\_\_ Minutes: \_\_\_\_\_

Resistance: Lower Body: yes / no Upper Body: yes / no



**To order LifeWave® SP6:**  
Contact your LifeWave® distributor.

### Customer Service:

All LifeWave® customer service representatives are well trained on our SP6. Please use the number below to contact us with any questions you may have.

### 100% Guarantee:

LifeWave® stands behind the quality of each of our products with a 100% satisfaction guarantee. If our product should fail to satisfy you for any reason, simply return it to us within 30 days and we will gladly refund your money.

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(866) 420-6288  
Monday – Friday  
9:00AM – 7:00PM EST

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### DISCLAIMER

These statements have not been evaluated by the Food and Drug Administration. The SP6 program is not intended to treat, prevent or cure any disease.

The LifeWave SP6 Appetite and Weight Control System is intended for healthy adults, age eighteen and over. This instruction booklet and associated guidelines are solely for educational and informational purposes. This booklet is in no way intended to be medical advice. Please consult a medical or health professional before you begin this or any new diet, exercise or nutrition program, or if you have any questions or concerns about your health. Individuals that are quoted in this book and on the LifeWave website have experienced results that may not be typical results and as such their results will not be the same as your individual results. LifeWave does not assume any responsibility for your use of information in this booklet. LifeWave patches are not intended to be used in the cure, treatment or prevention of disease in man or animals.

## Here's what people are saying about the SP6 Program:

*"In 14 days I lost 11 lbs. and 1 ½ inches around the waist.  
Kiss the Cravings GoodBye and Feel Full at the Same Time!"*

*"This has been effortless and painless. It feels like my body  
is simply working the way its suppose to."*

*"I lost 6 pounds my 1st week on the new SP6 patch and  
3 lbs my 2nd week for a total of 9 lbs with no exercise. "*

*"I did not have the cravings for foods that I normally have.  
Especially breads, cereals, potatoes, etc.  
My overall fat loss was 7 ½ pounds (in 12 days)."*

*"I have dropped 14 lbs WOW I AM AMAZED.  
All the girls at work are asking me for the patches, because  
they have seen the weight I have lost."*

*"My late night cravings are now gone."*

*"In two days I dropped 3 lbs! "*

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