

In order to apply for membership at ZIOH, you must e-mail your answers to this questionnaire to zioh.members@gmail.com. I will review your answers with my staff moderators and I will reply to you via e-mail as to whether or not you are accepted as a member of our forum.

If you do not receive a response within 24 hours of sending your application, please resend or use a different account. My account has a spam filter which sometimes considers these messages as spam. The result is that I don't see the message. Ensure you use a valid email address and that you include a subject and a few words in the body of your email in order to enhance the chance for successful transmission.

Prospective Member Questionnaire

1. What is your name? Where do you live? (State) What is your birth date?
2. What brought you to consider our way of eating (ZC)?
3. Why do you want to be a member on this forum? (After all you could just eat ZC on your own...)
4. Are you ZC ? This is a requirement. Ideally, the candidate will have been ZC for at least two weeks on their own. (If you have not been, you might consider holding off on this application until you can get this accomplished with no cheats.)
5. Do you understand that your membership may be revoked if it is found that you are no longer ZC? (Not that you slipped up, but you have stopped trying to be ZC according to our definition.)
6. We require a journal so that our members can learn your story and more about you. Plus, this is the primary way to receive support on your new way of eating. Does this present a problem for you?
7. If you've been reading here, you know our posture on exercise. We discourage exercise while one is losing weight and getting healthy. After they have achieved their body's regulated weight, if they are still interested in sport, they are encouraged to find a sport to participate in rather than mindless exercise for exercise sake. If you are a weight lifter merely using ZC to sculpt your body, please don't apply.

Do you have difficulty with this posture?

Note 1: We use our real names on this forum. And all members are encouraged to use a screen name that includes their name. You may request a screen name along with your application, but I may arbitrarily choose one more suitable to our purposes.

Note 2: You must read the New Members FAQ's and the "On FAQ's" forum prior to posting, and we will create a journal for you at the time of registration. All members are ex-

pected to know this information. We expect somewhat regular updates on your ZC experience.

You must agree to all of these terms and conditions. Membership may be revoked at any time. We will evaluate your candidacy and based on a vote by our forum staff, we will notify you whether you may join our community or not. Upon acceptance, I will issue a username and password to you that will become your identity on this forum. You may change the password to suit your preference. We encourage pictures of your progress and your avatar.

"Registration Agreement";

"Whilst we attempt to edit or remove any messages containing inappropriate, sexually orientated, abusive, hateful, slanderous, or threatening material that could be considered invasive of a persons privacy, or which otherwise violate any kind of law, it is impossible for us to review every message posted on this discussion system. For this reason you acknowledge that all messages posted on this discussion system express the views and opinions of the original message author and not necessarily the views of this bulletin board. Therefore we take no responsibility and cannot be held liable for any messages posted. We do not vouch for or warrant the accuracy and completeness of every message.";

"By registering on this discussion system you agree that you will not post any material which is knowingly false, inaccurate, abusive, hateful, harassing, sexually orientated, threatening or invasive of a person's privacy, or any other material which may violate any applicable laws.";

"Failure to comply with these rules may result in the termination of your account, account suspension, or permanent ban of access to these forums. Your IP Address is recorded with each post you make on this discussion system and is retrievable by the forum staff if need-be. You agree that we have the ability and right to remove, edit, or lock any account or message at any time should it be seen fit. You also agree that any information you enter on this discussion system is stored in a database, and that \"cookies\" are stored on your computer to save your login information.";

"Any information you provide on these forums will not be disclosed to any third party without your complete consent, although the staff cannot be held liable for any hacking attempt in which your data is compromised.";

"By continuing with the sign up process you agree to the above rules and any others that the Administrator specifies.

You should understand that we are not doctors nor are we trained nutritionists. Therefore, you should not rely on our advice on matters that you are not personally convinced will benefit you. As our logo implies, we are thinking people who have taken charge of our own health. Based on our experiences and research of various books, studies and

history, we have concluded that carbohydrate restriction is a direct step that anyone can take to drastically improve health.

There is much evidence available that chronically-high insulin is the root cause of all the diseases of civilization, the modern chronic diseases. Therefore, it is imperative for us to control our insulin response in anticipation of and as a result of the foods we eat. Based on our experience we have found that a diet that includes all types of meat and water is an effective way to control insulin and improve most markers that people associate with good health. It is a fact that populations that don't eat refined and easily digestible carbohydrates do not suffer from the modern chronic diseases.

We understand that obesity is merely a symptom of the metabolic disorder of fat accumulation. The other symptoms are well known such as hypertension, diabetes, heart disease, cancer, dementia, Alzheimer's and other maladies traditionally associated with aging. We recognize that everyone who has high-insulin does not become obese. Some go straight to other chronic illnesses so we consider the obese fortunate in that they only gain weight. Even if one does not lose weight, it is imperative to control insulin and forestall other serious problems. It is well known that within a short period of time on this way of eating, many markers associated with hypertension and heart disease such as high-density lipoproteins (HDL) and triglycerides reverse their course and improve regardless of weight loss.

By embracing carbohydrate-restriction to a level where hunger is controlled and cravings are eliminated, one can truly "zero-in" on their health.

MOREOVER:

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You understand that a private citizen without any professional training in the medical, health, and nutritional field is providing the services. You understand that these services are provided without a health examination and without prior discussion of my health condition. You understand that in no way will zeroinginonhealth provide medical advice, and that no medical advice is contained within this site or the services provided.

You understand that these services are not intended as a substitute for consultation with a licensed healthcare practitioner, such as your physician. Before you begin any weight loss or fitness program, or change your nutritional regimen, you will consult your physician or other licensed healthcare practitioner to ensure that you are in good health and that these services will not harm you.

If you experience any unusual symptoms after following these services, you will stop performing the exercise(s) and consult with your healthcare practitioner immediately.

You understand that the information and content of these services should not be used to diagnose a health problem or disease, or to determine any health-related treatment program, including weight loss, diet, or exercise.

You understand that there are risks associated with the use of these services. Use of these services implies that you assume all risks, known and unknown, inherent to exercise, workout programs, nutrition programs, and physical changes and/or injuries which may result from the use of these services.

Benefits: Participation in a regular program of physical activity has been shown to produce positive changes in a number of organ systems. These changes include increased work capacity, improved cardiovascular efficiency, and increased muscular strength, flexibility, power, and endurance. Additionally, studies have shown following a carbohydrate-restricted diet provides benefits to your health, including weight loss, among others.

Risks: You recognize that exercise and diet changes can carry some risk to the musculoskeletal system (sprains, strains) and the cardio-respiratory system (dizziness, discomfort in breathing, heart attack). You hereby certify that you know of no medical problem that would increase your risk of illness and injury because of participation in a regu-

lar exercise program, or you will not use any service related to an exercise program. Additionally, your decision to begin a diet program is yours alone and zeroinginonhealth.com nor any of its authors, contributors, or other representatives will be liable for damages arising out of or in connection with the use of the information provided at this site.

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