

# Welcome to Cornerstone Wellness

by Jonathan Burg MD

Congratulations and welcome to Cornerstone Wellness, the most technologically advanced and nutritionally complete body composition management program ever created. Your provider is one of a unique cadre of forward thinking, prevention minded physicians who have brought the Cornerstone Wellness program in to their practice to help their patients with their excess body fat and all the diseases that stem from it.

My name is Dr. Jonathan Burg. I am the Founder and President of Cornerstone Wellness. I would like to spend the next five minutes emphasizing the most important aspects of the program which will guarantee you the greatest success as seen by hundreds of doctors and hundreds of thousand patients nationally. You've already spent quite some time with your Cornerstone Wellness coach in your doctor's office with a whole lot of information given to you, much of it possibly brand new. Please, dig into our website for more details but let me just emphasize a few super important points of how you can be the most successful in this journey to feel and look better than you may have in years and just as importantly, to reverse many of the conditions you have relating to your excess body fat.

First, it is so important for you to record what you are eating as all of us under estimate by as much as 40% what we are putting in our mouth according to studies. Just formally keeping track is such a potent tool even by itself. So write down everything you eat with pencil and paper, or on myfitnesspal. It will allow your coach to help and guide you so much more than you can know. Yes, it takes a little discipline but I've literally seen people lose over a pound a week just doing this alone. Also whenever possible, please plan your meals and snacks using the same tools, including the Cornerstone Meal Planning booklet. This will make sure you are staying within your calorie and carbohydrate limits as well as getting enough protein to keep your precious muscle which determines your metabolic rate, just like your wellness coach told you.

Next, lets talk about the Cornerstone shake - the only all-natural, highest protein, lowest carb, highest vitamin and mineral, medical meal replacement available only through physicians. It is also well known for

being the best tasting and having the creamiest consistency. The shakes are absolutely the key to success and they serve two purposes. First of all, the shakes enable you to get to that critical one gram of protein per pound of muscle mass intake so you don't lose any muscle and keep your metabolic rate high. Second, the shakes were specifically formulated to control your appetite, without resorting to unhealthy and sometimes dangerous weight loss drugs. Most people get four to five hours of appetite control from these shakes. By providing you with 200-400% of the RDA including 800 units of Vitamin D3 along with all 72 minerals in each shake, you will have more energy and vigor than you may have in years.

Although one shake daily provides great nutrition, drinking two shakes per day is absolutely the key to the most impressive results. I simply can't stress this enough. Two Cornerstone shakes, one in the morning and one at lunch if possible or later in the day if necessary is what will get you the greatest amount of fat loss and muscle maintenance. Every single published medical study proves this point. Two shakes daily along with fresh produce and meat, chicken and fish produces the greatest long term results of any other dieting approach.

Now, what about carbs? Although you are allowed up to 35% of your calories from carbs, if you strive to get under that amount you will make progress faster. The less carbs you eat, particularly white carbs-bread, rice, pasta, potatoes and of course sugar, the less insulin you will make. Since insulin is THE FAT STORAGE HORMONE, the more successful you will be in dropping unsightly and unhealthy fat. Most diabetics know this to be true as many have gained much of their weight after starting injectable insulin. The less carbs you eat, the less insulin you have to take. Many of our patients have been taken partially or in full off insulin by their doctors as they made progress with the Cornerstone program and normalized their A1c.

To deal with the carb craving as well as to accelerate fat loss on the program, I created MetAssist, an extremely powerful formulation with four synergistic nutraceuticals that work together to reduce carb cravings. Take one or two tablets before each meal.

We also developed a uniquely superior Omega3 supplement called OmegaHealth. Excess fat cells create inflammatory substances in your

body which put you at risk for heart disease, cancer and a host of other diseases. Omega3 is your body's master anti inflammatory and has been shown in hundreds of published studies to reduce and prevent many of these diseases. Our OmegaHealth has a high potency of EPA and DHA, the active Omega3s. It also has great purity since it undergoes a triple molecular distillation process to take out all the toxins found in many other brands. Lastly, we process the oil under a nitrogen blanket to keep it away from air which causes oxidation and rancidity so our OmegaHealth doesn't smell or taste fishy at all. You won't get those nasty fish burps like with most other brands Then, we bottle it in thick blue glass jars which unlike plastic bottles, are impermeable to air to protect it from oxidation. You should take two of these golden soft gels every day, preferably with meals and within several weeks you should start noticing subtle but significant improvements in your sense of well being.

Well, that's it for now. Please read all the materials and watch the other videos on the [cornerstonewellnessmd.com](http://cornerstonewellnessmd.com) site. We are honored along with your wellness coach and physician, to join you on the most important journey of reclaiming your health, your vitality, your appearance and to help give you tools to make that all completely and forever possible.