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# Shape up for Summer

**With summer well and truly round the corner and holidays looming, many people want to reach their ideal weight and get into their swimsuit or bikini and look great on the beach.**

**There can be many reasons why we put on weight, or cannot maintain our weight at a constant level without it becoming a real battle. These may include eating the wrong foods, the amount of food we eat, irregular eating, too many stimulants such as caffeine or chocolate, stress, poor digestion, food intolerance, thyroid problems, poor sleep and lack of exercise. All too often we can be left feeling hungry with foods that are low in fibre and protein and rich in simple carbohydrates.**

Many of us have already tried dieting without success, maybe lost some weight short term but gained it again after returning to normal eating habits. Often, restricted eating may cause the body to assume it is facing a period of famine, slowing metabolism in response, so only achieving an initial period of weight loss.

Eating an abundant variety of the appropriate foods regularly, together with moderate exercise such as walking or yoga will encourage healthy blood sugar balance, enhanced metabolism and permanent weight loss. A key factor to this is the control of insulin, a hormone that regulates the amount of sugar in our

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bloodstream removing any excess and storing it as fat. If we constantly stimulate the rapid release of insulin by eating sugary and refined foods (simple, bad carbohydrates) the resulting 'high' which makes us feel great soon becomes a low' as the insulin rapidly lowers blood sugar, so in turn creating hunger and cravings. This can result in energy slumps during the day and so people look for a quick fix, i.e. more high glycaemic (GI) foods that are refined and processed, and caffeinated drinks. Unfortunately, this constant drain of sugar from the bloodstream is then invariably stored as fat around the waist and hips.



Many people suffer from stress, and although an inevitable and necessary part of everyday life, in excess or badly managed, can also lead to weight gain as it triggers adrenaline which raises blood glucose and stimulates insulin release. For thousands of years mankind has been used to a traditional wholefood diet and it is only within a short space of time that our food has become so altered. We now need to get back to our ancestral diet with regular eating times every day (not too late at night) and foods which naturally balance blood sugar, reduce cravings, increase energy and leave us feeling fuller for longer. These foods tend to have what is known as a low Glycaemic Index (G.I.) or low Glycaemic load (G.L.), and are low in saturated fat and sugar - essential to weight loss.



Forever Clean 9 & Lifestyle 30 is a diet and exercise programme to help you reach your desired weight, maintain it and develop good habits for lifelong weight management and overall improved health. It helps to free individuals from yo-yo dieting and unhealthy eating practices. The initial cleansing programme, Clean 9, is then followed by Lifestyle 30 which is an easy to follow programme of healthy eating, exercise, hydration and lifestyle. Clean 9 and Lifestyle 30 include: Forever Lite and Forever Ultra, two delicious protein drinks that can be used as meal replacements to enhance healthy weight loss and Aloe Vera Gel, a rich cocktail of nutrients to support the cleansing process, enhance digestion and energy and improve immunity. This natural juice provides the solid nutritional foundation and backs up any shortfalls in our diet.

Garcinia Plus is vital in helping to stabilise blood sugar, increase energy, reduce cravings and improve fat-to-muscle ratio. Bee Pollen is a rich source of amino acids, vitamins, minerals, enzymes and flavonoids. Bee Pollen can help to increase energy, boost metabolism, nourish the nervous system and balance hormones. Forever Active Probiotic is a beadlet carrying six important beneficial bacteria essential for digestive and immune health. Finally don't forget Fast Break Energy Bar, the ideal snack bar fortified with nutrients. So many people have achieved success and reached their desired weight on this programme, you can too!

