

CLEAN 9

Weight Management

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Have you overindulged through this wonderful Summer with lots of good food and wine, and maybe not done quite as much exercise as you should ideally to burn off those extra calories, because lying on a sunbed doesn't come too high on the calorie burning list of activities! I hate to say it, but not too far round the corner is another heavy time for eating, drinking and enjoying ourselves, so we have approximately two months to do something about it.

We have a fabulous range of detox products at our disposal, to use ourselves, share with the team, new customers and the ones we haven't yet found. One of the key factors in detoxing is to exercise.

Exercise is so important. It helps us to burn calories, not just while you are working out but for the rest of the day. If you don't exercise, your body composition will alter over the years. Muscle is an active tissue which is designed to be used - to support the skeleton and to enable us to move. If we stop using our muscles the individual muscle fibres become smaller and so we require less fuel to function. This means quite simply that we need to eat less.

If we carry on eating at the same rate or eating more, as is usually the case, the body has a very effective way of mopping up its overflow - It takes the left over fuel and stores it as fat. If you exercise regularly you can burn more fat even when you are asleep. This has got to be good news.

NB 2 hours of carding will burn off a lot of calories - so it makes sense to work our business and exercise at the same time.

OBESITY- What does it mean?

This is the result of an over consumption in foods. In general not just one single food, but an excess of carbohydrates, protein and fats, our three main food categories. Obesity is when the individual is 20% or more over the ideal weight, and is associated with cardiovascular disease, other symptoms may include:

High Blood Pressure
Chromium deficiency
Diabetes
Kidney disease
Tooth decay and many more.

A 20 year study has shown that 99.5% of treatments fail, having £1.8 billion thrown at this killer with .5% success rate.

Why most diets don't work - For the simple reason they increase fat reserves while depleting lean muscle. If you're not putting enough good nutrition in your body, then fasting or starvation tells the body lean times have arrived, so the body naturally increases its deficiency by storing its most valuable form of fuel - FAT.

So, lets take a look at the products making up the Clean 9 and the Lifestyle 30 packs, and what they are providing us with.

Aloe Vera Gel

Forever Living Products high quality Aloe Vera supplies over 75 nutritional components, including 20 minerals, 18 amino acids and 12 vitamins which aids a healthy digestive system.



ALOE VERA

- Immune regulator, helps to strengthen the immune system
- This is excellent to support the diet, but especially when the diet is poor or nutrients are compromised through illness, stress, menopause or environmental pollution
- Helps absorption of nutrients
- Aids detoxification
- Combats allergies
- Increases energy

Forever Active Probiotic

Take one probiotic on an empty stomach with gel in the morning. Forever Active Probiotic is designed to promote a healthy digestive system and help overcome imbalances by our food and lifestyle choices.

Probiotics can help with disturbances in the digestive system, which can be the cause of:

- IBS
- Fatigue
- Constipation
- Diarrhoea
- Sleep problems
- Skin conditions
- Joint & muscle pain
- Allergies
- General immune dysfunction
- Thrush
- Candida



Forever Active Probiotic can be taken on an empty stomach. No refrigeration necessary.

Take with any course of antibiotics that you may be given by your doctor, to help prevent thrush and Candida.

Forever Garcinia Plus

Key components HCA - Thin Oil - Chromium - Safflower Oil.

The Forever Garcinia Plus contains a natural substance derived from the fruit of a South Asian Tree called the Garcinia Cambogia - The rind of this fruit is dried and extracted to produce Hydroxy Citric Acid (HCA).



- HCA - lowers the production of both cholesterol and fatty acids
- HCA - Increases production of the glycogen in the liver, which gives you greater, more sustained energy levels, suppressing the appetite by 10%

HCA - has many advantages over many other weight loss products.

1. It does not act on the central nervous system
2. This means it is not a stimulant - No changes in the heart rate or blood pressure

THIN OIL IS A MEDIUM CHAIN TRIGLYCERIDE OIL (MCT)

- MCT - LOWERS CHOLESTEROL
- MCT - BOOSTS METABOLIC RATE
- MCT - ENERGISES SO IT IS POPULAR WITH ATHLETES, WEIGHT LIFTERS AND MARTIAL ARTISTS

A study has shown that the metabolic rate increased by 12% over a 6 hour period, after a meal supplement with MCT oil - conventional fats only raised the metabolic rate by 4%.

CHROMIUM - The importance of chromium is that it is an essential insulin co-factor. The hormone insulin helps control hunger, and regulates energy production, fat burning, muscle building and cholesterol utilisation. Chromium deficiency causes fatigue and excess fat production and also is a major contribution to heart disease and diabetes. Even worse, sugar causes the body to use more of the limited amount of chromium consumed, so does exercise.

SAFFLOWER OIL - This contains high levels of mono-unsaturated acids or healthy fats (Omega 6). This is the best nutritional oil you can get, not only is it excellent as part of the Clean 9 programme, but it is also great for your hair and nails. Take one capsule of this fantastic combination of ingredients, 30 to 60 minutes before each meal.

Bee Pollen

Key ingredient - lecithin - occurs in all cells.

- It aids digestion
- Absorption of fats
- Improves efficiency of immune system

HIGH BACTERIOSTATIC ACTIVITY

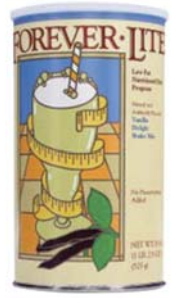
- It suppresses the activity of bacteria and inhibits growth
- Corrects Body Chemistry - it does this by counteracting the effects of food additives and preservatives
- It increases waste and poison excretion
- It heals tissues because of its regenerative powers especially good in contact sports
- It is a biological stimulant - it has great natural energy giving properties



Forever Lite

Nutritional Breakdown

Vitamin A - Vision, Skin, Hair
Vitamin C - Fights infection
B1 - Nervous system
B2 - Maintaining Body Tissue
B5 - (pantothenic acid) essential to nervous system
Niacin - Conversion food into energy
Iron - Transports Oxygen to cells.
Fructose - Fruit Sugars, (no blood sugar level rise)
Vitamin D - Teeth and Bones
Vitamin E - Essential to red blood cells and skin
Phosphorus - Part of all body tissues
Iodine - Supplies thyroid glands
Zinc - Aids healing process
Plus a whole range of amino acids, including 9 Essential amino acids, which we need for our digestion process, and to improve our metabolic rate.



Forever Lite can be mixed with fruit juice, rice milk or soya milk. This may be especially useful if people are too ill to eat or are recovering from surgery, as cows milk is very mucous forming. Fruit can also be added to the blender to add a variety of tastes and textures.

This nutritional drink taken twice a day supplies the body with a 100% of our daily vitamin and mineral requirements. It is totally safe and very effective. Qualified experts readily endorse it.

Obesity - taking control

taken from Health Matters Magazine, March 2005

Of course, the first step for most people in the fight against the flab is to review their diet and lifestyle as even a relatively modest weight loss can have significant benefits to health. Just a 10% weight loss is typically associated with around a 30% reduction in abdominal obesity - positively impacting on blood pressure and insulin resistance immediately.

Water – 8 - 10 glasses daily.

WHY?

- Half of our body weight is water
- We lose six pints daily
- Water supplies the cells with oxygen and nutrients
- Helps body to eliminate waste (prevents constipation)
- Helps to keep the digestive system efficient

The synergy of all of these products alongside a sensible diet, of which many suggestions are in the Clean & Lean brochure (code 1024) work together in a complete programme of general health. The evidence is that when this programme is followed, the combination of products taken together work synergistically and reinforce each others effectiveness.

Happy weight loss and detoxing!

Sue Matthewman will be guest speaker at the January Success Day and will be talking about our Weight Management products.