



## Frequently Ask Questions

### WHERE DID IT START?

- It grew from the science of enteral nutrition using feeding tubes.
- It works so well because it uses up the stored fat in your own body but does not burn any of the muscle. So your body maintains its tone - ONLY your fat LITERALLY MELTS AWAY and then so do the pounds!

### HOW DOES IT WORK?

- This program provides your body with only proteins and fat but not sugar, forcing your body into ketosis so that it burns up your stores of fat. Because it is delivered to the body in this unique way, it works so effectively and so quickly.

### HOW LONG DOES IT TAKE?

The K-E Diet™ is done for 10 days.

### HOW MUCH WEIGHT CAN I LOSE?

- About 20 lbs.
- It is a non-invasive weight loss method which results in most patients losing approximately 1%\* of their weight in 10 days, as long as you follow the program completely.

### I WEIGH 300lb. DOES THIS MEAN I CAN LOSE 30lb. IN 10 DAYS?

- You may indeed lose 30 lbs in 10 days if you follow The K-E Diet™ perfectly.

### WHAT DO I HAVE TO DO?

- Sign up for the program and inform our staff if you have kidney failure, diabetes or high blood pressure as certain precautions are necessary.
- Wear a soft, spaghetti sized K-E tube inserted through your nose and into your stomach for the 10 days.
- Dilute the powdered food supplement provided in 1 liter of water and infuse it through the K-E tube at 85 cc's per hour continuously 24/7 with the pump for 10 days.
- Only drink water, unsweetened tea, black coffee with no additives of any kind, including lemon, milk and artificial sweeteners or sugar - this is a must!
- Measure the amount of ketosis in your urine daily using the dipsticks provided.
- Fill in a daily record sheet of your weight and other parameters.
- Visit Di Pietro Clinic on Mondays, Wednesdays and Fridays during the 10 day Program.

### DOES IT HURT?

- There may be some mild discomfort when inserting the K-E tube

but your nose will be anesthetized.

- You will get used to the K-E tube within just a few minutes.

### WHY NOT JUST DRINK THE SOLUTION?

- With a continuous infusion of protein and fat your appetite is completely suppressed and the body will break down more fat and less muscle. If you drink the solution you will feel hungry, be tempted to eat and have a higher failure rate. Besides, oral feedings alone have been shown to be far less effective in this Diet.

### WHY WON'T I FEEL HUNGRY?

- Because you are fed continuously 24 hours a day through the K-E tube thus, making the pain of weight loss so much easier.

### IS IT SAFE?

- The K-E Diet was developed in Italy and has been used safely over 100,000 times with amazing weight loss results
- All weight loss programs in some way carry risk. But you will be provided with a simple testing kit and visit our Clinic three times a week so we can check on your progress.

### WHEN SHOULD I CONTACT THE CLINIC?

- If you have any questions you can call us at any time.

### WILL I STILL GO TO THE BATHROOM?

- You will need to take one full cup of Miralax laxative twice a day if you experience some constipation.

### HOW MUCH DOES IT COST?

- \$1,499 all inclusive or \$149.90 per Day. You probably spend at least \$20 a day for food and because The K-E Diet™ means you only drink water then the price of the Diet is less.

### WHAT HAPPENS AFTER THE 10 DAYS?

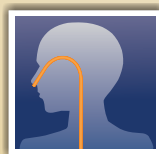
- Apart from being 20 lbs lighter you will be in the perfect place to continue a more healthy relationship with your food.

### I'VE HAD BARIATRIC SURGERY — CAN I STILL FOLLOW THIS TREATMENT?

- Yes.

### THIS SOUNDS LIKE THE ATKINS OR SOUTH BEACH DIET — WHAT'S THE DIFFERENCE?

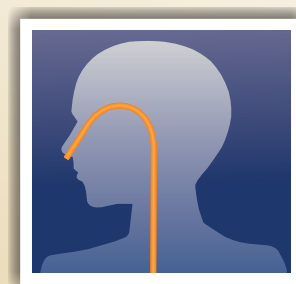
- The K-E DIET™ uses a high protein and fat liquid diet without any carbohydrates which causes a much greater and faster weight loss.



The K-E Diet™

1045 95<sup>th</sup> Street, Suite 100  
Bay Harbor Islands, FL 33154  
Ph: 305.993.4400  
[www.kediet.com](http://www.kediet.com)

# Speaking About The K-E Diet™



The K-E Diet™

20\* Pounds in 10 Days



The K-E Diet™

## 20\* Pounds in 10 Days for \$1,499 or \$149.90 per Day



### INTRODUCTION

We are introducing for the first time to the United States a revolutionary Weight Loss Program. This program has successfully been used over 100,000 times in Europe and offers a “head start” to significant, safe weight loss!

The K-E Diet™ uses up the stored fat in your own body but does not burn any of the muscle. Your body will maintain its tone –ONLY your fat WILL LITERALLY MELT AWAY and then of course so do the pounds!

The K-E Diet™ takes place over 10 days and can be repeated with as little as a 10 day gap in between.

The K-E Diet™ is a non-invasive weight loss method which results in most patients losing 1 % of their weight in 10 days, as long as they follow the program. This is based on a 200 pound individual. Typically, the results are based on 1% of a person's weight which is lost in 10 day.

### HOW THE K-E DIET™ WORKS

It provides your body with only protein and fat but not sugar, forcing your body into what is called ketosis which means your body burns up your stores of fat. Because it is delivered to the body in a unique way, it works effectively and quickly.



### WHAT THE PATIENT NEEDS TO DO

This procedure is done in Dr. Di Pietro's Clinic and requires the following commitment:

- Let us know if you have kidney failure, diabetes or high blood pressure as certain precautions are necessary.
- You will have a soft, spaghetti sized K-E tube inserted through your nose and into your stomach for the 10 day Diet.

- At home you will prepare a powdered food supplement diluted in water and a small battery powered pump (supplied) will feed it through the tube continuously 24/7 for 10 days

- Over this time you must only drink water, unsweetened tea, black coffee with no additives of any kind including lemon, milk and artificial sweeteners or sugar.

- You will need to measure the amount of ketones in your urine daily using the dipsticks provided

- You will fill in a daily record sheet of your weight and other parameters

- We would like you to visit the Di Pietro Clinic 3 times per week during the 10 day program.

### WHAT IT COSTS

This is all you need to do in order to see the dramatic results in 10 days and for only \$149.90 per day, all inclusive! And remember, while you are on this diet, you save the cost of food in your home which is at least \$20 per day. You will be on your way to a NEW YOU! We would not recommend something that we did not see work with outstanding results!

What are you waiting for to enjoy the benefits of losing 1% of your weight in 10 day?

Call today to schedule your appointment  
305 993 4400 or visit  
[www.kediet.com](http://www.kediet.com)