

ShapeWorks by Herbalife

"Get Skinny Clothes"

**"For this Year, I plan to lose weight
and get skinny clothes."**

Have you said this before, more than once maybe? Make this the last time you say it.



By: Tim Koen
Certified ShapeWorks Wellness Coach

For many the new year means losing weight. Every new year many people vow to get their weight under control once and for all. That can mean one failed diet plan after another and a repeat of a previous new years resolution.

This year learn how to lose weight and keep it off year after year. This is a proven weight loss plan used by millions of people world wide. The basic premise is to get the nutrition you need while controlling appetite so you can burn fat and lose weight for good. Also included are tips, techniques and articles about health, wellness and nutrition.

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Plan for Success

Step 1: Make A Plan!

"I want to lose weight this year". Yeah right, sound familiar? Many people have said that, but not all reached their goal. Follow along to see how to do it the right way. Take these steps and will lose weight. Read on to see how to get it done!!!

Make a weight loss plan that works. Here's what to do.

1. **Start a journal.** At the top state your goal and date it. Start by weighing and measuring yourself. Write down your data keep track of it. **Better yet take a "before" picture of yourself.** Tack up your journal (and/or picture) in a place that you can see it everyday. This will serve as a reminder and help keep you on track. Use the included [Personal Progress Chart](#).
2. **Set a Goal** - this is extremely important. Set a realistic goal to reach for. Make it simple to start with, like this: "I want to lose 3 pounds a week" Don't set unreachable goals, like "I need to lose 50-11 pounds", that won't help you lose weight. Be realistic and set short term goal that you can reach.
3. **The meal plan.** Have 2 nutritional shakes a day as a meal replacement for breakfast and lunch and have a light dinner. One thing you will want to control is indiscriminate eating during the day. Identify an area where you can improve your diet.
4. **Identify areas** where you can improve your diet. Stopping indiscriminate eating is one of the biggest area for improvement. Instead of eating a snack whenever you are a little hungry try an appetite controller, like Snack Defense, to curb the urge for snacks. It's easy to **supplement your dietary requirements** with vitamins, minerals and herbal enhancers to lose weight, improve your health and live longer.
5. **Detoxifying the body**, you will learn about internal cleansing and weight loss. Find out what herbs and vitamins you need to promote weight loss and more. We will be discussing several **weight loss tips** and why they work.
6. **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**.



The very first thing you need to do download and print the [Personal Progress Chart](#). You've made your mind up to lose the weight, now it's time to see how much weight you need to lose. Go to the weight loss calculator to find out how much weight you need to lose. Write this information down at the top of your personal progress chart.

Weight Loss Calculator

Gender: **Male** **Female**

Frame Size: **small** **medium** **large**

My Current Weight: lbs.

Height: Ft. In.

What Should I weigh?

Use the [weight loss calculator](#) to find your ideal weight, what your current BMI is, how much weight you should lose. Then select which ShapeWorks program suits your needs. Make a mental note of how much weight you want to lose. This will become your goal.

ShapeWorks program 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 weight you need to lose to reach your ideal weight. Use the [Weight Loss Calculator](#) to find out what you should weigh.

Weight Loss Tips to Reach Your Ideal Weight



The scale is not answer: Don't get discouraged if your weight loss progress seems to be slow down (according to your bathroom scale). Instead, measure your results with a tape measure it will give you a much more reliable and encouraging feedback. If you want to beat the scale, keep a journal (it's fun to track your results).



Weekly weigh in: Only measure your results and weigh yourself once a week to give your body time to make adjustments. It took time for you to put on that extra weight and it takes time to lose it too. Keep going with your plan and don't be afraid to change it. Identify areas that can be improved and apply your ideas.



Take it one pound at a time: Don't get overwhelmed by how much weight you need to lose. Just take baby steps in the right direction and you'll be amazed at your progress when you look back. You didn't gain your weight overnight, and you won't lose it all overnight either. Take these weight loss tips to heart they can really help.



Set reachable goals: Don't shoot for the moon, it will only break your heart. Instead, begin with a manageable goal of say, walking 30 minutes a day. Do something that you know you can achieve. Then build your self-esteem by achieving the small goals.

Then look at the big picture and set new small goals, like learning new exercises. Eventually all the little goals add up to the big picture.



Clean out your refrigerator: Take a close look at your refrigerator and cabinets then re-organize your food. Clean out unhealthy foods to keep temptation at bay. Shop when you're full: Plan grocery shopping when you are not hungry and avoid buying foods you may regret later. This tip can also help you save money.



Celebrate your success: Each time you lose 5 pounds, acknowledge your achievement by giving yourself a little gift. Try having a special meal for your family or friends. Then tell them all about your success. This will build confidence and reinforce your motivation. Remember safe [weight loss](#) takes time and should be rewarding and fun.

Personal Progress Chart

Keeping a personal progress chart is a must for any 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.

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													



Included is a printable .pdf file. Use this chart to track your progress (opens the pdf file). **Print it out**. The actual chart is much better than the photo you see here.

I used this chart for the "Get Healthy" weight loss plan. At that time 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 lost 50 pounds and 23 inches off my body.

To keep focused put up the chart where you can see it everyday. Along the way you can check to see if you are losing weight too slowly. Modify your diet as necessary to see better results.

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

Body Cleansing - LaBomba

Lose 5-9 Pounds in 3 Days!!!

Stoke up your fat burning furnace - with a LaBomba diet and lose 5-9 pounds in 3 days. LaBomba gets its name by originating in Mexico. The [LaBomba diet](#) is designed to cleanse your insides and *kick the body into fat burning mode*. Get your weight loss plan off to a good start, stoke up the fat burning furnace. *Herbalife LaBomba Diet Revealed*.



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

Protein Beverage There are 15 grams of protein in each 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.

A big part to losing weight is rebuilding your cells with healthier nutrients. When your cells are clogged up with

toxins and pollutants they need to be purged first.

Then your system can absorb more nutrients. When your digestive system is absorbing more nutrients your body begins to rebuild itself from the inside out. Which leads us to the first stop on your weight loss journey.

Cleanse your digestive system.

Try the LaBomba diet to clean out your digestive system and build up the energy you need. get your fat burning furnace into high gear with this 3 day fat burning diet.

LaBomba The Herbalife 3 Day Diet That Gets Results!



Dr Komadina, M.D.
and U.S. Senator -
New Mexico
Before: 300 lbs.
After: 185 lbs.
Lost: 115 lbs

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 [Click Here For Audio Presentation](#)

Recipe

Make two Gallons (mix 1 gallon at 2 different times in same day).

- To 1 gallon of water add:
- 2 oz. [Herbal Aloe concentrate](#) (9 Capfuls/9 tspns) or 1/2 quart of [Ready Herbal Aloe](#).
- 2 teaspoons [Herbal Tea 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.

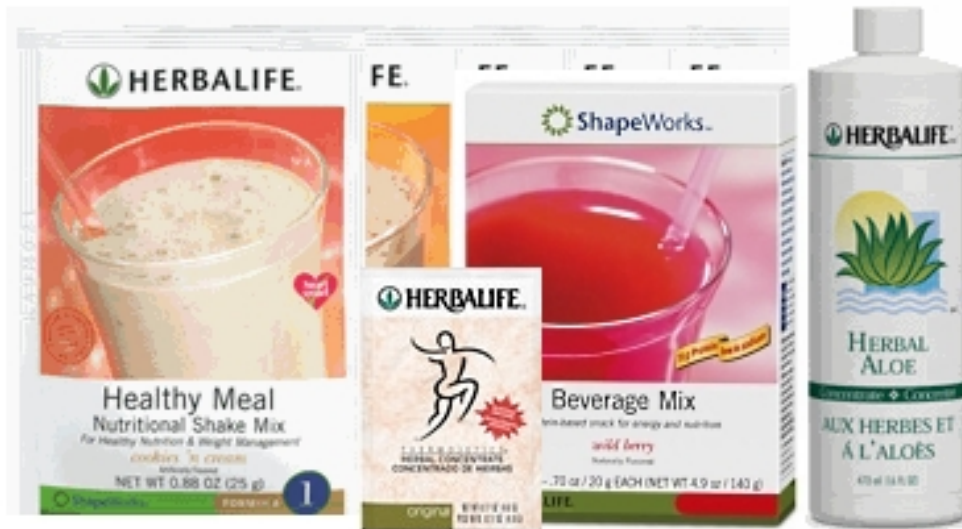
From Dr. Steve Komadina, MD.

Things to look for: Inch loss around the waist, increased energy and boosted metabolism. You may notice a warm fuzzy feeling in your belly. This is normal. It means your burning fat.

Consider that you will be replacing 8 meals over 3 days with this program. If your food budget is more than \$17 a day then you'll actually save money. Total cost is \$47.22 (package deal only).

LaBomba Package

What you get.



- 4 oz. Herbal Aloe concentrate or 1 qt Herbal Aloe Drink
- 2 packets Herbal Tea Concentrate
- 7 packets Protein Beverage Mix
- 7 packets ShapeWorks Nutritional Shakes

[Click here to order LaBomba - 3 day Fat Burner Diet.](#)

LaBomba: Should only be done by someone with no dietary limitation on protein intake by their doctor. It is advised to be close to a bathroom all the time. Safe for anyone with a normally functioning kidney including diabetics, and people with high blood pressure.

The **LaBomba Diet** is an excellent way to kick-start your weight loss program. It'll start your fat burning furnace and kick it into high gear. I recommend that you start with this program then move into a ShapeWorks program that suits you.

Herbalife ShapeWorks Programs

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

- Take the herbal weight loss enhancers **3** times a day. Once in the morning, once at lunchtime and once in the afternoon.
- Have **2** nutritional shakes and 2 protein snacks during the day. Enjoy a nutritional shake for breakfast and lunch.
- Eat **1** light healthy meal in the evening. Prepare your favorite foods and enjoy. (See Meal Planner Guides below.).

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.

Use the [Weight Loss Calculator](#) to find out how much weight you need to lose to reach your ideal weight, your current BMI score and which program is right for you.

[Click Here to order Herbalife ShapeWorks Weight Loss Program](#)

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](#)



[QuickStart Plus](#)



[Advanced Plus](#)



[Ultimate Plus](#)

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

1. **QuickStart** - for 10-15 pounds of weight loss. A great way to introduce yourself to the ShapeWorks programs or as a starter kit for personalizing your own program. Includes: Formula 1 Shake Mix, Cell Activator, Herbal Tea Concentrate and Formula 2 Multivitamin Complex.
2. **Advanced** - for 15-25 pounds of weight loss. Our most popular program comes with extra herbal enhancers for maximum effect. Includes: everything in QuickStart plus, Cell-U-Loss and Total Control.
3. **Ultimate** - for 30-40 pounds and above weight loss. All the extra enhancers plus an assortment of high energy protein snacks. Includes: everything in the Advanced program plus Snack Defense and the Sampler Snack Pack.
4. **QuickStart Plus**, for up to 20 pounds of weight loss. Includes everything in the QuickStart plus personalized protein powder.
5. **Advanced Plus**, for up to 30 pounds of weight loss. Includes everything in the Advanced program plus personalized protein powder.
6. **Ultimate Plus**, for 30 pounds and above weight loss. Includes everything in the Ultimate program plus personalized protein powder.

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.

Inside Herbalife ShapeWorks Weight Loss Programs.



[Formula 1 Nutritional Shake Mix](#) - 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.

[Go to Formula 1 Shake Mix](#)



[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.

[Go to Formula 2 Multivitamins](#)



[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.

[Go to personalized protein powder](#)



[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.

[Go to Cell Activator](#)



[Herbal Tea 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!***

[Go to Herbal Tea Concentrate](#)



[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.

[Go to Total Control](#)



[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.

[Go to Cell-U-Loss](#)



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.

[Go to Protein Snacks](#)



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.

[Go to Snack Defense](#)



LaBomba Fat burner Diet - 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.

[Go to LaBomba Fat Burner Diet](#)



[Active Fiber Complex](#) -

A healthy powder to support regularity and bowel function. Comes in Apple flavor and unflavored. Simply mix with water or your favorite beverage.

This well balanced formula improves regularity and bowel function. One serving provides 5 grams of the recommended 25-gram daily intake of soluble and insoluble fiber. Enjoy with water or mix with your favorite beverage.

[Go to Active Fiber Complex](#)



[AM/PM 21 Day Colon Cleanser](#) -

AM/PM Program features two proprietary herbal blends - **AM Replenishing Formula** and **PM Cleansing Formula** - designed to support regularity, restore the colon and promote good digestive health. Natural herbal supplements.

[Go to AM/PM 21 Day Colon Cleanser](#)



[Herbal Aloe Drink](#) - Herbal Aloe Concentrate by Herbalife combines the goodness of aloe juice, with a delicious citrus twist for a healthy digestive system. Support internal cleansing and healthy elimination with organic nutrients and enzymes from the aloe vera plant.

Key Benefits:

- Includes the soothing benefits of chamomile.
- Made from premium, whole-leaf aloe vera.
- Supports internal cleansing and overall health.
- Soothes upset stomachs and supports digestive system.
- Delicious citrus flavor tastes great.

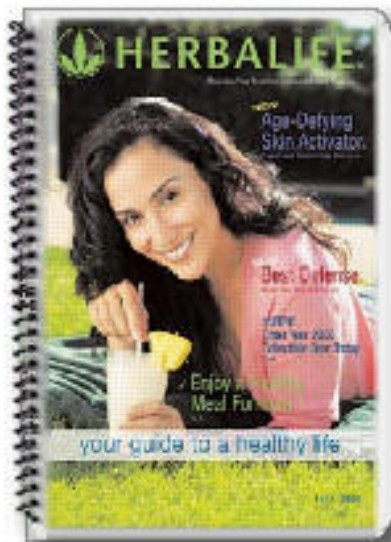
[Go to Herbal Aloe Drink](#)



[Thermo-Bond Fiber Tablets](#) - helps speed the passage of food through the digestive system, supporting good health and weight management. Absorbs fat and eliminates it before it gets absorbed by your digestive system.

A diet poor in fiber can result in a slow intestinal transit time leading to intestinal discomfort. As a result, waste, including unwanted fats, remains longer in the digestive tract and is more likely to be absorbed.

[Go to Thermo-Bond fiber Tablets](#)



[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.

[Go to the Herbal Catalog](#)

Meal Planner Guides

Herbalife – Simple, Fun and Magical! THE ULTIMATE PROGRAM WEIGHT LOSS PROGRAM

The best part of the ShapeWorks weight loss program is it's ability to be tailored to your specific needs. If you have a large body size you will need more protein than with a smaller body size. The important thing is to get the nutrition you need to burn fat.

Following is the basic diet plan you need to follow to reach your ideal weight. Feel free to experiment with portion sizes and times of day. For instance if you decide to have lunch with your colleagues, then have your second shake at dinner time.

BREAKFAST:

- Formula 1 – 2 heaping tablespoons in Skim or Soy Milk, Juice or Low Cal beverage of your choice
- Formula 3 - Personalized Protein Powder added as needed.
- Formula 2 - Multivitamin - 1 tablet
- Cell Activator- 2 capsules
- Celluloss-Cellulite Buster- 1 tablet
- Total Control 1 tablet



Mid-Morning

- 1 glass of Herbal Tea Concentrate (1/2 tsp in 8 oz water, cold or hot)
- Protein Snack (Soy nuts, Protein Bar, Soup, Protein Drink or other source of protein)

LUNCH

- Formula 1 - 2 heaping tablespoons in Skim or Soy Milk, Juice, Low Cal Bev.
- Formula 3 Personalized Protein Powder added as needed*
- Formula 2 - Multivitamin - 1 tablet
- Cell Activator - 2 capsules
- Celluloss - 1 tablet
- Total Control - 1 tablet

Mid-Afternoon

- 1 glass water/ or Herbal Tea Concentrate (1/2 tsp in 8 oz water, cold or hot)
- Total Control 1 tablet (some people need a third one, so take it at this time.)
- Protein Snack (Soy nuts, Protein Bar, Soup, Protein Drink or other source of protein)
- Snack Defense 1- tablet

DINNER

- Eat a balanced meal (Make it light and colorful.)
- Formula 2-1 tablet
- Cell Activator-2 capsules
- Celluloss -1 tablet
- Snack Defense 1- tablet



Here are some optional products to enhance your program.

- LiftOff Energy Drink packed with energy boosters and NO sugar crash.
- Thermo-bond (Fat Grabber) 1–3 tablets 20 minutes prior to eating

DO NOT SKIP MEALS. BE CONSISTENT WITH TABLET USAGE. NOTE: IF YOU ARE HUNGRY YOU WILL NEED TO ADJUST YOUR TOTAL CONTROL USAGE AND MAY NEED PERSONAL PROTEIN POWDER ADDED TO YOUR SHAKE. Contact your coach. If you are constipated or experience any change contact your weight loss coach for advice or options for additional fiber or adjustments in your program.

SUCCESS WITH SHAPEWORKS

Dr. Jamie McManus

We have so many digestive challenges from diets and stress. This will give you information on what to expect as your body begins to get the proper nutrition it needs.

Transitions have to be made when adding protein. We are increasing protein dramatically for most people, which creates a big change for the body. Most protein is hard for people to digest. Our protein is soy based and very soluble making it easier to digest. Protein helps to protect your lean body mass while eliminating fat.

Snacks and Herbal Concentrate

You need good snacks with less calories and will be more successful with Herbalife snacks. The herbal concentrate tea will give uplifting benefits and helps boost metabolism during the weight loss process.

If you are caffeine sensitive use the NRG Tea – it has half the amount of caffeine as

Herbal Concentrate. (If you are already nervous or anxious the Herbal Concentrate may be too much for you.)

Herbal Aloe and Aminogen

Many people already have digestive issues such as gassiness or bloating from overeating or eating food they are not used to. So when you change the protein intake it can increase gassiness or bloating, which is usually due to upper digestive issues. If you are not a milk drinker you can use soy or low fat juices and ½ Herbal Aloe Drink. Note: You can't overdose on Aloe – start with 4 oz – 2 to 3 times a day. Shake – don't gulp your shake, you will swallow air and expands stomach quickly. Sip slowly and enjoy your shake.

To handle gassiness or bloating issues start with Aloe and also add Aminogen – it helps with breaking down protein. Take 1 Aminogen with Shake, 1 Aminogen with protein snacks, and 2 with evening meal.

Herbal Aloe and Active Fiber Complex

Bloating can be upper or lower digestive issues, but more with upper. Herbal Aloe and Active Fiber can help.

Constipation issues - Active Fiber Complex and Herbal Aloe Drink. – When you change your diet – some people going from 3,500 calories of junk to good nutrition can experience constipation. Add some Active Fiber. Don't use too much in at first, use 1 ½ tsp to shake. Also increase water when you increase fiber to eliminate problems.

Herbal Aloe, Cell Activator and AM/PM

Cell Activator –Main function is to help with nutrient absorption. If you are under stress, or have had an inadequate diet for number of years, are on medication or have digestive issues. Take at least 1 Cell Activator 3 times a day. Program will work faster and better.

Add Am/Pm – especially if you have not had success in the past with other programs. Can take the AM's forever. The PM's for 21 days with water or preferably Aloe at night. These help purge and clean the digestive system.

Why do weight loss products cost so much?

Because it is typically 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).

We will show you how ShapeWorks costs less than \$6.00 per day for breakfast and lunch. By following this advice you can save money for less than it costs to gain the weight in the first place.



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 $\$34.40 + \$11.56 = \$45.96$ for 30 servings. Or about \$1.53 per serving/shake/meal.



ShapeWorks Formula 1 Nutritional Shake Mix

That is \$1.53 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 \$80.36 and \$160.72 worth of nutritional shakes.

Let me put that a different way. You would need a meal budget of between \$80.36 for 1 month (or \$160.72 for 2 months) supply depending on how fast you lose weight. That is assuming you replace 2 meals a day. Or about \$2.68 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 \$20.95 for 90 tablets or 30 day supply. Or about \$0.70 per day.



[Cell Activator](#)

ShapeWorks also has a **good nutrient absorption supplement** to increase your foods effectiveness. At \$23.05 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, \$23.05 for a 30 day supply would mean \$0.78 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 \$20.95 Or \$0.70 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 (with soy milk) = \$3.06/day
F2 vitamins = \$0.70/day
Cell Activator = \$0.78/day
Herbal Concentrate = \$0.70/day

Total = \$5.24/day for 2 meals and all the weight loss supplements for healthy weight loss or \$2.62 per meal.

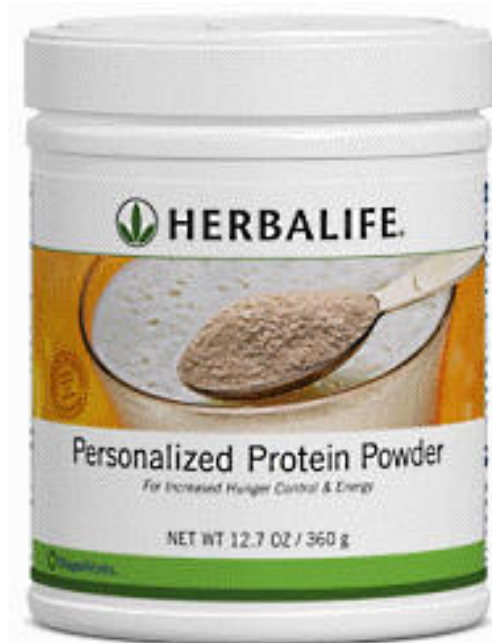
Unfortunately, people don't look at the cost per day/meal instead they look at the initial upfront cost. Totaling up the initial cost of a weight loss program mentioned above would be. Assuming 30 day supply.

F1 shake mix 30 servings @\$34.40 x 2 = \$68.80
Soy milk = \$23.12
F2 Multivitamins = \$20.95 (90 tablet)
Cell Activator = \$23.05 (120 capsules)
Herbal Concentrate = 20.95 (30 servings)

Total = \$156.87 Or **\$5.23 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 \$5.23. 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.

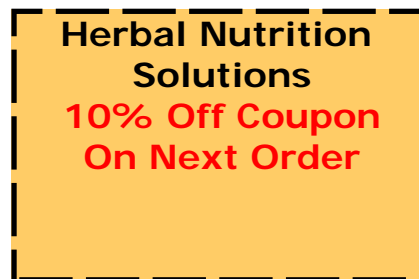


[Formula 3 Personalized Protein Powder](#)

Figuring in this added cost is \$29.95 for 60 servings or \$1.00 per day (for 2 servings). Bringing the cost to **\$6.23 per day for 2 meals** plus all the weight loss supplements. Remember we defined a meal as 1 portion of balanced food containing all essential nutrition and energy requirements for 1/3 of a day. Now ask yourself how many complete meals cost this little and have all that nutrition?



And now for our gift to you. Herbal Nutrition Solutions is offering a **10% Discount**. 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.

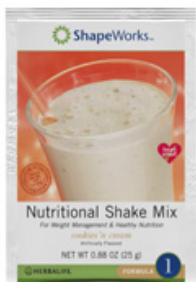
Sample Pack Program

Try before you buy

Take advantage of our weight loss *sample pack program*. As part of this plan you receive samples of our all natural herbal supplements, literature and instructions.



Inside ShapeWorks Weight Loss Sample Pack What's Included



(1) [Nutritional shake Mix](#) 9 grams of protein (19g with non-fat milk or soy milk) Formula 1 helps you **feel full and satisfied**.

Contains 20 minerals and vitamins, including: antioxidant Vitamin C and E, and all the essential amino acids your body needs for good health. Value \$1.10 + Handling & Packaging (H&P)



(9) [Total Control](#)® Green Tea with herbs tablets. This revolutionary formula includes a potent blend of herbs and nutrients to help **you overcome the challenges** associated with dieting and weight loss.

Key ingredients: Green tea extract, Yerba Mate', ginger and Cocoa to help boost metabolism and gain energy so you can burn fat. Value \$5.70 + H&P



(1) [LiftOff Energy Drink](#) - Fizz, Focus, Fuel Good. This unique effervescent energy drink does more than give your body a boost - it'll shift your mind **into high gear!** A proprietary herbal blend that enhances mental performance and fights fatigue. Value \$1.10 + H&P



(1) [Protein Energy Bar](#) - A nutritionally sound solution to boost your energy, satisfy hunger and indulge your taste buds. Each bar is packed with **protein, vitamins, minerals and nutrition** to give you a boost. Value \$1.21 + H&P



(2) [Herbal Concentrate Green Tea Mix](#) - This delicious low calorie instant tea mix, helps you stay energized and refreshed while you burn fat. **Green tea** has been found to promote weight loss, reduce the risk of heart attack, prevent against cancer, protect your teeth and gums and offer relief for arthritis. Value \$2.33 + H&P



(1) [Herbalife Catalog](#) - Get ready to feel great, look better and enjoy a lifetime of good health. Customize a nutrition program that suits your needs. **Learn all about the Herbalife** inner and outer nutritional programs. Value \$2.00 + H&P

Over ~~\$27.34~~ value without Packaging and handling. With cost of P&H these days that makes this package worth **~~\$35.97~~**.

Only \$13.95

Buy Now !

Sample Pack Instructions

The **Herbalife Sample Pack** is a great way to introduce yourself to ShapeWorks weight loss programs.

1. **Watch your energy levels** though out the day.
Your Appetite and cravings may change. Are they normal or are they boosted? Try to maintain an even metabolism throughout the day and evening.
2. **Notice How you feel** good, bad and overall through out the day.
3. **Drink a lot of Water** - Drink at least 8 cups or more everyday (very important).

Note: Sample Pack program has been developed by expert nutritionists within the Herbalife community. Specifically designed to boost your metabolism and energy so you can burn fat. It really is **Important to review** all the materials included in the Sample Pack Instructions. This way you get the most value from these products.

Day One

- **Drink LiftOff Energy drink** while reading the supplied literature. Review all the material provided, there will be a quiz following this program. Simply drop tablet in 8 to 12oz. water, allow to fizz then enjoy. Lasts about 4 hours with no sugar crash. You may want to add this to another day.
- **Measure and weight yourself**, record your waist line, hips and chest measurements. Note how much you weigh so you can compare it to the final results. Refer to the [Personal Progress Chart](#) to record your stats.



Day two

Breakfast:

- **ShapeWorks Shake Mix** Blend shake mix with fruit or yogurt in skim or soy milk. Drink alone. Notice how full you feel during the day.
- **ShapeWorks Total Control** Take (1) tablet with a light meal.
- **Herbal Concentrate** 1/2 teaspoon mixed with 8 oz. warm water. Hint: Works and tastes better than coffee!



Lunch:

- **Eat a light meal** - Make sure it is high protein and low fat. Normal program would include a nutritional shake mix.
- **ShapeWorks Total Control** Take (1) tablet with a light meal.
- **Protein Snack Bar** Chewy energy bar leaves you felling satisfied and energized. Hint: no after lunch drowsiness.

Mid-Afternoon Snack:

- **ShapeWorks Total Control** - (1) tablet with a glass of water
- **Herbal Concentrate** 1/2 teaspoon mixed with hot, cold or warm water.
Hint: Enjoy instead of soda.



Dinner: Enjoy a light meal of your favorite foods. Avoid snacking after dinner as this will change the expected results.

Day three and Four

Breakfast:

- **Eat a light meal** - Make sure it is high protein and low fat. Normal program would include a nutritional shake mix.
- **ShapeWorks Total Control** - (1) tablet with a light meal.
- **Herbal Concentrate** 1/2 teaspoon mixed with warm water. Hint: Works and tastes better than coffee!

Lunch:

- **Eat a light meal** - Make sure it is high protein and low fat. Normal program would include a nutritional shake mix.
- **ShapeWorks Total Control** - (1) tablet with a light meal.
- **Herbal Concentrate** 1/2 teaspoon mixed with hot, cold or warm water. Hint: Green tea has a super concentration of antioxidants called catechins.

Mid-Afternoon:

- **ShapeWorks Total Control** - (1) tablet with a glass of water
- **Herbal Concentrate** 1/2 teaspoon mixed with hot, cold or warm water. Hint: Good for your teeth - one of the many benefits of green tea is it effectively combats bacteria that lead to cavities.

Dinner:

- **Enjoy a light meal of your favorite foods.** Avoid snacking after dinner as this will change the expected results.

Day Five

Measure and weight yourself. You may see more of an inch loss than weight loss, this is normal. Compare before and after statistics and see for yourself "this works."

Absorb Less Fat from Fast Food

How many fast food calories are in your diet? You may not even have a clue as to how many calories are in some of those meals you can get from fast food. If you are counting calories you should know that you may get as many as 750 of them in one fast food meal.



Many people just don't realize how many calories are in some fast food dishes. Most of those calories come from saturated fat. A greasy cheeseburger can have 500 calories from fat alone. Many fast foods are very high in saturated fat, French fries are cooked in it.

Chances are once you realize what all of the fast food calories add up to, you will be less inclined to consume this type of food on a regular basis. It may be fine once in a while but if you are eating a couple of fast food meals a week it really is **going to affect your health**.

Yet eating fast food doesn't have to mean you walk away with all those fat calories. Order a grilled chicken sandwich instead of a cheeseburger. Instead of those high calorie French fries get fruit or a green salad. You can also choose a low calorie drink such as water or tea. Making these simple changes can help you keep the calorie count down when you do eat fast food.

Some fast food chains have made a great deal of money by offering low calorie fast foods like salads. However, you do need to be mindful when you add in the calories from salad dressings, a side of chips and a soft drink, they can really add up fast.

It is important to know how to **absorb less fat calories** if you wish to eat fast food. Those saturated fat calories can really affect your overall health in the long run. Reducing the amount of saturated fat in your diet can reduce the risk of health related problems later on.

Try to order smaller portions. You don't need to get the larger drink or fries in order to feel satisfied. The fact that they are offered though tends to lead people to consume them more.



To reduce absorption of saturated fat calories in fast food turn to [Thermo-Bond Fiber Tablets](#). When fiber passes through the stomach into the digestive tract, it absorbs fat 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, like saturated fat.

Thermo-Bond® helps speed the passage of food through the digestive system, supporting good health and weight management. Take one or two tablets with water before eating a fast food meal.

[Order Thermo-Bond Fiber Tablets](#)

Key Benefits:

- Natural plant fibers combine with your food intake to control fat absorption especially when on a calorie-controlled diet and engaging in moderate exercise.
- Includes cellulose, apple, acacia, oat and citrus fibers.
- May help create a feeling of fullness and promote regularity.
- Reduces absorption of [fast food calories](#) from saturated fat.

Nutrient Absorption and Weight Loss



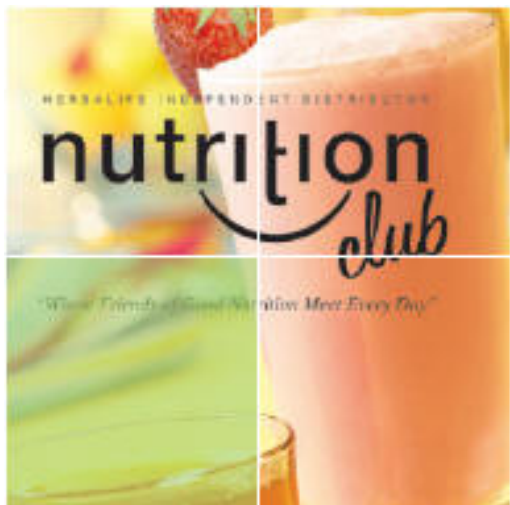
Why is nutrient absorption important to your weight loss program? In plain words, you get more out of your food and require less of it. Think of it like this, your digestive system is like a filter. As food passes through your digestive system the nutrients are absorbed and the waste is filtered out.

When a filter gets backed up it will retain more waste and provide less efficiency to the whole system. Your digestive system acts much the same way. When it gets clogged up you know it in oh so many ways. You may experience a number of maladies including bloating, gas, irritable bowel syndrome, indigestion, heartburn and even exhaustion.

To get the most out of a filtration system you need to clean or replace the filter at certain intervals. When you get an oil change for your car your

mechanic always changes the oil filter too. And what a gunky mess that is. Unfortunately you can't just change your filter to improve nutrient absorption.

There are ways to improve your nutrient absorption that do not require a surgeon to replace your colon, intestines, kidneys or liver. This is extremely important to dieters because you want to get more effect from the foods you do eat. Dieting isn't about eating less it's about burning more calories than you consume. So you want to get the most out of your food.



If you are just starting a weight loss program you should consider an internal cleansing program. My favorite jump starter is the [LaBomba 3 day fat burner](#). In that program you consume high protein beverages with herbs and vitamins. But mostly you drink a lot of fluid. The large amount of liquid passes through your system and collects a lot of waste along the way.

As you progress through the LaBomba diet you start to burn more fat than normal. This fat contains toxins and pollutants that weren't filtered out by the kidneys and liver. Removing these toxins will tend to purify your blood over the long run. It is your blood that carries the nutrients to your cells. So you need to have a healthy digestive system to get as much nutrient absorption as possible.



Moving along while LaBomba is my favorite internal cleansing program it is only a 3 day fat burner. After that you will want to continue to cleanse your digestive system. Herbalife has just such a program. It's called [AM/PM 21 Day Herbal Cleansing program](#). In that program you take 2 herbal supplements in the morning and 2 at bedtime.

The AM Replenishing formula helps restore a balanced colon environment by supplying "friendly bacteria" and health enhancing "probiotic" factors including beet, apple and lemon pectin, lactobacillus sporogenes and an

exclusive blend of herbs. This combination helps rebuild, restore and revitalize your digestive system.

The PM Cleansing formula helps promote the body's natural cleansing action by supplying a synergistic blend of natural herbs and botanically based enzymes. It can also support better nutrient absorption for improved health and weight management.

Internal cleansing is only half the battle to winning the war against poor digestive health. A serious weight loss program means enhanced nutrient absorption. How do you do this? Certain herbs, fruits, vegetables and minerals tend to promote cellular activity. In combination they interact to increase their effectiveness and promote weight loss.



Wouldn't you know it Herbalife has put together an all natural herbal enhancer that does just that. It is called ["Cell Activator."](#) To ensure you have the energy you need your body has its own little powerhouses called mitochondria. 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.

That means that improved nutrient absorption will increase your energy and decrease your desire to overeat. It also means less food can be more efficiently utilized. Side effects of internal cleansing include better overall health and well being as well as improved regularity and less occurrence of the maladies mentioned above.

In summary, nutrient absorption is effective in a weight loss program because you get more nutrition from the food you eat.

Internal cleansing improves nutrient absorption by removing toxins and waste from your digestive system. Improved nutrition results in greater cellular activity so you get more energy from less food. More energy from less food means you will burn more calories quicker and thus lose weight.

To jump start your weight loss program and improve your digestive health try:

- [LaBomba](#) 3 day fat burner.
- [21 Day AM/PM](#) Herbal Cleansing program
- [Cell Activator](#) for improved cellular activity

[Learn more about Cell Activator.](#)

Vitamin D, Calcium and Osteoporosis Prevention



Vitamin D (vit-D) is essential to calcium absorption and osteoporosis prevention. A vit-D deficiency may result in a calcium deficiency which can lead to osteoporosis, a debilitating bone disease. **Herbalife** has several nutritional supplements that contain significant amounts of Vitamin D and Calcium that could help in the prevention of osteoporosis.*

Vitamin D is essential to the absorption of calcium. Without sufficient levels of vit-D a resulting calcium deficiency may cause bones to become brittle, thin or misshapen, due to insufficient mineralization of calcium. In the case of a nutrient deficiency dietary supplementation is often recommended.



Clinical studies concluded that older adults produce less vit D from sunlight due to the reduced ability to synthesize vitamin D in the skin, lack of adequate sun exposure, and overuse of sunscreen during their lifetime. Especially older people in northern climates, that get less sunshine during the day, in winter.

Because there are very few foods that contain enough vitamin D to satisfy the Recommended Daily Value (RDV) the US-Food and Drug Administration has allowed certain foods to be fortified with vit-D. Foods that are allowed to be fortified with vit-D include cereal flours and related products, milk and products made from milk, and calcium fortified fruit juices and drinks, including soy based products.



The best known food source for high levels of vit-D is cod liver oil at 340% of the recommended daily value in 1 tablespoon. Three ounces of tuna fish contains 50% RDV of vit-D, and 8oz. of fortified milk contains 25% RDV of vit-D.

Other foods containing vit-D include fortified soy products, kale, salmon, almonds and broccoli. Due to the insignificant levels of vit-D in most foods additional supplementation with fortified foods, may be used to reach recommended daily values.*



Foods that have insignificant values or are not fortified with vitamin D are not required by the US-FDA to display the amount of vit-D on the nutrition label. The FDA developed the RDV of vit-D for adults to be 400 IU/day. However most nutrition labels display the RDV in terms of percent (instead of international units or IU).

A significant amount of a nutrient per serving is considered to be 20% RDV or more. Herbalife products display nutrient content information on the nutrition labels. Several Herbalife products include significant sources of Vitamin D and Calcium per serving, including these nutritional products:

Herbalife Product	%RDV Vitamin D	%RDV Calcium
Bulk and Muscle	50%	50%
Formula 1 Nutritional Shake Mix	25% w/milk 50%	8% w/milk 45%
Formula 2 Multivitamin Complex	33%	17%
Protein Drink Mix	25%	20%
Instant Healthy Meal Shake Mix	25%	45%
Xtra-Cal	8%	33%



Vitamin D and Calcium intake are equally important to healthy bones and teeth and the prevention of osteoporosis. Especially in pre and post menopausal women and older men. Getting significant amounts of these nutrients can also contribute to muscle growth, a regular heartbeat and a stable nervous system.

Herbal nutrition solution to help prevent osteoporosis:

Add 1-2 nutrient rich protein drink mixes per day, supplemented with (3) [F2 Multivitamin complex](#) and (3) [Xtra-Cal](#) per day to a regular diet.

Select [Formula 1 nutritional shake mix](#) to get an all around nutrition supplement. Select [Bulk and Muscle](#) to dramatically increase nutrient delivery for muscle building. Select Instant Healthy Meal for quick meals. Select [Protein Drink Mix](#) for a delightful energy boost.

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 helps eliminate problems with constipation.

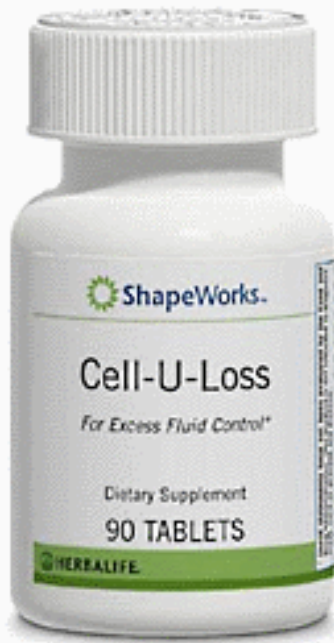
How Much Water Is Enough?

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 pounds by half to determine how many ounces you need to drink daily to start shedding water weight.

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

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

3. Drink enough H₂O, and more fat will be metabolized as fuel because it frees up the liver and kidneys to purge out toxins, pollutants and fat cells.
4. There is a loss of hunger almost over night.
5. Hunger pangs are often confused with the body needing water – thirst pangs.



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

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](#)

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](#)

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](#).

Thank you for taking the time to read this ebook. If you have any questions please feel free to contact me. I am more that happy to provide additional information or answer any questions. [Click here to Contact me.](#)

To Your Success
Tim Koen