



Restoring your health. Revitalizing your life.

Frequently Asked Questions

The SHAPE ReClaimed program:

What is SHAPE ReClaimed?

SHAPE ReClaimed is a safe, effective and practitioner-guided health transformation program. With the help of whole food nutrition and our SHAPE Nanomolecular Dietary Supplement, our customizable three-phase program can help restore your health by:

- Reducing **inflammation**
- Cleansing and **detoxification**
- Strengthening **immunity**
- Releasing **toxic weight**

How is SHAPE ReClaimed different from other programs?

- a. SHAPE ReClaimed is strictly practitioner-supervised, allowing you individualized support and care. SHAPE practitioners are required to maintain a high level of training and education, because SHAPE ReClaimed is a living, breathing, ever-changing program.
- b. The SHAPE Nanomolecular Dietary Supplement works at a neurological and cellular level. If done properly, the SHAPE ReClaimed program can help patients reset their brain chemistry, with specific attention toward the hypothalamus and pituitary.
- c. SHAPE ReClaimed is designed to target the root cause of the most common health challenges.

How do I get started?

When you're ready to transform your health, go to "Find a Practitioner" on our website (www.shapereclaimed.com/find-a-practitioner) to locate someone to work with in your area. If there are no SHAPE practitioners in your area, contact SHAPE Central at 636-484-8444, and we will connect you with someone who works with patients remotely.

Do I have to be monitored by a practitioner?

Yes. SHAPE ReClaimed is a hands-on, practitioner-monitored program. We customize the program based on individualized metabolic needs. We utilize the results of a Diascreen 10 urinalysis, which evaluates 10 diagnostic markers. Your SHAPE practitioner is trained to read this diagnostic information and will adjust your program to your unique metabolic needs.

How long is the program?

The minimum recommended time in our program is six weeks. Phase I requires no less than three weeks to create a change in brain chemistry, but it is best to stay in Phase I until you have reached your desired health goal(s). Then, you'll transition into Phase II, which requires three weeks to establish and stabilize your brain chemistry and metabolism for long-term success.

Do I need to do the program for a full six weeks?

Yes. Phase I must be a minimum of three weeks in order to create change in your brain chemistry and detoxify. It is best to stay in Phase I until you have reached your desired health goal(s). Phase II is an additional three weeks and is vitally important in order for you to stabilize your brain chemistry.

What if I quit the program early (before six weeks)?

Quitting early defeats the purpose of this program if releasing excess weight is your goal. There is no harm done to the metabolism if you quit early, but your success won't necessarily be long-term.

How much does the program cost?

The SHAPE ReClaimed program is offered by an array of licensed healthcare providers, so the cost will vary depending on their level of expertise, clinical experience, diagnostic and treatment techniques, geographical location and your individual needs. To find a SHAPE practitioner in your area, go to "Find a Practitioner" on our website (www.shapereclaimed.com/find-a-practitioner). If there is no one in your area, contact SHAPE Central at 636-484-8444. We will assist in connecting you with a SHAPE practitioner who works remotely with patients.

If I'm restarting the SHAPE ReClaimed program, do I need to do the fat-loading days again?

The answer is not the same for everyone. There are many factors to consider: Have your inflammatory symptoms returned? Have you gained back some or all of your weight? Are you simply wanting to be pro-active and incorporate a detox and cleanse? Please discuss these questions with your SHAPE practitioner in order to know the best way to begin.

The SHAPE supplement:

Our SHAPE ReClaimed Nanomolecular Dietary Supplement will never be sold online or administered without a proper patient-practitioner relationship.

What is the SHAPE Nanomolecular Dietary Supplement?

You can learn more about our dietary supplement on our website (www.shapereclaimed.com/patient-education/shapes-unique-advanced-formula/).

How long will a bottle of the SHAPE supplement last?

When taken as directed, a bottle will last approximately 5-6 weeks.

Are there any negative side effects while taking the SHAPE supplement?

Some may experience short-term detox symptoms, such as headaches, fatigue, lethargy, irritability, mild rash, hunger and leg cramps. Such symptoms typically resolve quickly. Should symptoms persist, contact your SHAPE practitioner.

Can I take the SHAPE supplement long-term?

Yes. Many who have successfully completed the program find they feel better when they incorporate the supplement as a part of their wellness supplement regimen. If this is the case, you will need to complete regular maintenance visits with your SHAPE practitioner in order to continue purchasing our product.

Are there long-term negative effects of taking the SHAPE supplement?

No. Nanomolecular nutrition is perfectly safe when used short- or long-term.

Can I follow the program without using the SHAPE supplement?

No. The success of the program is based on the healing properties of the SHAPE supplement.

What if I skip a dose or forget to take the SHAPE supplement for a few days?

If you are traveling and forgot to pack your bottle, continue eating on plan and resume taking the SHAPE supplement as soon as possible. Depending on how long you've been on the program, there should be ample reserve to sustain you. There is no need to take double the amount to make up for the skipped dose.

While in Phase I of the program:

I'm struggling to stay true to the plan. What can I do to be more successful during my SHAPE ReClaimed journey?

If you're struggling, see this as an excellent opportunity to have an honest conversation with yourself, your support system and your SHAPE practitioner. Take some time to ponder, meditate and really think about why you want to do this program. Remember to look beyond the scale.

What are your overall goals? Where do you see yourself in six months? One year? Five years? Writing down your goals can significantly increase your chances of success and give you something to refer back to if you stumble again in the future.

Periods of struggle can also be due to emotional blocks and holding on to false beliefs. Our SELF ReClaimed program (www.selfreclaimed.com) is an excellent resource for emotional healing. Your physical health is greatly affected by your emotional and spiritual health. It is impossible to fully heal physically if you are not healed emotionally.

Will I feel like I'm starving while in Phase I?

Your appetite should decrease while taking the SHAPE supplement. It contains pokeweed (*Phytolacca americana*) root, which is known to help suppress appetite and reduce cravings. If you feel like you are truly starving, contact your SHAPE practitioner immediately.

What happens if I eat off-plan?

Without proper commitment and a clear understanding of your reasons for choosing SHAPE ReClaimed, temptations will be harder to resist. Your greatest success comes from committing until you reach your goal. If you eat off-plan, you may notice a return of negative symptoms or a slowdown in your progress. Resume eating on-plan as soon as you are able to do so.

I have no appetite when I'm taking the SHAPE supplement. Do I need to eat the recommended amount of food if I am not hungry?

Yes. Seeing, smelling and chewing food initiates vital digestive processes in the body. Enzyme production, stomach function, and liver, gallbladder and pancreas activities all require the intake of food. Peristaltic action (the movement of food through the intestines) cannot occur without it. Most importantly, you don't want to send a message to the brain (hypothalamus) that it is starving.

Can I exercise while I am in Phase I?

Yes, but as we say in all things, moderation is key. Your practitioner will adjust food intake and timing based on your workout regimen.

Weight:

If releasing toxic weight is my priority, how much can I expect to release?

There are many factors that contribute to your success: total health history, how well you adhere to the program, how inflamed you are, etc. Please don't compare yourself to others. There is no formula to guarantee how much or how long it will take to reach your goal, and no two journeys are alike.

Why does the SHAPE ReClaimed program use the phrase "release" or "shed" weight rather than "weight loss?"

SHAPE ReClaimed is not a weight loss program. Rather, we find that weight reduction is a just a wonderful side effect of embracing a healthier lifestyle, reducing inflammation and releasing stored toxins.

I chose the SHAPE ReClaimed program because shedding weight was my priority. Will I gain all the weight back plus more, as is the case with many weight reduction programs?

Remember, SHAPE ReClaimed is not a diet. Rather, it's a program to establish healthy lifestyle habits and restore total health. If you have embraced the tenets of the entire program, you should maintain long-term success. It truly depends on YOU.

I released weight at the beginning of the program but have now hit a plateau. Is this normal?

Yes. Learn more about weight loss plateaus on our website (www.shapereclaimed.com/patient-education/weight-loss-plateau/).

Medication and medical conditions:

Can I take over-the-counter (OTC) medications, vitamins and supplements while on the SHAPE ReClaimed program?

Yes. Please make your SHAPE practitioner aware of all medications, vitamins and supplements when discussing your health history. Also, check labels for artificial colors, added sweeteners, binders and fillers, and do your best to avoid these ingredients in your OTC medications, vitamins and supplements.

Can I continue taking my prescribed medications?

Absolutely. Your SHAPE practitioner must be made aware of these medications. You may find that, as you release inflammation and excess weight, your prescription needs may change. Do not reduce or discontinue prescribed medications without discussing it first with your prescribing physician.

Will my prescribed medications interfere with the SHAPE supplement?

No. Please notify your prescribing physician of your decision to work with a SHAPE practitioner, as dosage adjustments may be necessary.

Will I experience a heavier menstrual cycle while on the SHAPE ReClaimed program?

Possibly. Excess estrogen is “stored” in fat; in fact, some authors believe excess estrogen *causes* fat storage. This fat/estrogen is broken down and released throughout your SHAPE ReClaimed journey, which can alter your menstrual cycle.

Will the SHAPE supplement render my birth control less effective?

No. Our supplement is a hormone-free formula and does not contain any ingredient that would interfere.

Can I follow the SHAPE ReClaimed program while on hormone replacement therapy?

Absolutely. The SHAPE ReClaimed program can have a positive effect on the entire endocrine system, including supporting hormone balance.

I’m a cancer survivor. Is it safe for me to follow the SHAPE ReClaimed program?

Yes. However, if you are undergoing active treatment, it is not recommended you start the program until you are released by your oncologist. The focus of the SHAPE ReClaimed program is on targeting inflammation, strengthening immune function and supporting detoxification, all of which can benefit cancer survivors.

If you have a history of estrogen-receptor-positive cancers, you might consider taking a supplement that helps metabolize estrogen and/or supports the liver in its duty of eliminating toxic hormone levels. Indole-3-carbinol (I3C), diindolylmethane (DIM), and milk thistle are great options. Cruciferous vegetables (broccoli, cauliflower, Brussels sprouts, etc.) are sources of I3C and DIM and should be eaten on a regular basis.

Can I follow the SHAPE ReClaimed program after gastric bypass surgery?

Yes. Be sure to disclose this to your practitioner. If you've had gastric bypass surgery and find yourself struggling once again, you may want to dig deep to understand why you continue to struggle in this area. Consider including following our SELF ReClaimed program (www.selfreclaimed.com) as a part of your healing process.

I have a history of thyroid disease, and I struggle with excess weight. Will this program help me?

Yes. SHAPE practitioners across the country are reporting consistent clinical success with patients who have thyroid challenges. They find that the program has a positive effect on the entire endocrine system. It is imperative you follow the program as laid out in *The Complete Patient Guidebook*. Long-term success is dependent on embracing the tenets outlined in Phase III.

Food and beverages:

Why do you recommend SweetLeaf Stevia?

As with everything, moderation with SHAPE-approved sweeteners is recommended. SweetLeaf Stevia in the 2 oz. glass bottles are approved. However, the SweetLeaf Water Drops and Sweet Drops in plastic bottles are not approved because their main ingredient is vegetable glycerin.

Can I drink diet soda or other low-calorie, sugar-free beverages?

No. Diet or not, all soda and carbonated beverages, especially those labeled sugar-free, should be eliminated forever. Carbonated beverages acidify the body and leach minerals from bone. Artificial sweeteners, colors and flavors add to this toxic overload.

Can I drink caffeine?

Yes. You are allowed to drink coffee and tea. However, caffeine affects everyone differently. Some people can drink four pots of coffee a day and not be affected, but others can drink a single cup and have unpleasant side effects. Caffeine can cause dehydration, increased heart rate, bowel disruptions, cystic breasts and sleep interference. Moderation in all things is best.

Can I drink decaffeinated coffee?

The chemical process that coffee goes through to become decaffeinated can be more harmful than drinking the caffeine. Water-decaffeinated coffee tends to be less toxic. Consume in moderation and with caution.

Can I drink alcohol?

No. During Phases I and II, alcohol is not approved. As far as liver detoxification is concerned, alcohol is its greatest enemy. Hard liquor is never a good idea even in Phase III because it is so damaging to the liver. Moderation in all things is best.

Skin care:

Can I continue using my personal hygiene products?

It is our clinical observation that shampoo, conditioner, soap, deodorant, toothpaste, hairspray, mascara, pressed powder, blush and lipstick do not create an issue. Oil-based lotions and foundations, especially those used for sun-tanning, can interfere with your success. Your skin will absorb these oils, and your body may burn them as energy, rather than burning stored fat, thus slowing your progress.

For moisturizing, we recommend SKIN Reclaimed, which is made with organic ingredients and is 100% oil-free.

In addition, some may choose to use mineral oil or baby oil (which is mineral oil with fragrance added). These oils are not absorbed into the body, as the molecules are too large to enter through the skin's pores. There is some debate about the safety of these oils. Many oil-free lotions contain glycerin as a main ingredient, but glycerin is made from animal or vegetable fat. Please use caution when using these products as they could render your success with the program less effective.

Because your skin is your largest organ of detoxification, we recommend skin brushing to improve its health and vibrancy.

Can I continue using my essential oils?

Yes, but they must be 100% pure and not mixed with any carrier oils. The extent to which they are used (frequency, internally or topically) should be discussed with your practitioner.

I frequently get massages. Can my massage therapist continue using his or her own products?

It is best to use 100% oil-free lotion. Some patients may not have a problem with an oil-based massage lotion, while it could render others' progress less successful.

Will my skin sag if I release a lot of excess weight?

The elasticity of an individual's skin depends on their connective tissue, including collagen and elastin fibers. Whether or not an individual experiences stretch marks and/or sagging skin can vary depending on their skin's elasticity. Clinically, we have observed that most people who release between 25-50 pounds do not experience sagging skin. For those who have struggled with obesity for many years or who have gained and lost significant amounts of weight repeatedly over time, there is a greater chance for skin sagging to occur. Incorporating moderate weight-resistant exercise is recommended and, over time, can help to tone the skin. Please allow two years before considering plastic surgery.

Other:

Can I follow the SHAPE ReClaimed program if I'm pregnant or nursing?

It is not recommended to do any kind of cleanse while pregnant or nursing. This includes the SHAPE ReClaimed program, because it is an effective detox and cleanse. That said, the SHAPE supplement won't harm the baby if you do become pregnant while on the program. And, if your baby is nursing only part of the time and getting most of their nutrients through solids, talk with your SHAPE practitioner to see if SHAPE ReClaimed is right for you at this stage in your life.

Is it safe for my child follow the SHAPE ReClaimed program?

This depends on several factors: Is the child obese? Is their weight affecting their health? Is the child being ridiculed about the way they look? Success is largely dependent on parent or guardian involvement. We recommend that a parent or guardian follow the program alongside their child for support.

The youngest patient to go through the program as of 2018 was 6 years old.

Can I follow the SHAPE ReClaimed program if I'm a vegetarian?

Yes. However, your protein options are limited (eggs, cottage cheese, yogurt and tofu). The lack of variety could lead to burnout or metabolic imbalance. Many discover through their journey that they feel better adding more animal protein. Choosing organic sources of animal protein may ease your concerns. Discuss your dietary restrictions with your SHAPE practitioner before you begin.

I am religious and take communion every week and/or do a monthly fast. Can I continue these practices while following the SHAPE ReClaimed program?

Yes. A tiny bit of carbohydrate for a religious ceremony is perfectly fine, especially due to the conditions under which it is consumed. If you choose to fast, it may be better to skip only one meal to keep your metabolism moving, or to wait to fast until after you complete Phase I.

Medical Disclaimer: This information is for general informational purposes only. It is not intended or implied to be a substitute for professional medical advice, diagnosis or treatment. Never disregard professional medical advice or delay seeking medical treatment. Medical conditions require medical care.