



Your Journey

*with Bio Body Weight Loss,
New Zealand*

Weight Management Success Journal

13-Day, 26-Day and 40-Day
Program Options



Weight Management as easy as 1, 2, 3.

A genuine weight management solution

Thanks for choosing the Bio Body Weight Loss program. We've developed each of our programs and formulations to ensure that you achieve the best possible results with our homeopathics and complementary support products.

An introduction to the Bio Body Weight Loss Detox

We started working with homeopathics in their application for weight management in 2009, and since then have continued to develop innovative products and homeopathic formulations to assist people with permanent weight management solutions to help them align with their personal health and well being goals.

Our weight management formulations and products are available for purchase from health practitioners, retail stores and our New Zealand based online stores.

Online Program Support

If you have any questions while you're on the program please feel free to connect with us using Facebook, Email or by phone.

		
Bio Body Weight Loss Detox	leigh@biobody.co.nz	(06) 877 8802 (021) 2687 687
www.biobody.co.nz		

We wish you heartfelt success with our program. Enjoy, and please stay in touch with us or your practitioner to share your success stories and testimonials.

Warm Regards
Leigh Spencer

Ready, set, go...

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Dosage Instructions

Bio Body SLIM -- 2 sprays, 3 times a day, under the tongue, taken in a clean mouth and held till gone - about 3 minutes.

***NB Boost is now combined with the SLIM, but in the event your order a separate bottle, the following applies: Bio Body BOOST -- 15 drops in 3 litres of water, sipped throughout the day. (Can be taken as 5 drops in a litre of water, 3 times a day.)**

Bio Body REINFORCE -- 2 sprays, 3 times a day, under the tongue, taken in a clean mouth and held till dissolved - about 3 minutes.

(OPTIONAL) Bio Body CARB CRAVER TRIPLE SLIM COMPLEX (with Leptin) Spray -- 2-3 sprays, 3 times a day, or as required.

Weight Management Phase Instructions

There are full instructions for the weight management phase in your Bio Body information brochure. However, there are four simple keys to success during the weight management phase, and they are:

- 1. Make sure you are ready. That you are doing this for yourself and that you're committed to completing the program.**
- 2. Take your Bio Body homeopathics as instructed, as close as possible to the same time each day. (*read the labels*)**
- 3. Drink at least 3 litres of water each day. More if thirsty.**
- 4. Only eat or drink from the allowable list of foods, as close as possible to 500 calories each day. (*List included Page 51.*)**

Before Photos

After Photos

Personal Details	
Pre-program weight and measurements:	
Name:	Age:
Date of starting Bio Body program:	
Starting Weight:	
*Goal weight (or size) for this round:	
Starting Measurements:	
Chest:	Waist: Hips: Thighs: / Knees: / Other:
Main reason for doing the program:	
e.g Weight Loss, Special event, Improved health, Self Esteem, Lose inches, Fitness	
How will you feel when you achieve your goal?	
What reward is planned when you achieve your goal?	
Post-program weight and measurements:	
Finishing Weight:	Finishing Size:
Finishing Measurements:	
Chest:	Waist: Hips: Thighs: / Knees: / Other:
Change in Measurements (plus+ or minus-)	
Chest:	Waist: Hips: Thighs: / Knees: / Other:
Total Weight Loss:	Measurement Loss:
<i>*The average weight loss on the 13-Day program is 6kg; the 26-Day program is 9kg+; and for the 40-Day program is 15kg, so set yourself a goal weight based around those figures.</i>	

Activate Your Homeopathics:

Bio Body homeopathic remedies are an energetic formulation designed to work with your body's own subtle energetic field. This means you need to "activate" your homeopathic formulation each time before taking it.

To do this, hold your bottle firmly in your hand, clasp it between your thumb, and your middle and index fingers (as shown).

Make sure the lid is firmly on.



Then holding out your other hand, tap the bottle **firmly** on the fleshy part of your upturned palm – striking your palm with the bottle 10 times. Do this immediately before using your formulation. (*bottle with dropper shown*)

To avoid contact, count the correct number of drops onto a plastic spoon before placing the spoon under your tongue, or tap the correct number of pilules into their lid before placing in your mouth. Spray is easy, just hold it outside your mouth and avoid contact with your lips.

In the case of Bio Body Alignment products added to water, count the correct number of drops directly into the glass or container, avoiding contact with the skin. Homeopathics should not come into contact with metal so always use PLASTIC or GLASS.

Care and storage of bottles:

1. Store bottles upright, away from direct sunlight and heat. It is not necessary to keep them in the fridge.
2. Keep away from electrical devices, including mobile phones.
3. Screw the caps on firmly after use to prevent spillage.

Rules and Dosage of Homeopathics:

1. Take nothing by mouth 15 minutes before or following dosage (either drops, pilules or spray). This includes food, drink, cigarettes, chewing gum, toothpaste, mouthwash, etc.
2. Limit caffeine or nicotine in any form, such as coffee, chocolate, cigarettes. Or don't use them well away from taking your formulation.
3. Limit mint in any form, such as lollies, toothpaste, and mouthwash. No camphor (muscle and joint rubs). Avoid strong fumes and any strong aromatic substances, such as perfumes or colognes.
4. Limit breathing of other strong smells, such as paint thinner, eucalyptus, cigarette smoke etc.
5. Limit raw garlic to one hour after taking a homeopathic.
6. Please activate (succuss - see Page 6) the bottles by holding it in one hand and firmly slapping the bottom of the bottle onto the other hand 10 times before use.
7. Place formulation under tongue and hold for *AT LEAST* three minutes before swallowing. This is so that the homeopathics are fully absorbed into your system and not destroyed by your stomach acid.
8. Keep homeopathics out of direct sunlight, x-ray, microwaves, and TV rays. If you take it with you in your handbag/bag, keep it out of direct contact with your mobile phone or any other electronic devices.
9. Homeopathics should have indefinite shelf life if stored properly. Your Bio Body products do not require refrigeration because of the way they are formulated, and the base they are presented in. Refrigeration is not necessary but may help keep your formulations fresh if they are not used completely once they are opened.
10. Homeopathics may generally be taken with other homeopathic remedies. If you are unsure email us via the contact information on pages 2 and 52 of this *Success Journal*.

At a Glance Calendar - 13-Day (*Fast Track*) Program

The *At a Glance Calendar* for the 13-Day (*Fast Track*) program outlines the Bio Body products taken: **Slim & Reinforce. Carb Craver (optional)**. The length of the three phases are:

Phase 1 - *Loading - Loading for two days (days 1-2) eating high calorie foods.

Phase 1 - Low Calorie Eating - Low calorie eating (days 3-13) - 500 calories.

Phase 2 - Consolidation eating for 10 days. No longer calorie restricted, but still no carbs or sugars. (A new food introduced once every two days.)

Phase 3 - Maintenance eating for 4 weeks. Normal eating resumes - (time outlined is how long before you can start another weight loss round.)

This information is also cross referenced each day in your Success Journal.

Phase 1 Phase 2 Phase 3 – At a Glance Calendar

13-Day Bio Body *Fast Track* Weight Loss Program



No heavy exercise, between (and including) Days 3 and 13.

Loading & Weight Loss Phase	Phase 1	*Load DAYS 1 & 2.																	
		From DAY 1 take Bio Body HCG Slim . (<i>Days 1 and 2 are loading, no calorie restriction.</i>) Begin Low Calorie Eating from DAY 3 .																	
		*1	*2	3	4	5	6	7	8	9	10								
		DAY 11, stop Bio Body HCG Slim , continue Low Calorie Eating up until DAY 14.																	
Consolidation Phase	Phase 2	11	12	13															
		Consolidation: Start taking Reinforce . No calorie restriction but restrict sugars and carbs.																	
		14	15	16	17	18	19	20	21	22	23								
Maintenance Phase	Phase 3	Maintenance: Normal eating. Day 52 start again.																	
		24	25	26	27	28	29	30	31	32	33	34	35	36	37				
		38	39	40	41	42	43	44	45	46	47	48	49	50	51				

At a Glance Calendar - 40-Day (Extended) Program

The *At a Glance Calendar* for the 40-Day (Extended) program outlines when to take your **Bio Body Slim** and ***Carb Craver Triple Slim Complex Spray** (*optional), and the length of the three phases which are:

Phase 1 - *Loading - Loading for two days (days 1-2) eating high calorie foods.

Phase 1 - Low Calorie Eating - Low calorie eating (days 3-40) - 500 calories.

Phase 2 - Consolidation eating for 40 days. No longer calorie restricted, but still no carbs or sugars. (A new food introduced once every two days.)

Phase 3 - Maintenance eating for four weeks. Normal eating resumes - (time outlined is how long it is before you can start another Bio Body program).

This information is also cross referenced each day in your Success Journal.

Phase 1 Phase 2 Phase 3 – At a Glance Calendar

40-Day Bio Body Weight Loss Program



No heavy exercise, between (and including) Days 3 and 40.


		*Load DAYS 1 & 2. From <u>DAY 1</u> take <i>Bio Body SLIM</i> .																		
Loading & Weight Loss Phase	Phase 1	*1	*2	<u>3</u>	4	5	6	7	8	9	10	11	12	13	14					
		15	16	17	18	19	20	21	22	23	24	25	26	27	28					
		Stop taking <i>Bio Body SLIM</i> on <u>Day 38</u> , but continue low calorie eating till Day 41.																		
		29	30	31	32	33	34	35	36	37	<u>38</u>	39	40							
Consolidation Phase	Phase 2	<u>Consolidation:</u> No calorie restriction but restrict sugars and carbs.																		
		41	42	43	44	45	46	47	48	49	50	51	52	53	54					
		55	56	57	58	59	60	61	62	63	64	65	66	67	68					
		69	70	71	72	73	74	75	76	77	78	79	80							
Maintenance Phase	Phase 3	<u>Maintenance:</u> Normal eating. Day 109 start again, if needed.																		
		81	82	83	84	85	86	87	88	89	90	91	92	93	94					
		95	96	97	98	99	100	101	102	103	104	105	106	107	108					

Day 1	Formulas	Eating
13-Day Fast Track	*Bio Body SLIM	High Calorie
23-Day Original	*Bio Body SLIM	High Calorie
40-Day Extended	Bio Body SLIM	High Calorie

PHASE 1 BEGINS - Day 1, Loading

(*FOR REFERENCE record the specific formulation that you are using.)


During loading you need to eat as much high fat, high nutrition food as you can manage. This part of the process is important for getting the lines of communication with your fat storage up and running. We describe it to people as being like greasing the pantry door in, so that when you need to call upon stored fat to make up for the calorie shortfall during the low calorie eating part of Phase 1, the pantry doors can open up to let the fat out - the stuff you are targeting during your Bio Body Alignment Weight Management Program.

Today's Date:		
Today's Weight:	+/-	Total +/-
Today, my thoughts have centered around:		
Overall I feel:		
		
Food Diary/Meals		
Breakfast:		
Lunch:		
Dinner:		
Snacks:		
Questions/Notes:		

Day 2	Formulas	Eating
13-Day Fast Track	Bio Body SLIM	High Calorie
26-Day Original	Bio Body SLIM	High Calorie
40-Day Extended	Bio Body SLIM	High Calorie

Day 2, Loading

By Day 2 you will find that all the fun you thought you'd have during two days of uninhibited eating, is starting to lose a bit of its appeal. Most find they don't feel like eating at this time but it is really important to keep eating, not to the point of making yourself unwell, but to ensure that you've "connected with your fat stores". Tomorrow you move into low calorie eating and need to have loaded to make sure you don't get hungry. Expect to have put on weight.

Today's Date:		
Today's Weight:	+ /-	Total +/-
Today, my thoughts have centered around:		
Overall I feel:		
		
Food Diary/Meals		
Breakfast:		
Lunch:		
Dinner:		
Snacks:		
Questions/Notes:		

Day 3	Formulas	Eating
13-Day Fast Track	Bio-Body Slim	Low Calorie
26-Day Original	Bio Body SLIM	Low Calorie
40-Day Extended	Bio Body SLIM	Low Calorie

Today's Date:

Today's Weight: + /- TOTAL+/-

Today, my thoughts
have centered around:

Overall I feel:



Food Diary - Meals

Snacks:

Lunch:

Dinner:

Total Calories:

**Water - at least 3
litres per day
= 12 X 250ml**



Questions/Notes:

Day 4	Formulas	Eating
13-Day Fast Track	Bio-Body Slim	Low Calorie
26-Day Original	Bio Body SLIM	Low Calorie
40-Day Extended	Bio Body SLIM	Low Calorie

Today's Date:

Today's Weight: + /- TOTAL+/-

Today, my thoughts
have centered around:

Overall I feel:



Food Diary - Meals

Snacks:

Lunch:

Dinner:



Total Calories:

**Water - at least 3
litres per day
= 12 X 250ml**



Questions/Notes:

Day 5	Formulas	Eating
13-Day Fast Track	Bio-Body Slim	Low Calorie
26-Day Original	Bio Body SLIM	Low Calorie
40-Day Extended	Bio Body SLIM	Low Calorie

Today's Date:	
Today's Weight:	+ /- TOTAL+/-
Today, my thoughts have centered around:	
Overall I feel: 	
Food Diary - Meals Snacks: Lunch: Dinner: <div style="text-align: right;">Total Calories:</div>	
Water - at least 3 litres per day = 12 X 250ml	
Questions/Notes:	

Day 6	Formulas	Eating
13-Day Fast Track	Bio-Body Slim	Low Calorie
26-Day Original	Bio Body SLIM	Low Calorie
40-Day Extended	Bio Body SLIM	Low Calorie

Today's Date:

Today's Weight: + /- TOTAL+/-

Today, my thoughts
have centered around:

Overall I feel:



Food Diary - Meals

Snacks:

Lunch:

Dinner:



Total Calories:

**Water - at least 3
litres per day
= 12 X 250ml**



Questions/Notes:

Day 7	Formulas	Eating
13-Day Fast Track	Bio-Body Slim	Low Calorie
26-Day Original	Bio Body SLIM	Low Calorie
40-Day Extended	Bio Body SLIM	Low Calorie

Today's Date:	
Today's Weight:	+ /- TOTAL+/-
Today, my thoughts have centered around:	
Overall I feel:	
	
Food Diary - Meals	
Snacks:	
Lunch:	
Dinner:	
Total Calories:	
Water - at least 3 litres per day = 12 X 250ml	
Questions/Notes:	

Day 8	Formulas	Eating
13-Day Fast Track	Bio-Body Slim	Low Calorie
26-Day Original	Bio Body SLIM	Low Calorie
40-Day Extended	Bio Body SLIM	Low Calorie

Today's Date:

Today's Weight: + /- TOTAL+/-

Today, my thoughts
have centered around:

Overall I feel:



Food Diary - Meals

Snacks:

Lunch:

Dinner:

Total Calories:

**Water - at least 3
litres per day
= 12 X 250ml**



Questions/Notes:

Day 9	Formulas	Eating
13-Day Fast Track	Bio Body Slim	Low Calorie
26-Day Original	Bio Body SLIM	Low Calorie
40-Day Extended	Bio Body SLIM	Low Calorie

Today's Date:

Today's Weight: + /- TOTAL+/-

Today, my thoughts
have centered around:

Overall I feel:



Food Diary - Meals

Snacks:

Lunch:

Dinner:



Total Calories:

**Water - at least 3
litres per day
= 12 X 250ml**





Questions/Notes:



Day 10	Formulas	Eating
13-Day Fast Track	Bio-Body Slim	Low Calorie
26-Day Original	Bio Body SLIM	Low Calorie
40-Day Extended	Bio Body SLIM	Low Calorie

Today's Date:	
Today's Weight:	+ /- TOTAL+/-
Today, my thoughts have centered around:	
Overall I feel: 	
Food Diary - Meals Snacks: Lunch: Dinner: <div style="text-align: right;">Total Calories:</div>	
Water - at least 3 litres per day = 12 X 250ml	
Questions/Notes:	



Day 11	Formulas	Eating
13-Day Fast Track	(Stop SLIM)	Low Calorie
26-Day Original	Bio Body SLIM	Low Calorie
40-Day Extended	Bio Body SLIM	Low Calorie

Today's Date:	
Today's Weight:	+ /- TOTAL+/-
Today, my thoughts have centered around:	
Overall I feel:	
	
Food Diary - Meals Snacks: Lunch: Dinner: <div style="text-align: right;">Total Calories:</div>	
Water - at least 3 litres per day = 12 X 250ml	
Questions/Notes:	

Day 12	Formulas	Eating
13-Day Fast Track	First Day Reinforce	Low Calorie
26-Day Original	Bio Body SLIM	Low Calorie
40-Day Extended	Bio Body SLIM	Low Calorie

Today's Date:	
Today's Weight:	+ /- TOTAL+/-
Today, my thoughts have centered around:	
Overall I feel: 	
Food Diary - Meals Snacks: Lunch: Dinner: <div style="text-align: right;">Total Calories:</div>	
Water - at least 3 litres per day = 12 X 250ml	
Questions/Notes: 	

Day 13	Formulas	Eating
13-Day Fast Track	Reinforce	Low Calorie
26-Day Original	Bio Body SLIM	Low Calorie
40-Day Extended	Bio Body SLIM	Low Calorie

Today's Date:	
Today's Weight:	+ /- TOTAL+/-
Today, my thoughts have centered around:	
Overall I feel:	
	
Food Diary - Meals	
Snacks:	
Lunch:	
Dinner:	
Total Calories:	
Water - at least 3 litres per day = 12 X 250ml	
Questions/Notes:	

Day 14	Formulas	Eating
13-Day Fast Track	Reinforce	Consolidation - high Calorie
26-Day Original	Bio Body SLIM	Low Calorie
40-Day Extended	Bio Body SLIM	Low Calorie

Today's Date:

Today's Weight: + /- TOTAL+/-

Today, my thoughts
have centered around:

Overall I feel:



Food Diary - Meals

Snacks:

Lunch:

Dinner:

Total Calories:

**Water - at least 3
litres per day
= 12 X 250ml**







Questions/Notes:





13 Day Fast Track

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Day 15	Formulas	Eating
26-Day Original	Bio Body SLIM	Low Calorie
40-Day Extended	Bio Body SLIM	Low Calorie

Today's Date:	
Today's Weight:	+ /-
TOTAL+/-	
Today, my thoughts have centered around:	
Overall I feel: <div style="display: flex; align-items: center; gap: 10px;">    </div>	
Food Diary - Meals Snacks: Lunch: Dinner: <div style="text-align: right;">Total Calories:</div>	
Water - at least 3 litres per day = 12 X 250ml	
Questions/Notes:	



Day 16	Formulas	Eating
26-Day Original	Bio Body SLIM	Low Calorie
40-Day Extended	Bio Body SLIM	Low Calorie

Today's Date:	
Today's Weight:	+ /- TOTAL+/-
Today, my thoughts have centered around:	
Overall I feel: <div style="display: flex; align-items: center; gap: 10px;">    </div>	
Food Diary - Meals Snacks: Lunch: Dinner: <div style="text-align: right; margin-top: 20px;">Total Calories:</div>	
Water - at least 3 litres per day = 12 X 250ml	
Questions/Notes:	



Day 17	Formulas	Eating
26-Day Original	Bio Body SLIM	Low Calorie
40-Day Extended	Bio Body SLIM	Low Calorie

Today's Date:	
Today's Weight:	+ /- TOTAL+/-
Today, my thoughts have centered around:	
Overall I feel:	
	
Food Diary - Meals	
Snacks:	
Lunch:	
Dinner:	
Total Calories:	
Water - at least 3 litres per day = 12 X 250ml	
Questions/Notes:	



Day 18	Formulas	Eating
26-Day Original	Bio Body SLIM	Low Calorie
40-Day Extended	Bio Body SLIM	Low Calorie

Today's Date:	
Today's Weight:	+ /- TOTAL+/-
Today, my thoughts have centered around:	
Overall I feel:	
	
Food Diary - Meals Snacks: Lunch: Dinner: <div style="text-align: right;">Total Calories:</div>	
Water - at least 3 litres per day = 12 X 250ml	
Questions/Notes:	



Day 19	Formulas	Eating
26-Day Original	Bio Body SLIM	Low Calorie
40-Day Extended	Bio Body SLIM	Low Calorie

Today's Date:	
Today's Weight:	+ /- TOTAL+/-
Today, my thoughts have centered around:	
Overall I feel: 	
Food Diary - Meals Snacks: Lunch: Dinner: <div style="text-align: right;">Total Calories:</div>	
Water - at least 3 litres per day = 12 X 250ml	
Questions/Notes:	



Day 20	Formulas	Eating
26-Day Original	Bio Body SLIM	Low Calorie
40-Day Extended	Bio Body SLIM	Low Calorie

Today's Date:	
Today's Weight:	+ /- TOTAL+/-
Today, my thoughts have centered around:	
Overall I feel:	
	
Food Diary - Meals Snacks: Lunch: Dinner: <div style="text-align: right;">Total Calories:</div>	
Water - at least 3 litres per day = 12 X 250ml	
Questions/Notes:	



Day 21	Formulas	Eating
26-Day Original	Bio Body SLIM	Low Calorie
40-Day Extended	Bio Body SLIM	Low Calorie

Today's Date:	
Today's Weight:	+ /-
TOTAL+/-	
Today, my thoughts have centered around:	
Overall I feel: 	
Food Diary - Meals Snacks: Lunch: Dinner: <div style="text-align: right;">Total Calories:</div>	
Water - at least 3 litres per day = 12 X 250ml	
Questions/Notes:	

Day 22	Formulas	Eating
26-Day Original	Bio Body SLIM	Low Calorie
40-Day Extended	Bio Body SLIM	Low Calorie

Today's Date:	
Today's Weight:	+ /- TOTAL+/-
Today, my thoughts have centered around:	
Overall I feel:	
	
Food Diary - Meals Snacks: Lunch: Dinner: <div style="text-align: right; margin-top: 20px;">Total Calories:</div>	
Water - at least 3 litres per day = 12 X 250ml	
Questions/Notes:	

Day 23	Formulas	Eating
26-Day Original	Bio Body SLIM	Low Calorie
40-Day Extended	Bio Body SLIM	Low Calorie

Today's Date:	
Today's Weight:	+ /- TOTAL+/-
Today, my thoughts have centered around:	
Overall I feel: 	
Food Diary - Meals Snacks: Lunch: Dinner: <div style="text-align: right;">Total Calories:</div>	
Water - at least 3 litres per day = 12 X 250ml	
Questions/Notes:	

Day 24	Formulas	Eating
26-Day Original*	(Stop SLIM)	Low Calorie
*If you are doing the 26-Day program and want to extend it, keep going using the 40-Day journal to record your weight loss, Just remember to exit the program by continuing with 3 days of low calorie eating without SLIM in your system.		
40-Day Extended	Bio Body SLIM	Low Calorie

Today's Date:

Today's Weight: + /- TOTAL+/-

Today, my thoughts
have centered around:

Overall I feel:



Food Diary - Meals

Snacks:

Lunch:

Dinner:





Total Calories:

**Water - at least 3
litres per day
= 12 X 250ml**








Questions/Notes:




Day 25	Formulas	Eating
26-Day Original	(no SLIM)	Low Calorie
40-Day Extended	Bio Body SLIM	Low Calorie




Today's Date:	
Today's Weight:	+ /- TOTAL+/-
Today, my thoughts have centered around:	
Overall I feel: <div style="display: flex; align-items: center; gap: 10px;">    </div>	
Food Diary - Meals Snacks: Lunch: Dinner: <div style="text-align: right; margin-top: 20px;">Total Calories:</div>	
Water - at least 3 litres per day = 12 X 250ml	
Questions/Notes:	




Day 26	Formulas	Eating
26-Day Original	(no SLIM)	Low Calorie
40-Day Extended	Bio Body SLIM	Low Calorie



Today's Date:	
Today's Weight:	+ /- TOTAL+/-
Today, my thoughts have centered around:	
Overall I feel:	
	
Food Diary - Meals Snacks: Lunch: Dinner: <div style="text-align: right;">Total Calories:</div>	
Water - at least 3 litres per day = 12 X 250ml	
Questions/Notes:	
26-Day Original	Go to Page 42 - Consolidation

Day 27	Formulas	Eating
40-Day Extended	Bio Body SLIM	Low Calorie
Today's Date:		
Today's Weight: + / -		Total +/-
Today, my thoughts have centered around:		Overall I feel: 
Food Diary - Total Calories:		
Day 28	Formulas	Eating
40-Day Extended	Bio Body SLIM	Low Calorie
Today's Date:		
Today's Weight: + / -		Total +/-
Today, my thoughts have centered around:		Overall I feel: 
Food Diary - Total Calories:		
Day 29	Formulas	Eating
40-Day Extended	Bio Body SLIM	Low Calorie
Today's Date:		
Today's Weight: + / -		Total +/-
Today, my thoughts have centered around:		Overall I feel: 
Food Diary - Total Calories:		

Day 30	Formulas	Eating
40-Day Extended	Bio Body SLIM	Low Calorie
Today's Date:		
Today's Weight: + / -		Total +/-
Today, my thoughts have centered around:		Overall I feel: 
Food Diary - Total Calories:		
Day 31	Formulas	Eating
40-Day Extended	Bio Body SLIM	Low Calorie
Today's Date:		
Today's Weight: + / -		Total +/-
Today, my thoughts have centered around:		Overall I feel: 
Food Diary - Total Calories:		
Day 32	Formulas	Eating
40-Day Extended	Bio Body SLIM	Low Calorie
Today's Date:		
Today's Weight: + / -		Total +/-
Today, my thoughts have centered around:		Overall I feel: 
Food Diary - Total Calories:		

Day 33	Formulas	Eating
40-Day Extended	Bio Body SLIM	Low Calorie
Today's Date:		
Today's Weight: + / -		Total +/-
Today, my thoughts have centered around:		Overall I feel: 
Food Diary - Total Calories:		
Day 34	Formulas	Eating
40-Day Extended	Bio Body SLIM	Low Calorie
Today's Date:		
Today's Weight: + / -		Total +/-
Today, my thoughts have centered around:		Overall I feel: 
Food Diary - Total Calories:		
Day 35	Formulas	Eating
40-Day Extended	Bio Body SLIM	Low Calorie
Today's Date:		
Today's Weight: + / -		Total +/-
Today, my thoughts have centered around:		Overall I feel: 
Food Diary - Total Calories:		

Day 36	Formulas	Eating
40-Day Extended	Bio Body SLIM	Low Calorie
Today's Date:		
Today's Weight: + / -		Total +/-
Today, my thoughts have centered around:		Overall I feel: 
Food Diary - Total Calories:		
Day 37	Formulas	Eating
40-Day Extended	Bio Body SLIM	Low Calorie
Today's Date:		
Today's Weight: + / -		Total +/-
Today, my thoughts have centered around:		Overall I feel: 
Food Diary - Total Calories:		
Day 38	Formulas	Eating
40-Day Extended	Stop taking Bio Body SLIM	Low Calorie
Today's Date:		
Today's Weight: + / -		Total +/-
Today, my thoughts have centered around:		Overall I feel: 
Food Diary - Total Calories:		

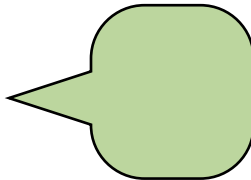
Day 39	Formulas	Eating
40-Day Extended		Low Calorie
Today's Date:		
Today's Weight: + / -		Total +/-
Today, my thoughts have centered around:		Overall I feel: 
Food Diary - Total Calories:		
Day 40	Formulas	Eating
40-Day Extended		Low Calorie
Today's Date:		
Today's Weight: + / -		Total +/-
Today, my thoughts have centered around:		Overall I feel: 
Food Diary - Total Calories:		
40-Day (Extended)	Go to Page 42 - Consolidation	

Days	Formulas	Eating
13-Day (<i>Fast Track</i>) from Days 14-23 inclusively	Reinforce	Normal calories, avoid carbs and sugars. Introduce one new food every two days.
26-Day (<i>Original</i>) from Days 27-49 inclusively	Carb Craver Triple Slim Complex (optional)	Normal calories, avoid carbs and sugars. Introduce one new food every two days.
40-Day (<i>Extended</i>) from Days 41-80 inclusively	Carb Craver Triple Slim Complex (optional)	Normal calories, avoid carbs and sugars. Introduce one new food every two days.

Consolidation To Do List:

*Read full notes on Consolidation in your Bio Body Alignment Information Brochure.

*Record your weight on your first day of consolidation (Day 14, 27 or 41 - depending on which program you are doing) here:




(This is your finishing weight for your Bio Body round, and represents the weight that you want to stay within 1kg of for the rest of the program. If you go more than 1kg above this finishing weight, you need to do a “Steak Day” (instructions are on Page 50.)

Keys to Success...


During Consolidation you:

1. Eat a normal number of calories, eating enough until you are almost full.
2. Still continue to restrict sugars and carbs.
3. Introduce one new food, once every two days.
4. If your weight goes more than 1kg above your finishing weight (your weight on day 14, 27 or 41) do a “Steak Day” (instructions on page 50).
5. The length of Consolidation mirrors your time on the Weight Loss Phase.

On the following chart/s record your daily weight and any new foods that you introduce. One new food is introduced at a time so you can determine if that food causes you to gain weight. Foods need to be introduced in isolation so you can work out which foods to avoid until your weight has stabilised. Introduce one new food every two days.

13-Day (<i>Fast Track</i>) - Consolidation weight loss/food record:						
Day	Weight	plus or minus	Day	Weight	plus or minus	New food/s introduced
14			15			
16			17			
18			19			
20			21			
22			23			
24						


13-Day Fast Track - Record finishing weight in speech box on Day 24. Move onto Maintenance, Page 46 - and read the five easy steps.

26-Day (<i>Original</i>) - Consolidation weight loss/food record:						
Day	Weight	plus or minus	Day	Weight	plus or minus	New food/s introduced
27			28			
29			30			
31			32			
33			34			
35			36			
37			38			
39			40			
41			42			
43			44			
45			46			
47			48			
49						

26-Day Original - Record finishing weight in speech box on Day 49.
Move onto Maintenance, Page 46 - and read the five easy steps.

40-Day (<i>Extended</i>) - Consolidation weight loss/food record:						
Day	Weight	plus or minus	Day	Weight	plus or minus	New food/s introduced
41			42			
43			44			
45			46			
47			48			
49			50			
51			52			
53			54			
55			56			
57			58			
59			60			
61			62			
48			49			
50			51			
52			53			
54			55			
56			57			
58			59			
60			61			
62			63			
64			65			
Continued over the page...						

40-Day (Extended) - Consolidation weight loss/food record:

Day	Weight	plus or minus	Day	Weight	plus or minus	New food/s introduced
66			67			
68			69			
70			71			
72			73			
74			75			
76			77			
78			79			
80						

40-Day Extended - Record finishing weight in speech box on Day 80. Move onto Maintenance - five easy steps recorded below.

Maintenance Phase begins

Eat a normal number of calories, eating till you are almost full.

Let your taste guide you. Enjoy foods that taste right.

Introduce “old favourites” slowly, one at a time.

Continue to weigh yourself daily. (Once your weight has stabilised, you can then weigh yourself once a week.)

Keep your weight within 1kg of your finishing weight.

*** Consider introducing one new food, in small volumes just as you did during Consolidation. Some can eat normally now, others, who are sensitive, may need to continue to take it slowly and monitor new foods carefully to maintain their new weight.**

Top Tips for Success:

Tips for Success:

1. Get into the routine of taking your drops immediately upon rising, again 15 minutes before lunch; and finally 15 minutes before dinner. The key is taking them regularly and a similar timeframe apart. You want to keep a regular dose of SLIM in your system, so taking the three doses every 8 hours (where practical) is the best way to do this.
2. For shift workers who don't eat regular meals, just make sure that you take the drops as evenly apart during your day/night as practical – you want to take your 3 doses of Bio Body SLIM spray/pillules as evenly apart to keep the levels up in your system.
3. Weigh yourself first thing every morning after using the toilet. Weigh yourself without your clothes and only weigh yourself once – resist the urge to jump on the scales half a dozen times – the scales might change and then you'll wonder what is happening. Weigh once and take that as your weight for that morning. Don't be tempted to jump on the scales again later that day. Weight recorded then is not accurate, relative to the program and if it has gone up, you might be disheartened unnecessarily.
4. Keep a daily record of your weight, and a weekly record of your body fat percentage in this *Success Journal*.
5. Psyllium Husks: These are recommended and beneficial by helping eliminate waste. Your typical bowel habits may be less regular but you are unlikely to feel constipated. The husks can either be taken in powder form and mixed with water, or because of their slightly “gluggy” consistency, some may find it easier to take in tablet form.
6. If you do feel constipated then consider taking a readily absorbable form of magnesium. Magnesium is essential for optimal cell function, and also aids in sleep. AVOID Magnesium Stearates - they are contained in products

1. produced cheaply to help pills pop out of their moulds more readily and have been linked to digestive disorders.
2. Mild hunger will vary from time to time, from person to person and will usually last only a few days. Most will have no problem at all. If you find yourself getting hungry at one particular time of the day, eat one of your fruit portions about 30 minutes before you would typically feel the first pangs. (*Our Carb Craver Support Spray is optional, but might be worth considering if you find yourself experiencing cravings.)

Dos and Don'ts:

- No over the counter meds or food supplements
- Use oil-free makeup and moisturisers. Our Bio-Syn Renewal Anti-aging creme was developed especially for the program and is an excellent face creme and body moisturiser that contains other beneficial homeopathics. Great for use both during and after the program on an ongoing basis.
- Do not skip meals. And even if you're not hungry always have your two fruit portions and two meat portions. Always have a minimum 350 calories, or you won't lose weight.
- Exercise is best minimised while on the Bio Body program. A light walk for 30-minutes a day is fine, but definitely no strength training or cardio workouts.
- **Gym bunnies hang up your trainers!**
- If it isn't on the list of allowable foods or drinks, don't eat, drink or chew it.
- Cosmetics allowed: lipstick, mascara, eyebrow pencil, and mineral foundations and powders.
- Keep it simple.
- Be gentle with yourself.
- Have fun. And remember that with Bio Body homeopathics, your new weight is just around the corner...

How to handle slow weight loss or weight stalls

“Apple only Day”

The fat loss cycle (fat cells emptying and being released by the body) will take between 1-3 days. This means sometimes weight loss is immediate (the next day that you weight yourself) or sometimes it doesn't show until the 3rd day. And when it does it is usually a bigger amount and makes up for the no loss on the previous day/s.

On the **fourth day** of slow or no weight loss, you need to kick start your weight loss by doing an “Apple only Day”.

To do an “Apple only Day” do the following:

1. Choose six large apples and eat them during the day whenever you feel hungry. Eat them all or eat only as many as your hunger dictates.
2. Only drink as much water as you need to quench your thirst. Literally only enough to wet your mouth or satisfy your thirst.
3. Continue to take your **Bio Body SLIM** (and **Boost** if you are doing the 13-Day *Fast Track* plan), but no other foods or liquids, including tea or coffee.
4. The next day return to wherever you are in your program and continue as instructed.

How an Apple only Day works: Apples are a natural diuretic and because you've reduced your water intake, tend to encourage the water sitting in your fat cells to be drawn out.

(You've been using your stored fat to make up for the calorie shortfall, and those fat stores when used, empty and fill with water, before shrinking and reducing in size - that's why measurements might change so drastically compared to other weight management programs.):

Exercise:

While on the Bio Body programs, you can only exercise lightly. And the key with any exercise is that it must be gentle. *(Our Bio Body Platinum formulations offer more flexibility for those who wish to exercise, but if you're not using them, then you are better to minimise exercise.)* Some good examples of suitable exercise include:

Walking is a great way of getting out of the house (even if it is driving the car to the gym and a treadmill). For many taking time out for themselves while walking is something they enjoy and wish to continue. When walking keep your pace moderate and relaxed. It is a great time to breathe deeply and reflect on why you are doing the Bio Body program and visualise how you want your new body to look and feel.

Rebounding is an easy and beneficial exercise. It is great for the lymphatic system (helps shake that fat out); and also to get blood flowing and oxygen to your cells.

Light yoga and **stretching** maintains core strength and flexibility. Choose styles of yoga that are less vigorous, and choose stretches, positions and balance postures that keep you strong and flexible but don't work up a sweat .

Steak Day:

Steak days are utilised during Consolidation and at any time in the future when your **weight exceeds your finishing weight by more than 1kg.**

You are weighing yourself every morning (this is now a lifetime habit). On the morning that your weight is more than 1kg over your finishing weight you:

- 1 Skip breakfast and lunch.
- 2 Either early afternoon or that evening eat a huge steak. The biggest you can manage, with only a raw tomato or apple with it. For those who don't eat red meat then a large 4-6 whole egg omelette, large piece of salmon or fresh tuna steak are suitable alternatives. (Whey protein works, but is not as successful.)
- 3 The next day return to Consolidation or normal eating - depending on where you are in the program.
- 4 Throughout the day, drink enough water to quench your thirst.

Foods	Cal.	Foods	Cal.
Vegetables		Fruit	
Asparagus (100gm)	20	Apple (small)	55
Broccoli (100gm)	34	Apple (medium)	72
Broccoli (1 cup -88gm)	30	Apple (large)	110
Celery (100gm)	15	Orange	69
Celery (medium stalk)	6	Strawberries (12 large)	72
Cabbage (100gm)	24	Strawberries (20 medium)	80
Cabbage (1 cup shredded)	17	Grapefruit	74
Cauliflower (100gm)	22	Bread	
Cauliflower (1 cup)	28	Grissini Breadstick (3gm)	12
Cucumber (100gm)	12	Melba Toast (3gm)	12
Cucumber (small)	19	Milk	
Cucumber (medium)	23	Milk - tbs whole	10
Cucumber (large)	34	Milk - tbs trim	8
Lettuce, all varieties (100gm)	20	Meat/Eggs	
Lettuce, all varieties (1 cup)	8	Beef - very lean (100gm)	165
Onion (1 tbs/chopped)	4	Chicken - breast (100gm)	87
Red radishes (100gm)	12	Fish - white, non-oily (100gm)	83
Spinach, raw (100gm)	20	*Lamb - very lean (100gm)	185
Spinach, raw (1 cup)	7	Veal (100gm)	114
Tomato (small)	16	Venison - lean (100gm)	150
Tomato (medium)	22	Egg - 1 whole egg, plus 3 whites	122
Tomato (large)	33	* Lamb is high in fat, so only use it if you can't use other meats for some health or allergic reason.	



PO Box 8460, Havelock North,
Hawke's Bay, New Zealand 4157
+64 6 877 8802
+64 21 2687687

www.hcgweightloss.co.nz

www.biobody.co.nz

Information Brochure

The Bio Body Alignment Weight Loss Detox 13, 26 and 40 day Programs

(for Natural Weight Alignment)

13-Day Fast Track



26-Day Original and 40-Day Extended






**Bio Body Alignment Alignment Weight Loss Detox
Homeopathic Weight Management.**




Providing safe, effective and fast weight management. Offering five different formulations to best meet your individual needs. Offering programs for people who would like to lose 6kg or more, and would like to develop strategies to keep that weight off permanently.

1. Dosage Information Keys:

13-Day (*Fast Track*) Program Guide:

 Phase 1 Weight Management	<u>Products taken/used:</u> Bio Body SLIM drops (2 sprays, 3 times a day). Days 1-10 inclusive Eating: 2 Days of Loading, then calorie restricted. (Refer to Journal.)
 Phase 2 Consolidation Phase	<u>Products taken/used:</u> REINFORCE (2 sprays, 3 times a day) till finished. Still restrict carbs and sugars, introducing one food every two days and recording the new foods in your <i>Success Journal</i> to see if it negatively impacts your weight. Eating: No longer calorie restricted, but introduce one new food every 2 days.
 Phase 3 Maintenance Phase	<u>Optional* products taken/used.</u> *Carb Craver Support PLUS+ Leptin Spray (2 sprays, 3 times a day, or when hungry.) Eating: Normal.

26-Day (*Original*) Program Guide:

 Phase 1 Weight Management	<u>Product taken:</u> Bio Body SLIM drops or spray. (Held under the tongue till gone. Dosage as per each individual product.) Eating: 2 Days of Loading, then calorie restricted.
 Phase 2 Consolidation Phase	<u>Optional* products taken/used.</u> *Carb Craver Triple SLIM Spray Eating: No longer calorie controlled. Still avoid carbs and sugars, introducing one food every day or two days and recording the new foods in your <i>Success Journal</i> to see if it negatively impacts your weight.
 Phase 3 Maintenance Phase	<u>Optional products taken/used.</u> Carb Craver Triple SLIM Complex PLUS+ Leptin Spray Eating: Normal

40-Day (*Extended*) Program Guide:




 Phase 1 Weight Management	<u>Product taken:</u> Bio Body SLIM drops or spray. (Held under the tongue till dissolved. Dosage as per each individual product.) Eating: 2 Days of Loading, then calorie restricted.
 Phase 2 Consolidation Phase	<u>Optional* products taken/used.</u> *Carb Craver Triple SLIM Complex Spray Eating: No longer calorie controlled. Still avoid carbs and sugars, introducing one food every day or two days and recording the new foods in your <i>Success Journal</i> to see if it negatively impacts your weight.
 Phase 3 Maintenance Phase	<u>Optional* products taken/used.</u> * Carb Craver Triple SLIM Complex PLUS+ Leptin Spray Eating: Normal.

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Things to plan/do before you start:

2. Buy a good quality set of digital scales to weigh yourself – ideally one that also measures body fat percentage. If you don't want to go to that expense, borrow some scales from a friend or family member.
Being able to record your accurate daily weight is important for overall success and to keep you motivated. Ordinary scales aren't enough.
3. Make sure you use digital scales in the kitchen too. It is important that you weigh your meat portion – 100 grams raw is all that is allowed for lunch and dinner (200 grams total each day).
4. Using the foods allowed on the Program calorie counter (*Page 51 of your Bio Body Success Journal*) and/or the menu plan and sample recipes from our recipe books contained within this information pack (*Pages 16-20*) menu plan to rotate at least five different meals to ensure you don't get bored with the same old chicken and salad. Shop for this food and have it on hand before you start.
5. Clean out your pantry to remove any non-Program food temptations from easy reach.
6. Before you begin the Program take photographs of yourself. Include one taken front on, one back on, and one from the side. Slot them into *Page 4* of your *Success Journal*.
This is an important record and a visual testimony to the inches you will lose while on the Program.
7. Before you begin the Bio Body Program, record your personal information, goals and measurements on *Pages 4- 5* of your *Success Journal*.

Begin the Program:

Thank you for choosing to align your weight with our Bio Body Program. The instructions for the individual phases are below, and are also included day by day in your *Success Journal*:

<div>Phase 1</div> Weight Management Phase - 2-days of loading – with Bio Body SLIM	
13-Day Program	Days 1 & 2
26-Day Program	Days 1 & 2
40-Day Program	Days 1 & 2

Dosage:

Bio Body SLIM drops or spray

Take your SLIM drops/spray as per the instructions on the bottle – immediately upon rising, 15 minutes before lunch and again 15 minutes before dinner.

Eating:

Gorge yourself and eat as much as you want of anything and everything – particularly high calorie, high nutritional value fats and foods. *It doesn't have to be fatty takeaways, but they are fine if that's what you like to eat.*

<div>Phase 1</div> Weight Management Phase – 500 calories per day – with Bio Body SLIM	
13-Day Program	Days 3-10 inclusive
26-Day Program	Days 3-23 inclusive
40-Day Program	Days 3-40 inclusive

Dosage:

Bio Body SLIM drops or spray

Take your SLIM drops/spray as per the instructions on the bottle – immediately upon rising, 15 minutes before lunch and again 15 minutes before dinner.

Eating:

Breakfast: Nothing is eaten at breakfast, but as much green or chamomile tea, coffee, plain water or mineral water can be drunk – quench your thirst.

Lunch/Dinner:

1. The mainstay of the Bio Body Weight Loss Detox Program (each day) is two 100 gram protein portions (raw weight) and two pieces of fruit; with the balance made up from allowable vegetables and one breadstick or grissini (good crumbled over your salad for crunch). The total calories for this, however you choose to combine it, needs to

add up to as close to 500 calories per day as possible. This is vital for success.

Eat or drink only from the list of allowable foods up to the 500 calories while taking your Bio Body SLIM and your weight loss is guaranteed. Stray from that, either by missing taking drops or eating too much or too little, eating or drinking foods or drink not allowed, and you won't enjoy the results that are possible.

2. For each meal you eat one 100gram serving of lean beef, veal, skinless chicken breast, white non-oily fish, tuna in spring water (well drained), or venison. No other meats are allowed. The meat should be as lean as possible and grilled to remove as much fat as possible.
3. Season your meat with half a lemon, white or black pepper, sea salt, garlic, basil, parsley, thyme, marjoram or any other fresh herb – make herbs your friend.
4. If you use pre-packaged seasonings make sure you check the labels and stay clear of anything that includes a vegetable oil or other fats. Many also contain sugar.
5. If you are vegetarian, you are allowed one whole egg and three whites (1 yoke and 4 whites total) as your protein portion (all the fat is in the yoke).
6. 100grams of Cottage cheese is also permitted as your protein portion if you're vegetarian, or a meat eater and you want a bit of variety. *We've found that even in small amounts, cottage cheese can stall or slow weight loss in some individuals, so only use it if it doesn't impact your average weight loss. Consider only introducing it in the second week of your Bio Body Alignment Weight Loss Detox, once you are more familiar with what your typical/average daily weight loss is and can verify that cottage cheese isn't causing stalls or gains.*
7. One salad made of any or all of the following, spinach, chard, greens, lettuce of any kind, tomatoes, celery, fennel, onion, red radishes, cucumbers, asparagus, cabbage and broccoli. (No other vegetables.) Vegetables can be raw, steamed, grilled (without oil) or gently boiled.
8. Use Braggs seasoning, organic apple cider vinegar, a half a lemon, or yellow mustard for a dressing.
9. Apple cider vinegar can also be taken in water to assist with weight management.
10. Drink as much green or chamomile tea as you'd like. Black coffee is also allowed, and you are allowed up to 1 tbs of milk each day *Not much, but enough to save to have with your coffee, or if you want to use it to make a Spanish omelette.*
11. Absolutely NO oil, butter or dressings of any kind.

Fruit:

You can have two helpings fruit per day, which you can eat at any time during the day before meals or between meals as a snack. The fruits you are allowed are: one medium sized apple, one grapefruit or a handful of strawberries (other berries in season or frozen).

Melba Toast/Italian breadstick (grissini):

You are allowed one piece of Melba toast or Italian breadstick daily.

<div>Phase 1</div> Weight Management – 500 calories per day – <u>NO</u> SLIM	
13-Day Program	Days 11-13 inclusive
26-Day Program	Days 24-26 inclusive
40-Day Program	Days 38-40 inclusive

Dosage:

Stop taking your Bio Body SLIM. For these three days, eat exactly the same as you did during the 500 calorie Phase, but without taking your SLIM. *You need to wait until it has left your system so you don't put on weight when you resume eating a normal number of calories in the next phase.*

Eating:

For these next three days, continue to eat as for the 500 calorie phase of the Program. The only difference is that you're **not** taking SLIM.

<div>Phase 2</div> Consolidation – No calorie restriction but restrict carbs and sugars.	
13-Day Program	Days 14-23 inclusive
26-Day Program	Days 27-49 inclusive
40-Day Program	Days 41-80 inclusive

Eating:

You will now stay in Consolidation eating for the same length of time as you participated in Weight Management Phase 1.

During this time you are no longer calorie restricted. However, you need to stay away from high GI carbs and sugars and continue to weigh yourself daily to ensure you keep your weight within 500 grams of your finishing weight. When you do reintroduce carbs and sugars back into your diet after the consolidation period, you need to introduce them one at a time and in small amounts. *(Use your Success Journal to record the reintroduction of those foods.)*

Your weight will stay stable if your body is now able to process them successfully. If you put on weight, read your food log in your *Success Journal* to work out what food caused the gain (hence the reason you need to eat them in isolation) and then avoid that food for the rest of consolidation.

Why Consolidation?

During Consolidation you increase your calories back to your normal daily intake, with certain crucial restrictions. This Phase 2 eating is crucial because it represents the period when the fat metabolism that you established during Phase 1 of the Bio Body Program is stabilised.

What do I do during Consolidation?

The two most important actions that you must take during this phase are:

- 1) Weigh yourself every day, just as you did while taking your SLIM; and,
- 2) Eat or drink anything you want except food and beverages that contain sugars or starches (carbs). *One exception to the above is a single glass of wine each day, with a meal, during this phase. Here is why these guidelines are important:

Why is Consolidation important?

The importance of keeping track of your weight every day ensures that you are not gaining it back. The stabilising action of Phase 2 Consolidation is most effective when your weight didn't vary by more than 1kg (2 pounds) from one day to the next. You need to take your finishing weight (once you finish Bio Body Alignment Weight Loss Detox) and stay within 1kg of it. Some people get excited as they continue to lose weight during this phase. And providing you are avoiding carbs and sugars, then this weight should also stay off. The critical point is to stay within a narrow weight range while continuing to restrict carbs and sugars.

This is a simple guideline, and the only one you need to focus on to make your weight loss a permanent success. In every other regard you can return to using your usual personal hygiene products and begin exercising again.

The most detrimental carbs during Consolidation are those that fill up your liver storage capacity too quickly (i.e. sugars and starches). If your liver takes in too many starches during Consolidation, it will convert the excess into triglycerides and shove them back out into the bloodstream, on the way to storage in fat cells. Elevating triglycerides and increasing fat storage are the opposite of what you want.

Simplistically, the foods and drink to avoid during Consolidation include potatoes, all breads, pastas, and other starchy products, rice and other grains, grapes, bananas, all fruit juices, soft drinks, and beer. This list could be much longer. Just be sensible.

However, the true danger during this period is the combination of fats and carbs in the diet. If you eat no carbs at all, you can consume more fat without increasing weight again. Remember, you have just spent Phase 1 Weight Management establishing a healthy fat metabolism. This is not the time to revert back to old habits and mess it up. If you insist on eating carbs with a lot of fat, then monitoring your weight on a daily basis is the only way to easily detect what change this may be causing. Everyone is quite different, but you need to establish what you (and your unique metabolism) can and can't do during Phase 2 Consolidation to keep your weight within 1kg of your finishing weight – which is the main goal.



Maintenance – Resume normal eating. Eat till almost full, and trust your newly tuned taste. No calorie restriction.

13-Day Program

Day 24

26-Day Program

Day 50

40-Day Program

Day 81

Eating:

During this phase you return to normal eating slowly, allowing your body the time to adjust to new foods.

Ongoing weight maintenance:

Going forward you want to keep your weight within 1kg of the finishing weight you registered when you completed the Phase 1 Weight Management.

Immediately your weight goes 1kg above your finishing weight you need to do a “Steak only day” – information for doing so is contained on *Page 50 of your Success Journal*.

Sudden gains are typically due to edema (fluid retention) caused by low protein. So with one large steak tucked in your belly, the very next day you’ll find that your weight will immediately shift back to within 1kg of your finishing weight.

Losing more weight:

If you need to lose more weight, you can start again as follows:

13-Day Program	Maintenance Day 51
26-Day Program	after Maintenance Day 77
40-Day Program	after Maintenance Day 108

In some instances it can be started sooner. Please contact us or your Bio Body practitioner to discuss your options.

Extra Tips for Success

Loading Days

On the “loading days”, GORGE! Eat as many fattening foods as possible, including butter, bread, chocolate, avocado (good fat), oil, cake, etc. DON'T SKIMP! Eat until you're stuffed, and do it again several times a day. Even though it may be hard with the Bio Body SLIM in your system, you will be less hungry during the Program compared to those who don't gorge, plus your weight loss over the total Program will be greater.

Water

If you're not used to drinking plenty of water you will urinate a lot during the Weight Management phase, especially during the first couple of days. Remember, bright yellow urine means you are not drinking enough water. It should be clear-to-nearly clear. (You almost shouldn't notice it in the toilet.) It is recommended to drink at least 3 litres of water per day. If you're hungry, drink water. Thirst is often mistaken for hunger, plus water fills you up.

Sleep/Insomnia

Mild insomnia can occur the first couple of nights or throughout the course of the Bio Body Alignment Weight Loss Detox Program.

This is in part due to the fact that your liver and kidneys are working overtime to process and expel the fat you are releasing to make up for the calorie shortfall.

DO NOT EAT PAST 8:00 PM. This can make easy sleep difficult. And is good advice whether you're on the program or not.

Vitamins/Minerals

If you feel you need to, take a high-quality multi-vitamin with minerals including iron daily. Additionally, you can take Vitamin C, which helps with the overall detox and elimination.

However, no vitamin E capsules (oil), fish oil capsules, or any other types of oil capsules are allowed.

If you are experiencing muscle twitches, you can try taking some extra magnesium.

Potassium can be used to keep your strength up during the low calorie Weight Management Phase. Head fog and muscle weakness can be helped by taking potassium until the feelings pass (99 mg tablet, 2 per day with food).

Weight loss is slow

If you're not losing as much weight as expected, 1 of 3 things is usually going on:

1. You're not drinking enough water. Bio Body SLIM frees up fat to make up the calorie shortfall and then the waste needs flushed. To do this you have to drink water. Rule of thumb: If your urine is not clear, you're not drinking enough water.

2. Dietary errors: Every day make sure you check your foods, seasonings, and sauces against the menu plan until you know exactly what you can and can't have. Your memory is not as good as you think. Make sure you are measuring correctly and counting your calories. Read ingredient labels. Use your *Success Journal* to accurately keep track of all your calories.
3. Oils in beauty products: Make sure you are not using any oils, including those in moisturisers, sunscreen, etc. Read the labels on any beauty, household, and work products to make sure there are no oils in them. Mineral makeup offers excellent coverage while being all natural and oil-free. Our Bio-Syn Renewal Anti-Aging crème has been developed specifically for its potent anti-aging/anti-inflammatory properties, and for use while on the Bio Body Weight Loss Detox Program, and can be bought via our website: **www.biobody.co.nz**

Exercise?

It's ok to exercise moderately but - no heavy resistance training. Protein intake while on the Program is just above deficiency and when resistance training you need more protein. Your body will end up eating its own muscle, which defeats the whole purpose of working out, or you could injure yourself. As strange as this may sound, exercise causes your weight loss to slow down. Even the difference of walking 30 minutes or not can cause changes in your weight loss. From our experience, you will lose the most weight if you are sedentary.

Exercise builds muscle mass, which weighs more than fat, so you still burn fat, but you stay at the same weight. Don't exert yourself while on the Program. Think of how much easier it will be to exercise on a leaner, lighter body when you come out the other side.

Timing – when to take your Bio Body SLIM

Try to weigh yourself and take your SLIM at the same time every day. You should ideally not vary this time more than ½ hour. In addition, try to eat your meals at the same time each day, too.

What to eat

- ✓ Memorise just what it is you need to eat. Use the list of allowable foods and associated calorie counter – *Success Journal* Page 51. The closer to 500 calories per day that you manage to eat, the greater and more consistent your weight loss will be while on the Program.
- ✓ Do not skip meals. You're only getting two a day – make the most of them.
- ✓ Weigh all your protein before cooking. It's amazing how much the weight changes after it's cooked. Acceptable methods for cooking your chicken breasts or steak: grill, broil, or bake.
- ✓ Avoid canned fruits and veggies. Frozen veggies are OK as long as there is no added salt.
- ✓ Keep salt to a minimum and try not to add salt when eating.
- ✓ Use no-calorie, salt-free seasonings for meat.

Other food tips

An apple cider vinegar cocktail can help digestion, alleviate hunger and help burn fat. Drink one before each meal. Use 1 tbsp in ¼ glass of water with a few drops of Stevia.

To treat bad breath, you can munch on fresh parsley. As an added bonus, it has a mild diuretic effect. To count calories, 10 sprigs have 4 calories.

If you are a gum chewer, buy some cinnamon sticks, break them in half & chew them. Once they are dry you can reuse them.

You could also use anise seeds as a breath freshener. However, be aware that spices have calories. Typically 4 calories in 1/4 tsp = 16 calories in 1 tsp. Account for every calorie, no matter how insignificant they may seem.

Losing concentration?

If your brain is used to so much glucose that you cannot concentrate well, try Glutamine, the amino acid, which acts just like sugar in the brain. Spinach, cabbage and parsley in their raw forms contain Glutamine. Other sources include eggs and chicken. Dairy is also a source, but is limited in its use on the Program.

Personal care products/hair care etc

Some personal care products will cause you to gain weight or stall your weight loss. For those who love to lavish themselves with potions, lotions and perfumes, you'll need to lock them in a cupboard and give the key to a friend. It is recommended that you keep it simple while on the Program.

Try our Bio-Syn Renewal Face Anti-aging Face Crème, available via our website: www.biobody.co.nz

Avoid perfumes and use a natural mint-free toothpaste and crystal deodorant. Try the Weleda toothpastes and crystal deodorants that we also sell via our website. Cultivate a relationship with your local health store. Most health stores stock these items as standard, so just ask at the counter and they will be able to point you in the right direction. Just say you are on a homeopathic Program and need oil-free and mint-free products that can be used safely.

Constipation

If you are having trouble going to the toilet then your first port of call – **extra magnesium**. It draws water into the bowel and softens the stool making it easier to pass. Laxative teas are fine but can create a spasmodic effect on the bowel, which can then sulk, so don't overdo it. You want to help things, not cause cramping and additional discomfort.

Detox

If something strange suddenly appears while on our Program (like rashes, acne, etc), remember that fat cells store hormones, pesticides, and other toxins. When the body can't release the toxins through urine or sweat, it will lock the toxin into the fat cells to prevent the toxin from negatively impacting your body. When you lose weight the abnormal fat cells are released which means that the toxins are simultaneously released into the bloodstream. If you had an experience with something in the past that gave you a problem, like a rash, there is a chance that the release of fat may cause the problem to come

back as the toxin (problem) is released. This is a good thing because it means the body is ridding itself of the stored toxins. Also, remember that many skin disorders have their root in the colon; therefore cleansing it can alleviate or eliminate the skin disorders.

Menstruation

It is safe for women to continue with the Program during menses. This should not hinder the weight loss process, but it can stall it at times, which can be frustrating. To avoid this, considering starting the Program immediately your period has finished, or at least before mid-cycle.

The Big Picture

To maximize weight loss you need to remember your entire well being. Don't forget stress reduction, sleep, and toxin reduction – you might like to consider a full dietary cleanse before starting the Program to make the whole process easier physically. This is where working with a health practitioner to assess your health before you begin, is also of strong benefit. Plus you build a lifelong relationship with someone who also has a vested interest in your health and well being.

Keep in mind that everyone loses weight at different rates. Let your body lose at the speed it needs to, and keep your eyes on your overall goal. You will get there.

Managing stalls/gains

Watch what you're eating; record your foods and calories in your *Success Journal* and you might find patterns of foods that cause you not to lose, or to lose well. A lot of people have had problems losing with tomatoes and red meat (but some people have no problem at all).

Everybody is different and you need to monitor your own body and see what works (and doesn't work) for you.

Again, check your water intake and make sure you are drinking enough water. Those who stick with the Program and don't cheat will be rewarded with a large weight reduction when it finally drops. You will usually resume your previous average loss before the stall.

Each time you stall, take your measurements; you have probably reduced your size.

For Women: You could gain some weight and not have cheated, depending on your menses, ovulation, and hormones. Many who have successfully completed one or more rounds on Program have reported seeing the scales go up due to water retention or hormonally related issues. In women, menstrual periods increase water retention, and water weight shows on the scale. If you know you are following the plan and are not cheating, you just need to accept that the stall/gain is temporary and continue to follow the Program. The weight drop will happen once the menstrual cycle is complete. Remember you lose fat from the body cells but the cells do not disappear at the same time. The cell structure is still present for two to three days while the body breaks down the cellulose and fills the cell with water in order to release it (through urine). Once the fat cell is removed, the scale will drop.

Sensitivity/allergies to foods may cause weight stalls. Listen to your body. The guru is you!

Pay attention to weight gains, they usually signify a mishap in how you are approaching the Program, like not drinking enough water, eating too many or too few calories, too much salt, or eating foods not allowed. If at all uncertain about what you are allowed, keep it simple and stick with the food list on Page 51 of your Success Journal. We have introduced variety to keep things interesting, but if you want to stick with what has worked, then only eat from that list of foods.

Weight gains/stalls may take a few days to kick in. Many people believe a stall comes out of nowhere, but it is usually instigated by something (if not a previous weight set point that the body will frequently hold for a day or two). It is important to know that what works for one person doesn't mean it will work for everyone; to prevent stalls/gains simply do not make changes to the Program just because someone else is losing with that modification. We allow the mixing of allowable vegetables/greens. If things slow down, consider only having one veggie/green per meal.

Cravings

We've developed our Carb Craver Support Spray to help with those all too frequent cravings. Expect to have cravings. Know that you will occasionally be hungry, and that there will be times on the Program when you want to cheat. Knowing this will happen enables you to prepare yourself to control your response to those feelings.

Prepare yourself for these feelings, but know that the decision to deviate is yours. Stay strong and remember that only you are accountable for everything you put into your mouth.

When you feel a craving take your Carb Craver Support Spray, or find an activity that you can engage in quickly that will help you forget the craving. Just make sure that whatever the activity entails, it involves you moving in the opposite direction to the kitchen.

Cheating

Do NOT cheat - you will regret it... but don't be afraid of cheating, either. You have complete control whether you give into temptation or not. Prepare yourself for the fact that you will "want" to cheat, but "acting" on the thought is your sole decision. Just because someone else has cheated does not mean you will cheat, as well. Many people have done the Program without cheating, and you can too!

Remember: Nothing tastes as good as thin feels!

To get your mind off wanting to cheat, focus your attention on something else. You can take a walk, go to the library, movie theatre (if you can resist the temptation of popcorn etc), or visit with friends. It is also nice to find a support system, whether it is through an online group, a buddy who is following the Program with you, family member(s), etc. Just make sure you have someone you can turn to quickly to stop you from cheating. Working with a coach or

other health professional, trained to support you during the Program is also worth considering.

Create a shelf in your kitchen that supports the Program. Store your teas, stevia, apple cider vinegar, grissini/melba toast and fruit.

Do not create your own food substitutions. The list of foods is very specific and early research studied their combined effects intensely. The Program becomes weaker and weaker with every substitution you make and does not then deliver the weight loss results it has the potential to deliver for you.

You need to commit to the Program and stay with it!

If you do cheat, don't beat yourself up about it, just get back on board and chalk it up to experience. Re-read the goal section at the start of your *Success Journal* and remind yourself why you are doing the Program in the first place.

If you are an emotional eater, then you also should plan to do another activity at the times you would normally find yourself reaching for that pack of biscuits (or whatever you recognise your food weakness is.)

Sometimes the simple act of walking away from the kitchen towards your garden or craft room or garage, will give you the space to think about what you are doing and to not eat unnecessarily.

TIP: Keep a kitchen timer within reach. If you feel the urge to eat something that isn't on the Program, set the timer for 5 minutes and wait till it rings. Use this time to reflect on what it is that you really want from life. When the timer goes off and you resist the urge to eat something then you are well on the path to breaking habits where eating for you isn't about hunger, but more about boredom or underlying emotional issues. If the timer rings and you still eat something, well you were always going to anyway. Don't beat yourself up, but reflect on why it happened, and think of ways that you can avoid a repeat performance.

If you feel sick/unwell

If you become unwell while on the Program, try a combination of antihistamine and Vitamin C (so long as you're not allergic to both or either) and you should feel better within a couple of days.

If you get congested or have a serious head cold, you can try to alleviate it with the combination of essential oils: one drop each of cinnamon, thyme & clove essential oils on top of a small amount (5cms) of boiling water in a small saucepan. Cover your head with a towel and try to breathe in and hold in sinuses and lungs several times during a period of 3-4 minutes. Use caution with all essential oils and only use them if it feels right and makes you feel better in the process. Complete this process away from when you would take your homeopathics.

An aspirin/panadol or similar is fine to take if you have a headache.

As a home remedy, you can drink LOTS of water and hot teas to flush the sickness out of your system.

For stomach troubles, ensure you are not de-hydrated or over-hydrated.

Excess fluids can weaken your digestive enzymes, which, in turn, make it more difficult for your stomach to process food. Drinking too much coffee

and/or tea (and not enough water) can also cause stomach problems due to the acids and tannins in them.

Even when you're not hungry you should always eat your two protein and two fruit portions. A minimum of 350 calories per day.

For back pain, you can start by doing some gentle stretching. You can also try warm compresses on your back, massages (gentle), acupuncture, or visit a chiropractor. If you need to use medications for pain, stick with the humble aspirin or panadol,

When you have a cough, cover the bottoms of your feet with menthol, tiger balm or Vicks. If you have a cold or suffer from allergies or chronic sinus issues, you can use a sea salt saline sinus flush.

For a rash, you can dilute apple cider vinegar with water in a 1:4 ratio. Use a piece of sterile gauze and pat the solution directly on the rash without rubbing.

Once you've finished the Bio Body Alignment Weight Loss Detox Program

If you return to bad eating habits you cannot expect the Program to keep the weight off for you. Our Program will enable you to remove the weight but it is not a free pass for life. You will need to exercise regularly and eat a healthy diet that meets your calorie needs based on age, stage and lifestyle.

Even after Maintenance you need to weigh yourself every day and remain within 1kg of your final weight. If your weight increases by 1kg plus, do a steak only day. The steak day is a tool to utilise for the rest of your life, not just during Maintenance. During Maintenance learn to appreciate the natural flavours of food and try to refrain from adding artificial ingredients and flavours back into your diet. These artificial ingredients cause the hypothalamus to get out of whack and are the most likely cause of weight gain in the first place.

The return of these culprits could cause the return of unwanted weight gain. To maintain weight loss you can learn new techniques to overcome emotional eating or eating due to stress. Remember this is the beginning of the rest of your life. The Emotional Freedom Technique (EFT) is easy to learn and a great way to deal with issues related to emotional overeating. You can perform it on yourself, or find a local practitioner who can guide you.

Thank you for committing to the Bio Body Alignment Weight Loss Detox Program. If you have any questions, our contact details and Facebook information are contained within the front section of your *Success Journal*.

Bio Body Weight Loss Menu Planner

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am	Bio Body Formula/s	Bio Body Formula/s	Bio Body Formula/s	Bio Body Formula/s	Bio Body Formula/s	Bio Body Formula/s	Bio Body Formula/s
7.15am	Drink	Drink	Drink	Drink	Drink	Drink	Drink
8am – Breakfast	1 grissini or melba toast	1 grissini or melba toast	1 grissini or melba toast	1 grissini or melba toast	1 grissini or melba toast	1 grissini or melba toast	1 grissini or melba toast
10am	Fruit Portion	Fruit Portion	Fruit Portion	Fruit Portion	Fruit Portion	Fruit Portion	Fruit Portion
12.45pm	Bio Body Formula/s	Bio Body Formula/s	Bio Body Formula/s	Bio Body Formula/s	Bio Body Formula/s	Bio Body Formula/s	Bio Body Formula/s
1pm - Lunch	Warm Thai Beef with salad 190cals	Maria's Chick Balls In sauce 174 + salad	Bangalore Beef, veggie curry 198 cals	Luscious Laos Beef Laab Cups 196 cals	Flash Chicken & asparagus 181 cals	Beef Kibbeh 165 + salad/veggies	Bad Boy Beef Burger Stack 214 + 25cals
2.30pm – snack	1 grissini or melba toast	1 grissini or melba toast	1 grissini or melba toast	1 grissini or melba toast	1 grissini or melba toast	1 grissini or melba toast	1 grissini or melba toast
4pm – snack	1 Fruit portion	1 Fruit portion	1 Fruit portion	1 Fruit portion	1 Fruit portion	1 Fruit portion	1 Fruit portion
6pm	Bio Body Formula/s	Bio Body Formula/s	Bio Body Formula/s	Bio Body Formula/s	Bio Body Formula/s	Bio Body Formula/s	Bio Body Formula/s
6.15pm - Dinner	Baked John Dory with salad 139cals	Pedro's Fried Fish with salsa 157+49	Thai Fish Cakes 116 + salad/veggies	Chicken Kofte 107 + salad/veggies	Asian 196 cals Cabbage Rolls	'Sweet Chick' Kebabs 141 + salad/veggies	Moroccan Chicken 169 + salad/veggies

These delicious recipes come from our own chef Marie McAuley, whose Bio Body weight loss recipe book and consolidation recipe books are available for download via our website: www.biobody.co.nz

Monday lunch

Warm Thai Beef with tomato and cucumber salad – 190 cals

Meat: 100g of prime porterhouse steak (cut into strips)

Marinade:

2 tbsp tamari soy sauce. Pinch of chilli flakes.
1 tsp garlic flakes. Tiny pinch of stevia.
2 tbsp lemon juice. 2 tbsp water

Salad: 1 cup salad leaves, include rocket if possible. ¼ red onion, sliced finely. ¼ cup fresh coriander and fresh basil, roughly chopped. 1 diced medium tomato. ¼ diced cucumber. (Optional – can crumble 1 grissini stick if you choose not to have it as a snack.)

Method:

Marinate steak in soy sauce, chilli, garlic, stevia, lemon juice and water for 10 minutes while preparing salad bed. Heat non-stick pan to medium heat and sear steak for two minutes. Add back the marinade and heat through for two minutes to create a sauce. Pile steak and marinade sauce onto salad bed and add crumbled grissini stick.

Meat options: (All fat removed) Chicken breast **180 cals**

Monday dinner

Baked John Dory Parcel with lemon, thyme and asparagus – 139 cals

Meat: 100g John Dory fish fillet

Ingredients:

1/2 lemon, thinly sliced 2 sprigs of fresh thyme
1/2 tsp mustard powder 2 tbsp organic cider vinegar
Sea salt and cracked pepper Tiny pinch of stevia
6 medium asparagus spears
2 tbsp fresh tarragon or flat leaf parsley.

Method:

Heat oven to 220 degrees Celsius; lay a square of baking paper on a baking tray. Place John Dory fillet on paper, top with lemon slices and sprig of thyme, salt and cracked pepper. Fold edges of paper to form edges. Bake for 15 minutes. Meanwhile, whisk the mustard, vinegar, stevia and fresh herbs.

Set dressing aside.

Blanch asparagus in salted water for 4 minutes. Drain well. Remove fish from parcel. Arrange fish and asparagus and drizzle over the herb dressing.

Tuesday lunch

Maria's Chicken Balls in tomato and basil sauce – 174 cals

Meatballs:

100g chicken breast mince	1 spring onion, finely sliced
Pinch oregano and sage or an Italian herb mix	
1 tsp garlic flakes, finely chopped	Sea salt and cracked pepper

Tomato and Basil Sauce:

1/4 onion, finely diced	Pinch of garlic flakes
100g canned tomatoes, chopped	1 tsp of organic tomato paste
1/2 cup water	3 tbsp fresh basil, shredded.
Sea salt and cracked pepper	Tiny pinch of stevia
3 tbsp flat leaf parsley, chopped	

Method: To prepare the meatballs first wet your hands and mix all the meatball ingredients into small round balls. Set aside in fridge. Heat non-stick frying pan to medium heat, add onions, garlic and 2 tbsp of water and sauté for 2 minutes till softened and simmer 5-10 minutes. Add rest of the sauce ingredients, except parsley and simmer for another 5-10 minutes. Add a little more water if too dry, and then place in meatballs and simmer till cooked through, for further 5 minutes. Top with flat leaf parsley.

Serve this meal with a green salad or allowable steamed veggies.

Enjoy Meat options: (All fat removed) Minced lean Beef – **237 cals.**

NB. When using Beef, this is a higher calorie content meal so adjust by having a lower calorie meal in the same day if you choose to substitute for the chicken.

Tuesday dinner

Pedro's Fried Fish with Mexican Tomato Salsa – 157 cals

Meat: 100g white fish of choice

Ingredients:

2 tbsp lemon juice	Sea salt and cracked pepper
Pinch of Mexican spices (gluten free) or pinch of cumin.	
Salsa; Mexican tomato salsa – (see recipe below)	

Method: Prepare salsa and combine together, let it sit for 10 minutes.

Heat non stick frying pan to medium heat, sprinkle fish with the spices, salt and pepper. Cook fish in pan for one minute each side. Squeeze lemon juice over fish and cook with lid on pan to retain moisture for further 3 minutes. Serve with 1 cup of salad greens.

Enjoy Meat options: (All fat removed) Chicken breast – **146 cals**

Mexican Tomato Salsa – 49 cals

Ingredients:

1 medium tomato, finely diced	1 spring onion, finely chopped
1 tsp garlic flakes	1/4 cup fresh coriander, finely chopped
1 tsp lime juice	Tiny pinch of stevia
Pinch of chilli flakes	1/4 medium cucumber, diced finely

Method:

Combine well and let rest for 10 minutes for flavours to develop.

Wednesday lunch

'Bangalore' Beef and Vegetable Curry – 198 cals

Meat: 100g prime rump steak

Ingredients:

1/4 small brown onion, finely chopped	1 tsp of garlic flakes
1 tsp good quality tasty curry powder	1 medium tomato, finely diced
1 cup spinach, chopped	1/2 cup cauliflower, finely sliced

Ingredients:

2 tbsp Braggs or tamari soy sauce	1/2 small brown onion, finely sliced
1 tsp garlic flakes	1 tsp fresh ginger, grated
1/2 tsp Chinese five spice	Tiny pinch of stevia
1 tbsp lemon or lime juice	2 cups bok choy, washed and chopped
spears, (diced 2 cm lengths)	3 asparagus
1/2 cup hot water	1 medium stalk of celery, diced
	1/4 cup fresh coriander, chopped

Method:

Marinate chicken in 1 tbsp soy sauce, garlic, ginger, five spice and lemon juice for 10 minutes. Meanwhile turn on non stick wok or pan to medium heat, sauté chicken for 2 minutes, remove from pan. Place onions, celery, asparagus in the pan and cook 1 minute. Add bok choy, and 1 tbsp tamari then cook a further minute. Turn pan up to medium high heat. Add back all of chicken with the marinade to form the sauce then sauté for 1 minute, adding hot water. Scrape all the tasty morsels off the bottom of the pan. Sprinkle with chopped herbs and serve.

Enjoy Meat options: (All fat removed) Porterhouse steak – **191 cals**.

Friday dinner**Asian Cabbage Rolls – 196 cals**

Meat: 100g lean minced beef

Ingredients:

Pinch of Chinese five spice	2 savoy cabbage leaves
1 spring onion, finely chopped	1 tsp garlic flakes
1 tsp grated fresh ginger	2 tbsp Braggs or tamari soy sauce
Pinch of chilli flakes	Cracked pepper
3 tbsp fresh coriander, finely chopped	

Method:

Steam two inner cabbage leaves for approx 5 minutes and set aside. To make filling: Sauté onion, garlic flakes, ginger, chilli and a little water for 2 minutes, add minced beef, soy sauce, Chinese five spice and coriander. Cook for further five minutes. Lay cabbage leaves out flat, divide filling in half, roll both leaves into a parcel with ends tucked in. Place in George Foreman Grill (or pan fry with a plate sitting on top of rolls to help seal them). Cook the rolls for 2-3 minutes. These are for those spring rolls lovers.. tasty tasty.

Enjoy Meat options: (All fat removed) Chicken breast – **133 cals**.

Saturday lunch**Beef Kibbeh – 165 cals**

Meat: 100g lean beef mince

Ingredients:

1/4 cup fresh parsley and chives, finely chopped
A good pinch of Middle Eastern kibbeh spice, or a pinch of cinnamon and cumin
1 tsp garlic flakes, finely chopped Sea salt and cracked pepper

Utensils: Bamboo sticks

Method:

Soak sticks in water; combine ingredients, then using clean wet hands roll meat mixture into cigar shapes. Push skewers through meat and form the meat around skewers. Cook in hot George Foreman Grill for 10 minutes.

Serve this meal with a green salad or allowable steamed veggies.

Saturday dinner**'Sweet-Chick' Kebabs – 141 cals**

Meat: 100g chicken breast

Ingredients:

1/4 red onion, diced into 2 cm pieces	6 cherry tomatoes
2 tbsp Braggs or tamari soy sauce	Tiny pinch of stevia
Pinch of chilli flakes	A good pinch of Chinese five spice
1 tbsp orange juice	3 bamboo skewers

Method: Soak three skewers in water. Cut chicken into 2cm pieces and marinate in soy sauce, stevia, chilli flakes, Chinese five spice and lemon juice for 10-20 minutes. Thread chicken

alternatively with tomatoes and onion onto skewers. Heat George Foreman Grill or grill in oven turning once or twice ensuring chicken is cooked thoroughly for 15-20 minutes.

Serve this meal with a green salad or allowable steamed veggies.

Enjoy Meat options: (All fat removed) Porterhouse steak – **151 cal**s.

Sunday lunch

Bad Boy Beef Burger Stack with Grilled Tomatoes – 214 cal

Patties:

100g lean ground beef	1/4 red onion, finely diced
Pinch of garlic flakes	Pinch of thyme
1 tsp Braggs or tamari soy sauce	1 tbsp tomato paste
1/4 tsp mustard powder	1/4 cup parsley, finely chopped

Grilled Tomatoes – *(see recipe below)*

Method:

Using clean, wet hands mix all ingredients thoroughly and let sit for half an hour. Divide meat into two hamburger patties. Cook patties and tomatoes in hot George Foreman Grill for 10 minutes. Serve with a handful of salad greens.

Grilled Tomatoes – 25 cal

Ingredients:

1 medium Beefsteak tomato	Tiny pinch of stevia
Pinch of thyme or oregano	Sea salt and cracked pepper

Method:

Cut the tomato in half across, sprinkle stevia, herbs, salt and pepper on 2 halves and grill in George Foreman or under oven grill for 5 minutes on high.

Sunday dinner

Moroccan Chicken – 169 cal

Meat: 100g chicken breast, sliced

Ingredients:

Pinch of cumin, turmeric, paprika and cinnamon, or Moroccan spice (half a tsp)	
2 tbsp orange juice	Tiny pinch of stevia
1 tsp garlic flakes	1/2 red onion, finely diced
100g canned tomatoes, chopped	1/2 cup hot water
Sea salt and cracked pepper	1/4 cup flat leaf parsley, chopped

Method:

Marinate sliced chicken in spices, orange juice, stevia and garlic for half hour. Heat non-stick pan, sauté onions in a little of the hot water to soften, with lid on. Add rest of the ingredients and simmer for 10 minutes till cooked. Sprinkle with chopped flat leaf parsley.

Serve this meal with a green salad or allowable steamed veggies.

Enjoy Meat options: (All fat removed) Porterhouse.

Phase 1 **Phase 2** **Phase 3** – At a Glance Calendar

13-Day Bio Body *Fast Track*
Weight Loss Program



No heavy exercise, between (and including) Days 3 and 13.

Loading &
Weight
Loss Phase

Phase
1

*Load DAYS 1 & 2.

From **DAY 1** take **Bio Body HCG Slim**. (*Days 1 and 2 are loading, no calorie restriction.*)
Begin Low Calorie Eating from DAY 3.

***1** ***2** **3** **4** **5** **6** **7** **8** **9** **10**

DAY 11, stop **Bio Body HCG Slim**, continue Low Calorie Eating up until DAY 14.

11 **12** **13**

Consolidation
Phase

Phase
2

Consolidation: Start taking **Reinforce**. No calorie restriction but restrict sugars and carbs.

14 **15** **16** **17** **18** **19** **20** **21** **22** **23**

Maintenance
Phase

Phase
3

Maintenance: Normal eating. Day 52 start again.

24 **25** **26** **27** **28** **29** **30** **31** **32** **33** **34** **35** **36** **37**

38 **39** **40** **41** **42** **43** **44** **45** **46** **47** **48** **49** **50** **51**

Phase 1 **Phase 2** **Phase 3** – At a Glance Calendar

26-Day Bio Body Original
Weight Loss Program



No heavy exercise, between (and including) Days 3 and 26.

Loading & Weight Loss Phase	Phase 1	*Load DAYS 1 & 2. From DAY 1 take <i>Bio Body SLIM</i> . Day 3, move into low calorie eating.													
		*1	*2	<u>3</u>	4	5	6	7	8	9	10	11	12	13	14
		DAY 24, stop <i>Bio Body SLIM</i> .													
		15	16	17	18	19	20	21	22	23	<u>24</u>	25	26		
Consolidation Phase	Phase 2	<u>Consolidation</u> : Unlimited calories but restrict sugars and carbs.													
		27	28	29	30	31	32	33	34	35	36	37	38	39	40
		41	42	43	44	45	46	47	48	49					
Maintenance Phase	Phase 3	<u>Maintenance</u> : Resume normal eating. Start program again on Day 78.													
		50	51	52	53	54	55	56	57	58	59	60	61	62	63
		64	65	66	67	68	69	70	71	72	74	74	75	76	77

Phase 1 **Phase 2** **Phase 3** – At a Glance Calendar

40-Day Bio Body
Weight Loss Program



No heavy exercise, between (and including) Days 3 and 40.

Loading &
Weight
Loss Phase

Phase 1

*Load DAYS 1 & 2. From DAY 1 take *Bio Body SLIM*.

*1 *2 3 4 5 6 7 8 9 10 11 12 13 14

15 16 17 18 19 20 21 22 23 24 25 26 27 28

Stop taking *Bio Body SLIM* on Day 38, but continue low calorie eating till Day 41.

29 30 31 32 33 34 35 36 37 38 39 40

Consolidation: No calorie restriction but restrict sugars and carbs.

Consolidation
Phase

Phase 2

41 42 43 44 45 46 47 48 49 50 51 52 53 54

55 56 57 58 59 60 61 62 63 64 65 66 67 68

69 70 71 72 73 74 75 76 77 78 79 80

Maintenance
Phase

Phase 3

Maintenance: Normal eating. Day 109 start again, if needed.

81 82 83 84 85 86 87 88 89 90 91 92 93 94

95 96 97 98 99 100 101 102 103 104 105 106 107 108

Foods	Cal.	Foods	Cal.
Vegetables		Fruit	
Asparagus (100gm)	20	Apple (small)	55
Broccoli (100gm)	34	Apple (medium)	72
Broccoli (1 cup -88gm)	30	Apple (large)	110
Celery (100gm)	15	Orange	69
Celery (medium stalk)	6	Strawberries (12 large)	72
Cabbage (100gm)	24	Strawberries (20 medium)	80
Cabbage (1 cup shredded)	17	Grapefruit	74
Cauliflower (100gm)	22	Bread	
Cauliflower (1 cup)	28	Grissini Breadstick (3gm)	12
Cucumber (100gm)	12	Melba Toast (3gm)	12
Cucumber (small)	19	Milk	
Cucumber (medium)	23	Milk - tbs whole	10
Cucumber (large)	34	Milk - tbs trim	8
Lettuce, all varieties (100gm)	20	Meat/Eggs	
Lettuce, all varieties (1 cup)	8	Beef - very lean (100gm)	165
Onion (1 tbs/chopped)	4	Chicken - breast (100gm)	87
Red radishes (100gm)	12	Fish - white, non-oily (100gm)	83
Spinach, raw (100gm)	20	*Lamb - very lean (100gm)	185
Spinach, raw (1 cup)	7	Veal (100gm)	114
Tomato (small)	16	Venison - lean (100gm)	150
Tomato (medium)	22	Egg - 1 whole egg, plus 3 whites	122
Tomato (large)	33	* Lamb is high in fat, so only use it if you can't use other meats for some health or allergic reason.	

Food Check List

Week:.....

[illegible]

Food Check List

Week:.....

[illegible]

Food Check List

Week:.....

[illegible]

Food Check List

Week:.....

[illegible]



Bio Body Platinum Body Crème

Instructions for use: Bio Body Platinum Body Crème is for use during Phase 1 Weight Loss and should not be used at any other time. Apply 2-3 pumps directly onto your skin in target areas, and rub in, allowing the crème to absorb and dry. Apply at least once daily, or morning and evening. Wash hands after use.

About the innovation: Platinum Body Crème is a dynamic new innovation in weight loss that has been developed to enable clients to target hard to shift fat trouble spots - on thighs, belly, arms, legs and derriere.

Think of it as putting a big 'X' marks the spot on the parts of your body that are carrying the extra weight, and asking for the fat (via calories) to be targeted in those areas.

How it's utilised: Designed for use in conjunction with one of our Bio Body Weight Loss programs, Platinum Body Crème contains a broad potency glyco-protein – 3x-300x, plus additional ingredients to assist with the release of fat and toxins, including Quantum essences of Platinum, Gold and Tourmaline.

Bio Body SLIM is dynamic in its ability to get the body to release fat to make up for a calorie shortfall; and through delivering a glyco-protein via our Platinum Body Crème to those problem areas, you're able to instruct your body where to take the fat from. This in turn helps sculpt your body while you simultaneously lose weight on the program. Moving you towards a new body confidence through a leaner, healthier physique.

Its unique: Bio Body Weight Loss Platinum is our latest innovation boasting one of the broadest range of glyco-protein potencies anywhere in the world! Its successful incorporation into a body crème gives dieters a greater chance to achieve what they want – a leaner, sculpted body.



Options for using Bio Body Platinum and exercising

Bio Body Platinum is the broadest potency SLIM available and this means that it is possible for some individuals to exercise and increase calories while following the Bio Body Weight Loss Programs.

However, while some people can successfully “bend the rules” of the program and still get the weight loss results they are after, it is not possible for everyone,

Accordingly, each person has to approach it slowly to see if it will work for them.

To be able to evaluate whether you can or can't increase your calories and/or exercise while on the Bio Body program, the following is recommended:

Follow the program exactly for the first five days, - that means exercise and unlimited food is possible on Days 1 & 2 (loading days), then from Days 3-5, no exercise (or only light exercise – i.e. a 30 minute gentle walk) and only 500 calories per day.

On Day 6, you can increase your calories by having an additional protein portion (100grams raw weight of allowable protein) – typically by adding in a breakfast.

Wait and weigh yourself the next day – Day 7. If you continue to lose weight, then on Day 8, you can have an extra protein portion and introduce some exercise.

Because the program is low protein strength training is not advised, or you may injure yourself. Low to medium intensity cardio training is permissible.

When you are on an exercise day off, reduce back down to the 500 calories.

If you don't think you can follow the above guidelines and stay away from heavy training, then you may be better to consider the Bio Body 13-Day Fast Track program. The shorter program makes it much easier to accommodate or work around important exercise or training commitments.

If you've got any questions please call Leigh Spencer via the contact details in the footer of this info sheet.

Leigh Spencer
PO Box 8460, Havelock North 4157
021 2687687 or 06 877 8802
www.biobody.co.nz