

Information And Helpful Tips

Herbalife's ShapeWorks Personalized Weight Loss Program

The Herbalife ShapeWorks Weight Loss Program gives your body the proper amount of protein and carbohydrates while controlling your caloric intake, which leads to efficient and healthy weight loss. **The Program is as simple as 3, 2, 1.** It encompasses a sound nutritional base so your body gets vitamins, minerals, herbs and trace elements on a daily basis leaving you feeling great, with no worries about your ability to maintain your weight loss. When you provide the right amount of protein in balance with the accurate amount of carbohydrates and calories, your body efficiently releases stored body fat while controlling your hunger and promoting more energy and mental clarity. The protein sources are our **SECRET.**

Maintaining this level of high quality protein ensures you maintain your lean body mass, which is made up of water, muscles, bone and tendons. All you lose is body fat...and lots of it!!! And this is what Herbalife's new ShapeWorks program does for you.

The following program is rooted in the **Magic of Cellular Nutrition** so your body remains well nourished while you are losing weight, ensuring you stay healthy and never starves your body of essential nutrition. This is not only key to weight loss but to maintaining your weight loss. Next we have our **Enhancers.** They will help you stay regular and feel fuller and increase the efficiency of your protein assimilation. We also have **High Protein Snacks.** You certainly can get your protein from other sources, but we have found people tend to increase their caloric intake, as well as fat and sodium intake when doing so. Our specialty High **Protein Snacks** gives you readily available and great tasting snacks to easily maintain your protein intake while keeping your caloric intake low.

We have amazing **Fat Burners** as well. These products will help to elevate your metabolism and increase your energy so you feel good while you are cutting back. Plus they control your desire for fattening and high calorie foods allowing you to cut back without a struggle! You also have a choice of additional **Accelerators for inch reduction.** These accelerator products individualize your program by giving you extra help in the areas you feel you need it most. Finally, we have our **Cleansing Program.** This is designed to enhance your weight loss and boost your natural energy levels while detoxifying your system. It is especially recommended for those of you who have never done a cleanse, take prescription medications on a regular basis, yo-yo diet, do not go the restroom at least 1-2 times a day, or simply want to accelerate your weight loss.

You are going to feel fantastic on this program! You will be amazed at the confidence you will gain and the power and freedom you will experience around food as you consistently make the right food choices day after day. Following the program as it has been designed for you will keep you feeling satisfied, energetic, and proud of your own commitment and determination. This is the program that will change the rest of your life **FOREVER!**

The Goal of the Wellness Weight Loss Program is:

- To reach and maintain your target weight
- To reduce body fat
- To Increase or sustain Lean Body Mass by consuming appropriate amounts of quality proteins
- To Improve overall wellness and fitness levels
- To develop healthy eating habits for long term healthy living

Congratulations on your decision to take control of your health and improve your life!

Four Necessary Steps to the HERBALIFE SHAPEWORKS PERSONALIZED PROGRAM

THE GOAL IS TO HELP YOU LOSE WEIGHT AND KEEP IT OFF WITHOUT BEING HUNGRY.

The philosophy is based on the fact that when you eat carbohydrates – especially simple carbohydrates, your blood sugar rises (spikes) and then drops quickly → causing more hunger → more eating → same thing again and again = weight gain. Simply stated, keeping your blood sugar level throughout the day will help prevent the cravings and loss of energy usually associated with “dieting”.

1. The rate that your blood sugar rises immediately after eating a given amount of a food has been determined and is called the **GLYCEMIC INDEX (GI)** (if white bread is 133, oat bran bread is 75 – in other words, white bread triggers the rise of blood sugar almost twice as fast as the oat bran bread.) When you eat foods with a high GLYCEMIC INDEX causing your blood sugar to spike and then drop quickly, this has negative effects on the body—some of which include **moodiness, cravings** for even higher glycemic foods, and a **drastic increase in the body’s storage of fat**.
2. Another BIG factor in keeping your blood sugar level is the amount of **Protein** you eat. The average woman needs to have 75-100 grams of protein per day. The average man needs to have 125-150 grams of protein per day. When you eat protein your body responds by raising blood sugar, decreasing cravings and hunger, and shifting your metabolism into fat burning mode. Not to mention when your body gets enough protein it retains (or builds if needed) lean muscle mass which gives you a tight and toned look and increases your metabolism not only while you are losing your weight, but also while you are maintaining your new ideal weight. This program is without a doubt the **HEALTHIEST** and **MOST EFFICIENT** way to reach your goal weight and stay there **FOREVER!**
3. **Calories do count!** The average woman needs to consume about 1200 calories a day to lose weight. The average man needs about 1500 calories a day to lose weight. Too few or too many calories will slow or stop the process.
4. It is also vital that you get adequate **nutrition** so your body is functioning optimally during your weight loss process. This will increase your energy and overall sense of well-being. An extremely important part of adequate nutrition is **fiber** intake along with absorption of all your nutrients. Fiber will promote a healthy digestive process, help keep you regular and give you a feeling of fullness to support you in controlling your caloric intake. Absorption and assimilation are key factors in getting healthy.

Your Herbalife ShapeWorks Program will help you accomplish these 4 necessary steps to fulfill on your weight loss goals and in the process help you to build healthy habits to keep your weight off and keep your body healthy **FOREVER!**

Put a Plan Together: Educate yourself to choose the proper carbohydrate foods (see included glycemic index charts). Focus on Herbalife protein sources (also great for vegetarians) instead of other high calorie proteins.

- There are 2 protein mixes
 - Formula One = 9 grams protein/serving and 90 calories/serving
 - Personalized Protein Powder = 5 grams protein/serving and 20 calories/serving
- Snacks
 - Bars = 12 grams protein each and 150 calories each
 - Soy Nuts = 11 grams protein/serving and 110 calories/serving
 - Peach Mango & Wild Berry Drinks = 15 grams protein each 70 calories each
 - Soups = 15 grams protein each and 70 calories each
- Work with your distributor to find the right combination to accomplish your goals.
- Keep it simple by using the Herbalife products.

Helpful Tips

- Do not allow yourself to get hungry
- Drink ½ your body weight, in ounces of water a day (approximately 8 glasses) (start the day with a glass of water and drink 1-2 glasses prior to eating)
- Whenever you eat a carbohydrate have protein with it. It will have the effect of lowering the glycemic index of the carbohydrate food and thus help maintain the blood sugar level. For instance, have a protein bar when having a piece of fruit.
- Have a protein snack with some fiber before going out to eat or to a party where you might be tempted to have carbohydrates. For example a peach mango drink mix with active fiber.
- Request “no bread” or chips when at a restaurant (after one week on the program, you won't even want them)
- Be prepared. Plan out and make sure you have what you need for each day/week. Keep extra shake mix and snack drink mix to make a shake, and a protein bar or soy nuts for a snack in your car, purse or desk drawer so no matter what happens during your day, you are never without your program.
- When traveling, take a tablet box, shake mix, Personalized Protein Powder, snacks, and tea. If you're not prepared the temptation to cheat is great. Remember- *you will have to eat something* (20-30 grams of protein) every 3-4 hours throughout the day. This keeps your metabolism going, your hunger under control, and your energy level up. It is not having a plan that is probably the biggest reason that people don't succeed.
- It is a good idea to use the Cleansing Program when you start and then every 3 months.
- Work with your coach to adjust the plan according to your needs – for instance, it's OK to have a shake for dinner and your regular meal for lunch.
- Keep your metabolism even through out the day.
- Follow the 5-hour rule. When you have your first shake count five hours that is when lunch is. Do it again for your dinner. This is for your main meals. If you follow this, your metabolism will not drop.
- Do not eat less than two hours prior to going to bed.
- Exercise – just walking 15 min out your door and back is great!
- When adding fruit to your shakes, stick mainly to the berry family.
- You need 25-30 grams of fiber per day. Use 1½ tsp Active Fiber 1-2x a day in your shakes or snack drinks. Active Fiber is a key to the success of the program.
- Eat small to moderate portions from the suggested food groups:
 - One portion of protein is approximately the size of your hand.
 - One portion of carbohydrate is approximately ½ the size of your hand.
- Stick to “healthy proteins”: (Also – the most amount in your shakes is 40 grams, but you can catch up with your meal, it is okay to have extra protein when eating – just watch the caloric intake)
 - Tuna in water
 - Any fresh fish or seafood, grilled
 - Lean beef
 - Chicken breast w/out the skin
 - Egg whites/Egg beaters
- When choosing carbohydrates: Avoid refined sugars, avoid white flour and avoid white rice.
- When choosing Vegetables - The greener the vegetable the better!
- When choosing condiments

Good condiments include

- Whole fruit preserves
- Mustard
- Salsa
- Herbs
- Spices
- Pepper
- Vinegar
- Small amounts of crumbled cheese for flavor

Condiments to avoid

- Prepared salad dressings
- Mayonnaise
- Butter
- Peanut butter
- Jams and Jellies with sugar

Health Report – Water

How 8 Glasses a Day Helps Keep Fat Away

Incredible as it may seem, water is quite possibly the single most important catalyst in losing weight and keeping it off! Although most of us take it for granted. Water naturally suppresses the appetite and helps the body metabolize stored fat. Studies have shown that an increase in water intake will actually reduce fat deposits. Here's why: the kidneys can't function properly without enough water. When they don't work to capacity, some of their load is dumped into the liver. One of the liver's primary functions is to metabolize stored fat into usable energy for the body. But if the liver has to do some of the kidney's work, it can't operate at full throttle. As a result, it metabolizes LESS fat, so more fat remains STORED IN THE BODY and weight loss stops.

Drinking enough water is the best treatment for Fluid Retention. When the body gets less water, it perceives this as a THREAT TO SURVIVAL and begins to hold onto every drop. Water is stored in extra cellular spaces (outside the cells). This shows up as swollen feet, legs and hands. Diuretics offer a temporary solution at best. They force out stored water along with some essential nutrients. Again, the body perceives a THREAT and will replace the lost water at the first opportunity. Thus, the condition quickly returns. The best way to overcome the problem of water retention is to give your body what it needs: PLENTY OF WATER! Only then will stored water be released. If you have a constant problem with water retention, excess salt may be to blame. The more salt you take in, the more your system needs to dilute it.

The overweight person needs more water. Larger people have larger metabolic loads, so it stands to reason they need more water. But everyone is exposed to environmental toxins, creating a need for water.Water helps to maintain proper muscle tone by giving muscles their natural ability to contract and by preventing dehydration. It also helps prevent the sagging skin that usually follows weight-loss. Shrinking cells are buoyed by water, which plumps the skin and leaves it clear, resilient and healthy.**Water helps rid the body of WASTES. During weight loss, there is a lot MORE waste to get rid of (metabolized fat must be shed). If the fat isn't flushed out...it is REDEPOSITED!

HOW MUCH WATER IS ENOUGH? On the average, a person should drink 64 ounces of water a day. That's 2 quarts MINIMUM. However, the overweight person needs 8 additional ounces per 25 pounds of excess weight. The amount you drink should also be increased if you exercise briskly, if the weather is hot and dry, if you are exposed to "unhealthy" air (fumes), anything that contaminates the skin or if you have a family history of kidney, liver, bowel, skin, heart or lung problems.**Water should preferably be room temperature. It is absorbed into the system more quickly than hot or cold. Hot or cold water causes the "villi" in the intestinal tract to lie down, protecting the delicate walls and blocking absorption. Cold water does not help you lose weight faster! Drinking water all through the day is easier on the kidneys. That means you will only be "running " for the first week to the bathroom. The body will flush many excess poisons the first week. When it gets all the water it needs to function optimally, its fluids are perfectly balanced, as all the organs and systems are now bathed on a continual basis. When this happens you have reached the breakthrough point. What does that mean? 1) Endocrine gland function improves. 2) Fluid retention is alleviated as stored water is expelled. 3) More stored fat is used as fuel because the liver can now metabolize it. 4) There is a loss of hunger almost overnight. ***If you stop drinking water your body's fluids will be thrown out of balance again, and you may experience fluid retention, unexplained weight gain and loss of thirst.

HOW SAFE ARE HERBS?

HOW MANY OF US HAVE WALKED OUT OF THE DOCTOR'S OFFICE WITH A PRESCRIPTION...NO QUESTIONS ASKED? WE TRUST THAT THE DOCTOR KNOWS WHAT'S BEST FOR US. YET WHEN WE THINK ABOUT TRYING HERBAL PRODUCTS THAT ARE SOLD BY DISTRIBUTORS, WE WORRY THAT THESE PRODUCTS MAY HARM US...

Sources of the following information: Calculations based on data from the American Association of Poison Control Centers, National Center for Health Statistics, Journal of the American Medical Association, Center for Disease Control, U.S. Consumer Products Safety Commission, National Highway Traffic Safety Commission. Compiled by NNFA today, Volume 8, No. 2, February 1994, Page 3.

BOTTOMLINE: COMPARRATIVE CAUSES OF DEATHS...ANNUAL AVERAGE:

Adverse Drug Reactions (legal drugs only).....	60,000 to 140,000	deaths
Automobile Accidents.....	23,856	deaths
Boating Accidents.....	1,064	deaths
Railway Accidents.....	574	deaths
Agricultural Machines.....	562	deaths
Lifting Machines and Appliances.....	97	deaths
Charcoal Briquettes (Carbon Monoxide).....	34	deaths
Household Cleaners.....	24	deaths
Power Tools.....	16	deaths
Hair Dryers.....	10	deaths
All Plants (House, etc.).....	1	death
Commercial Herbal Products.....	'0'	deaths!!!

DON'T YOU THINK IT'S TIME WE TAKE OUR "HEALTH" INTO OUR OWN HANDS?!

THE FIVE MAIN BENEFITS OF HERBS

1. **CLEANSING** (Herbs help cleanse and purify the body without side effects)
2. **NORMALIZES BODY FUNCTIONS** (Herbs regulate and tone the glands to function normally)
3. **EXTREMELY NUTRITIONAL** (Herbs are high in vitamins, minerals and other nutrients that nourish and build the body)
4. **RAISES THE ENERGY LEVEL OF THE BODY** (Herbs allow the body to have extra energy to maintain good health)
5. **STIMULATES THE BODY'S IMMUNE SYSTEM** (Herbs help to promote the body's naturally occurring, beneficial bacteria.)

The following excerpt was taken from an article entitled:
WHAT SYMPTOMS TO EXPECT
WHEN YOU IMPROVE YOUR DIET
by
Dr. Stanley S. Bass

During the first phase (called catabolism), the accent is on elimination, or the breaking down of tissue. The body begins to clean house--in short, to remove the garbage deposited in all the tissues--everywhere! During this period, the body "removes the ashes from the furnace preparatory to building a better fire." Here the accentuation is on removal of gross and immediate body obstructions. Wastes are discarded more rapidly than new tissue can be made from new food. This becomes evident as weight loss.

Returning to the symptoms, which occur on a superior nutritional program--people who have had recurring skin rashes or eruptions in the past will frequently tend to eliminate poisons and harmful drugs through the skin with new rashes or eruptions. If they go to a doctor who is not familiar with this aspect of nutrition, he will diagnose it as an allergy. They ask, "How come? I'm eating better than I ever did before, and instead I'm getting worse." They don't understand that the body is "retracting." The skin is becoming more alive and active. It's throwing out poisons rapidly now that the body is rebuilding. Power and energy are saved from the difficult-to-digest meals which have been discontinued.

Headaches may occur at the beginning; fever and/or colds also may appear; the skin may break out; there may be a short interval bowel sluggishness, occasional diarrhea, feelings of irritability, negativity or mental depression, frequent urination, etc.,ect. However, the great majority of people find their reactions tolerable and are encouraged to bear with them because of the many improvements, which have already occurred and are becoming more evident with each day. This acts as an inspirational force to them.

The symptoms will vary according to the materials being discarded, the condition of the organs involved in the elimination and the amount of available energy. The more you rest and sleep when symptoms are present, the milder they are and the more quickly they are terminated. Be happy you are having symptoms. REALIZE DEEPLY that your body is becoming younger and healthier every day because you are throwing off more and more waste which would eventually have brought pain, disease and much suffering. Those with the most severe symptom reactions who follow through to their successful termination are thus avoiding some of the worst diseases which could eventually develop should they continue their careless eating habits.

Don't expect to go on an ascending scale of quality--that improving your diet will make you feel better and better each day until you reach perfection. The body is cyclical in nature, and health returns in a series of gradually diminishing cycles.

SAMPLE OF TYPICAL MEAL PLANS

Meals/ Snacks	100 grams/day	125 grams/day	150 grams/day	175 grams/day	200grams/day
Grams per meal/snack	Flexible	Flexible	Flexible	Flexible	Flexible
Brkfst	Shake* + 1 TBSP PPP = 24	Shake* + 2 TBSP PPP (29)	Shake* + 2 TBSP PPP (29)	Shake* + 3 TBSP PPP (34) Or Wild Berry Drink mix	Shake* + 4 TBSP PPP (39) Or Peach Mango drink mix
Mid Am Snack**			Soy Nuts (11) If needed	Soy Nuts (11) + 1 bar (15) = 26 If needed	Drink Mix w/ 2 Tbsp PPP = 25 If needed
Lunch	Shake* + 1 TBSP PPP=24	Shake* + 2 TBSP PPP = 29	Shake* + 2 TBSP PPP (29)	Shake* + 3 TBSP PPP (34)	Shake* + 4 TBSP PPP (39)
Mid Afternoon Snack**		Drink Mix=15	Drink Mix + 1 TBS PPP = 20	Drink Mix + 1 TBS PPP = 20	Drink Mix+ 2 Tbsp PPP = 25
Dinner	1 serving of Lean Protein (4- 5oz) / veggie/ salad = 45g	1 serving of Lean Protein (4- 5oz) / veggie/ salad =45	1 serving of Lean Protein (4-5oz)/ veggie/ salad = 45	5-6oz serving of Lean Protein (50) / veggie/ salad =50	5-6oz serving of Lean Protein (50)/ veggie/ salad=50
Total	93	118	134	164	178

*Shake = 2 TBSP of Formula #1+ 8 oz of non fat milk or soy milk+ ½ cup of fruit if desire (can eat separately if desire) + extra PPP as indicated

**Some people will not need PPP, some will need 1 tablespoon of PPP, and some will need 2 tablespoon of PPP etc....Some people will use the other protein options available.

**If you are not accustomed to drinking milk – don't use milk in your shakes.

**For other snack ideas see the Protein Sheet

Advantages of the Herbalife ShapeWorks Program

	How They Work	The Downside	The ShapeWorks Advantage
Point System Diets (Weight Watchers)	<ul style="list-style-type: none"> • All foods have a point value • You have a daily point target 	<ul style="list-style-type: none"> ▪ Tracking points for every meal can become a hassle ▪ Not all foods will provide adequate nutrition 	<ul style="list-style-type: none"> ▪ The Ideal Meal Plan is easy to follow and teaches you what to eat for your body type and shape ▪ You get the optimum amount of protein, fat and carbohydrates without sacrificing nutrition
Out-of-the-Box Diets (Jenny Craig)	<ul style="list-style-type: none"> ▪ You purchase from a selection of prepared and packaged meals 	<ul style="list-style-type: none"> ▪ This can be very expensive, especially if you are trying to lose a lot of weight 	<ul style="list-style-type: none"> ▪ A ShapeWorks Shake is a delicious, nutritious meal for about \$2.50 per meal
Behavior Modification Diets (Dr. Phil's)	<ul style="list-style-type: none"> ▪ You examine how and why you overeat ▪ Focus is on managing portions vs. calories 	<ul style="list-style-type: none"> ▪ Focusing on portion size does not teach you what to eat or help you meet your personal dietary needs so you still feel hungry after meals 	<ul style="list-style-type: none"> ▪ The #1 reason why diets fail is <i>hunger</i> which results from inadequate protein and confusion over <i>what to eat</i> ▪ ShapeWorks delivers personalized protein and nutrition for each customer at every meal
High Protein Diets (Dr. Atkins and South Beach)	<ul style="list-style-type: none"> ▪ Your first 14 days are primarily protein and non-starch vegetables; no fruit ▪ Carbs are slowly reintroduced 	<ul style="list-style-type: none"> ▪ The initial 14 days can be very difficult because they are so strict ▪ These diets can allow unhealthy sources of animal protein and saturated fats ▪ A lack of healthy carbohydrates can accentuate yo-yo dieting 	<ul style="list-style-type: none"> ▪ Shakes, Snacks and Colorful Meals offer variety and flexibility ▪ ShapeWorks provides heart-healthy lean protein that is easily digestible ▪ ShapeWorks incorporates healthy carbohydrates from Day 1, since your body needs them to function properly
Carb-Smart Diets (The Zone)	<ul style="list-style-type: none"> ▪ Meals are supposed to be 40% carbohydrates, 30% protein, 30% fat 	<ul style="list-style-type: none"> ▪ Managing meals can be extremely tricky ▪ 40/30/30 rule is not personalized 	<ul style="list-style-type: none"> ▪ The Ideal Meal Plan is easy to follow ▪ Each ShapeWorks Ideal Meal Plan is personalized based on the individual's body type and shape
Ready-to-Drink Diets (Slim Fast)	<ul style="list-style-type: none"> ▪ Pre-packaged liquid meal replacement ▪ Supplement with snacks, fruits and vegetables 	<ul style="list-style-type: none"> ▪ Drinks are relatively high in carbohydrates and sugars and provide limited nutritional value ▪ They also contain artificial preservatives 	<ul style="list-style-type: none"> ▪ ShapeWorks Shakes have the right amount of healthy carbohydrates, essential vitamins and minerals ▪ Each Shake is personalized to meet your specific protein requirements ▪ You enjoy Shakes made fresh daily