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Healthy Weight loss programme

The most common mistake that people make when trying to lose weight is that they go on a calorie restrictive diet, actually starving their bodies of important nutrients that are necessary to stay healthy. What you should be doing is trying to lose body fat at such a rate, that loss will be permanent and not damaging to your health. Follow this simple healthy plan to:

- To lose inches and change shape.
- Raise the basal metabolic rate. BMR for short.
(This means cutting down on calories lowers the basal metabolic rate).
(The body perceives this as starvation and switches to survival mode).
- Balances the Glandular system.

Breakfast: 1 scoop SynerProtein
1 scoop TNT
2 Omega 3 EPA
1 Super Supplemental
15 - 30ml shot of Zambroza

Mid Morning:- Snack of fresh raw vegetables i.e. Celery sticks, Carrot batons etc. If you can include a small amount of protein mid morning consisting of fish (tinned or fresh) or very lean meat. This mid morning snack is optional but will help to raise the BMR and continue to burn fat throughout the day at a very fast rate.

Lunch: 1 scoop SynerProtein
1 scoop TNT
2 Omega 3 EPA

Mid Afternoon: The same as mid morning or a choice of low glycaemic fruits such as apple, pear or kiwi or an extra SynerProtein. For optimal weight loss, choose 30ml shot Zambroza over all other fruits. When trying to lose weight cut bananas from your regime as they contain equal to four teaspoons of sugar.

Healthy Weight loss programme...continued

Evening Meal: A normal meal with the Family:-

6 – 8 oz's meat (organic or good quality free range) or fish (not farmed/coloured/ treated with antibiotics or caught around a polluted coastline). A small amount of potatoes or brown rice with vegetables or salad.

As you have been eating small and often throughout the day, it is very unlikely that you will need a dessert. This eating plan takes away cravings for any type of sweet food.

2 Omega 3
1 Super Supplemental
15ml shot Zambroza

Throughout the day drink water, Liquid Chlorophyll, herbal tea or tea of your choice. Do not drink fizzy drinks or carbonated water as this causes gastric emptying. This means food isn't allowed enough time to be properly mixed with digestive juices produced by the stomach and empties the contents far too quickly into the small intestine causing digestive weakness.

This diet will build very lean and toned muscle, it is very important therefore to take body measurements as well as weight. Try to weigh yourself not more than once a week, around the same time, using the same scales.

We are here to help you live a healthier life, so if you have any concerns, questions or would like us to work with you on helping you lose weight, please contact us via our contact form or email us at livelife@herballiving.co.uk

Stay healthy Tim & Simone