

BODY BLITZ CHALLENGE



Congratulations... get ready to lose weight fast...

Whether this is the first weight loss programme you've tried or the last in a string of unsuccessful attempts, one thing is certain, you will be amazed when you see the results of the SlimYou programme.

As your choice in weight loss, SlimYou programme is designed by highly qualified naturopaths, and have dramatically transformed their lives. The programme has been developed and specially designed to totally support and maximize each individuals' levels of motivation, dedication and commitment. As your choice in natural health care, **Slim You** is totally committed to helping you achieve your goals. As physical transformations begin to take place and you move towards your goals, we know you will notice how effortless, rewarding and enjoyable this programme can be.

We make sure that your body is not missing out on any vitamins, minerals trace elements, essential fatty acids and amino acids. We are very careful to ensure that none of your organs are over loaded or "stressed", in addition we ensure that your body is able to safely and efficiently sustain continued weight loss and personalise this programme to suit your body, and body type.

Outcomes you will enjoy during the SlimYou programme:

- Decreased appetite
- Increased mental clarity
- Increased energy and vitality
- Improved eating habits
- Improved self image and confidence
- Elimination of cravings to stimulants (e.g. caffeine, carbohydrates, fats etc.)

... As well as reduced risk factors of many of the diseases associated with weight gain including:

- | | |
|--------------------------------|-------------------------|
| • Diabetes | • Stroke |
| • High cholesterol | • Dementia |
| • Heart disease | • Arthritis |
| • Hypertension | • Alzheimer's |
| • Some hormone related cancers | • Gout |
| • Atherosclerosis | • Varicose veins |
| • Diabetic neuropathy | • Menstrual dysfunction |

We wish you all the very best in your endeavour to be the best you can be.

Yours in great health!

Damian & Phyllis

Getting started

Items that you will need:

Available from the supermarket

- Kitchen/slimmer's scales

Totally optional

Available from health food stores / SlimYou

- Colozone/Magnesium Oxide
- Liquid mercury free omega 3 oil
- Ketostix
- Uroplex
- Multi vitamin

Optional items may include:

- Tape measure (many clients like to measure their progress in cm's and inches)
- Carbohydrate counter

Most scales weigh differently and often your weight will both increase and decrease throughout the day, so we suggest you weigh in every 7 days.

Such daily body weight fluctuations have many causes including; hormones, menstrual cycle, bowel movement regularity, the time of the day that you weigh yourself and the weight of clothing.

Measuring centimetres to indicate body shape change is quite often a more accurate indicator of fat loss than the scales. So why don't you measure yourself now?

Start waist: _____

Finish waist: _____

(measure around your waist
just above your belly button)

Start inner thigh: _____

Finish inner thigh: _____

(measure around your
thigh 5cm up from the top
of your knee cap)

Omega Rapid Weight Loss Gut Preparation Phase (optional)

Colozone/Magnesium Oxide powder

About 1/2 hour before retiring to bed (away from food), take 1 level teaspoon of Colozone via the mouth, and chase it with 3-4 glasses of water, followed by 30mls of lemon juice added to water. Do this for 4 nights only.

Please be aware that your bowel movements will be quite loose the next morning.

Lemon Juice

Add 30mls of freshly juiced lemon to a glass of water, and drink before breakfast.

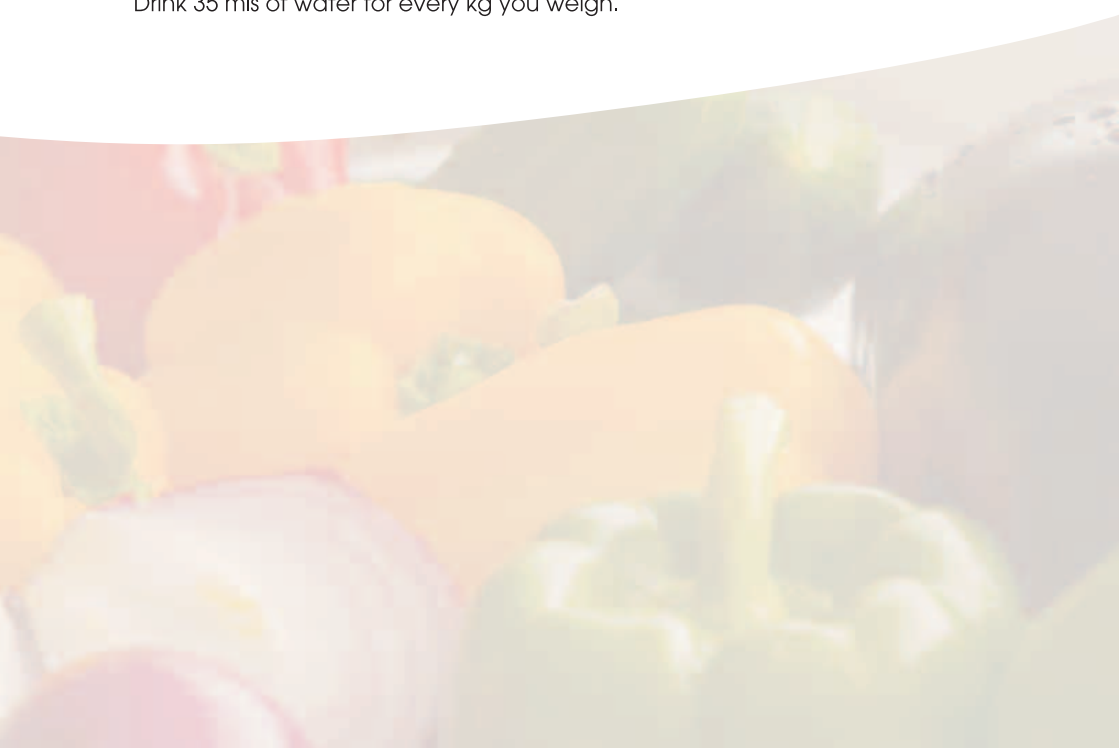
Uroplex

2 tablets 3 times daily

Your kidneys will work overtime throughout the programme. Uroplex contains unique herbal ingredients that will support detoxification and help protect your kidneys from the extra stress they will experience during both the cleansing programme and the weight management programme.

Water

Drink 35 mls of water for every kg you weigh.



What to Eat

This is THE most important bit, without the food, this program won't work. DON'T starve yourself. Use your portion size based on the Palm Method™ everywhere you go so that you can get the most value from your food. When you eat these foods and these foods only, you should stimulate your body into rapid fat loss and you can check this by using your Ketostix™ each morning with the first urination of the day (this is explained shortly).

Please ensure that the foods that you choose are fresh, preferably not frozen.

Cook your food so that if you dropped a piece of broccoli on the floor it would bounce and roll away, not splat.

If you dropped meat on the floor it would splat and not bounce (not eggs)... proteins should be still moist on the inside, not dried out.

3-4 palms of Protein rich foods per day spaced over the span of the day, preferably in 3 meals

Protein rich foods

Beef
Boccincini
Chicken (skin off)
Cottage cheese
Eggs
Feta
Fish
Full Cream Yoghurt
Lamb
Kangaroo
Venison

3 large handfuls of salad, fruit and veggies over the span of the day, preferably in 3 meals

Veggies

Avocado
Beetroot (fresh not tinned)
Broccoli/Broccolini
Cabbage
Capsicum
Cauliflower
Carrot
Chives
Celery
Cucumber
Eggplant
Garlic
Kale
Lemon Grass
Lettuce – ice-burg, rocket, baby spinach leaves, cos
Mung Bean Sprouts
Onions
Peas
Pumpkin
Parsley
Spring Onion
Watercress
Zucchini

Fruits

Apples
Blueberries
Cantaloupe/Rock melon
Mango
Olives
Strawberries
Tomato
Watermelon

FATS and OILS

You need oil and fat with every meal... only the good stuff. Your index finger and your expressive finger put together gives you the right portion. About a dessertspoon or 30 mls is spot on for most people at EVERY meal.

Please also snack on your choice of nuts through the day. You are allowed the amount to lightly cover the palm of your hand per day.

Olive Oil – extra virgin
Macadamia oil
Avocado oil
Almonds
Brazil nuts
Pepitas/Pumpkin seeds
Pine nuts
Pistachio Nuts
Sunflower Seeds
Walnuts

Condiments

Balsamic Vinegar
Tamari/ wheat free soy sauce
White Vinegar for cooking eggs

1. Measuring Tools

Ketostix®

Ketostix, a special fat burning measurement tool, will be used throughout the programme to ensure that you are burning fat safely. This method of confirmation indicates the existence of Acetoacetic acid in the urine. Acetoacetic acid is a by product of fat and carbohydrate metabolism, put simply this means that you will be measuring the elimination of your body fat stores. The Ketostix® reveals this process by the tip changing colour¹.

First thing in the morning, with the first urination of the day, remove one Ketostix® from the container and replace the lid immediately, do not touch the test area. Run the Ketostix® directly through the midstream flow of your urine. Wait exactly 15 seconds, and check the colour at the tip of the strip and match it to the coloured boxes. Record your result on your daily checklist².



On the Ketostix® container you will find a sequence of boxes, these are coloured on your container.

NB. Each colour along the table indicates that fat is being burned and in no way can this be used to mark your success. The key to this Ketostix® test is to indicate the safety of the rate in which you are burning fat. If your strip colour change becomes very dark (i.e. 8 or 16) **you need to call us**.

Use the Ketostix® within 6 months of opening them; they are ineffective after the expiry date.

1. Adapted from Bayer Ketostix® information brochure

2. Ibid

* for a detailed definition and explanation of lipolysis – Edwards C. & Boucher (Eds) (1995) Davidsons Principles and Practice of Medicine, Churchill Livingstone NY p729.

2. The Non-Negotiables

Accurate Measurements

The programme is designed to be most effective when portion sizes of food are measured accurately using your palm size.

Meals

Break/fast when you wake, to head off before you do exercise eat 1-2 strawberries and a dessert spoon of a full cream natural yoghurt. This will kick start your fat burning for the day!

The body works best when there is fuel to digest. It is very important to eat at least **3** meals per day if you want your body to get the best results. To kick start your metabolism in the morning, your first meal should be eaten within **45** minutes of waking unless you exercise first thing in the morning, in such cases you would eat after exercising, within 30 minutes of finishing.

Protein/Fat/Carbohydrate Balance

Ensuring adequate protein intake is important so that the body does not break down muscle for energy instead of fat. By maintaining the consumption of calories from protein at around 50% of your calorie load, active tissue mass (muscle) will be maintained.

By reducing the load of poor choice high glycaemic index (GI) carbohydrates, the secretion of insulin by the pancreas will be reduced, thereby improving the sensitivity of the muscle receptors to insulin. For this reason fat stores will be mobilised by the liver and your reshaping will begin.

Foods such as bread, cereal, pasta, rice and potatoes are high GI foods and will be added to your programme as your body becomes able to digest the carbohydrate load of that food.

The glycaemic load of a meal is further reduced by the consumption of fats and oils. The adequate combination of these three macro nutrients will enable us to use other high GI foods that would have been previously unavailable in other Ketogenic style programmes.

Salt

The body will retain fluid in the presence of excess salt and too much salt has been associated with cardiovascular disease. Furthermore, excessive fluid within the body is not conducive to better body health or with a programme that is specially designed to burn large amounts of body fat. You may use high quality salt like Himalayan Rock Salt or even Sea Salt. However, it is in your best interests to enjoy food without the salty taste. Herbs are a great way to flavour your food!

Water

Every single action and reaction within the body uses water.

You should always be drinking 35 mls of water, per kg of body weight per day to help your body eliminate toxins and other waste products that are released from your fat stores. Regular consumption of water will also dilute urinary concentration of Ketones thus helping to protect the kidneys from the negative effects of the build up of Ketones.



3. Daily Supplements (optional and very effective)

Liquid Omega 3 Oil (mercury free)

Liquid Omega 3 is the highest quality source of omega 3 fatty acids. Omega 3 fatty acids facilitate loss of adipose tissue in the body. They reduce cholesterol and atherosclerosis, help improve insulin sensitivity, protect against various cancers and have many more beneficial effects.

A Multi Vitamin Supplement

A multi vitamin contains many of the nutrients that your body will require when undergoing extra physical stress in mobilizing body fat. This will benefit glucose absorption, insulin sensitivity, and lipolysis therefore increasing you basal metabolic rate.

Uroplex™

Your kidneys will be working harder to facilitate detoxification and weight loss hence the herbs and nutrients found in Uroplex™ are used to protect the kidneys and their function.

Please make us aware of any concerns you have or have had in regards to your kidneys.



4. Exercise³

- Exercise is essential in reshaping your body and improving your body composition i.e. fat mass vs. muscle mass. Exercise will facilitate an improvement in lean body mass through an increase in active tissue mass and a decrease in total body fat/adipose tissue deposition.
- Exercise increases the basal metabolic rate temporarily for periods of up to 15 hours, hence it will aid in burning more calories than would otherwise be expected of the body.
- Exercise will increase glycaemic control in diabetic and pre-diabetic individuals, and improve insulin sensitivity in obese individuals.
- Exercise will help decrease hypertension.
- Exercise helps the release of endorphins within the body, decreasing anxiety, depression, and lifting moods, thus addressing one of the most common reasons given for binge and comfort eating.
- Those that exercise both during and after their SlimYou programme are able to maintain their weight loss better than those who do not exercise.

NB. Exercise should elevate your pulse rate. This means that you should become aware of your heart rate increasing, sweat being produced and heavier breathing.

³Hyperhealth CD-ROM 2009, In-Tele-Health.

1. Lennon, D., et al. Diet and exercise training effects on resting metabolic rate. *Int J Obesity*, 9:39-47, 1985
2. Endre, T. Insulin resistance is coupled to low physical fitness in normotensive men with a family history of Hypertension. *Journal of Hypertension*, 12:81-88, 1994.

5. Negotiable

Milk

Milk contains a natural sugar called lactose. All sugars are considered to be carbohydrates; therefore, consumption of milk by the glass full should be avoided. This would apply to cappuccinos, milkshakes and other milky drinks. A splash of milk in a hot drink is ok ... just a splash.

It makes little to no difference if the milk is full cream (blue) or low fat (light blue) milk.

Alcohol

If you want the next 21 days to be most effective avoid alcohol all together.

Alcohol is often the first fuel used by the body after its consumption (as it is very easy to access and burn); and as such it will be burned preferentially over carbohydrates and then fats. This does not mean that you will definitely cease losing body fat, however, you will certainly reduce your ability to access these stored fuels efficiently by consuming alcohol.

Please do not have alcohol in the first week and after that check with us to find out what is most appropriate within the programme for you.

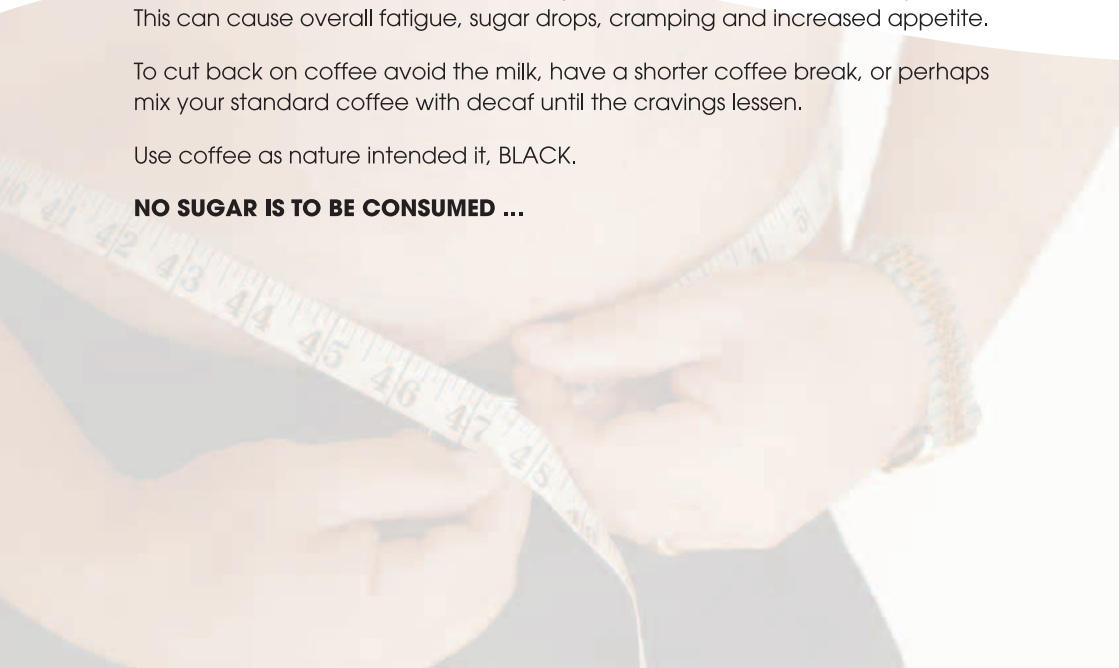
Caffeine

Caffeine can be great! It can keep you awake, open your bowels, give you that boost you need at 3:00pm or first thing in the morning. However, it is also addictive and causes adrenal fatigue and dehydration in the long term. This can cause overall fatigue, sugar drops, cramping and increased appetite.

To cut back on coffee avoid the milk, have a shorter coffee break, or perhaps mix your standard coffee with decaf until the cravings lessen.

Use coffee as nature intended it, BLACK.

NO SUGAR IS TO BE CONSUMED ...



Results to Expect (heaps of weight loss)

When you begin the eating programme, due to mobilisation and the burning of fat by the body, you may experience various changes in the first 4-5 days of the programme, these may include:

Increased energy and mental clarity

Now that your body is burning Fat as a fuel, you will experience more energy and better sleep. Your mental clarity will increase immediately due to the reduction of insulin secretion by the pancreas, which is caused by a lighter load of sugars in the bloodstream. Also the Omega 3 fatty acids used to speed up fat loss (from EPA/DHA) will enhance memory and mental clarity.

Sustained fat loss

Lipolysis is the most efficient method of burning fuel within the body and as a result the body can sustain high levels of fat burning for long periods of time. At some point in this process the body will plateau. This should only last 1-2 weeks. We will guide you through this process to ensure the best possible health outcome for you.

Reduced hunger

Many people find that they physically can't eat as much food as we require, this is due to the changes that take place within the digestive tract, i.e. re-establishment of digestive secretion, adequate digestion of carbohydrates protein and fat. This is okay.

On the other hand, occasionally people may experience hunger. This is typically associated with the adjustment to smaller meals. If this occurs, it won't be long before your hunger cravings for food will be reduced as a result of the fat burning process. The fat burning process is appetite suppressant.

Detoxification

As body fat stores are mobilised within the body, and toxins are re-released into the blood stream, in order to be cleared by the liver, some events may occur. You may experience fatigue, faintness, headaches, mild blemishing and in some cases nausea; this may typically occur within the first 4-5 days this means that the programme is working!

Other possible effects include;

Withdrawal

You have most certainly become addicted to certain foods, and as a result your body may crave these when you stop consuming them. When people stop caffeine and sugar consumption, they may experience withdrawal. This is typical of detoxifying but may also cause lethargy through the day, moodiness and heart palpitations. The withdrawal process is typically over within the first 4-5 days, hang in there...

Less frequent bowel movements

Due to a change in fibre types and serving sizes, your bowels may perform less frequently until your body's metabolism is familiar with your new programme. We'll ensure that this does not become a long term problem.

Bad breath

The process of lipolysis produces Ketones which you will measure daily with your Ketostix®. Although most of these Ketones will be expelled via the urine, some will be detected on the breath. Typically this will only occur if your urinary Ketone levels rise to either the 8 or 16 Ketone level. To alleviate the symptoms, simply add Lemon Juice to water, chew mint leaves, or if you need to, use 'sugar free' gum.

You must let us know if this becomes a problem.

The Maintenance Programme - Crucial Information!!!

Please remember that it is possible to rebound your weight back on once you have reached your ideal weight. Slim}You features two highly successful and popular maintenance programmes, 112 Day Challenge & Health Club that can ensure the weight you worked so hard to lose stays off. These programmes ensure you can continue to enjoy the benefits of your new lifestyle and image.

If the programme is stopped without undertaking the fundamental steps of learning the principles of maintenance, history has shown that many people see their efforts washed away and somewhat wasted. Slim}You maintenance programmes are holistic in their approach to your wellbeing and wellness. These lessons and principles guide you in making lifestyle choices that transform you and your family's health. Consider the 112 Day Challenge if you've got lots of weight to lose.

References and Acknowledgements

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Notes





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