

Lose 20 Pounds By Christmas

A Weight Loss Plan

Tis the season to eat, drink and be merry. The holidays always seem to bring great cheer and joyous homecomings. Along with good food and beverages to please the heartiest of appetites. Let's all give thanks to our friends and family at this time of year.



By: Tim Koen
Certified ShapeWorks Wellness Coach

For some of us that means extra pounds, calories and inches added to our bellies. With all those wonderful treats and hearty meals to consume it can seem impossible to not gain weight. You certainly don't want to disrespect your host by refusing to eat. So blindly we go eating everything in sight. We can't let all that food go to waste. Right?

Right! I am about to show you how to fight back in the battle of the holiday bulge. And please your dinner chef at the same time. So grab your favorite beverage and sit back for a good read.

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Step #1 - Make a plan

I want to lose 20 pounds before Christmas. Observing my recent weight gain, I thought, what changed? I was doing so well. I must regain my motivation to lose weight again. Easily done, here's how to do it.

Suddenly, it occurred to me that I gained back the 10 pounds I had lost last year at Christmas time and then gained another 10 pounds. If you followed my blog - [Herbal Nutrition News](#) - you might remember my "Lose 10 pounds in a month" weight loss program that I laid out last year.

In that program I had lost 6 pounds the first week. Then gained back 2 pounds on the first weekend. The next week I lost another 3 pounds and had no rebound weight gain.

Long story short I reached my goal and lost 10 pounds in a month (actually more). So this year I'm going to try for 20 pounds b4 Christmas. "A-Ha" I just took the first step to successful weight loss program. That is to set a reasonable goal.

Now I need to make a weight loss plan. Here's what to do.

1. Start a journal. At the top state your goal and date it. That means I want to be 20 pounds lighter by Christmas day. Next I weighed and measured myself. Uh-Oh not looking too good. But that's great. Secondary goal is to improve my weight and measurement numbers in 2 months. (see personal progress chart)
2. Make a meal plan. For me that is easy, I've done this before. So my plan is to have 2 nutritional shakes a day as a meal replacement for breakfast and lunch and have a light dinner (see Herbalife ShapeWorks Programs). One thing I observed that caused my weight gain was indiscriminate eating during the day. Ohhh! I just identified an area where I can improve my diet. That leads to part 3.
3. Identify areas where you can improve your diet. Okay, stopping indiscriminate eating is my biggest area for improvement. Instead of eating whenever I'm a little hungry I'm going to take [Total Control](#) as an appetite controller, that will curb my urge to snack. I'm going to drink 2 meal replacement [nutritional shake mixes](#) a day and take more vitamins and herbal enhancers. That will give me the nutrition I need to sustain (even improve) my health while dieting.

You will learn about detoxifying the body, what herbs and vitamins you need to promote weight loss and more. We will be discussing several weight loss tips and why they work.

4. Most importantly we are going to review what you need to know about weight loss.

Losing weight really comes down to two things knowledge and motivation.



No matter your weight loss needs,
We've Got a Program for You.
ShapeWorks. All-natural, custom weight-loss.
Supplements. Shakes. Snacks.
-Everything you need for healthy weight loss.

ShapeWorks is a high protein low carb diet, supplemented by herbal enhancers designed to burn fat while providing essential nutrition. The first thing you need to do is figure out how much protein you need.

How to Calculate Your Protein Needs:

1. Weight in pounds divided by 2.2 = weight in kg
2. Weight in kg x 0.8-1.8 gm/kg = protein gm.

Example: A man weighing 180 pounds divided by 2.2 = 82.81 kg x 0.8g = 65g of protein and 180 pounds divided by 2.2 = 82.81 kg x 1.8 = 147g of protein. For weight loss a good rule of thumb is to consume 1 gram of protein for every kilogram of weight per day. So this man should have at least 82g of protein per day.

It is true that you can get enough protein in your diet without supplementing. The problem arises where many foods also contain high amounts of calories, sugars and carbohydrates. When dieting you need to aim to get all the nutrition essential to life and cut down on calories, sugars and carbs.

This can actually get very costly when compared to a ShapeWorks program. Later on we will show you how to save money and lose weight.

Personal Progress Chart

Filling in my personal progress chart for "Lose 20 pounds b4 Christmas" weight loss plan. This is by far the best weight loss tool available. Get it here [Personal Progress Chart](#).

Keeping track of your weight loss has several added benefits.

1. It helps you see if you are actually making progress.
2. It helps you see areas where you could improve upon.
3. If things look good you get to brag to all your friends and peers.
4. It allows you to gauge how close you are to your weight loss goal.

Here is the chart I'm referring too.

Personal Progress Chart

	Date	Weight	Bust/ Chest	Upper Bust/ Chest	Waist	Tummy (women)	Upper Hip (women)	Lower Hip	Upper Thigh	Lower Thigh	Calf or bicep	+ or - Inches	Note, Comment, Question
Day 1													
Day 3													
Day 7													
wk 2													
wk 3													
wk 4													
wk 5													
wk 6													

I know it's kind of hard to read. So I have included the .pdf file where it comes from. If you would like to use this chart open the pdf file. Then print it out. The actual chart is much larger than the photo you see here.

I used this chart 3 years ago for my "Get Healthy" weight loss plan. In that plan I was up to obesity 2 that's more than 40 pounds overweight. By the time I had my personal progress chart filled in I had lost 50 pounds and 23 inches off my body. To keep me focused I tacked up my chart where I could see it everyday. Along the way I could see I was losing weight too slowly at first. I modified my diet some and began to see better results.

That was 3 years ago and I kept most of that weight off, until this year. I somehow managed to put 20 pounds back on. Now, I have a new chart tacked up to my wall.

[Get the personal progress chart here.](#)

Weight Loss Plateau - Get Over It.



I don't get it, why did I stop losing weight? I lost 10 pounds real fast and then no weight loss in a week. What happened, did my plan stop working? Am I going to be stuck at this weight forever?

Whoa, slow down cowboy, everything is going great. All that has happened is you've reached a plateau. As with any plan there are going to be bumps along the way. Or, in a weight loss plan it is called a plateau.

This generally happens around week 3 after beginning a new diet. Your body has adjusted to a higher metabolism and nutrient intake. As your body becomes accustomed to the new diet it reaches a *new* normal metabolism. It seems like your not losing any weight but did you check for inch loss?

Inch loss is just as important as weight loss in a diet. Don't worry just keep doing your weight loss plan. As you begin burning fat off it has to go somewhere. If you experience no weight loss but have inch loss that means you have converted the fat into muscle.

In time your body will adjust again and **start burning more fat**. Just keep doing your weight loss plan as usual and you will get over the weight loss plateau.

At least that's what you hope is happening, because the alternative is worse. Other reasons you may have stopped losing weight include not following your weight loss plan. You may have resumed eating indiscriminate snacks or high energy density foods, like snack food.

If that is the case go back and read Step 1 - Make A Plan

Weight Loss Tip 1 - LaBomba



Lose 20 lbs b4 xmas - weight loss tip1, get your fat burning powers in gear. Update: I lost 4 pounds in my first 4 days of this weight loss plan. I started with a modified **LaBomba diet** and only did the first day, of the 3 day fat burner.

Nevertheless, I'm down 4 pounds from my original weigh in. So far, so good. The [LaBomba diet](#) (day 1) is designed to cleanse your insides and get the body to start burning fat. So I'm off to a good start.

What is LaBomba day 1? It is 2 gallons of water with Protein Beverage Mix, Herbal Concentrate green tea mix and Aloe juice. It is a very tasty and satisfying beverage.

There are 15 grams of protein in each [Protein Beverage Mix packet](#), to provide energy and keep you feeling full. I like the peach mango but the wild berry is good too.

[Herbal Concentrate](#) is a green tea mix with fat burning and appetite suppressants herbs included. This great tasting tea boosts your metabolism and promotes weight loss.

[Herbal Aloe concentrate](#) will help clean out your digestive system and improve nutrient absorption. Also great for internal healing.

I must admit I felt a little drained the next day, which is expected. When you start a weight loss program you may experience some down days. This is because your body is adjusting to a faster metabolism. An unexpected faster metabolism can sometimes cause you to feel weak and slow you down. But this feeling is only temporary.

Don't worry, after a day of the slows you should notice a higher energy level than before. That leads us to today's tip.

Weight loss tip1: rev up your metabolism.

Get your metabolism revved up so you can burn fat. Then plan to do light aerobic exercise like walking. If you are not used to a lot of physical exertion then start with short walks and build from there. Try a modified LaBomba diet to clean out your digestive system and build up the energy you need. Learn more about the modified [LaBomba, 3 day fat burner diet](#).



Dr Komadina, M.D.
and U.S. Senator -
New Mexico

Before: 300 lbs.

After: 185 lbs.

Lost: 115 lbs

LaBomba The Herbalife 3 Day Diet That Gets Results!

Struggling with starting a weight loss program? Seemingly hit a stubborn plateau, there is a 3 day solution for you.

The **Herbalife LaBomba** 3-day Diet Program incorporates protein to keep you from getting hungry, an all-natural energy booster, and a very gentle digestive cleanse designed to help you begin a healthy weight loss program.

Safe and effective! Endorsed by Dr. Steven Komadina, A prestigious member of Herbalife's Medical Advisory Board.

Listen Dr. Komandina talk about the LaBomba [For Audio Presentation](#)

[Click Here](#)

Recipe

Make two Gallons (mix at different times).

- Add to 1 gallon of water:
- 9 Capsuls [Herbal Aloe concentrate](#) (9tspns) or 2 oz.
- 2 teaspoons [Herbal Concentrate](#). Green tea mix.
- 3-1/2 packets [Protein Beverage Mix](#). Peach Mango or Wild Berry flavors.

Tip: Mixing by hand is kind of messy. Try this - cut portion size in 1/2 and mix in a blender.

Science behind the LaBomba program: It decreases Insulin release and increases Glucagon release and therefore it is a fat burner diet. It is not a program that gets rid of water weight. It is a "fast" fat burner program that melts away the pounds!

Glucagon

Released when you eat protein

- Raises blood sugar by converting protein and fat into glucose.
- Fat Burner.
- Decreases cholesterol production.
- Increases release of growth hormone.
- Makes kidney release fluid
- Releases fat from fat cells for energy.
- Makes dietary fat into ketones for energy.
- Shift metabolism into burning mode.

Insulin

Released when you eat carbohydrates

- Lowers blood sugar.
- Increases storage of fat.
- Stimulates liver synthesis of fat.
- Glucose decreases release of growth hormone.
- Stimulates growth of smooth cells in the arterial wall.
- Makes kidneys retain fluid
- Increases appetite.
- Shifts metabolism into storage mode.

From Dr. Steve Komadina, MD.

[Learn more about LaBomba - 3 day Fat Burner Diet.](#)

Whole vs. Soy Milk - A Better Shake



Which one makes a better milk shake? How much difference is there between whole (cow's) milk and Soy milk? Plenty, if you ask me. In reality the differences are not that far apart. **Each contains vitamins, minerals, protein, sugars and fat** and comes in a variety of flavors. It is the amount and quality those ingredients that makes the difference, not the taste.

I used my daily fat burning walk to go to the supermarket. When there, I went to the dairy aisle to purchase soy milk. Soy milk is great for those **nutritional shakes for weight loss**. It seems 90% of those nutritional shake recipes call for skim or soy milk, but not whole milk. Why is this, I wonder?

Experts (including me) will tell you that soy milk has 6 to 12 grams of protein per serving and when added to a [nutritional milk shake](#) can give up to 20 grams per serving. Whole cow's milk also has 8 grams of protein per serving. So what's the difference?

The US Food and Drug Administration approved the health claim that "25 g of soy protein a day, as part of **a diet low in saturated fat and cholesterol**, may reduce the risk of heart disease."



Soy is a source of high-quality protein that helps you eat less often and decreases hunger. Soy protein helps to maintain muscle mass during weight loss or body building programs. Soy is a fast-digesting, high-quality protein source with **a superior amino acid profile** (it's high in arginine and glutamine as well as the branched-chain amino acids leucine, isoleucine and valine), and isoflavones are powerful antioxidants with multiple health benefits. Okay, there is a difference in the quality of protein in soy milk.

Score 1 for Soy Milk, 0 for whole milk.

What else should you know about milk? Both Soy and cow's milk contain cholesterol, right? Wrong, **Soy milk has 0 g cholesterol**, while whole milk has 35 mg of cholesterol. That's 11% of your recommended daily value (RDA) in one 8 oz. glass.

Score another 1 for Soy and 0 for whole milk.



Many Soy milk brands carry the American Heart Association's logo for being "heart healthy" Whole milk can't get this award because of it's high cholesterol and fat content. **Soy milk is low in saturated fat** only 3% RDA. While whole milk contains 25% RDA of saturated fat. That is a lot for one glass of milk. And not very conducive to a healthy lifestyle or losing weight.

Score another 1 for Soy milk and 0 for whole milk.

But isn't whole milk full of calcium and other vitamins? NO, not really. It is high in calcium about 30% RDA and so is Soy milk. So they are even on that score. Soy milk has 25% RDA of Vitamin D and so does whole milk. Another even score. But, **Soy milk has significant quantities of other vitamins and minerals** that whole milk doesn't. For instance Vitamin B12, Iron and Riboflavin are found in soy milk in significant quantities, but not in whole milk.

Score 3 for Soy milk and 2 for whole milk.

Calories are always a big concern for the weight conscious so lets look at those. Whole milk supplies 150 calories with 70 of those from fat. Where as Soy milk has only 80 calories with 25 of those from fat. Making Soy the clear winner in this category.

Score another 1 for soy and 0 for whole milk.



One last thing to look at, I promise and that is sugars. Believe it or not sugars are food to burn. They get your metabolism going and can actually burn pretty fast, if you use them. If you don't use the calories, it would make sense that unburned sugars would just stay on you. Which they do, if they aren't burned up right away the body converts them to fat and stores that energy for later use.

Therefore, if you are trying to lose weight **a reduction in sugar content in your diet** makes a lot of sense. Reducing the sugars you consume can result in burning stored fat. A glass of soy milk contains only 7 g of sugars while whole milk has 11 g of sugars. So a big difference there, **50% more sugars in whole milk vs. soy.**

Score another 1 for soy and 0 for whole milk.

That's my take on the whole vs. soy milk thing. I scored it 8-2 in favor of Soy. But, you

can make up your own mind, following is a comparison chart.

Ingredient	Soy Milk		Whole (cow's) Milk	
	Serving - 8 oz	% Daily Value	Serving - 8 oz	% Daily Value
Calories	80	2000/day	150	2000/day
Calories from fat	25		70	
Total Fat	3g	4%	8g	12%
Saturated fat	0.5g	3%	5g	25%
Trans fat	0g		0g	
Poly unsat. fat	1.5g		n/a	
Mono unsat. fat	0.5g		n/a	
Cholesterol	0mg	0%	35mg	11%
Total Carbs	7g	2%	12g	7%
Dietary fiber	0g	0%	0g	0%
Sugars	7g	n/a	11g	n/a
Protein	6g	12%	8g	15%
Vitamin A		10%		6%
Vitamin C		0%		4%
Calcium		30%		30%
Vitamin D		25%		25%
Iron		6%		0%
Vitamin B12		15%		n/a
Riboflavin		25%		n/a



Okay now that we got that settled what is soy milk good for besides it's nutritional value? Making [nutritional soy milk shakes](#) of course. When mixed with Formula 1 nutritional shake mix soy milk significantly increases the nutritional value of the shake, whereas whole milk doesn't.

A-ha the truth comes out. When looking at the comparison chart many people would agree that both varieties are within acceptable limits for a healthy diet. But, if your are looking to make a nutritional milk shake then

using to soy milk makes a lot of sense.

If this sounds like you, then you might be interested in the nutritional value of soy protein based [Formula 1 milk shake mix](#).

3 Weight Loss Laws of Metabolism



If Sir Isaac Newton had defined weight loss laws they would be something like this. A body at rest would stay at rest until acted upon by a metabolism booster. Weight loss is equal to energy burned times metabolic rate. A metabolism boost would have an equal and opposite energy burning reaction. Instead he defined the principal laws of motion.

Sir Isaac Newton's three laws of motion provide relationships between the forces acting on a body and the motion of the body. Newton's first law states that

a body at rest will remain at rest until acted upon by an outside force or a body in motion tends to stay in motion until acted upon by an outside force. Newton's second law basically says that force is equal to mass times acceleration ($F=M \times A$). The third law of motion states that for every action there is an equal and opposite reaction.

This is important to dieters because the force of gravity is always acting upon us earthlings. That means the you need to burn a certain amount of energy just to stay at rest or equal the force of gravity. This is called the resting metabolic rate. It is rated as the number of calories you need to burn just to maintain your current size and weight without any activity. Obviously this will vary from person to person, but is related to your size, shape and physical health.



So let's say that your goal is to improve your size, shape and physical health. Then you would need an outside force to act upon your resting body to accelerate it toward that goal. We can see that weight loss is equal to energy burned times metabolic rate or $WL = E \times M$.

So it would follow that to decrease your mass (weight) you need to increase your metabolism for an equal and opposite fat burning reaction. Simply increasing your metabolic rate should decrease your stored fat and promote weight loss. Conversely increasing your stored energy without increasing your metabolic rate would increase your weight.

Stored energy in the body is in 2 forms, fat and muscle. The trick here is to convert the energy stored in fat and maintain or build muscle energy. This combination could result in improved weight management, better shape and improved health.

Certain foods, supplements and herbs have the natural ability to increase your metabolic rate thus supplying you with the energy you need to burn more fat. These are

said to have thermogenic properties. Green tea is one such herb.



That makes energy and metabolism boosters important to weight loss. Energy boosters are those foods or supplements that increase metabolism with a low calorie count such as most fruit and vegetables, green tea, vitamins, herbs and minerals.

Foods containing a lot of fats and carbohydrates have a high energy density and high caloric loads will increase your stored energy (fat). These foods include French fries, pasta, cheeses, chips, cookies and cakes, etc. Also known as "junk food."

Let's review: The 3 weight loss laws are a body at rest will remain at rest until acted upon by a metabolism booster. $\text{Weight loss} = \text{energy burned} \times \text{metabolic rate}$. A metabolism boost will have an equal and opposite energy burning reaction. The force of gravity is always acting upon us earthlings. Stored energy is in the form of fat and muscle. Certain foods have natural thermogenic properties including green tea, vitamins, mineral and herbs. Metabolism and energy boosters raise your metabolic rate. Junk food will increase your stored energy (fat).

Conclusion: Energy and metabolism boosters may promote weight loss by burning stored energy (fat).

Learn More About:

[Total Control](#) - an energy booster with green tea herbs and vitamins, designed to control appetite.

[Herbal Concentrate](#) - Green tea mix with natural thermogenic properties (weight loss laws).

[LiftOff](#) - An energy drink with herbs, vitamins and minerals in an easy to carry packet.



[Herbal Concentrate](#)



[Total Control](#)



[LiftOff](#)

Water and Weight Loss

Water (H₂O) is probably the single most important catalyst in losing weight and keeping it off. One of the things we take most for granted, it plays a very important role in permanent weight loss. It aids in suppressing the appetite naturally and in metabolizing stored fat.



Studies show that a decrease in H₂O intake may cause fat deposits to increase, while an increase in H₂O can actually reduce the fat deposits in the body. The kidneys do not function properly without enough water and when this occurs, some of their function is passed on to the liver. The liver works to metabolize stored fat into usable energy for the body, so if the liver has to help the kidneys, it cannot function effectively and consequently metabolize less fat. Thus, fat remains stored in the body and [weight loss](#) will stop.

People who are prone to fluid retention often think that reducing their fluid intake will help to remedy this problem. Actually the opposite occurs. The body perceives a lack of fluid as a threat to its survival so it attempts to hold on to every drop. Fluid is then stored in spaces outside the [body's cells](#), causing swollen feet, hands, and legs. The best way to overcome excess fluid retention is to give the body what it needs—plenty of H₂O.

Water also helps to maintain proper muscle tone by giving back the muscles' natural ability to contract and by preventing dehydration. It helps prevent sagging skin that often accompanies weight loss. Shrinking cells are plumped up by H₂O and the complexion appears clear, healthy and radiant.

Water flushes waste from the body - a particularly important function when losing weight as there are toxins being released from the fat cells—and eliminates problems with constipation.

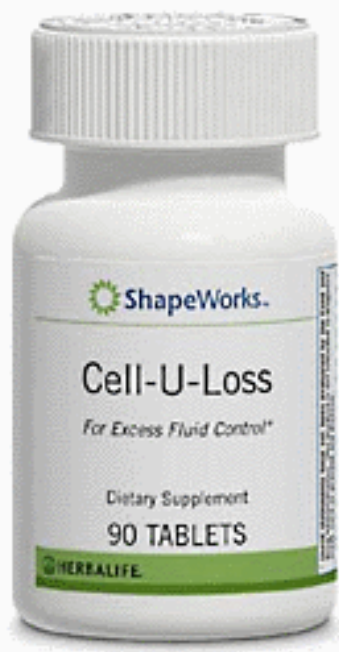
How Much Water Is Enough?

At least 64 ounces a day, preferably 72 ounces, and if you are [overweight](#) you need to add one glass (8 ounces), for every 25 pounds you need to lose. An easy rule of thumb is to divide your weight in half to determine how many ounces you need to drink daily to start shedding water weight.

So to sum up, getting enough fluid is critical because...

1. The body will not metabolize stored fat without it.
2. Retained fluid shows up as excess weight.

3. If you drink enough H₂O, more fat will be used as fuel because it frees up the liver to metabolize stored fat.
4. There is a loss of hunger almost over night.
5. Hunger pangs are often confused with the body wanting fluid – thirst pangs.



Let nature in: millions of dollars are spent each year on liposuction. Instead of expensive surgery let nature take it's course with [Cell-U-Loss®](#). Use it to reduce the appearance of cellulite and fluid retention.

Cell-U-Loss is designed to assist in the elimination of cellulite, waste and excess fluids from your body. Loaded with vitamin C, an essential vitamin with antioxidant activity, potassium a vital mineral often lacking in calorie-restricted diets and a combination of natural herbs.

Cell-U-Loss is a convenient way to **flush out excess water and toxins**, and shrink the fat cells that cause the appearance of cellulite. [Learn more](#)

Why do weight loss products cost so much?

Because you have to buy 30 days worth of meals at a time. Think about it, if you had to buy 30 days of food at one time what would it cost? At 3 meals a day and \$5.00 a meal that would add up to \$450. Even at \$3 a meal that would be \$270. You also need to consider the nutritional value of the food you eat. With the price of food these days it is very difficult to get a balanced meal for under \$5.



Let's define the term "meal" for sake of analysis - **a meal is 1 portion of balanced food containing all essential nutrition and energy requirements for 1/3 of a day.** We can then say that there are 3 meals per day - breakfast, lunch and dinner. Now how much does the average meal cost. Our data shows most people spend between \$6 to \$14 per day, or an average of \$10 a day for breakfast and lunch with in between meal snacks. (Reference: Health evaluation survey). Dinner came in at \$5-\$10 per day.



Breakfast and Lunch Nutritional Shakes

Now let's consider a meal replacement shake with complete nutritional value and easily made at home, work or on the go. The **Herbalife ShapeWorks Formula 1** costs \$32.75 USD for 750 grams or 30 servings. I like to mix that in soy milk for added nutritional value. A 1/2 gallon (64 oz.) of soy milk costs \$2.89 USD, and will make 8 shakes. So you would need 1-7/8 gallons (let's just call it 2 gallons) or \$11.56 worth of soy milk for 30 servings. Adding those 2 costs together you get $\$32.75 + \$11.56 = \$44.31$ for 30 servings. Or about \$1.48 per serving/shake/meal.



ShapeWorks Formula 1 Nutritional Shake Mix

That is \$1.48 for a complete meal, which over the course of 30 days can add up to significant savings. Let's say you plan on losing 20 pounds. You would need between 4 and

8 weeks at a weight loss rate of 2-1/2 to 5 pounds a week. That would correlate to (2) 750 g containers of F1 and 2 gallons of soy milk up to (4) 750 g containers of Formula 1 and 4 gallons of soy milk. Or between \$77.70 and \$154.92 worth of nutritional shakes.

Let me put that a different way. You would need a meal budget of between \$77.70 for 1 month or \$154.92 for 2 months supply depending on how fast you lose weight. That is assuming you replace 2 meals a day. Or about \$3.00 a day for breakfast and lunch with no in between snacking.



Formula 2 Multivitamin Complex

Now let's add in the **vitamins and energy boosters** that you get in the ShapeWorks weight loss program. You get a complete multivitamin, Herbalife ShapeWorks Formula 2 multivitamin complex. Getting the proper nutrients for dieting is extremely important to overall weight loss. F2 is \$19.95 for 90 tablets or 30 day supply. Or about \$0.66 per day.



Cell Activator

ShapeWorks also has a **good nutrient absorption supplement** to increase your foods effectiveness. At \$21.95 Cell Activator is a real bargain for a 30 day supply. This neat little product helps increase nutrient absorption through Krebs cycle initiators.

Specifically Cell Activator **increases the effectiveness of your food** through improved cellular activity. That means you can eat less and get more benefit from food. So add, \$21.95 for a 30 day supply would mean \$0.73 per day.

The **Herbalife ShapeWorks weight loss programs** also comes with a metabolism booster called Herbal Concentrate - green tea mix.



Herbal Concentrate

Herbal Concentrate has **thermogenic (fat burning) properties** and is an excellent energy booster as well. Have a cup of tea daily to promote weight loss and help improve overall health. A 30 day supply of Herbal Concentrate costs \$19.95 Or \$0.66 per day.

Now adding up the costs of a Herbalife ShapeWorks program we can see that this formula is true.



ShapeWorks QuickStart Protein Plus

- F1 shake mix = \$2.96/day
- F2 vitamins = \$0.66/day
- Cell Activator = \$0.73/day
- Herbal Concentrate = \$0.66/day

Total = \$5.01/day for 2 meals and all the weight loss supplements for healthy weight loss or \$2.50 a meal.

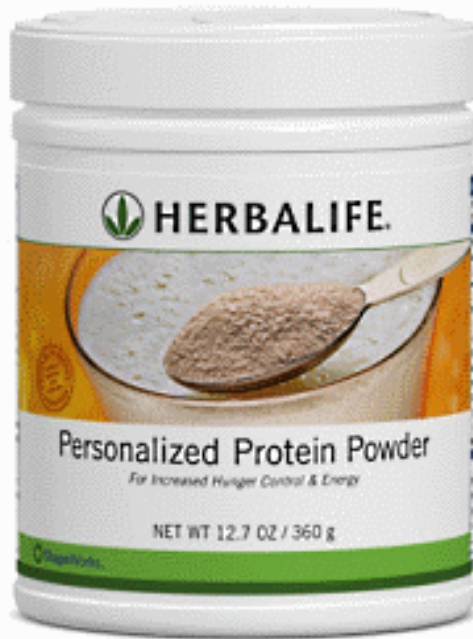
Unfortunately, people don't look at the cost per day/meal instead they look at the initial upfront cost. Totaling up the initial cost of a weight loss program mentioned above would be. Assuming 30 day supply.

- F1 shake mix 30 servings @\$32.95 x 2 = \$65.90
- Soy milk = \$23.12
- F2 Multivitamins = \$19.95 (90 tablet)
- Cell Activator = \$21.95 (120 capsules)
- Herbal Concentrate = 19.95 (30 servings)

Total = \$150.87 Or \$5.03 per day - for a weight loss of 10 to 20 pounds per month.

I ask you, does that sound expensive? Let me put it this way, it costs less to lose weight and improve your health on the Herbalife ShapeWorks plan than it does to lose weight by only spending \$5 a day on breakfast and lunch.

We've determined that you could consume 2 meals a day for about \$5. However you may need extra protein to meet your daily requirements. In that case you can add ShapeWorks Formula 3 Personalized Protein Powder to your nutritional shake mixes. At 5 grams of protein per tablespoon this adds up quickly. PPP is a flavorless protein powder with 0 carbs and only 20 calories per serving. A 360 gram container has 60 servings or a 30 day supply.



Formula 3 Personalized Protein Powder

Figuring in this added cost is \$28.50 for 60 servings or \$0.95 cents per day (for 2 servings). Bringing the cost to \$5.98 per day for 2 meals plus all the weight loss supplements, for \$2.99 per meal. Remember we defined a a meal is 1 portion of balanced food containing all essential nutrition and energy requirements for 1/3 of a day. Now ask yourself how many complete diet plans cost this little?



And now for our Christmas gift to you. Herbal Nutrition Solutions is offering a **10% Discount** now through New Years Day. You will want to get a pencil and write this number down.

HNS10%OFF

Use this voucher for 10% off your next purchase at [Herbal Nutrition Solutions.com](http://HerbalNutritionSolutions.com) [herbal catalog](#). Insert this coupon code in the voucher box in the shopping cart.

Herbalife ShapeWorks Programs

Read the [Weight Loss Success Guide](#) for full instructions.

Free copy with purchase

Herbalife ShapeWorks weight loss programs are as simple as 3-2-1.

- Take the herbal weight loss supplements 3 times a day.
- Have 2 nutritional meal replacement shakes and 2 protein snacks during the day.
- Eat 1 light healthy meal in the evening.

ShapeWorks programs are personalized to individual needs. Depending on how much weight loss you want to experience combined with your nutritional needs determines which program you should select.



Quick Reference Guide: there are 2 variations of 3 basic programs.

1. **QuickStart** - For 10-20 pound weight loss. A great way to introduce yourself to the program or as a starter kit for personalizing your own program.
2. **Advanced program** - for 20-40 pound weight loss. Our most popular program comes with extra herbal enhancers for maximum effect.
3. **Ultimate program** - for 40 pound and above weight loss. All the extra enhancers plus an assortment of high energy protein snacks.

Protein Plus programs come with additional Personalized Protein Powder. Added protein powder may be needed to reach your recommended daily allowance of protein and the larger size of Formula 1 nutritional shake mix.

Personalized for your body shape to provide a balance of protein, carbohydrates and vitamins for successful weight loss. 6 different programs to match your [weight loss goals](#).



[QuickStart](#)



[Advanced](#)



[Ultimate](#)



[Meal Planner Guide](#) The ShapeWorks™ program has been designed to help you lose weight and get good nutrition without feeling hungry. This guide shows how to use the simple 3-2-1 method of preparing your ShapeWorks™ meals. Individuals can customize nutritional shakes, snacks and meals, as well as customize your supplements.



[Formula 1 Nutritional Shake Mix](#) - A meal replacement shake with heart healthy soy protein, vitamins, mineral, herbs, enzymes and fiber to leave you satisfied and energized. **Healthy weight loss** means Formula 1 Nutritional Shake Mix. F1 comes in seven mouth watering flavors. One shake equals the nutrition of a complete meal, that satisfies your hunger and taste buds. For weight loss have two shakes and one healthy meal every day. For weight management have 1 shake per day.



[Formula 2 Multivitamin Complex](#) - A blend of vitamins, minerals and herbs to help ensure your essential nutrient intake as you lose unwanted pounds. Formula 2 provides 22 essential vitamins and minerals with a unique blend of herbs. Includes antioxidant vitamins C, E, beta-carotene and selenium, to help protect the cells from free-radical damage. Supplies B vitamins, including folic acid, B6 and B12, which are essential for energy production and help maintain healthy homocysteine levels that are already within a normal range for cardiovascular health.



Formula 3 Personalized Protein Powder - Your body needs the right amount of protein for hunger control, lean muscle support and healthy weight management. This flavorless powder provides additional protein to your diet.

Formula 3 features a proprietary blend of soy and whey protein. This unique formula provides all your daily protein needs. Excellent for hunger control and maintaining energy levels throughout the day.



Cell Activator - A blend of select botanicals and nutrients to support cellular energy and stamina. Boosts nutrient absorption naturally. Herbal blend enhances antioxidant activity.

Through a series of biochemical processes known as the Krebs Cycle the mitochondria create energy stores in the form of ATP. Your body then draws on the ATP for energy day and night as needed. **Cell Activator** optimizes cellular energy production and nourishes the brain.



Herbal Concentrate Green Tea Mix - An energizing and thermogenic beverage with Green Tea and select herbs. Ideal replacement for sodas and coffee. Enjoy hot or cold throughout the day. Boost metabolism so you can burn fat faster.

The Green Tea and herbs in Herbal Concentrate has been found to promote weight loss, boost energy, reduce the risk of heart attack, help prevent against cancer, protect your teeth and gums and offer relief from arthritis. ***Not bad for a leaf!***



Total Control® - This advanced appetite control formula builds energy and boost metabolism to help you overcome the challenges associated with dieting and maximize weight loss.

TC revs up your metabolism with a unique blend of herbs, minerals and vitamins. These gentle herbal ingredients help control your appetite so you can burn fat and shed those unwanted pounds. Look to Total (appetite) Control as a solution to supply the essential nutrients that you need for successful weight loss.



Cell-U-Loss - Designed to reduce fluid accumulation and improve the skin's appearance. Dimpled skin may result from cellulite, fluids and waste accumulating in the fatty tissues.

Cell-U-Loss is designed to assist in the elimination of cellulite, waste and excess fluids from your body. Loaded with vitamin C, an essential vitamin with antioxidant activity, potassium a vital mineral often lacking in calorie-restricted diets. It is a convenient way to **flush out excess water and toxins**, and shrink the fat cells that cause the appearance of cellulite.

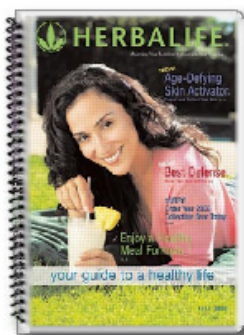


Protein Snacks - High protein, low calorie snacks, as a healthy between meal snack or appetizer to fill you up quicker. Protein energy bars, Soy Nuts, Beverage Mix, Creamy Chicken Soup. Great for appetite control and boost metabolism too. **Protein Snacks** -Designed to complement our ShapeWorks™ programs. Whether you struggle with snacking, cravings or just want more protein in your diet. Protein Snacks are solutions that can enhance your weight loss program.



Snack Defense - is a cutting-edge herbal blend that targets the body's response to cravings. Works day or night to reduce the desire for sweets and helps prevent the urge to snack between meals.

Formulated with a blend of powerful ingredients, including Gymnema Sylvestre, Chromium Polynicotinate and Garcinia Cambogia extract. Herbalife takes snacking and craving control to a whole new level with this scientifically proven formula.



Herbal Catalog A-Z by category. Herbalife the leader in herbal nutrition solutions. To find all your nutrition needs, weight loss and herbal products.

Enjoy this informative guide to our entire product line. Learn more about healthy living and the science behind our products.

How to Eat, Drink and Be Merry

without gaining weight



Once again tis the time of year to eat, drink and be merry. The holidays are here and everyone is cooking up a storm or headed over to grandma's for her famous turkey dinner. It sure seems easy to gain a lot of weight during the holidays. And wouldn't it be nice if we could get away with eating all that food and not gaining those extra pounds.

Well, I'm not going to say that is easy, but here are some tips you can do to keep from eating too much of the stuffing, and saving room for mom's apple pie. They can help keep you from overeating and still eat what you like.



1. Before you sit down to the big meal drink 1-3 glasses of water. This will give you a fuller feeling and help you to eat smaller portions. Speaking of which:

2. When you do sit down for the big family meal ask yourself this. How much food is on the table and how much do I want sample. Speaking of Samples, try this: Select your portions in sample size. You may be amazed at how fast your plate fills up and still be able to taste all the different flavors too. Plus, you'll be able to speak knowledgably about every dish that is served (including the soup).



3. Another good tip is to have an appetizer before the main meal. No, not the cakes and candy. I'm talking about a having a salad or a bowl of soup, which helps you to feel fuller, so you desire less of the main course. Allowing you to select your portion size with your eyes instead of your stomach. Speaking of the stomach:

4. Don't go to the big meal with a big appetite. Eat something (not too much) at least 2-3 hours before you go. This will help keep your metabolism normal so that you don't feel starved or full when you get there. It also helps you avoid munching on the sweets and candies when you get there.

5. Chewing your food slowly breaks it up more thoroughly so that your digestive system can process it more efficiently.

In summary here it is. Eat something 2-3 hours before the big meal. Drink 1-3 glasses

of water, have a bowl of soup or salad as an appetizer and choose smaller portions of each dish you like and save room for dessert.



Let's not forget about mom's famous lines "eat your vegetables" and "chew your food slowly". These two tips are surprisingly effective.

Vegetables have a lot of fiber which fills you up faster and have a lot of vitamins and minerals that satisfies the bodies need for healthy nutrition.

We can't always get enough fiber in our diet so it's important to make sure that when you go to those big family meals that you consume plenty of fiber.

An easy way to increase your fiber intake is with a herbal supplement called Thermo-Bond. This can help speed digestion and improve nutrient absorption.



Herbalife Thermo-Bond ® fiber tablets - When fiber passes through the stomach into the digestive tract, it absorbs water and waste materials before being eliminated from your body. Proper intake of fiber speeds the process and reduces the amount of time food spends in the intestinal tract, assisting your body in optimum removal of toxins and other wastes.

Effective way to absorb less fat: Which is great news for your weight loss program. [Thermo-Bond](#) is about deriving the most nutrition from food while absorbing less fat. Which is a prerequisite for overall good health.

I used these tips last year and was able to maintain my body weight and eat Aunt Ann's homemade apple pie too. The turkey still put me to sleep after dinner, but hey, do you know a better way to get out of doing the dishes? Just kidding ;D

For my next tip try this, when the meal is over offer to help clear the table or do the dishes. A little bit of activity after a big meal keeps your metabolism going and helps you digest more of the nutrients and absorb less of the fat.

[Learn More About Thermo-Bond](#)

Remember, if all these tips don't work you can always go on a diet later. The holidays are

meant to be fun, so enjoy yourself.

If the pressure to eat too much is too great, then eat and plan too lose weight later. Which brings us to the best tip of all. To lose or maintain your weight you must plan to manage your weight. [Weight loss](#) planning before you overeat is much more effective than after.

By: Tim Koen

Let's review: Lose 20 pounds by Christmas, a weight loss plan.



Step 1. - make a weight loss plan. Set a reasonable goal, Like lose 20 pounds by Christmas.

Step 2. Make a progress chart to keep track of your weight loss. [Printable progress chart.](#)

Step 3. Jump start your weight loss program with [LaBomba 3 day fat burner diet.](#)

Step 4. Select a [ShapeWorks weight loss program](#) that suits your goal. Get 10% off with coupon code.

Step 5. Do the program consistently until you reach your goal.

Step 6. Eat, drink and be merry.

Have a merry Christmas everyone.

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