



The NatraLEAN™ Eating Plan

EAT Yourself Thin!

One of the best ways to jump-start your metabolism is eating enough food vs. restricting food intake. Eating well, eating enough and eating on time will ultimately lead to natural slimness.

The NatraLEAN Eating Plan™ will show you simple & practical methods to help burn fat, increase muscle and improve your energy levels. It will also address a critical component that few plans take into consideration...Stress and the effects it can have on your ability to lose fat.

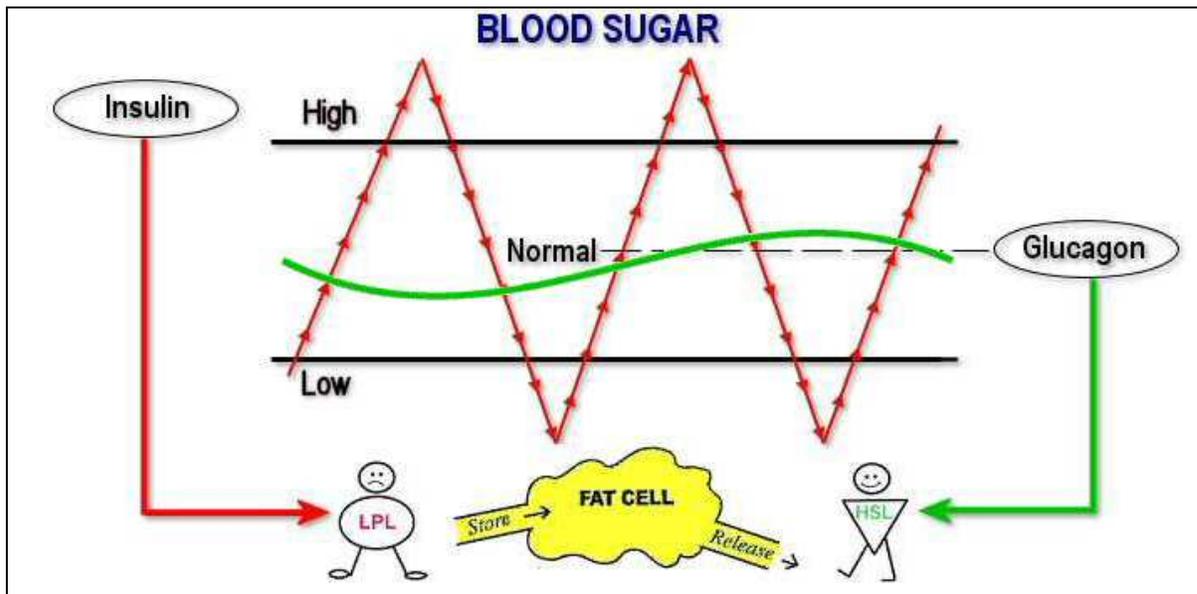
The Blood Sugar Connection

Are you experiencing highs and lows in your energy level? Maybe more "lows" than "highs"? Is losing weight a challenge, even though you're careful about what you eat? Or, maybe you're gaining weight. These are just a couple of the more common symptoms associated with irregular blood sugar levels. Here are some others you may not know about:

- **Insomnia** • **Headaches** • **Dizziness** • **Depression** • **Fatigue** • **Anxiety**
- **Impaired memory** • **Irritability** • **Cravings** • **Constant hunger** • **Eye pain**
- **Swollen feet** • **Weakness in legs**

Blood Sugar & How It Relates to Fat Loss

This illustration shows how blood sugar levels can dramatically affect fat loss. We begin our day with low blood sugar. Many people will start their day consuming foods and beverages that have high levels of sugar and stimulants.



The result is a rapid rise in blood sugar (represented by the sharp spikes) to above normal. The body reacts by over-producing the hormone insulin — which causes the blood sugar to come crashing down to below normal levels. Insulin also signals our body to produce a substance called 'LPL' — which stores fat!

When we keep blood sugar in the normal range (represented by the flowing line), it allows the hormone glucagon and 'HSL' to go to work releasing fat. The NatraLean program helps put your blood sugar in the proper zone. This is one of the secrets to "turning on the fat burning furnace".

Carbohydrates...Friend or Foe?

Dr. Atkins New Diet Revolution, Protein Power, Sugar Busters, The Zone... What do these popular diets have in common? They promote the reduction or elimination of carbohydrate foods in your diet to lose body fat. Do we really need to stop eating bread, pasta, rice and potatoes to shed those unwanted pounds and inches?

To eliminate carbohydrates is to “throw the baby out with the bath-water”. To control ‘carbs’ makes sense. You can control them in two ways:

1. **Reduce or eliminate the intake of refined & high glycemic index carbohydrate foods.** The rate at which carbohydrates are converted to sugar is called the *Glycemic Index*. People that have blood sugar disorders such as diabetes have used this index for years. Recent discoveries have shown how valuable the Glycemic Index can also be for losing weight. A Glycemic Index Chart is included below.
2. **Combine carbohydrate foods with foods that will slow their absorption and conversion to blood sugar.** When you do eat carbohydrate foods, you can lower their Glycemic Index by combining them with slower absorbing foods. These may include another carbohydrate, protein or even fats.

Glycemic Index of Some Foods

The roller coaster rides of high and low blood sugar can substantially lower your energy levels. The following index (next page) will give you a guideline relating to different carbohydrate foods and how rapidly they are digested and absorbed. Generally, the higher the index number, the faster a food may raise your blood sugar. For steady energy levels, try to eat mostly foods with a lower glycemic index.

Glycemic Index of Some Foods

The roller coaster rides of high and low blood sugar can substantially lower your energy levels & limit your ability to lose fat. This index will give you a guideline relating to different carbohydrate foods and how rapidly they are digested and absorbed. Generally, the higher the index number, the faster a food may raise your blood sugar. For steady energy levels, try to eat mostly foods with a lower glycemic index.

← SLOWER INCREASE IN BLOOD SUGAR					FASTER INCREASE IN BLOOD SUGAR →				
10 - 19	20 - 29	30 - 39	40 - 49	50 - 59	60 - 69	70 - 79	80 - 90	90 - 100	90 - 100 (Cont'd)
Agave	Barley	Black-eyed peas	Apples	Baked Beans	Bananas	Canned Fruits	Bagel	Beets	Vanilla Wafers
Avocado	Cherries	Butter beans	All Bran Cereal	Bananas	Brown Rice	Cantaloupe	Cookies	Corn Flakes Cereal	Waffles
Cheese	Fructose (Not corn syrup)	Cottage Cheese	Baked beans (canned)	Buckwheat	Carrots	Chocolate	'Cheerios'	Dates	Wheat Thins
Eggs	Grapefruit	Garbanzo beans	Black-eyed Peas	'Kellogg's All Bran Cereal' Fruit & Oats	Corn	Corn Chips	Corn flakes cereal	Glucose	White bread
Fish	Lentils	Milk (whole)	Chocolate Bar with Almonds	Oranges	Grapes	Cream of Wheat	Doughnut	Grape nuts	
Meats	NatraLEAN Nutrition Bar	Spaghetti (Protein enriched)	Fettuccine	Peas (frozen)	Ice Cream	Pineapple	French Fries	High Fructose Corn Syrup	
Nuts		Tomato soup	Kidney Beans	Spaghetti	Macaroni	Popcorn	Fruit/Cereal Bar	'Life' Cereal	
Soybeans			Lima Beans	Potato chips	Mixed Grain Bread	Jams & Marmalade	Honey	Maltose	
Vegetables (Asparagus, Broccoli, Cauliflower, Cabbage, Cucumber, Celery, Green Beans, Lettuce, Peppers, Spinach, Tomatoes, Zucchini)			Milk (skim)	Peaches	Muffins	Raisin Bran Cereal	Power Bar	Maltodextrin	
Yogurt (No sugar)			'M&Ms Almond' candy	Pears	Pizza (Cheese)	'Special K' Cereal	Raisins	Melba Toast	
			Navy beans (canned)	Plums	Pumpernickel Rye Bread	Watermelon	Rice Cakes	Potato (Baked or mashed)	
			Oatmeal (Old Fashioned)	Ravioli (Meat filled)	Raisins	Whole-grain bread	Rice Chex	Pretzels	
			Peaches	Snickers Bar	Rice (One Minute)		Russet potatoes	Puffed Rice	
			Peas & Beans (dried)		Sweet Potato		Soft Drinks	Shredded Wheat	
			Yogurt (w. fruit)		White-flour pasta		White (or new) potatoes		
					Whole-wheat pasta		White rice		

NOTE: When you do eat foods that are higher on the Index, eat a food that is lower on the Index (e.g. protein) along with these foods to slow absorption.

Some Helpful Hints for Regulating Blood Sugar...Without Eliminating Carbs!

The good news is you can lose body fat without eliminating many of the carbohydrate foods you like. Here are some 'tricks of the trade' that will help you lose fat, without depriving yourself!

- ◇ **Go Nuts!** – Eat nuts (almonds, pecans, macadamia, cashews, walnuts, etc.) with higher glycemic foods. For example, have a handful of pecans with your oatmeal or spread some almond butter on your whole grain toast. This can substantially decrease the carbohydrate's effect on your blood sugar.
- ◇ **'Average' Counts** -- When you eat a food that has a higher Glycemic Index, you can eat another food with a lower Index. The average of the two foods results in a lower value. For example, adding meat sauce and/or meatball to a serving of spaghetti will slow down the absorption. Use the Glycemic Index chart for a guide.
- ◇ **WOW** (Wipe-Out-White) – A few things you should consider eliminating, or substantially reducing are: white bread, flour, pasta, sugar, etc. Most 'white' foods will cause rapid increases in blood sugar, which hinders fat loss. They are also very low in many nutrients.
- ◇ **NatraLEAN Nutrition Bars** -- A great mini-meal or snack! Very low glycemic, which means no blood sugar spikes. Hypoallergenic... does not contain dairy, wheat, soy, corn or peanuts. Also contains Banaba Leaf Extract, which helps to regulate blood sugar levels. More information is available at <http://www.NatraTech.com>.

Tips on Food Combining

When it comes to proper digestion, certain types of foods combine better than other foods. If you are having digestive problems, i.e. bloating, gas, indigestion, or heartburn, food combining can help. Taking [Digest-Plus™](#) will also help improve digestion.

- ◆ Eat fruits by themselves. They make a great mid-morning or afternoon snack.
- ◆ Proteins do not combine well with starchy carbohydrates (potato, rice, corn, beans, etc.). This does not mean they cannot be eaten together, only that it is more difficult to digest them. Again, take [Digest-Plus™](#) with protein meals.
- ◆ Proteins combine well with 'lean vegetables' (broccoli, cauliflower, spinach, asparagus, squash, zucchini, etc.).
- ◆ Be careful of high-sugar desserts after a meal high in protein and fat. The high sugar and protein content combine and cause fermentation...the result can be a lot of bloating!

Beware! Some foods should be limited or completely eliminated:

✗ "Hidden Sugars"

- High Fructose Corn Syrup
- Maltodextrin
- Maltose
- Dextrose
- Sucrose
- Dextrin
- Sorbitol
- Molasses

✘ **Partially Hydrogenated Oils** – these are unhealthy trans fats & are an ingredient in many processed/packaged foods.

✘ **Packaged Foods**

- White Sugar
- White Flour
- Potato & Corn Chips
- Packaged Cookies, Cakes & Pies
- High-Sugar Cereals
- Juices
- Pretzels & Crackers
- Frozen Dinners

Good Fats – Bad Fats

A healthy diet must include fats! Good fats include butter (in moderation), canola oil, fish oils, olive oil and flaxseed oil.

Bad fats include any “partially hydrogenated oils”, including most types of margarine.

Some Healthy Snacks...‘To Go’

There are a wide variety of low-glycemic snacks that can be put together quickly. Many people will carry an insulated tote bag containing some of these items.

- ◆ Canned chicken, turkey, salmon and sardines.
- ◆ Hard-boiled eggs
- ◆ Fresh fruit
- ◆ Whole grain tortillas, which can be filled with meats, cheese, veggies or guacamole.
- ◆ Wrap cold cut turkey, ham or chicken around a pickle spear.
- ◆ Whole grain bread with nut butter (almond, peanut).
- ◆ Cut-up green vegetables.
- ◆ Hard cheese (unless you are sensitive to dairy).
- ◆ Nuts & Seeds.
- ◆ NatraLEAN™ Bar

Eating Out... Without Pigging Out

Most restaurants offer choices that will allow you to keep your fat loss on track. Here are a few hints that we have learned from our clients.

- ◆ Watch portion sizes! Order a salad for yourself, then split a meal with someone, or take half of the meal home.
- ◆ Ask for dressings and sauces ‘on-the-side’. Dip your fork before each bite.
- ◆ Take at least half of the bread off your sandwich, or order the meat and vegetables without the bread and add a salad.
- ◆ Limit before dinner cocktails or high-sugar drinks.
- ◆ Have an extra vegetable, rather than potato or rice.
- ◆ Have a light snack before you go out.
- ◆ Split a dessert. Remember, eating sugar after a high protein/fat meal can cause bloating and gas for some people.

Drink Yourself Thin (Water & Fat Loss)

Studies have shown that low water intake will hinder fat loss . . . increasing water consumption can help you lose fat faster.

Here are the reasons why:

Without sufficient water, the kidneys cannot function properly. The extra 'cleaning load' is transferred to the liver for help. One of the liver's primary functions is to metabolize fat, but the extra load passed on by the kidneys slows down fat processing. Extra water keeps the kidneys flushed, thus allowing the liver to metabolize more fat.

Won't drinking more water cause more fluid retention?

Quite the opposite -- drinking more water will allow you to *lose* fluid! When your body gets too little water, it interprets this as a threat to survival and holds onto every precious drop.

Fluid retention can also be caused by excess salt intake. There are two solutions for this:

1. Reduce sodium intake.
2. Drink more water.

Some people choose to use diuretics to reduce fluid retention. Results are temporary and they can deplete important nutrients.

Some nice fringe benefits!

Here are some more important benefits that water offers . . .

- ✓ Increased energy
- ✓ Improved skin
- ✓ Improved muscle tone
- ✓ Flushes waste & detoxifies
- ✓ Helps relieve constipation
- ✓ Reduces hunger

An easy method to ensure that you get enough water . . .

You will need to drink at least 64 ounces each day. This amounts to eight 8 ounce glasses, or two quarts.

Here's an easy method for monitoring your water intake . . . Use a large, 32 ounce cup or bottle; drink one cup/bottle during the morning, and one during the remainder of the day. If a 32-ounce container seems too large, use a 22-ounce cup or bottle and drink three cups each day. This is in **addition** to other beverages such as tea, coffee and sodas.

Note: Only drink up to 6 ounces of water with meals. This will prevent dilution of important digestive enzymes.

[Move It to Lose It](#)

Here comes the “E-Word”...Exercise! If you aren't training to become a world-class athlete – exercise doesn't have to be a ‘no pain – no gain’ proposition!

Make some enjoyable activities a part of your life! Some simple things like a walk or parking the car farther from the door at the office or store can go a long way toward you getting healthier. The key is to be consistent.

Dr. Len Lopez offers some refreshing insights on exercise in his book; [To Burn or Not to Burn – FAT is the Question!](#)

[Stress & Adrenal Exhaustion - The Missing Piece of the Puzzle](#)

Are you Stressed Out? Having trouble Losing Weight? Fatigued and No Energy? Difficulty concentrating?

Maybe it's your Adrenal Glands!

Your adrenal glands may be exhausted from too much stress! Today's fast-paced society is taking its toll on us. Did you know that 75% of doctor's visits are stress related?

We are all familiar with the word ‘adrenaline’ and the rush it gives us in times of stress. But did you know that constant, everyday stress will deplete and exhaust your adrenal glands, which produce your stress hormones, sex hormones and other important hormones that regulate normal body function. This is important because research is starting to show that the health status of our adrenal glands caused by the level of stress in our life can have a far reaching impact on your overall good health and could be the underlying reason for many of today's health complaints.

Take the Stress test...

Do you consistently experience any of the following? Check those that apply.

- | | |
|--|--|
| <input type="checkbox"/> Fatigue and lack of energy | <input type="checkbox"/> Inability to lose weight |
| <input type="checkbox"/> Cravings and low blood sugar | <input type="checkbox"/> Allergies and Sinus problems |
| <input type="checkbox"/> Depression, mood swings, irritability | <input type="checkbox"/> Headaches and lightheadedness |
| <input type="checkbox"/> Difficulty with PMS and menopause | <input type="checkbox"/> Digestive difficulties |
| <input type="checkbox"/> Mid-morning/afternoon slumps | <input type="checkbox"/> Inability to concentrate and focus |
| <input type="checkbox"/> Difficulty sleeping or insomnia | <input type="checkbox"/> Reduced libido |
| <input type="checkbox"/> Susceptible to infections and colds | <input type="checkbox"/> Difficulty building muscle and tone |

If you checked 1-3 symptoms you could have mild adrenal exhaustion.

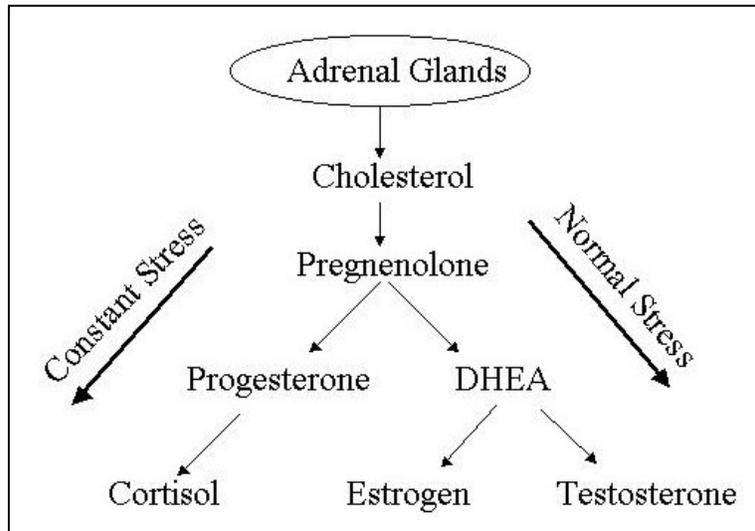
If you checked 4 or more symptoms you probably suffer from adrenal exhaustion.

Exhausted and depleted adrenal glands cause an imbalance of several hormones, including energy producing and fat burning hormones. Optimum health is achieved when we support healthy adrenal & thyroid function with the proper nutrients.

Two important hormones the adrenal glands produce are cortisol and DHEA. Cortisol is your primary stress hormone. If you have lots of stress you produce lots of cortisol. ***Cortisol triggers your body to burn calories from carbohydrates and proteins – not fats.***

DHEA is called the anti-aging hormone because it is known to:

- ✓ Burn fats
- ✓ Increase muscle tissue
- ✓ Help regulate blood sugar
- ✓ Improve memory and cognitive function
- ✓ Support immune system



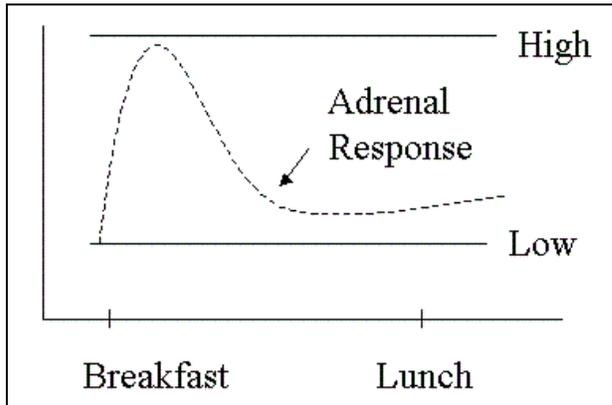
This chart shows how cortisol and DHEA are produced. Keep in mind, the more stress you are under, the more cortisol your adrenals have to produce. If you are constantly producing cortisol, you may not be producing enough DHEA. Remember, DHEA converts into testosterone which promotes muscle growth and improves libido.

What type of stress are you taxing your body with?

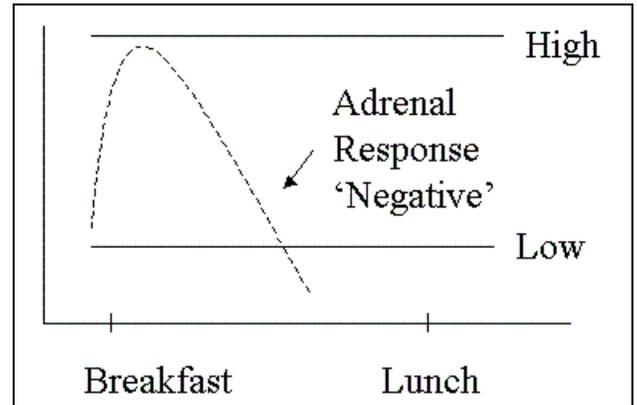
- **Mental / Emotional stress** - worry, anger, frustration, fear, anxiety.
- **Physical stress** – obesity, inadequate or poor sleep, too much or too little exercise, aches and pains, repetitive motion.
- **Chemical stress** - drugs, over-the-counter medications, air and water pollution, preservatives, processed foods, pesticides, artificial sweeteners, flavors and colors.
- **Internal pollution** - constipation, diarrhea, indigestion, heartburn, food allergies, bloating, irritable bowel syndrome, leaky gut syndrome.
- **Microbial toxicity** – over-growth of candida, yeast, fungus, parasites.
- **Nutritional deficiencies** - inadequate supply of vitamins, minerals, antioxidants, enzymes, good bacteria and fiber.
- **Electro-magnetic stress** – exposure to electrical devices such as computers, televisions, cell phones, microwaves, fluorescent lights, electric blankets, waterbeds.

All these stresses have a cumulative effect on your adrenal glands and it's important to recognize where your stress is coming from in order to strengthen your body and improve your overall health. [Adrenal-Fuel™](#) can also help strengthen adrenal function.

The **adrenal glands** also help regulate your blood sugar by releasing hormones that breakdown body fat in order to maintain a stable blood sugar level. Depleted and exhausted adrenal glands won't be able to respond as your blood sugar drops, which than will cause; cravings, irritability, mood swings, lightheadedness, inability to concentrate, etc.



Healthy adrenals keep your blood sugar from falling too low.



Exhausted adrenals won't keep your blood sugar from falling.

**Are you having trouble adding shape and tone to your body?
Are you burning calories from stored body fat?
Are you spending all your time, energy, and effort
exercising, with little or no results?**

Maybe your workout needs an adjustment?

Just because the exercise machine said you burned 300 calories, doesn't mean you burned 300 calories from stored body fat! The two biggest reasons most people aren't adding muscle tone to their body and burning stored body fat are because they are;

- 1- Doing their aerobic workout at too high an intensity level.
- 2- Taxing their body with additional stress by doing too much anaerobic training.

Aerobic and anaerobic exercises are two different types of workouts. Aerobic exercise includes walking, jogging, cycling, swimming, etc. While anaerobic exercise is typically weight training, downhill skiing, sprinting, etc.

Aerobic exercise should trigger 'aerobic metabolism' and anaerobic exercise triggers 'anaerobic metabolism.' Unfortunately, most people who aren't getting the results from their workout are because they are doing their aerobic exercise too fast, which triggers 'anaerobic metabolism.'

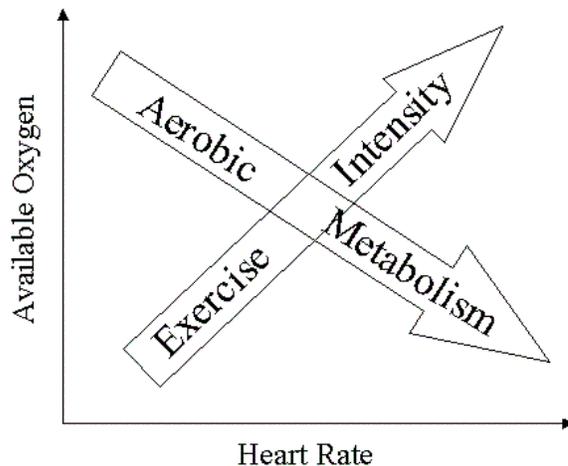
Aerobic Exercise

- With 'oxygen'
- Burns calories from fats
- Low to moderate intensity
- Long duration
- ***Reduces stress***

Anaerobic Exercise

- Without 'oxygen'
- Burns carbohydrates and proteins
- High intensity
- Short duration
- ***Increases stress***

Aerobic metabolism needs oxygen in order to burn fat! Anaerobic metabolism burns carbohydrates and proteins when there is no oxygen available. In fact, aerobic means 'with oxygen' and anaerobic means 'without oxygen.'



As your 'aerobic' exercise intensity increases your heart rate goes up i.e. going from walking to jogging to running.

As your heart rate goes up, the availability of oxygen decreases.

Where these two points intersect is your 'aerobic threshold' or fat burning zone. It is important to keep your heart rate below your aerobic threshold while doing aerobic training, in order to burn calories from fats.

We have all been told that our fat burning zone or 'aerobic threshold' is between 55-85 percent of our maximum heart rate. Unfortunately, most people's ego gets in the way and they believe they can train at 80% of their max heart rate and burn fat. Wrong! It is only the well-conditioned marathoners and tri-athletes that can train at 80% of their max heart rate and still burn fat.

So, if you're not a well conditioned marathoner or tri-athlete you probably are over-training and need to slow down when you are doing your aerobic workouts.

The second reason most people aren't getting the results from all their time, energy and effort working out is because so many people are already over-stressing their adrenal glands. And when you combine that with additional 'anaerobic training' you further deplete and exhaust your adrenal glands.

Keep in mind 'aerobic training' done at too high an intensity level will trigger 'anaerobic metabolism,' which is additional stress on your body. If you're spending half your time doing aerobic and anaerobic training, great, but if you're aerobic training is triggering 'anaerobic metabolism' you're over-taxing your body, which further depletes your adrenal glands.

A simple way to find your 'fat-burning zone' is to simply subtract your age from 180. For example, if you are 50 years old, your zone would be approximately 130 ($180 - 50 = 130$) heartbeats per minute.

Remember, exhausted and depleted adrenal glands won't let you burn calories from stored body fat!

Follow the NatraLEAN Eating Program™ for just 30 days and see and feel the difference!

