



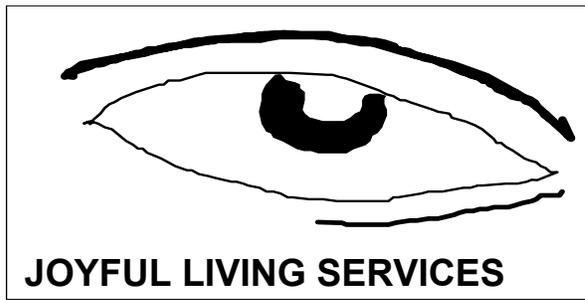
Certified Weight Loss Counselor Course Instruction Manual

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Certified Weight Loss Counselor Course Rules & Conditions

- To be a part of this course you need to print each session. Be sure to write your name, telephone, e-mail address, and shipping address at the top of each page of **the Question and Answer page before you e-mail it back to us for grading.** You will receive a Question and Answer session at the end of each session. E-mail it to us at iridology@netzero.net. There is no time limit as to when the Question and Answer session must be completed. However, we do recommend that you complete each session within the week you receive it so you do not get behind in the study.
- To be eligible for Certification you must complete all 16 sessions of the online course. You also need to let us know that you want to become certified. At the end of the 16 sessions you will be given a test. You must give correct answers to 80% of the questions in **the Test**. Scores are **not** averaged for an overall grade.
- You must not loan, sell or reproduce this online course in any form. **To do so is cause for expulsion from certification from Joyful Living Services.** This provision is to protect the integrity of the certification. Such protection is further assured by periodic rotating and changing of the questions.
- You must not edit or share the instruction sessions or test. You must e-mail or fax your Question and Answer session to us as well as the final test where they are maintained as part of your permanent file.
- In the event of failure: If you should fail the final test, you may repeat the test after a wait of 30 days. There will be a re-examination fee of \$15.00 to cover the costs of new materials, regrading and filing. Should you fail on this second attempt, you must then wait 60 days before making a third attempt. These mandatory delays are for the purpose of continuing study and preparation on your part.
- When you have completed all sixteen sessions and question and answers, you will receive a final test. You must fill out the box at the bottom of the First Page of the Test Packet and have it notarized. There is a notarization form provided.
- There is no time limit on the completion of this Online Course. Most candidates are full-time practitioners with little time to be able to rush through this course. So please take your time and get it correct the first time.
- You may drop the online course at any time by notifying us. No refunds will be given if the course is dropped in the middle of any given month.
- If you have any questions at any time, please e-mail your questions to iridology@netzero.net, or call us at 530-878-1119. We will answer your questions and spend as much time as necessary to help answer your questions.
- The time you need to study and answer the questions for each session will vary on the amount of iridology you already know and understand and the amount of information we decide to send you. Each session can take you anywhere from one-half to three hours but should not take you longer than three hours to study and answer the question and answer.

NOTE: Joyful Living Services reserves the right to change the test questions for any test repeated.

NOTE: All information regarding a candidate's grades, or the fact of any failures, is kept strictly confidential and is not released to any person.

CERTIFIED WEIGHT LOSS COUNSELOR COURSE - SESSION 1:

Course Overview

This course runs for 16 weeks. It contains 16 lessons on the web, webinar, and telephone. The web files are in PDF format and will be ready to be downloaded each week. We will let you know when you can watch the webinars and will hold scheduled telephone support at your convenience. You will receive a certificate at the end of this course. There is homework with each session and there is a test at the end of the course. The homework and test will be graded as you turn them in. They will need to be mailed or e-mailed to us. This course is on your own time so you can complete the lessons at your own pace. If you are going on vacation, are ill, or don't have the time every week to read the lesson and complete the homework you will not be penalized. Because this course is online and is on your own time, you are responsible for turning in your homework when it is done. You will receive your certificate once all the homework has been turned in and once your final exam is graded and passed.



Course Definition

Weight gain is a huge problem in the world. Weight gain is an increase in body weight. This can involve an increase in muscle mass, fat deposits, excess fluids such as water or other factors. Weight gain can be a symptom of a serious medical condition.

Certain food groups (like sugar, grains, dairy and legumes) could be having a negative impact on your health and fitness without you even realizing it. Are your energy levels inconsistent or non-existent? Do you have aches and pains that can't be explained by over-use or injury? Are you having a hard time losing weight no matter how hard you try? Do you have some sort of condition (like skin issues, digestive ailments, seasonal allergies or fertility issues) that medication hasn't helped? These symptoms may be directly related to the foods you eat—even the "healthy" stuff.

This class will help you learn for yourself and teach your clients how to lose weight and improve their body composition without counting or restricting calories. Also commonly reported are consistently high energy levels, improved athletic performance, better sleep, improved focus and mental clarity, and a sunnier disposition.

This class is intended for both people who want to lose and control their weight as well as those who want to learn how to teach clients how to lose and control their weight.

Course Schedule

- Session 1: Course Overview and Introduction to Weight Loss
 - Session 2: Setting Goals and Updating Your Kitchen
 - Session 3: The Importance of Water
 - Session 4: What About Detoxing To Lose Weight?
 - Session 5: Protein, Fats, Carbs, Fiber, Whole Grain
 - Session 6: Exercise, Exercise, Exercise
 - Session 7: What Type of Overeater Are You? Is Your Hunger Physical or Emotional?
 - Session 8: Is Counting Calories and Charting Really Necessary?
 - Session 9: How Stress Affects Your Ability to Lose Weight
 - Session 10: How Your Glandular System Affects You
 - Session 11: Outside Influences, Food Combining
 - Session 12: Shopping and Kitchen Essentials
 - Session 13: Breakfast, Lunch, and Dinner Ideas and Recipes
 - Session 14: How to Break Habits (licking spoons while making meals, etc)
 - Session 15: A Peak at 3 Programs: The Ideal Diet, Whole30 and Inform
 - Session 16: Herbs and Supplements to Help with Weight Loss, Weight Loss Sites, References
- Final Exam, Certification, and Class Evaluation

Introduction to Weight Loss

We have found that working with both the Whole30 program and the Inform program together is the very best for weight loss and weight control. The Whole30 program eliminates all grains, dairy, and legumes from the diet. This program takes a little bit of work but works very fast at eliminating health problems.





The Inform program allows you to eat most foods in a way that helps you control your weight. This course combines the best of both of those programs.

Think of the Whole30 like pushing the “reset” button with your health, your habits, and your relationship with food.

The premise is simple: certain food groups could be having a negative impact on your

body composition, health and quality of life without you even realizing it. Are your energy levels inconsistent or nonexistent? Do you have aches and pains that can't be explained by overuse or injury? Are you having a hard time losing weight no matter how hard you try? Do you have some sort of condition (like skin issues, digestive ailments, seasonal allergies, or chronic fatigue) that medication hasn't helped? These symptoms may be directly related to the foods you eat – even the “healthy” stuff.

So how do you know (and how) these foods are affecting you? Eliminate them from your diet completely. Cut out all the psychologically unhealthy, hormone-unbalancing, gut-disrupting, inflammatory food groups for a full 30 days. Let your body heal and recover from whatever ailments these foods may be causing. Push the “reset” button with your metabolism, systemic inflammation, and the downstream effects of the food choices you've been making. Learn once and for all how the foods you've been eating are actually affecting your day to day life, and your long-term health.

For 30 days, the program eliminates foods demonstrated by science and experience to promote unhealthy cravings and habits, disrupt your metabolism, damage your digestive tract, and burden your immune system. After 30 days, you carefully and systematically reintroduce those foods, and pay attention to how they impact your cravings, mood, energy, sleep, digestion, body composition, athletic performance, pain, and the symptoms of your medical condition. With that knowledge, you can then create the perfect diet for you; a nutrition plan that feels balanced and sustainable, grounded in new healthy habits, keeping you looking, feeling, and living your best.

The Most Important Reason to Try the Whole30

This will change your life. We cannot possibly put enough emphasis on this simple fact –the next 30 days will change your life. It will change the way you think about food, it will change your tastes, it will change your habits and your cravings. It could, quite possibly, change the emotional relationship you have with food, and with your body. It has the potential to change the way you eat for the rest of your life. We know this because we did it, and hundreds of thousands of people have done it since, and it changed our lives (and their lives) in a very permanent fashion.

The physical benefits of the Whole30 are profound. A full 96 percent of participants lose weight and improve their body composition without counting or restricting calories. Also commonly reported are consistently high energy levels, better sleep, improved focus and mental clarity, a return to healthy digestive function, improved athletic performance, and a sunnier disposition.

The psychological benefits of the Whole30 may be even more dramatic. Through the program, participants report effectively changing long-standing, unhealthy habits related to food, developing a healthier body image, and dramatically reducing or eliminating cravings, particularly for sugar and carbohydrates. The words so many Whole30 participants use to describe this place? “Food freedom.”

Whole30 participants document the improvement or “cure” of any number of lifestyle-related diseases and conditions:

- High blood pressure
- High cholesterol
- Type 1 Diabetes
- Type 2 Diabetes
- Asthma
- Allergies
- Sinus Infections
- Hives
- Skin Conditions
- Endometriosis
- PCOS
- Infertility
- Migraines
- Depression
- Bipolar Disorder
- Heartburn
- GERD
- Arthritis
- Joint Pain
- ADHD
- Thyroid Dysfunction
- Lyme Disease
- Fibromyalgia
- Chronic Fatigue
- Lupus
- Leaky Gut Syndrome
- Crohn’s
- IBS
- Celiac Disease
- Diverticulitis
- Ulcerative Colitis
- Multiple Sclerosis

Inform Guidelines



BURN FAT | BE FIT | FOR LIFE

Protein is Not Just for Body Builders

Start your day with protein to get your metabolism revved up. Your body needs protein within the first 20 minutes to 1 hour of waking. Protein will sustain you longer and keep you feeling full all while fighting cravings.

Strive to get 30 grams of protein at each meal, especially at breakfast, with a total of 100 grams per day.

Increased protein in our diets increases the loss of body fat and slows the loss of lean muscle tissue. We'll see more than just weight loss; we'll see a shift to a more lean, healthier body composition. Protein is essential to healthy, sustainable weight management.

Tips for Success

Rules for Shopping:

1. Avoid shopping when you are hungry.
2. Make your food list before you go.
3. Stick to the perimeter of the store and avoid the inside aisles

Grains

Choose whole-grain pastas, brown rice, quinoa, etc. Try colorful, antioxidant-rich sweet potatoes for a healthful alternative. Avoid refined grains, cereals and sugars as they can spike your blood sugar and increase cravings.

Dairy or Alternatives

Greek yogurt is an excellent source of protein. Milk from soy, almonds or rice is a good dairy option for those who want a milk substitute. Cottage cheese provides significant protein.

Vegetarian Protein

Legumes may contain a good mix of essential amino acids in the right ratios. Almond milk has very few essential amino acids compared to soymilk or regular dairy milk. Try soybeans, lentils, beans, peanuts, almonds or sunflower seeds.

Fiber

Eating 5 servings of vegetables every day should provide you with quite a bit of fiber. But since most Americans get less than half of the recommended amount, eating unprocessed nuts, legumes and fruits with pulp will increase your fiber count.

Limit Oils and Sauces

Grill, bake or broil meats, and limit your use of sauces containing sugars. Try seasoning meats and vegetables with different herbs for a new flavor experience.

Salads

Olive oil and vinegar contain much less sugar than most creamy dressings. Or squirt your salad with a fresh lemon wedge.

Water

Adequate water consumption gives your body its shape and your skin a healthy glow. It helps flush toxins from your system and is critical to regular elimination. Drink ½ your body weight in ounces (up to 100 ounces) each day to enjoy maximum hydration and health benefits.

Example: If you weigh 150 pounds, drink 75 ounces daily.

Vegetarians

Vegetarian diets are very filling because non-meat protein sources are typically high in fiber. To get the equivalent of 4 ounces of animal protein (28 grams of dietary protein) from some vegetarian foods, you have to eat a large portion. Use caution: the calories associated with each serving of some vegetarian protein (ex. nuts) exceed those of non-vegetarian protein.

Make it Fun

The greater the variety day to day, the healthier your cells are. Each kind of vegetable and fruit offers a unique blend of antioxidants and other phytonutrients. Choose different names and colors. Make a list and get at least 10 different vegetables each week if you can. More is better. Try something new.

Food Glossary

Dairy

Greek yogurt, sour cream, plain yogurt, cheese

Dairy Alternatives

Almond milk, soy milk, rice milk, coconut milk

Fruit

Apples, apricots, avocado, banana, blueberries, cranberries, grapefruit, grapes, honeydew, kiwi, mandarin orange, mango, mixed fruit, nectarine, orange, peach, pineapple, pear, plums, raspberries, strawberries, watermelon.



Protein (Meat, Seafood, Poultry)

Bacon, beef, chicken, clams, duck, eggs, egg whites, egg substitute, fish (any), ham, lamb, pork, shrimp, tuna (canned in water), turkey, veal.

Vegetarian

Almonds, black beans, brazil nuts, cashews, chickpeas (garbanzo beans), cottage cheese, flaxseed, lentils, navy beans, nut butters, peanuts, pecans, pistachios, pumpkin seeds, sesame seeds, sunflower seeds, tofu, walnuts.

Whole Grains/Starchy Vegetables

Whole grain bread; whole grain cereal; whole grain English muffin; whole grain pancake; whole grain pasta; whole grain pita bread; whole grain roll; shredded wheat

Gluten Free

Corn, corn tortillas, steel cut oats, popcorn, potato, pumpkin, brown rice, winter squash, sweet potato, quinoa

Vegetables

Asparagus, beet greens, broccoli, Brussel sprouts, cabbage (cooked or raw), carrots, cauliflower, celery, cucumber, eggplant (cooked), green beans, kale, lettuce (romaine, etc.), onions, peas, peppers (red, green, etc.), salsa, spinach, tomato, cherry or grape tomatoes, zucchini

Serving Sizes

Grain Products

1 cup of cereal flakes
1 pancake
½ cup of cooked rice
½ cup of cooked potato
1 slice of bread

Serving Looks Like

fist
compact disc
½ baseball
½ baseball
cassette tape

Vegetables and Fruits

1 cup of salad greens
1 baked potato
1 medium fruit
½ cup fresh fruit
¼ cup raisins

baseball
fist
baseball
½ baseball
large egg

Dairy and Cheese

1-1/2 oz. cheese
½ cup ice cream

4 dice
½ baseball

Fats

1 tsp butter

1 die

Meat and Alternatives

3 oz. meat
3 oz. poultry
3 oz grilled/baked fish
2 tbsp. peanut butter

deck of cards
deck of cards
checkbook
pin pong ball



Suddenly it's obvious that a 12-ounce steak is four servings of meat; or that two cups of cooked pasta is actually four servings!

Start to Move

Regular physical activity offers a variety of health benefits, including muscle tone, joint flexibility, cardiovascular and respiratory health, burning calories and more. Every day find a way to move that works for you. Start by walking for just 5 to 10 minutes. Increase that as you can to the recommended 30 minutes per day.

Plan of Action

You can't just hope your way to health. Nothing worthwhile comes easily or haphazardly. Now is the time to plan. And now is the time to execute your plan. If you do, it will be a worthwhile journey.

Setting Goals

Take some time to answer the following 3 questions. Share them with your instructor if you want support.

1. My personal goal this week is:
2. Action steps to help me reach my goal:
3. When I achieve my goal this week, I will reward myself with:



Protein

Best choice: look for words like 100% grass-fed, pastured, wild-caught, and organic on the label

Avoid: processed meats (pre-made sausage, burgers, bacon, deli meat, etc.) with added sugar, carrageenan, MSG, or sulfites

- | | | |
|---|--|---|
| <input type="checkbox"/> Eggs _____ | <input type="checkbox"/> Turkey (Ground) _____ | <input type="checkbox"/> Pork (Ground) _____ |
| <input type="checkbox"/> Beef (Ground) _____ | <input type="checkbox"/> Turkey (Whole) _____ | <input type="checkbox"/> Pork (Chops) _____ |
| <input type="checkbox"/> Beef (Steak) _____ | <input type="checkbox"/> Turkey (Other) _____ | <input type="checkbox"/> Pork (Sausage) _____ |
| <input type="checkbox"/> Beef (Other) _____ | <input type="checkbox"/> Salmon _____ | <input type="checkbox"/> Pork (Bacon) _____ |
| <input type="checkbox"/> Chicken (Ground) _____ | <input type="checkbox"/> Whitefish _____ | <input type="checkbox"/> Deli Meat _____ |
| <input type="checkbox"/> Chicken (Breast/Thigh) _____ | <input type="checkbox"/> Shrimp _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Chicken (Sausage) _____ | <input type="checkbox"/> Scalops _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Chicken (Whole) _____ | <input type="checkbox"/> Seafood (Other) _____ | <input type="checkbox"/> _____ |

Vegetables

This is a comprehensive but not exhaustive list. All vegetables but corn, peas, and lima beans are allowed on the Whole30.

- | | | | |
|--|---|--|--|
| <input type="checkbox"/> Acorn Squash | <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Leeks | <input type="checkbox"/> Sugar Snap Peas |
| <input type="checkbox"/> Artichoke | <input type="checkbox"/> Celery | <input type="checkbox"/> Lettuce (all) | <input type="checkbox"/> Spaghetti Squash |
| <input type="checkbox"/> Arugula | <input type="checkbox"/> Collard Greens | <input type="checkbox"/> Mushrooms (all) | <input type="checkbox"/> Spinach |
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Cucumber | <input type="checkbox"/> Okra | <input type="checkbox"/> Sprouts |
| <input type="checkbox"/> Beets | <input type="checkbox"/> Delicata Squash | <input type="checkbox"/> Onion | <input type="checkbox"/> Summer Squash |
| <input type="checkbox"/> Bell Peppers | <input type="checkbox"/> Eggplant | <input type="checkbox"/> Parsnips | <input type="checkbox"/> Sweet Potato/Yams |
| <input type="checkbox"/> Bok Choy | <input type="checkbox"/> Fennel | <input type="checkbox"/> Potatoes (all) | <input type="checkbox"/> Swiss Chard |
| <input type="checkbox"/> Broccoli/Broccolini | <input type="checkbox"/> Fennel (Anise) | <input type="checkbox"/> Pumpkin | <input type="checkbox"/> Tomato |
| <input type="checkbox"/> Broccoli Rabe | <input type="checkbox"/> Frisée (Curly Endive) | <input type="checkbox"/> Radish | <input type="checkbox"/> Turnip |
| <input type="checkbox"/> Brussels Sprouts | <input type="checkbox"/> Garlic | <input type="checkbox"/> Rutabaga | <input type="checkbox"/> Zucchini |
| <input type="checkbox"/> Buttercup Squash | <input type="checkbox"/> Green Beans | <input type="checkbox"/> Rhubarb | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Butternut Squash | <input type="checkbox"/> Greens (beet, mustard, turnip) | <input type="checkbox"/> Romaine | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Cabbage | <input type="checkbox"/> Jalapeño/Hot Peppers (all) | <input type="checkbox"/> Shallots | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Carrots | <input type="checkbox"/> Kale | <input type="checkbox"/> Snow Peas | <input type="checkbox"/> _____ |

Fruit

This is a comprehensive but not exhaustive list. All fruit is allowed on the Whole30.

- | | | | |
|---------------------------------------|---------------------------------------|--|---------------------------------------|
| <input type="checkbox"/> Apples (all) | <input type="checkbox"/> Grapefruit | <input type="checkbox"/> Nectarines | <input type="checkbox"/> Pomegranate |
| <input type="checkbox"/> Apricots | <input type="checkbox"/> Grapes (all) | <input type="checkbox"/> Oranges (all) | <input type="checkbox"/> Raspberries |
| <input type="checkbox"/> Bananas | <input type="checkbox"/> Jicama | <input type="checkbox"/> Papaya | <input type="checkbox"/> Strawberries |
| <input type="checkbox"/> Blackberries | <input type="checkbox"/> Kiwi | <input type="checkbox"/> Peaches | <input type="checkbox"/> Tangerines |
| <input type="checkbox"/> Blueberries | <input type="checkbox"/> Lemon | <input type="checkbox"/> Pears (all) | <input type="checkbox"/> Watermelon |
| <input type="checkbox"/> Cherries | <input type="checkbox"/> Lime | <input type="checkbox"/> Pineapple | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Dates | <input type="checkbox"/> Mango | <input type="checkbox"/> Plantains | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Figs | <input type="checkbox"/> Melon | <input type="checkbox"/> Plum | <input type="checkbox"/> _____ |

Certified Weight Loss Counselor Course- Session 1- Questions and Answers

Name _____

Address _____

Phone _____

Fax _____

Email _____

Please be sure to fill out the information above, complete the test and email it back to us at iridology@netzero.net. We will grade your question and answer session and will let you know if we have any questions or concerns.

Circle the correct answer below:

- How many ounces are in a serving of cooked meat?
8 ounces 2-3 ounces 12 ounces

- What is the best type of exercise?
Aerobics running strength training the type you'll do

- How many ounces of water do you need each day?
6 ounces – 8 8oz. glasses 72 ounces $\frac{1}{2}$ your body weight in ounces up to 100 ounces