



RAPID WEIGHT LOSS MANUAL

Users Guide to Rapid Weight Loss

ABSTRACT

Welcome to a unique, private and personalized experience in full spectrum weight loss services with the highest quality of care and complete dedication to your health, wellness and happiness.

Vamos Holdings Limited

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RAPID WEIGHT LOSS PROGRAM

The Rapid Weight Loss (“RWL”) Program is an advanced weight management system that incorporates the most advanced miRNA fat burning technology and targets root causes of obesity. It is designed for people who wish to safely achieve rapid weight loss in a short period of time while maintaining healthy and with increased feeling of wellness.

The RWL kit includes the following components:

- **RWL Shaping cream**
The RWL shaping cream is provided to support the Slimming diet and promote rapid fat burning.
- **Urine Strips**
Urine strips are provided for clients to monitor a number of parameters, including the ketone level which indicates the amount of fat being burned the previous day. Clients are required to report the results of the urine analysis on a daily basis together with their daily weight.
- **Manual**
The RWL Manual provides complete information regarding the RWL diet. The manual is delivered in either printed or electronic form.

The RWL program consists of one or more cycles. Each cycle includes the following programs:

- **RWL Slimming Diet (45 days)**
- **RWL Stabilizing Diet (28 days)**

On average, RWL clients lose up to 17 kg of fat during a single RWL cycle. Clients who wish to burn more fat are able to repeat the RWL cycle as per their requirements.

The RWL Slimming Diet and RWL Stabilizing Diet sections contain detailed information regarding the slimming and stabilizing diet parts of the RWL program respectively.

During the entire duration of the RWL program, clients receive personalized support and mentoring from our highly skilled experts in nutrition, and RWL diet on daily basis. Before entering the RWL program, each client receives consultation from an RWL consultant regarding the entire RWL program. Following this, each client is assigned a personalized RWL Counsellor who will guide, mentor, consult and monitor the progress of the fat burning for the client on daily basis. The RWL Support System section provides detailed information regarding the RWL support system, its organization, structure, participants and roles and responsibilities of each participant in the support system.

The RWL program is a unique slimming program and is built based on mirNA technology. The RWL Technology section contains detail information regarding the technology of the RWL program and its components.

RWL SLIMMING DIET

This is the actual rapid weight loss diet. During this period, you are expected to burn fat rapidly. Additional benefits are better hormonal balance, increase in metabolism and detoxification.

The slimming diet is based on the following principles:

1. The total amount of calories per day must not exceed 600 calories.
2. The diet will metabolize stored unhealthy body fat at about 2000-2500 calories of fat a day. That is almost a pound daily – approximately half a kilogram DAILY!
3. There are no adverse side effects provided you are supervised regularly.

Don't let this rapid weight loss worry you!

The RWL shaping cream tricks your body to burn the excessive fat stored throughout the body in the adipocytes. As far as your body is concerned, you are eating those 2000-2500 calories daily. It does not recognize that those calories are coming from stubborn fat stores that the RWL Shaping Cream is breaking down. All your body systems are receiving the adequate calories they need from your fat stores so the hypothalamus does not switch your body into starvation. This is why you are not hungry.

APPLICATION: Apply the RWL Shaping Cream topically to areas where there is no hair once daily, in the morning and after a hot shower. Then measure your body weight, and check your urine and report both your weight and ketone level to your Counsellor.

A TYPICAL DAY

- Physical Exercise: Wake up early, light exercise is recommended for 10 to 20 minutes a day. The general rule for exercise is that your daily physical routine should not change before and during the RWL program. Do not start exercising during the RWL period if you have not been doing it before the RWL program regularly.
- Take hot shower for at least 5 minutes.
- Apply the RWL shaping cream.
- Measure your weight and urine, and report these results to your RWL Counsellor.
- Breakfast: A cup of black coffee or black tea, followed by 100 grams of fruits.
- Lunch: 100 grams of meat, 200 grams of vegetables and 100 grams of fruits.
- Dinner: 200 grams of vegetables and 100 grams of fruits.
- Go to bed early.

EXPECTED RESULTS

If you do follow the instructions given in this manual strictly and work closely with your personal Counsellor, you should expect a weight loss between 12 and 15 kg at the completion of the 45 days slimming diet. The results are reasonably steady and predictable in almost all cases.

If you need to lose more weight, you can take another cycle. If you lose 15 kg before the completion of the 45 days slimming diet, the Counsellor will alter your slimming diet to prevent you from losing more weight.

THE RULES

The following rules must be followed strictly:

- Apply the RWL Shaping cream every morning after a hot shower.
- Strictly follow the Slimming Diet, as described in this manual.
- Eat 3 meals a day.
- Each meal should be taken at exactly the same time of the day.
- Absolutely no food is allowed between the meals.
- Eat only when you feel hunger.

FOOD SELECTION

- Strictly follow the RWL diet described in this manual.
- Eat only lean meat, fresh vegetables and fruits.
- Salt, pepper, herbs and vinegar are allowed. Limited olive oil are allowed, maximum 5g per day.
- Drink 4 litres of plain water per day. You will retain water if your intake falls below this amount.

FOOD RESTRICTION

- All dressing on salad other than salt, pepper, herbs and vinegar.
- Bread, rice, noodles, sugar, milk, eggs and all dairy products.
- Legumes, Nuts and Seeds.
- Refined sugar
- Alcohol, artificial drinks and fruit juices.
- All processed food.

WHAT IS ON THE RWL SLIMMING DIET MENU?

- 1 Serving of **PROTEIN**. Eat a moderate amount of protein in the form of humanely raised meat, sustainable live-caught seafood and free range poultry to ensure enough nutrients and amino acid essential for health.
- 2 serving of **VEGETABLES**. Eat enough fibrous vegetables (raw or cooked). Cruciferous vegetables and green leafy vegetables are particularly good. Choose a mixture of colours to ensure a good mix of nutrients.
- 3 serving of **FRUITS**. Eat a good variety of fruit to expose to broadest spectrum of nutrients and antioxidants.
- 4 litres of **WATER**. Drink at least 4 litres of plain water every day to stay hydrated and maintaining the balance of body fluids.
- 5 grams of **HEALTHY FATS**. Limited amount of good natural fat to quench appetite.

Natural Seasoning: A moderate amount of herbs, vinegar, salt and pepper for seasoning are allowed.

RWL 600 CALORIE DIET FOOD LIST

Lean Meats (Protein)	Vegetables	Fruits
One serving a day <ul style="list-style-type: none"> • Boneless Chicken Breast • Fillet Mignon • Lean Ground Beef • White Fish • Crab Meat • Tilapia • Halibut • Orange Roughy • Shrimp • Lobster * weighed raw	Two serving a day <ul style="list-style-type: none"> • Green leaf salad • Tomato • Cabbage • Brussels sprouts • Asparagus • Onion • Cucumber • Broccoli • Celery • Zucchini * weighed raw	Three serving a day <ul style="list-style-type: none"> • Apple • 1/2 Grapefruit • 6 Large Strawberries • Papaya (1/2-cup) • Honeydew (1/3-cup) • Orange or Tangerine • Apricot (not dried) • Cantaloupe (1/2-cup) * Eat raw

DAILY MEAL PLAN

Breakfast	A cup of black coffee or black tea and 100 grams fruits serving
Lunch	100 grams lean meats, 200 grams vegetables and 100 grams fruits serving
Dinner	200 grams vegetables and 100 grams fruits serving

SLIMMING DIET PLAN

The section below describes a 7 day's RWL Diet plan. We recommend that you follow this diet plan for the entire duration of the 45 days of the RWL Diet.

7 DAY'S DIET PLAN (use for 45 days)

DAY 1		
Breakfast	Black Coffee or Black Tea + 100 grams of fruits	
Lunch	Chicken Salad + Honeydew (100g)	206 kCal
Dinner	Steamed Vegetable + 1 Orange (200g)	155 kCal
DAY 2		
Breakfast	Black Coffee or Black Tea + 100 grams of fruits	
Lunch	Smoked Salmon Salad + ½ Grapefruit (200g)	212 kCal
Dinner	Pumpkin with Baby Spinach + Strawberries (200g)	158 kCal
DAY 3		
Breakfast	Black Coffee or Black Tea + 100 grams of fruits	
Lunch	Smoked Beef Salad + 2 Plum (200g)	223 kCal
Dinner	Chinese Bok Choy with Mushroom + 1 Apple (200g)	143 kCal
DAY 4		
Breakfast	Black Coffee or Black Tea + 100 grams of fruits	
Lunch	Steamed Tilapia Fish + ½ Grapefruit (200g)	224 kCal
Dinner	Crunchy Strawberries & Apple Salad	147 kCal
DAY 5		
Breakfast	Black Coffee or Black Tea + 100 grams of fruits	
Lunch	Prawn with Mix Vegetable + 1 Orange (200g)	238 kCal
Dinner	Avocado & Pomegranate Salad	142 kCal
DAY 6		
Breakfast	Black Coffee or Black Tea + 100 grams of fruits	
Lunch	Grilled Fish + 1 Plum (100g)	238 kCal
Dinner	Eggplant with Long Bean + Strawberries (100g)	128 kCal
DAY 7		
Breakfast	2 Apples (300 grams)	156 Kcal
Lunch	2 Apples (300 grams)	156 Kcal
Dinner	2 Apples (300 grams)	156 Kcal

Please refer to the [RWL SLIMMING DIET RECIPES](#) section for delicious RWL recipes that we have prepared for you to enjoy during the RWL Slimming diet.

MONITORING DURING THE 45 DAYS SLIMMING DIET

You do not need to be physically present in our center for the duration of the entire RWL Program. Our center monitors your progress and condition on a daily basis and for the entire duration of the RWL program. The monitoring & reporting is typically done via Wechat, WhatsApp, Viber or other messengers.

The following considerations apply:

1. **RWL Consultants & Counsellors**

When you enter the RWL program, a personal RWL consultant and Counsellor will be assigned to you to assist you and guide you to achieve optimal weight loss while maintaining healthy and happy lifestyle.

The Counsellor will receive your weight and ketone levels on daily basis, monitor your progress, and advise you on possible adjustments to your diet or any other issues that you may face.

2. **Walk-through.**

Your RWL Personal Consultant will contact you a day before the commencement of your RWL Rapid Weight Loss Program to walk you through the program, the support system, and your duties and responsibilities.

3. **Daily Measuring.**

Every morning before any food is taken, you are requested to measure and record your weight and urine parameter values (Glucose, PH, Protein, Ketone, and Blood levels).

To measure your weight you will need a weight measuring scale. It is your responsibility to obtain a measuring scale if you don't have one.

To measure the urine parameters, please use the Urine Stripes that are already provided in your RWL kit. Your Personal Consultant would explain to you how to use and read the urine stripes parameters.

4. **The recording spreadsheets**

You are required to record the current weight and urine parameter values in the Slimming Diet Report that is provided in your RWL kit. You should use this report to record your weight and urine parameters for the entire duration of your 45 days slimming diet.

A second report is provided for you to record your weight during the Stabilizing diet.

5. **Daily Reporting**

After you record your morning weight and urine parameters, please take a picture and send this information to your RWL Counsellor for further follow up. In addition to your weight and urine parameters, you can also comment on how you feel and possible discomfort or complications you are experiencing.

Kindly note that you are requested to report your morning weight and parameters in the morning, after they are being taken.

Your Personal Consultant will review your daily report and revert back with possible adjustments or other actions if required. Kindly note that unless your case requires urgent attention, 2 hours response time is typically common.

6. **Weekly Consultation** (30 minutes).
Every week, you will have a scheduled 30 minutes communication with your Counsellor to review your weight loss progress in the current week.
7. **End of Cycle Consultation.**
After completion of each cycle, your Counsellor will review your progress and discuss possible further actions.

The table below shows the 45 days Slimming Diet report that you need to use to record your progress for the duration of the RWL Slimming diet.



45 Days RWL Slimming Diet Report

DAY	DATE	Glucose	PH Level	Protein	Ketone	Blood	Weight (kg)	Comments
1								
2								
3								
4								
5								
6								
7								
Weekly Weight Loss								
8								
9								
10								
11								
12								
13								
14								
Weekly Weight Loss								
15								
16								
17								
18								
19								
20								
21								
Weekly Weight Loss								
22								
23								
24								
25								
26								
27								
28								
Weekly Weight Loss								
29								
30								
31								
32								
33								
34								
35								
Weekly Weight Loss								
36								
37								
38								
39								
40								
41								
42								
Weekly Weight Loss								
43								
44								
45								
Total Weight Loss (45 days)								

RWL STABILIZING DIET

The stabilizing diet starts immediately after the completion of the slimming diet. The main purpose of the Stabilizing Diet is to stabilize your weight after the slimming diet.

During this period, your daily intake will slightly increase to approximately 800 and 1200 calories a day. Your personal Counsellor will adjust your daily diet and continue to monitor your progress in this period.

CALORIE ASSESSMENT

Calorie Assessment estimates the total calories your body burns in a day. This includes all the calories your body uses in 24 hours.

Once you figure out how many calories your body burns in a day, you should establish a daily calories target based on your goal.

Should you wish to maintain your weight, your target calories will be the total calories that your body burns in a day. If you wish to continue losing weight, your calories target should be less than what your body burns as following:-

To lose 500g/week:	Cut 500 calories/day
To lose 1kg/week:	Cut 1000 calories/day

HOW TO CALCULATE YOUR CALORIE GOAL

The calculation relies on a key value known as a MET (Metabolic Equivalent of Task). Every activity has its own MET value. Input the MET value into your calories formula to get the calorie burn for a specific activity. As you lose weight, you may want to run the calorie target calculation again, as your calorie needs will have changed.

- **Step 1**
Calculate your weight in kilograms.
- **Step 2**
Look up the MET Value of the activity that you performed. For example, general jogging has a MET value of 7.0.
- **Step 3**
Multiply the MET value by weight in kilograms give you the calories burned for such activity in an hour. For example, if your weight 60 kilograms and perform an activity like general jogging with a MET value of 7.0, this would give you 420 calories burned for such activity in an hour.
- **Step 4**
Multiply the calories burned by the time your performed the activity in hours to get the number of calories you burned. For example, if you perform general jogging for 30 minutes then you would multiply 420 by 0.5 to get 210 calories.
- **Step 5**
Sum up the total calories needed in a day (24 hours) and plan your daily diet accordingly.

Physical Activity	MET	Hour Spend (in 24 hours)	Calories Burned
Light Intensity Activities			
sleeping	0.9		
watching television	1.0		
writing, desk work, typing	1.5		
walking, <2.0 mph, level ground, very slow	2.0		
walking, 2.5 mph (4 km/h)	2.9		
Moderate Intensity Activities			
bicycling, stationary, 50 watts, very light effort	3.0		
walking 3.0 mph (4.8 km/h)	3.3		
calisthenics, home exercise, light or moderate effort	3.5		
walking 3.4 mph (5.5 km/h)	3.6		
bicycling, <10 mph, leisure, to work or for pleasure	4.0		
bicycling, stationary, 100 watts, light effort	5.5		
Vigorous Intensity Activities			
jogging, general	7.0		
push-ups, sit-ups, pull-ups	8.0		
calisthenics, jumping jacks, vigorous effort	8.0		
rope jumping	10.0		
Total Calories Burned In A Day			

FOOD SELECTION

On the stabilizing diet, your meals are organized into breakfast, lunch and dinner. The total calories for the day should hit your calories target and not exceed it. The stabilizing diet plan is a basic 4 week diet with daily calorie target with high-protein and low-carbohydrate.

- Fats and oils are allowed.
- Dairy foods are allowed but the calories must be counted.
- Rice and noodles are allowed with limited amount.
- Bread and biscuit are allowed with limited amount.
- Grains, beans, nuts and seeds are allowed.
- Drink 4 litres of water per day.

FOOD RESTRICTION

- Sugar and high-sugar foods are not allowed.
- Alcohol, artificial drinks and juices are not allowed.

SUMMARY

Slowly increase your carbohydrate food intake. Pick any meats and vegetables and cook them the way you like. Add a small portion of fruits and drink plenty of water. Remember to track your calories and weigh yourself daily.

MONITORING DURING THE 28 DAYS STABILIZING DIET

Right after you have completed the 45 days Slimming Diet, your Counsellor will brief you on the Stabilizing Diet and assist you with calculation of your daily calorie target.

Our center will continue to monitor your progress on daily basis throughout the 28 days of Stabilizing Diet. The daily monitoring and reporting is typically done via Wechat, WhatsApp, Viber or Line. The following considerations apply:

1. Daily Measuring

Every morning before any food is taken, you are requested to measure and record your body weight.

2. The Recording Spreadsheet

You are required to record your body weight on daily basis for the entire duration of the Stabilizing diet (28 days). The Stabilizing Diet Report is attached further below in this section of this document. You can also obtain an electronic copy of the Stabilizing Diet Report from your Counsellor.

3. Daily Reporting

Please report your daily body weight reading to your Counsellor. In addition to body weight, you can also comment on how your feel and possible discomfort or complications that you are experiencing.

4. Weekly Consultation (10 minutes)

Every week, you will have a scheduled 10 minutes communication with your Counsellor to review your progress of the current week.

5. End of Cycle Consultation

The completion of 28 days Stabilizing Diet is the end of a single RWL cycle. At this time, your RWL Personal Consultant will review the progress you have made and advise you on possible follow up actions.

The RWL Stabilizing Diet report is provided in this manual for clients to record their weight and other information for the duration of the stabilizing diet period.

28 DAYS STABILIZING DIET REPORT

DAY	DATE	Weight (kg)	Comments
1			
2			
3			
4			
5			
6			
7			
Weekly Weight Loss =			
8			
9			
10			
11			
12			
13			
14			
Weekly Weight Loss =			
15			
16			
17			
18			
19			
20			
21			
Weekly Weight Loss =			
22			
23			
24			
25			
26			
27			
28			
Weekly Weight Loss =			
Total Weight Loss (28 days) =			



RWL SUPPORT SYSTEM

During the entire duration of the RWL program, clients are able to receive personalized support and mentoring from our highly skilled experts in nutrition and RWL diet, on daily basis.

Before entering the RWL program, each client receives consultation from an RWL consultant regarding the entire RWL program. Following this, each client is assigned a personalized RWL Counsellor who will guide, mentor, consult and monitor the progress of the fat burning for the client on daily basis. The RWL Support System section provides detailed information regarding the RWL support system, its organization, structure, participants and roles and responsibilities of each participant in the support system.

Refer to the “RWL Support System” document for detailed information on how to enroll into the RWL support system. It describes the RWL system in details, its structure, organization, participants, the role of each participant in the system and the terms and conditions of the service.

RWL TECHNOLOGY

The Rapid Weight Loss is an implementation of the latest scientific discoveries in microRNA (“miRNA”) technology and combines the following discoveries:

- a) Small non-coding RNA molecule (containing about 22 nucleotides) found in plants, animals and some viruses provide functions in RNA silencing and post-transcriptional regulation of gene expression.
- b) Taking certain combination of food in strictly defined quantities activates fat burning in the body. We refer to this combination of food as RWL diet.
- c) Under normal conditions, the ability of the body to burn fat when a client is on RWL diet is insignificant. This function is dependent on metabolism, age, health, wellness, weight, exercise, life style, specific body conditions in each individual and possibly other factors.
- d) Our research team have discovered a mechanism that is able to activate and greatly increase the ability of the body to burn fat when being on RWL diet. This mechanism is based on activation of cell signalling in the body via miRNA pathways.
- e) Our research team also developed an RWL shaping cream that activates and greatly multiplies the ability of the body to burn fat while on an RWL diet.
- f) The combination of the RWL shaping cream and the RWL diet activates the fat burning capabilities in the body and at the same time provides sufficient energy supply, reduces and potentially eliminates hanger, and provides a system for healthy and happy slimming with no risks or side effects to healthy clients.



With this in mind, the following questions arise:

Q1: Can I go on RWL diet without the shaping cream and lose weight?

You certainly can try but you will not lose weight. We have carried many experiments where clients were placed on RWL diet without the cream. The patterns were identical, there was practically very little or no weight loss and all clients gave up the diet after 3 or 4 days after starting to experience health issues.

Q2: Can I go on RWL diet with a cream, then stop the cream and continue with the diet only?

We have carried several experiments with clients being on a standard RWL program for 15 days. During this period, all clients have lost approximately 7 kg. After the 15 days of standard RWL program (RWL Shaping cream + RWL diet), the clients continued to strictly consume the same RWL diet as they were consuming previously for another 2 weeks.

In all cases, the weight loss stopped completely after 2 or 3 days after they stopped using the RWL shaping cream and ketone levels returned to zero. Interesting discovery was that clients were able to sustain the RWL diet and continue to consume the same food for the 2 weeks after stopping the RWL shaping cream without experiencing any health-related issues. However, the ability of the body to burn fat and lose weight was completely lost.

QUESTIONS & ANSWERS

Can I get my money back?

NO. Each purchase of RWL is final and the monies paid for the RWL product are not refundable.

How long does the Slimming diet last?

The slimming diet is always 45 days and is always followed by a Stabilizing diet which lasts 28 days.

What if I lose all fat before the end of the Slimming diet period?

Even if you achieve your desired weight before the end of your session (for example after 20 days), you will still need to continue to use the RWL Shaping Cream until the end of the 45 days of the slimming diet period. If you do not complete the 45 days diet and you stop the diet as soon as you achieve your desired body weight, it will later be much easier for you to regain your weight.

How about the first 3 days?

The vast majority of people do feel hunger during the first 3 days of the diet. This is mostly because in this period, the fat burning mechanism is not fully activated. Emotional responses, stress or panic may also create a feeling of hunger.

How much fat will I lose per day?

Most of the clients lose between 300 and 400 grams of body weight per day. The maximum weight loss is up to 500 grams per day, although some may experience weight loss of up to 1 kg on a given day. Assuming that you do follow all instructions given to you, the daily weight loss is likely to be consistent throughout the entire duration of the Slimming diet.

What if I lose 15kg of fat before the end of the Slimming diet?

If during the course of your program your weight loss reaches 15 kg, you will be immediately put on a special diet where you will receive between 800 and 1200 calories a day. During this period, you will continue to apply the RWL Shaping Cream until the end of your 45 days slimming diet period.

Can I change the diet?

Please follow the RWL diet rigorously and without any improvisations because it not only provides you with sufficient energy but the necessary nutrition that the body requires to function normally. Any changes of the RWL diet will result in unsatisfactory results.

On the other hand, if the diet is increased from 600 to above 700 calories per day or above, the loss of weight is quite unsatisfactory. Higher calories intake can create weight gains.

How do I know it works?

You are able to monitor your weight loss and body weight on daily basis. In addition, urine stripes are provided for monitoring of the ketone level in the blood which indicates how much fat was burned on the previous day. If you are burning fat, your ketone level will be either 4 or 8.

What is going on when the weight loss is below expected?

A typical scenario is to start burning fat immediately after you start with your slimming diet. The weight loss is pretty rapid and you could measure it daily. At times, you will notice that the weight is not coming down and this could persist for a number of days. Please do not worry! What typically happens is that you have started burning a stubborn fat that is hard to burn. In these cases, the weight may remain constant for 2 or 3 days or drop slightly (around 0.1 kg per day). You will notice that these inches are becoming smaller and you are shaping. Be patient, once the stubborn fats are burned down, weight continues to drop.

Is there a low limit for losing weight?

The rapid weight loss will stop to work on its own if there are no more extra fats to burn. If this happens in the middle of your 45 day session, you need to continue to apply the RWL Shaping cream until the end of the 45 days Slimming diet period.

What happens if I need to lose little weight?

Let's consider a case where a client needs to lose 4 kg of weight. Let us assume an average weight loss of 400 calories a day, and that the Client loses the 4 kg of weight after 12 days of the RWL diet. The following applies:

- You must continue to apply the RWL cream for the duration of the 45 days.
- Immediately after you have lost the desired 4kg, you need to alter your diet to approximately 800 to 1200 calories a day and remain on this diet until the completion of the 45 days of slimming diet.
- Upon completion of the slimming diet, you need to continue with the stabilizing diet for another 4 weeks.
- After the completion of the stabilizing diet, you are free to eat what you like within limits, assuming you are healthy and you have no food allergies. Do note that you need to continue to monitor your food intake, eating more than what your needs will bring the extra weight back.

How about the first 3 days after the completion of the RWL diet?

After you complete your 45 days diet, you will need to continue to follow the Slimming diet for the next 3 days. This is because it takes 3 days for the RWL Shaping cream to lose its effect, and for as long as the cream remains active in your body, consuming even a little bit more calories per day than the recommended amount may cause you to gain fat easily. This applies only if you have not already lost all excessive fat in your body.

Can I repeat a cycle?

Yes you can. The minimum gaps between each cycle is 4 weeks.

Who cannot go on a RWL program?

There are certain people who CANNOT take the RWL Program mostly due to pre-existing health problems. Those who cannot go on a RWL program include those with:

- A past history of certain cancers (uterine, ovarian cancer or a molar pregnancy)
- Persons with kidney or liver failure
- Pregnant women or breast feeding women.
- Special considerations apply to Type 1 diabetics.

Will I feel hungry?

The vast majority of people will NOT feel hungry. The slimming diet is very strict, however you should not feel hungry because your hypothalamus will be releasing enough energy from your fat storage to compensate your energy needs.

Constipation

It is common to have an evacuation of the bowel once every two to three days, especially if you do not drink enough water. BUT, if you have no bowel movements for two or three days and you stop losing weight, you must get the bowels moving again. Supplements that containing psyllium husk (without sugar, gluten or carbs), will help move the bowels.

You could try peppermint tea, Senna tea, or Colon Cleanse capsules, as a laxative. When increasing fiber, you MUST increase your water intake. If your stools are so dry as to be uncomfortable during evacuation, please inform your Counsellor for advice.

Will I become nutrient deficient during the slimming diet?

The fear of becoming vitamin and mineral deficient can be confidently relieved in the knowledge that every day a pound or near to ½ a kilo of fatty tissue is lost; but only the actual fat is burned up, not muscle. Furthermore you may take some supplements to prevent deficiencies.

What about prescription medications?

- Aspirin and birth control pills are allowed.
- Keep using any blood pressure or cholesterol tablets you are on.
- Steroids can have an adverse effect on the RWL program.
- Typically, hormone replacement therapy medication is suspended during the RWL Program.

Please consult us before making a change in any medication.

Do I continue using the RWL Shaping Cream during my period?

Yes, you can continue with the slimming diet during your menstrual period. If during this time you stall in weight loss or even have slight gains, it is probably due to water retention, assuming you are strictly following instructions. Simply keep going – do NOT give up for a couple of days or cheat, which could actually cause a real gain in weight. The water weight will fall off and you will continue on your way.

Will there be any side effects?

Some side effects that are most common are headaches, leg cramps and slight muscle aches. You may feel slightly weak and light headed at times, but most of these symptoms go away after your first week on the slimming diet. You may get these symptoms because going on such a low calorie diet is a form of detoxing. As you release and burn fat you are also releasing and breaking down fat-soluble chemicals and toxins stored in your fat adipocytes.

All the side effects can be easily treated. Magnesium capsules will reduce headaches and cramps, drinking plenty of water and getting plenty of rest will assist with the detox processes. Most of the uncomfortable side effects usually are a result of your body detoxifying or are symptoms of withdrawals from sugar, and processed foods.

What if I feel weak during the RWL Rapid Weight Loss Period?

If you feel weak or uncomfortable, immediately contact your Counsellor. The Counsellor will advise you and help you recover from the current condition.

Are there any effects of the RWL diet on emotions?

During the RWL diet, you may experience a wave of different emotions every day, in particular in the first ten days of the diet. The real trick here is to recognize why you are feeling the way you are feeling, then try to regulate it. We know, easier said than done, but hopefully the tips below will help.

- **Get More Sleep:** Even when you're not dieting, lack of sleep can cause you to be overly emotional. So be sure to get enough sleep.
- **Relieve stress and anxiety:** Meditation, light walk or exercise, spending time with family, laughter and use of essential oils (such as lavender) may help you reduce your feeling of stress.
- **Apples:** Hunger can play a big role in your emotional state. Eating apples will keep you feeling full.
- **Decision Making:** Remember, when you do start feeling over emotional or stressed out, it can be largely attributed to the RWL and the low calories diet. Remind yourself that it's the diet that is making you feel this way.

With this in mind, it's probably not a good idea to make any sort of drastic life decisions that might normally have emotions involved in your decision making.

Be successful and determined religiously and soon your emotions will get in tack. Consult with your Counsellor on these matters if you need to. If you become too emotional, the Counsellor is likely to stop your slimming diet temporarily until you recover and are able to resume your program.



RWL SLIMMING DIET RECIPES

Day 1

CHICKEN SALAD

100 g	chicken breast (skinless and boneless)
70 g	butter head lettuce
100 g	cherry tomatoes
1 tbsp	balsamic vinegar

1. Steam chicken breast.
2. Place raw butter head leaves and cherry tomatoes in a bowl.
3. Mix balsamic vinegar to the raw vegetable.
4. Slice steamed chicken breast into bite size pieces.
5. Drizzle with salt, pepper or herbs as desired.



Serving size : 270g (1 protein, 1 vegetable)

Calories
170

Fat
1.81 g

Carbs
8.03 g

Protein
29.08 g

Sodium
86.5 mg

STEAMED VEGETABLE

100 g	broccoli
50 g	carrot
50 g	celery

1. Steam all ingredients together.
2. Once done, it is ready to serve.



Serving size : 200g (1 vegetable)

Calories
61

Fat
0.57 g

Carbs
12.86 g

Protein
3.62 g

Sodium
107 mg

Day 2

SMOKED SALMON SALAD

- 50 g smoked salmon slice
- 100 g cucumber
- 30 g coral lettuce
- 40 g cherry tomato
- 100 g apple
- 1 tbsp balsamic vinegar
- 1 slice lemon



1. In a large bowl, add balsamic vinegar to coral lettuce and toss well.
2. Season with salt and pepper.
3. Add smoked salmon, cucumber, cherry tomatoes and apple to the bowl and toss well.
4. Served with lemon and top with herbs as desired.

Serving size : 320g (½ protein, 1 vegetable)

Calories 148	Fat 2.53 g	Carbs 22.26 g	Protein 10.52 g	Sodium 400.5 mg
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PUMPKIN WITH BABY SPINACH

- 150 g pumpkin
- 20 g baby spinach
- 15 g dried cranberries



1. Cut pumpkin into cubes and steam for 20 mins.
2. When done, put baby spinach and heat up for 2 mins
3. Place on serving plate, top with dried cranberries.

Serving size : 185g (1 vegetable)

Calories 94	Fat 0.14 g	Carbs 22.43 g	Protein 2.07 g	Sodium 17.5 mg
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Day 3

SMOKED BEEF SALAD

50 g	lean beef (smoked)
20 g	butter head lettuce
15 g	bean sprout
15 g	baby spinach
70 g	cucumber
50 g	cherry tomatoes
1 tbsp	balsamic vinegar



1. Mix vegetable with balsamic vinegar.
2. Top lean beef slice to the mix vegetable.
3. Drizzle with salt, pepper or herbs as desired.

Serving size : 220g (½ protein, 1 vegetable)

Calories 131	Fat 5.3 g	Carbs 9.18 g	Protein 11.92 g	Sodium 808.18 mg
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CHINESE BOK CHOY WITH ASSORTED MUSHROOM

100 g	Chinese bok choy
40 g	enoki mushroom
30 g	shiitake mushroom



1. Blanch bok choy in boiling water for half a minute
2. Once done, drain and set aside.
3. Cook shiitake mushroom with a little water until soften.
4. Add enoki mushroom and a pinch of salt.
5. Dish out and serve hot.

Serving size : 170g (1 vegetable)

Calories 39	Fat 0.36 g	Carbs 6.36 g	Protein 3.64 g	Sodium 69.7 mg
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Day 4

STEAMED TILAPIA FISH

- 100 g tilapia fish
- 150 g asparagus
- 20 g carrot
- 5 g rosemary
- 1 tbsp dill
- 50 ml fresh lemon juice



1. Wrap all ingredients in foil and steam for 5 to 8 mins.
2. Remove from foil and season with salt and pepper as desired.

Serving size : 275g (1 protein, 1 vegetable)

Calories 160	Fat 2.17 g	Carbs 15.33 g	Protein 23.27 g	Sodium 101.96
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CRUNCHY STRAWBERRIES & APPLE SALAD

- 100 g strawberries
- 30 g butter head lettuce
- 70 g cucumber
- 100 g apple
- 70 g capsicum
- 5 g roasted cashew nuts



1. Coarsely chopped all ingredients and combine all in a medium bowl.
2. Serve with roasted cashew nuts.
3. Drizzle with salt or herbs as desired.

Serving size : 375g (1 vegetable, 1 fruit)

Calories 147	Fat 3 g	Carbs 31.32 g	Protein 3.42 g	Sodium 7.0 mg
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Day 5

PRAWN WITH MIX VEGETABLE

100 g	prawn
50 g	carrot
70 g	choy sum
50 g	button mushroom



1. Cook prawn in boiling water.
2. Once done, drain and set it aside.
3. Cook carrot, choy sum and button mushroom with a little water until soften.
4. Dish out and top with cooked prawn and serve hot.
5. Drizzle with salt and pepper as desired.

Serving size : 270 g (1 protein, 1 vegetable)

Calories 144	Fat 2.16 g	Carbs 8.22 g	Protein 22.77 g	Sodium 680.9 mg
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AVOCADO & POMEGRANATE SALAD

20 g	wild rocket leaf
30 g	butter head lettuce
30 g	coral lettuce
90 g	cherry tomato
50 g	avocado
50 g	pomegranate
15 ml	apple cider vinegar
1 tbsp	balsamic vinegar



1. Cut cherry tomatoes and avocado into cubes.
2. Combine all ingredients in a medium bowl.
3. Mix the ingredients with balsamic vinegar and apple vinegar
4. Serve with lemon and top with herbs as desired.

Serving size : 270g (1 vegetable, 1 fruit)

Calories 142	Fat 7.76 g	Carbs 18.62 g	Protein 3.4 g	Sodium 18.71 mg
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Day 6

GRILLED FISH

- 100 g tilapia fish
- 100 g long bean
- 70 g potato



1. Grill tilapia fish about 6 minutes per side or until cooked through.
2. Meanwhile, grill long bean and potato about 6 minutes.
3. Drizzle with salt, pepper or herbs as desired.

Serving size : 270g (1 protein, 1 vegetable)

Calories 192	Fat 2.17 g	Carbs 19.34 g	Protein 24.05 g	Sodium 60.2 mg
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EGGPLANT WITH LONG BEAN

- 100 g eggplant
- 70 g long bean
- 10 g red chili
- 1 tbsp green onion
- 1 tbsp garlic



1. Stir fry garlic, green onion and red chili for 1 minutes and set aside.
2. Then stir fry the eggplant and long bean with a little oil and water until soft.
3. Return fried garlic, green onion and red chili and salt.
4. Stir fry to combine all ingredient.

Serving size : 180g (1 vegetable)

Calories 64	Fat 0.55 g	Carbs 12.73 g	Protein 3.38 g	Sodium 21.1 mg
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Day 7 (Apple Day)

- Breakfast: 2 apples (300 grams), 156 Kcal
- Lunch: 2 apples (300 grams), 156 Kcal
- Dinner: 2 apples (300 grams), 156 Kcal

CONTACT US

If you have any issues, or require further information regarding the RWL program, please do not hesitate to contact Vamos for further clarification. You can reach us via email at info@vamos-holdings.com, Skype (Emcell by Vamos), Wechat (Emcell_by_Vamos), Whatsapp (+6012 3829148) or via telephone on any of the following numbers: +603 2011 3783 (from 10 am to 7 pm, GMT +8), +6012 3829418 (On-duty administrator, from 10 am to 7 pm, GMT +8).

We look forward to hearing from you.

Sincerely yours,

The RWL Team

