



...FOR A NATURAL LIFE

Healthy Weight Loss Programme

Why it is important to have a 'healthy' diet?

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. The weight loss programme we offer is a combination of a healthy eating plan, supported with 5 of our products which will give you the nutrition you need and help you to lose weight, AND it is easy to follow as it offers variety and can be adapted to individual needs!

How it works

The programme itself is described in detail below. The supporting products will offer you the vitamins, minerals and fibre you need (Super Supplemental, TNT and Zambroza), will reduce food cravings, balance sugar levels in the blood and encourage the body to use body fat as an energy source rather than keep it in storage (SynerProtein and Omega 3 EPA).

We also recommend 30 mins of aerobic exercise for a minimum of 3 times a week, not only to burn body fat but also to increase your overall health. Choose any aerobic activity you enjoy that is suitable for the standard of health you are starting at and gradually increase as you become healthier.

How to use the weight loss programme

Breakfast: 1 scoop of Synerprotein
1 scoop of TNT
2 x Omega 3 capsules
15ml shot of Zambroza
1 Super Supplemental tablet

Optional: One slice of wholemeal toast with honey or low fat spread.

Or muesli (check labels to ensure no dairy or sugar or raisins or make your own) from eg: oats, millet, nuts, seeds (pumpkin, sunflower, sesame), with unsweetened milk (rice, oats, soya) or water.

Or porridge oats (non instant) with unsweetened milk (rice, oats, soya) or water.

Mid Morning: Snack of fresh raw vegetable i.e celery sticks, carrot batons, sweetcorn, etc.

Lunch: 1 scoop of Synerprotein
1 scoop of TNT
2 x Omega 3 capsules

Plus: Small fresh salad or a salad sandwich on wholemeal/wholegrain bread.

Mid Afternoon: A small fresh fruit salad or fresh fruit (apple, pear, plum, orange, berries etc. When trying to lose weight, cut bananas from your regime as they contain equal to four teaspoons of sugar)

Evening: 2 x Omega 3 capsules
15ml shot of Zambroza
1 Super Supplemental tablet

Plus: A normal balanced meal with the family, for example: 6-8 oz frozen oily fish fillet or tinned oily fish (tuna, salmon, pilchards, herring, mackerel etc). If you eat fresh fish make sure it is not farmed/coloured/treated with antibiotics or caught round a polluted coastline.

Or 6-8oz lean meat/organic skinned chicken/turkey breast
With either brown or potatoes (only 3-4 plain boiled potatoes) or sweet potato
or quinoa
with lots mixed vegetables/salad (100g approx)

Dessert (Optional): 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. Alternatively, fresh fruit or a fat free yoghurt.

Additional Tips

Cut out refined carbohydrates, white flower, white pasta, or white rice and sugars as these will convert quickly into fat. Also they make you bloated.

You can have these meals in any order (i.e. you can swap your lunch for your evening meal).

Drinks: 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 is not allowed enough time to be properly mixed with digestive juices produced by the stomach and empties the contents for too quickly into the small intestine causing digestive weakness.

Exercise: 30 mins aerobic exercise for a minimum of 3 x a week. Choose any aerobic activity **you enjoy** that is suitable for the standard of health you are starting at and gradually increase as you become healthier.

The eating plan 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.

It is also important to keep a Food Diary, so that we can check for any problems.

We have broken down the cost of the products, based on 1 months usage. This works out at only **£4.93 per day** as a Preferred Customer, or £5.62 at the 20% off.

For a 1 month supply for the above weight loss programme, you will need to order the following:

Omega 3 EPA - 3 bottles, **SynerProtein** - 4 Tins, **Super Supplemental** - 1 bottle (this will last for 2 months) **TNT** - 2 Tins, **Zambroza** - 2 bottles.

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