

BMR Trim Health Procedure

What you think you know:

The Body Memory Reset (BMR) Trim Health procedure is unlike any weight and shape management program you have ever imagined. First you must throw out most of everything you know or think you know about weight loss or gain and start over. Why, because almost everything the world teaches us is wrong. This brochure will briefly cover the most important topics.

True or False - Statements About Weight:

Obesity is a significant cause of poor health.

False, but poor health does cause obesity. And what we do to ourselves to lose weight causes significant injury to our health.

Diet and exercise is the only way to lose weight.

False, you should lose weight to be more active.

Non calorie sweeteners helps manage weight.

False, all non-calorie sweeteners function as neurotoxins which contribute to obesity and poor health.

Why does diet and exercise work?

It doesn't. It is like putting a band-aid on a bullet hole, it may look good for a short time but it does nothing to fix the real problem.

If you eat too much junk food you will get fat!

False, if you eat too much junk food you will get **sick**.

What causes Normal Weight?

The body causes us to remain a healthy normal weight. We have very little control over how our body works. You have no control over how your stomach digests food or how your blood sugar is controlled or any other vital function of the body. So why do we think our weight and shape is controlled by our conscious dietary habits. A **healthy** body controls it's own weight and shape with little to no help from your conscious self. It craves what it needs and how much making you eat correctly. It knows what your healthy weight is and it knows the correct percentage of fat to muscle to bone etc. to keep you healthy in all different circumstances.

Why? Because our body was fearfully and wonderfully made. (Psalms 139:14)

What causes Abnormal Weight?

The body has lost the ability to control these components of the body. Why? Just like any other illness, when we corrupt the body's information it no longer knows how to correctly manage that system. If the body does not know what you should weigh, how is it suppose to put you there. If it loses the information detailing the perfect balance of fat to muscle to bone etc, how is it suppose to keep that balance. We have discussed how the body's information is corrupted and restored in other brochures. Here it is just important to know that when you are not the correct healthy weight it is because the body has lost the ability to keep you there, not because you eat too much.

Remember, weight loss is not about:

How much you eat, or how much you exercise or even your metabolism. It is about your health and how much control you body still has over this function. Not to say that diet, exercise and metabolism is not important for your health because it is. It just has very little if any impact on your weight or shape.

What is expected from you?

Unfortunately, you are still partially responsibility for the success of this procedure. If we could do it all for you, we would, but we can't so there are several things required of you for this program to be successful.

First; You will be expected to follow the dietary guide handed to you in the form of a brochure. A change in dietary choices will help remove the poisons and neurotoxins that helped create the problem in the first place. I am primarily referring to avoiding all artificial sweeteners. And if you are currently overeating, follow your body's cravings instead of your habits and this will self correct as your health improves.

Second; you must supplement your diet with a quality whole food vitamin, mineral supplement. Refer to the vitamin brochure.

Next; The human body is a dynamic, active and precision machine. Don't keep it in the garage. It was designed to be active so increase your activity level as your health allows.

Finally and most importantly; Follow through with the recommended BMR therapy procedures. These will allow the body to restore the normal function of literally dozens of internal organs and systems that will allow the body to correct the true internal causes of your weight and health issues.

What are our goals?

This program was designed to allow you to achieve a Healthy Weight. And a healthy weight will be:

- **Healthy:**
- **Functional &:**
- **Attractive:**

We believe that this is what most individuals are looking for. However, if you want the six pack abs or to look like the airbrushed photo of a starving model, add a life time membership to the local gym to this program. Just remember that this is abnormal and has nothing to do with true health.

How can we accomplish these goals?

Changing and maintaining weight is one of the greatest health challenges in the world today. When we look at the current answers of abnormal diets, chemicals, drugs & surgery we quickly see that this is part of the problem, not the solution.

We believe that the BMR therapy system utilizes the most advanced and complete form of natural energy medicine available today and holds the greatest potential for providing true answers for the majority of individuals dealing with chronic weight and health issues.

We have no doubt that there are many more questions that remain to be answered and those answers will come with time, research and technology.

Dr. Gerry Graham III