



The Complete

**DOCTOR'S
REFERENCE
GUIDE**



J. Leichtberg, M.D.

Any medical or health-related information contained in this book is not intended as a substitute for consulting your physician. Any attempt to diagnose or treat any illness or medical condition should come under the supervision of a qualified physician familiar with your personal medical history.

The information contained in this book, and the BioSlim program, are intended for use by normally healthy individuals as part of a general program of dietary and activity level improvement. Check with your physician before starting any program of weight loss or increased physical activity.

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To my mother and father,
whose efforts made it all possible;
and to Forrest and Shanelle, the “babes”,
who make it all worthwhile

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SECTION ONE

WHY BIOSLIM?

INTRODUCTION



This book is about three very important aspects of your life: how much fat your body carries, how you eat, and the state of your health.

While it may seem obvious that these issues are closely interrelated, the fact is that our society mostly ignores these vital relationships. People too often go to doctors with their ills only to receive high-tech, often potentially dangerous, usually expensive tests and drugs for their trouble. We rarely hear about diet and lifestyle from our doctors.

But others *do* find these issues important and interesting; reports on the links between diet and various aspects of health and well-being appear often in the press and electronic media. And various self-proclaimed “experts” have taken up the task of teaching the public about health, diet and nutrition. The moral and educational duty too often abandoned by the medical profession has been assumed in part by an array of untrained, often ill-informed businesspeople who are sometimes simply overweight folks who managed to lose some weight and then found a knack for salesmanship.

And so it goes: doctors continue to prescribe ever more expensive and powerful drugs and procedures, while the public is “taught” basic nutrition by the news media, or by businesspeople more concerned with their bankbooks than with providing accurate, useful information.

Unfortunately, lessons learned from the six-o’clock news are quickly forgotten. And much of the information gathered from other

dubious sources in the marketplace today is unreliable, sometimes potentially dangerous.

What we get as a result of all this are intermittent mass cholesterol phobias, cancer scares, people who are afraid to eat *anything* and a public whose knowledge of nutrition and preventive medicine is scarce, lacking as it does the personalization that should come from the one-on-one attention of trained health care professionals.

So where are people supposed to get the information they need to normalize weight, live healthfully and avoid the chronic diseases that plague our society? Not usually from their doctors: if there isn't a drug or procedure involved, most doctors are not likely to know much about it. Not in any meaningful way from the news media. Certainly not from the corporations that run the diet industry (they'll go broke if you succeed and stop buying their products). And not from our schools, where "nutrition" is still often defined as the original "four basic food groups" (a now discredited notion promulgated originally by the meat and dairy industries).

One way is to read this book.

It is time now for the medical profession to reassume its rightful and vital responsibility to inform the public how to best care for its health and how to *prevent* illness. That is what we must focus on—not just on a never-ending stream of high-priced, often marginally effective new technologies and drugs.

So it is the purpose of this book to provide the reader with the knowledge and tools necessary to the achievement of optimal weight, health and well-being. While the central focus is on achieving a proper and healthful weight, the overriding issue remains *health*, for health and life are but two sides of the same coin.

YOU'VE GOT LOTS OF COMPANY!

Surveys show that approximately 70% of Americans believe they need to lose weight. About 60% are in fact overweight. Even children are now affected, in ever-increasing numbers. This is a HUGE problem, the single most common health risk in America today. And it gets worse every year. Mathematically, at this rate, virtually *everyone* will be overweight by the year 2230!

4 ♦ Section 1: Why BioSlim?

Dieting has become a national obsession. Two out of every three adults consume some form of diet food each year. Americans spend over **\$40 billion** on diets and diet aids each year—an amazing sum. And what does all this achieve?

Very little.

Almost nothing.

The unhappy truth is that virtually everyone who “goes on a diet” to lose weight will either fail to achieve his or her goals, or, if the weight goal is somehow achieved, will eventually regain all the lost weight. In many cases, the “bounce-back” effect will cause a weight gain *greater* than the original weight loss. This process, commonly known as “yo-yo dieting”, has *itself* been found to be dangerous to human health—an added danger over and above the risks inherent in the overweight state.

The fact is: **losing weight is not really the difficult issue in obesity**. There are many ways of doing it, as we will soon see. *Keeping the weight off* is the challenge. Before BioSlim, 95% to 99% of dieters using other plans regained their lost weight—a truly astounding statistic. Imagine all that effort, wasted. But no more! Now with BioSlim, the way is clear, futility gone, success just a few steps away.

SOLUTION: LINKING WEIGHT LOSS TO HEALTH

We must view the goal of weight loss as part of a larger picture, as integral to the process of achieving good health, not as an isolated problem in search of a solution. It is this latter, narrower view of weight control that is the fundamental problem with most of today’s weight loss methods. Like so many aspects of health care in America today, weight control has too often been approached as *acute care* kind of problem—i.e., “fix it when it happens”—instead of being addressed with concern for the *whole* body and taking steps to not only cure but *prevent* the problem in the first place.

If normalization of weight is achieved through the methods outlined in this book, overall health can benefit enormously. So that is our goal. That is why this book does not offer impermanent, quick-fix ways to achieve weight loss. That kind of approach—the

one which, unfortunately, you've probably experienced before BioSlim—simply cannot be recommended in good faith.

There are no strange “magic” diet schemes here. No esoteric foods, shakes or powders to buy or eat. And no dangerous starvation “diets” or unnecessary deprivation. Instead, BioSlim is about *losing* weight and *gaining* good health. It's about allowing your body to normalize itself by giving it the support and nutrition it needs.

Your body will find its balance with BioSlim. It is in that balance that you will achieve each and every one of your health and weight goals. And most important, you'll be able to *maintain* them.

Now let's get to the *hows* and *wherefores*.

AUTHOR'S NOTE: The **Super BioSlim Plan**, described in the *Appendix* of this book, is a relatively new addition. It is a very powerful plan designed to help even the most difficult cases, and will result in rapid weight loss when strictly followed. It is a more short-term version of the BioSlim program, meant to be used at the beginning of your weight loss endeavor when you require even more power than the standard BioSlim plan provides. If used, a gradual transition from Super BioSlim to the regular BioSlim plan (or some combination of the two) is always recommended.

WHY IS THERE FAT and WHAT IS IT?



WHY IS THERE FAT?

Believe it or not, fat is important. It is not nature's mistake, but rather, *essential to life*. The ability to store energy in the form of fat is a critical survival mechanism for any living organism subject to an uncertain and intermittently inadequate food supply. Humans can survive up to two months with no food whatsoever—in total starvation, with only water—only because of the presence of stored energy in the body, mostly in the form of fat. Fat is by far the body's most efficient method for storing energy. Body fat also provides shielding from cold.

Body fat is stored in response to the hormone *insulin*. Insulin is released from the *pancreas* in response to high blood sugar levels. You get high blood sugar after eating sugar (less so if fiber is present), or high-concentrated-carbohydrate foods like flour products (pasta, bread, cake, etc.). You can see why, then, it is so important to avoid *unbalanced* food plans: insulin levels get too high and body fat is stored too readily, burned too rarely.

In particular, high laboratory levels of *serum triglycerides* often indicate that there is, on average, too much insulin in the body too often, a condition known as *hyperinsulinemia* ("high blood insulin"). If this is your situation, you **MUST** follow the BioSlim Food Plan as closely as possible, balancing carbohydrate and protein intake, avoiding all sugars and minimizing concentrated carbohydrate foods such as flour and grain products, potatoes, corn, etc.—all of which is described in detail later, in the *BioSlim Food Plan* chapter. Note:

there is also much more information on this subject in the *Why Do We Become Overweight?* chapter.

Certain dietary fats are essential for proper body function. These are known, appropriately enough, as the *Essential Fatty Acids* (more on these “EFAs” later). Also, note that there is some form of fat (as well as *cholesterol!*) in every single cell of your body.

Unfortunately, in most of Western society, many of the survival advantages nature intended fat to provide are unneeded. Food is typically not scarce, but abundant and in constant supply. And most people do not require an “energy reservoir”, as they too often lead quite sedentary lives.

As a result, the body’s ability to store fat has become more a problem than a survival mechanism. That problem’s name is *obesity*.

OBESITY DEFINED

“Obesity” remains an imprecisely defined word. It is best viewed as any degree of excess body fat storage that imparts a health risk. By that definition, using the best data available, a person can be termed obese if he or she is approximately 20% above ideal weight. Of course, “ideal” weight is also imprecisely defined, but can be estimated from body type and actuarial tables, or best of all, by using a mirror (see below).

You can easily define your own condition if you know how much weight you need to lose to get to what you consider (and probably once was) your ideal state. Take that number, divide it by your ideal weight, and the resultant fraction defines how much above your ideal weight you are. If it’s more than 20%—or even 10%!—read on: you need to do something about it, and soon.

This brings up an important and very useful alternative definition of obesity—the overweight state—provided by that highly informative article of home furnishing, the *mirror*. Most of us can take one look in a mirror, and by comparing what we see with what we remember from when we were either younger or healthier or both, we know quite well whether or not we need to lose weight, and a fair idea of how much.

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Some people may fit the “optimal height/weight” charts perfectly, but are nevertheless clearly overweight by the “mirror criterion”. Others may be “obese” according to the charts but are clearly not so by the mirror test (usually due to increased muscularity or frame size).

Note that muscle is much *denser* (heavier per unit volume) than fat, so that a muscular body may easily weigh more than the charts recommend, yet be perfectly appropriate and healthy.

FINDING OUT WHERE YOU STAND

One effective way to determine your status is to undergo a *body fat analysis*. While there are several ways to accomplish this, including some quite elaborate and expensive methods, there are now two simple, inexpensive ways, one of which can be recommended. The first is *anthropometry*, which includes the use of calipers to measure skin fold thickness, typically in the upper arm and back areas. This method is extremely simple, but the results are highly variable and generally unreliable, particularly if done on oneself or by non-professionals. You can get *some* general idea of your status with this, but don't rely on it.

The other, much-preferred method is called *electrolipography*. It involves a 3- to 4-minute procedure whereby electrodes are attached to the hands and feet and a measurement taken—much the way an EKG (electrocardiogram) is performed. It is painless and perfectly safe. It relies on the fact that higher body fat content presents a greater resistance to electrical flow. By integrating statistical data about height, weight, age, sex, and the electrolipograph's test results, a surprisingly accurate measure of body fat can be obtained. Results from this test are usually quite reproducible, and if care is taken to obtain accurate measurements, it can be an excellent way to not only perform a one-time body fat analysis, but to follow the progress of an individual's percentage of body fat.

Body fat analysis is generally available at health clubs and some health practitioners' (doctors, chiropractors, etc.) offices. Note: recently, home kits have come on the market. These can be recommended, providing the manufacturer is reputable and results reasonably accurate and reproducible.

Your “percentage of body fat” is defined simply as the percentage of your body that is fat. “Percentage lean body weight” means the percentage of your body that is “lean”, or made up mostly of muscle tissue. Testing for body fat is more desirable for following your progress on any weight control system than simply charting your weight, since it is *fat* that most people need to lose, not just weight. As we will see, it is very easy to lose *muscle* through dieting instead of fat—a highly un desirable, self-defeating outcome that is all too common with most of today’s commercially available diet plans (see the *What Happens When You Diet* section below for more details).

Keep in mind: body fat analysis is a useful tool, but *not at all* essential to the BioSlim program. Whether you use it or not is a matter of personal choice. You can do just fine without it.

BMI: A USEFUL MEASURE OF WEIGHT STATUS

BMI (Body Mass Index) , is a useful measure of your weight status as it relates to health risks. It is calculated in the metric system by taking your weight *in kilograms* (1 kilogram = 2.2 pounds), and dividing it by the *square* of your height *in meters* (1 meter = 39.37 inches, or 3.28 feet). If you prefer using pounds and inches, do the following simplified calculation:

$$\text{[Weight in pounds]} \times 704.5 / \text{[Ht}^2\text{]}$$

In words, multiply your weight in pounds by 704.5. Divide the result by the number you get when you multiply your height in inches by itself. *Example:* if you weight 150 pounds and are 5 feet 6 inches tall (66 inches), you would multiply 150 by 704.5 to get 105,675. Your 66 inches multiplied by itself gives 66x66=4356. 105,675 divided by 4356 = 24 (rounded to nearest whole).

Any BMI under 25 is considered OK. Over 27 is generally considered obese. In-between is a gray area—you could be overweight, or stockily built.

Note: Check out the body fat calculator at bioslim.com.

BMI is a useful measure, but not the gold standard. That remains your actual percentage of body fat. And: **no test is better than the simple mirror test** we all know and love (or hate?) so well.

WHERE YOUR FAT LIES MATTERS!

When excess body fat is stored above the waist (e.g., “pot belly”), as is common in overweight men, the danger to health is greater than when it is stored below the waist (hips, thighs), as is the case for most overweight women. It is believed that this is due to the type of fat stored in these areas: the above-the-waist fat seems to be more unstable, more hyperactive, and appears to break off more easily to attach itself in other areas of the body via the bloodstream.

WHAT HAPPENS WHEN YOU DIET

Severely restrictive diets, such as liquid protein diets or “crash” diet programs—or any diet that relies on shakes, powders, drinks or sugar-laden unhealthy candy bars instead of meals—can cause unhealthy weight loss that is too often due in large part to *lean body weight loss*, loss of important body muscle mass. They can also result in an initially rapid, potentially dangerous loss of body water (and that’s why you might think you’re losing a lot of weight!). This kind of weight loss is the worst possible way to achieve your goals because it (a) is impermanent, and (b) leads to weakness, ill health, and a *decreased metabolic rate* from having fewer “furnaces” in which to burn calories. That’s because your muscles are one major place where energy is used up, or “burned”.

This decreased metabolic rate makes it harder to lose weight. This, then, sets up the never-ending cycle of defeat and futility so familiar to the chronic dieter. (See the *Your Choices: Weight Control Review* chapter for more on this important issue.)

SCALE VS. MIRROR

As you progress in your BioSlim program, particularly if you fully and enthusiastically incorporate the Activity Plan, you may find that though your clothes are getting looser and you’re feeling terrific—your weight drops by only a small amount in some weeks. That may well be because your *lean body mass*, i.e., muscle mass, is growing at a faster rate than the one at which your body fat is diminishing. You’re getting stronger, and it’s your muscles that are gaining weight now, not your fat stores! Conversely, if you restrict your eating too severely, as on many “diet” programs, you may lose

weight during some weeks, but your *percentage of body fat* may not improve, and may even rise, despite your weight loss, because you are losing muscle mass.

Note: Body fat analysis, as we have seen, is a good way to accurately track your progress. But, don't worry if you can't find a way to do it. Use your mirror! By combining the information the mirror gives you with how your clothes fit, you will have quite an accurate and sensitive guide to how you're doing on the program. Yes, your scale is useful. But remember: it has its limitations, the most significant of which is its inability to differentiate between *good* weight loss (*fat* loss) and *bad* weight loss (loss of *lean* body mass, or muscle).

KEEPING IT SIMPLE AND FUN

It is a central principle of BioSlim that nothing about the program should be difficult or unpleasant. If you create a system for yourself that you feel you have to “suffer through for a while”—a temporary unpleasantness you will stoically bear in order to lose some weight—then, *by definition*, you intend to someday stop the program and go back to your old ways. From that day on, you will be at risk for regaining the weight you lost (and perhaps even a little more, as we shall see).

SO KEEP THIS PROGRAM SIMPLE AND FUN. It's the only way to be sure that you'll stick with the program. Do this for yourself!

Please remember as you read this book: the purpose of BioSlim is to help you achieve permanent, healthful weight loss. You should strive to remove from your life anything that may get in the way of that goal.

WHY DO WE BECOME OVERWEIGHT?



Why do people become overweight? This is a question without a completely satisfactory answer, as some of the pieces of the puzzle continue to elude medical science. Here's some of what we know:

FAT CELLS, DIETING AND METABOLISM

- ♦ It is believed that the number of fat cells (“adipocytes”) in the body never diminishes. You can gain fat cells, particularly in childhood, but also in adulthood. Once gained, fat cells don’t seem to ever go away or diminish in number (without surgery), though they do change in size. Note: For years, it was thought that the number of fat cells in the body is set in childhood, and that adults cannot alter that number.
- ♦ When adults become obese, their existing fat cells dramatically increase *in size* to hold the extra fat. When weight is lost, fat cells can shrink to almost nothing.
- ♦ *Dieting*, or the restriction of caloric intake, usually causes a *reduction* of metabolic rate. (“Metabolic rate” is the speed at which the body’s engine runs—at which it burns calories.) This is the body’s way of conserving energy in the face of what it perceives to be a period of starvation. Remember, your body was designed to withstand the intermittent food shortages of primeval times by storing fat efficiently. When you diet, your body doesn’t know you’re trying to lose weight. It reacts in part by slowing down body functions and *speeding up fat storage* whenever food is available, so as to both conserve energy and save it (in the form of fat) for future use. In this very real sense, *dieting makes you fatter!*—not thinner.

- ♦ “*Basal*” metabolism, the body’s metabolism at rest, accounts for approximately 70% of all energy expenditures in a normal individual. It represents the energy your body uses just to stay alive: breathing, heart beating, brain function, heat production, etc. Exercise can raise the *non-resting* use of energy, but the total increase in energy utilization from exercise will generally not be greater than the energy used by the underlying basal metabolism necessary to vital body function. However, there is evidence now that regular activity increases not only the rate of calorie use for the activity being performed, but also the *resting* metabolic rate *between* activities, dramatically altering the equation.
- ♦ The basal (resting) metabolism of an otherwise normally healthy obese individual is not typically different from that of a healthy non-obese person. Of course, there are significant medical conditions that can lead to an altered metabolism and an overweight state (see the *Medical Considerations* chapter).
- ♦ Some medications will make you gain weight. Examples: tricyclic antidepressants, antihistamines (especially astemizole and loratadine), and corticosteroids (aka “steroids”). *Stopping* certain other meds—diuretics for example—can cause a rapid *gain* in weight, usually because of water or waste retention.

CARBOHYDRATES AND CARBOHYDRATE INTOLERANCE

- ♦ Approximately 25% of the population is intolerant to high levels of carbohydrates in the diet. If you are in this group and you eat a typical Western diet of high carbohydrates (our products, sugars, starches) and high added fat, you are virtually certain to become obese. One clue to this condition is your blood serum level of *triglycerides*, a kind of blood fat. If high, it tends to indicate a state of *hyperinsulinemia*, high insulin levels. Insulin is the hormone that tells your body to store more fat and burn less of it for energy. Insulin also reduces blood levels of *growth hormone* (GH)—a pituitary hormone that, among other things, causes more fat to be burned for energy, creating a leaner healthier body. GH is also believed to help forestall the effects of aging. Abnormally reducing GH levels with excessively high insulin levels is a bad idea.

- ♦ Sleep is important to maintaining a healthful body weight, especially for men. One obvious reason is that fatigue causes inactivity. Another, less well-known reason is that it is during deep (“slow-wave”) sleep that *growth hormone* is released, and an insufficiency of growth hormone is associated with increased fat tissue and abdominal obesity, reduced muscle mass and strength, and reduced exercise capacity. Regular activity during your day and a hot bath before bedtime can improve your sleep.
- ♦ Sugar is one of the worst offenders when it comes to increasing body fat (and insulin levels). Note that *fructose* (fruit sugar) is more slowly absorbed into the bloodstream than sucrose (table sugar); however, fructose metabolism can cause significant problems in the liver, which in turn can worsen obesity.
- ♦ Too much alcohol can slow down fat metabolism and make you fatter. Suggestion: set a limit of one glass of wine a day.
- ♦ Foods that contain high levels of rapidly-absorbed carbohydrates tend to do the most damage when it comes to elevating insulin levels and making you fatter. They should be avoided, especially if you are carbohydrate intolerant. These include:
 - Grains, including rice, corn and all four products such as bread, pasta, cake, etc. If you must eat grains, eat only *whole* grains, such as oatmeal, whole wheat, brown rice, etc.
 - A few vegetables, such as potato, carrot, beet.
 - Sweet fruits/melons, especially banana, papaya, undiluted fruit juices, raisins, grapes, watermelon.
 - High-sugar foods, e.g., ice cream, sweets, soft drinks, etc.

INGESTED FAT AND HOW IT AFFECTS YOUR BODY

- ♦ Eating fat, especially *added* fat (fat that is added to food, as opposed to the fat that is naturally present in real food), does all kinds of damage to your body, including increasing your risk of heart disease, cancer, diabetes, high blood pressure, and much other unpleasantness. It also makes you fatter faster than anything else you can eat, containing as it does over twice the calories (9 per gram) per unit weight of the other food constituents (about 4 per gram for protein or carbohydrate).

Excess fat ingestion also appears to increase “insulin resistance”, a condition where more and more insulin must be supplied to the body as the tissues become more and more immune to its effects. This can greatly exacerbate the problem of obesity, and also leads to diabetes.

- ♦ Fat is not all bad. Here’s why (see also the *Why Is There Fat...* chapter):

Fat makes you feel fuller faster. This is partly due to its slow digestion, as well as the release of *cholecystikinin* (“cck”), a stomach hormone that tells your brain: “you’re full, stop eating”, caused by fat. Fat that appears naturally in food need not be avoided: it actually helps control appetite.

Fat slows digestion of virtually all food eaten with it... especially carbohydrates. Fat that appears naturally in food will help slow down carbohydrate absorption, thereby reducing what might otherwise be a flood of insulin responding to a flood of carbohydrates entering the bloodstream.

Monounsaturated fats are the best fats to eat. Found in high levels in olives and olive oil, avocados, macadamia nuts and canola oil, these fats have been linked to *reduced* heart disease and cancer rates. However...

Remember: Olive oil and canola oils are still oils. They are still pure fat. And they are still **added fats**, meaning: nature does not create olive or canola oil. The body will not react well to having these unnaturally extracted, *added* fats thrown into it, no matter the potential beneficial effects on one disease or another. However, if you *must* use an added fat or oil, these two oils are the best to use, especially olive oil. But remember: *all added fats should be avoided* for maximum benefit under the BioSlim plan.

- ♦ The response of an obese person’s metabolism to food is different from that of a non-obese individual: it is usually not as robust, not as aggressive. Food, *particularly food high in oil and fat*, will make an obese person gain weight faster than it will a thin person. This is in part due to the observed reduction in obese

individuals of *food-induced thermogenesis*, the body's increase in heat production in response to food ingestion. ("Thermogenesis" means "heat production"; it is one of the reasons you may feel warm after a meal.) This blunted response in obesity is a form of reduced metabolic rate, though it is only part of the whole picture.

Note that food-induced thermogenesis is typically most noticeable when the ingested food is high in carbohydrates or proteins, and *least* noticeable when it is high in fat. So not only is fat higher in calories gram for gram than carbohydrates or protein, it apparently also *reduces the body's ability to burn up calories* through food-induced heat production. In fact, as we have seen, ingested fat tends to induce the body to *store* calories—as body fat. This is another important reason to avoid added fats in the diet: ***Fat makes you fat.***

CONTROLLING YOUR BODY'S FAT

- ♦ Childhood body type and habits and adult eating patterns appear to have the most direct influence on adult body fat levels. If you learned in childhood to "always clean your plate", you will probably carry that with you into adulthood. If you were heavy as a child, your chances of being an overweight adult are higher than they would otherwise be. It is possible to break the physical and psychological programming of childhood—but it is not a simple matter. The BioSlim program, designed with this very purpose in mind, is the single best way to do it.
- ♦ Emotional states such as anger, depression, fear of success and reactions to stress all can and do contribute to the onset and maintenance of the overweight state. A condition known as SAD (*Seasonal Affective Disorder*), affecting approximately 10 million Americans, causes depression and often weight gain in fall and winter—when our daily dose of sunlight diminishes. Going outdoors more, avoiding sunglasses, and treatment with light (done professionally) can help.
- ♦ Anaerobic exercise (such as isometrics or weight lifting) tends to *increase* growth hormone levels, with all the salutary effects that can have: faster and more efficient use of body fat for energy,

strengthening of body muscles, and apparently, improvements in many of the effects of aging.

- ♦ New research indicates there may be a “*fatgene*” that makes some of us obese. If so, people with this gene simply must be more careful and attentive to their health than others. Most overweight individuals appear not to have this genetic predisposition. Their weight problems can be traced to their food intake, activity levels and nutritional practices.

There is no one simple answer to the question of why people become overweight. For some, it is due to physical or medical factors, such as hormonal or metabolic disorders, or medications. For others, it is exacerbated by psychological issues like self-image and interpersonal relationships. There are as many answers as there are people with the problem. And each, like most things concerning the human experience, is a complex mix of physical, emotional, and environmental factors.

In this book, we will focus on ways to bring balance and *sense* to this difficult, troubling issue.

We will *not* try to force you into a preconceived mold. You will find within the BioSlim system answers that are *right for you*. Please keep in mind that with a problem this complex and this personal, the only good answers are the ones *you* discover are *right for you*.

We will give you the facts and recommend healthful, permanent solutions. But *you* must decide to implement them, and you must feel right about using them.

So keep reading: the answers will soon be clear and obvious to you. It should feel *right*, and should make you *happy*.

DO IT!... for yourself.

THE CONSEQUENCES OF BEING OVERWEIGHT



Below is a list of the most common serious problems for which carrying too much body weight increases your risk. Details on the medical aspects of body weight and its relationship to various specific health issues are presented in the *Medical Considerations* chapter.

This list conveys the general scope of the problem:

- ♦ Diabetes (now at epidemic levels in the U.S.)
- ♦ High blood pressure
- ♦ Heart disease
- ♦ Lung disease
- ♦ Breathing disorders
- ♦ Cancer, such as of the breast, colon and uterus
- ♦ Atherosclerosis (hardening of the arteries)
- ♦ High cholesterol and triglyceride levels
- ♦ Strokes
- ♦ Liver disease (fatty liver)
- ♦ Osteoarthritis (especially of the hips and knees)
- ♦ Sciatica and other spinal pain syndromes
- ♦ Gout
- ♦ Gallstones
- ♦ Gallbladder inflammation
- ♦ Blood clots
- ♦ Toxemia of pregnancy
- ♦ Menstrual irregularities

- ♦ Various hernias
- ♦ Sleep disorders
- ♦ Growth hormone suppression
- ♦ Rapid aging
- ♦ An increase in “free radical” activity in the body, causing cellular damage on a wide scale
- ♦ ...and sudden death

Each of these can be ameliorated by proper weight control—by the BioSlim system you are holding in your hands. Some, particularly cardiovascular problems and diabetes, are actually exacerbated by repeated “yo-yo” dieting, i.e., they can actually get worse just because your weight fluctuates up and down too much.

With all this, one may readily conclude that weight loss is perhaps not the most important reason to get on—and stay on—the BioSlim program. Looking at the list above, would not the more important reason be your health and how long you’re going to live?

This is, in fact, the best way to think about BioSlim: do it for your health—for *life*. If you follow the BioSlim system with these thoughts in mind, the excess weight will **melt from your body**. Don’t worry about the weight... it WILL come off! Concentrate on **doing the right thing**. Your body will take care of itself—it has an amazing ability to do just that. All you have to do is give it a chance.

Now, before we begin exploring the BioSlim system, let’s review some of the available *alternatives*.

YOUR CHOICES: WEIGHT CONTROL REVIEW



“Destiny is not a matter of chance, it is a matter of choice.”

THE OPTIONS YOU’VE HAD (BEFORE BIOSLIM)

If you looked at some of the other non-BioSlim methods people have used to try to lose weight, you’d be in for a shock. By understanding why each of these alternates fails in its own way, you will also clearly see why the BioSlim approach is the one that must be right for you.

Let’s review these general categories of weight loss methods:

- ♦ Powders, shakes, bad “diet” bars and other nonsense
- ♦ “Meal replacements”
- ♦ “Designer” diets, including Atkins, #-Day diets, etc.
- ♦ Drugs
- ♦ New “natural” magic pills
- ♦ Surgery
- ♦ Liposuction, tucks, and other such options

You will soon see how BioSlim overcomes the problems these methods create and how BioSlim brings to you the ultimate, *permanent* answer to the “diet dilemma”.

THE GOVERNMENT AND THE DIET INDUSTRY

In 1990 congressional hearings were held that focused attention on the weight-loss claims made by various diet companies. In October, 1991, the FTC (Federal Trade Commission) fired its first shot against the industry when it took action against three liquid diet makers: Optifast, Medifast and Ultrafast. These three companies agreed at that time to drop certain claims they had been making about the safety and effectiveness of their products.

It was explained then by the FTC that these severely calorie-restricted diets (a) were potentially dangerous, and (b) virtually *never* worked permanently. The companies involved were forced to drop the claims they had been making about “fast, easy, long-term weight loss” because they were deemed false by the government.

In 1993, the FTC disclosed it was investigating several more companies, including the industry’s biggest, for their false and misleading advertising. As before, the FTC believed the claims of “fast, easy, long-lasting” weight loss were inaccurate.

Companies/products investigated by the FTC have included:

- ♦ Jenny Craig, Inc.,
- ♦ Nutri/System Inc.,
- ♦ Weight Watchers International,
- ♦ Diet Centers,
- ♦ Physicians Weight Loss Centers,
- ♦ Makers of “cortisol-control” products.

Products that claim “cortisol control” in order to reduce “belly fat” are particularly egregious, because (a) cortisol is not a “fat hormone” (far from it; it is essential to life), and (b) the products making this claim have no significant effect on cortisol anyway.

According to the FTC, all these products appeared to practice false and misleading advertising when they claimed that their programs are safe, effective, and most significantly and most falsely, *permanent*, which, of course, virtually none are.

Let’s now review some of the various commercially available weight control programs. We will see (a) that what is wrong with most of them is approximately what the FTC found wrong with the companies mentioned above, and (b) why BioSlim, by contrast, is the one right way to lose weight quickly, safely and permanently.

Since this list was compiled, there have been many new additions. There is now more reason than ever to be very careful in choosing correctly. Your best bet: make sure there’s a doctor involved, that *doctors* are formulating your products, not businesspeople, and that the company *takes responsibility* for its products and services.

IF NOT BIOSLIM, WHAT?

DIET POWDERS, SHAKES AND OTHER NONSENSE

Schemes that *rely* on the use of poorly-formulated shakes , powders, bars or candies are among the worst health **scams** perpetrated on the American public. And yet, they are among the most common and profitable diet products today. Included are the products of many of the companies listed above, and such well-known items as Ultra/Slim Fast , and others. Theoretically, bars, shakes, even powders *can* help you nutritionally... but not alone, and not unless they are very high quality, very well-formulated. Most are not. Most are nutritional nightmares.

In general, short-term dieting using shakes, powders or candy bars is a fundamentally *wrong*, albeit enticing concept. You simply cannot lose weight permanently that way, nor can you, in most cases, do it healthfully.

So these plans are useless at best, outright harmful and dangerous at worst. Useless because they almost always fail to *permanently* accomplish their stated goals. Of course, they are seductive because there is almost always an immediate reduction of weight. But it's not difficult to lose some weight with a highly restrictive diet, especially in the beginning, when it's mostly water weight you're losing (the water, of course, will come back). Virtually *any* diet will do that for you. Much more difficult is keeping the weight off, and that is where these diet programs fail miserably. In fact, I suspect that these plans *rely* on the fact that **almost everyone who becomes a customer will be back for more, because almost everyone will gain their weight back**. What they seek, it seems, is built-in repeat business—paid in the coin of pain, disappointment, and poor health suffered by most of their clients.

Study after study has shown that more than 95% of these dieters ultimately fail. The reasons for this sorry state of affairs are very well understood by the companies selling the products that make it so.

(BioSlim, not being a diet, *will* work, and it'll work permanently when used as recommended.)

Perhaps the most callous, most outrageous example of how these companies operate is, in my opinion, the television commercial once aired by Ultra/Slim Fast in support of their popular sugar-laden, nutritionally horrendous powdered diet product—wherein *salads*(!!) are attacked as *inferior diet food*(!!) in comparison to their “wonderful” synthetic cans of slop! Here is a truly mind-boggling display of irresponsible, misleading, *loathsome* advertising.

Do you really believe that weight loss achieved by eating unhealthful *shakes* or freeze-dried *slop* instead of real food can be healthful or permanent? Most people know this is not true. But it’s easy to fall into the trap. The lure is so enticing.

What we are talking about here is a never-ending cycle of wasted energy, health and money.

And, as if all this were not bad enough, some of these plans, particularly those that advocate drastic calorie restriction, can be positively dangerous, causing gallstones, heart rhythm disturbances, sexual and menstrual dysfunction, and even *sudden death*!

Bottom line: these products are *junk*, with rare exception. Avoid them, unless you are *sure* you are dealing with that exception.

“MEAL REPLACEMENTS”: TICKETS TO FAILURE

Here again, the products in question are produced by many of the companies investigated by the FTC for false and misleading claims (see above page 21).

Included are such organizations as:

- ♦ Jenny Craig, Inc.,
- ♦ Nutri/System Inc.,
- ♦ Diet Centers,
- ♦ Physicians Weight Loss Centers,
- ♦ Weight Watchers International,
- ♦ Ultra Slim/Fast,
- ♦ and many others.

All of these programs produce artificially prepared prepackaged “foods” for their clients to eat while “on the diet”. All claim quick,

easy, long-lasting weight loss, which, according to the FTC , is patently false and misleading.

As described under *Powders, Shakes and Other Nonsense* above, short-term, unnatural “diets” have been proven to be ineffective for long-term weight loss, and are potentially health-destructive.

In a sense, these programs—the ones that sell prepackaged, dehydrated, foil-wrapped, microwavable, nutritionally empty “meals” and “meal replacements”—are potentially *more* insidious than those selling the blatantly unnatural, synthetic garbage that is in most diet powders, shakes and diet bars. Most of us know that these “diet” products are for short-term use only. But the prepackaged meals are marketed as *permanent* alternatives to real food. People are advised to eat these “meals” for months, *even years*. This leads to nutritionally deficient users who routinely gain all their weight back, and more, as soon as they go back to eating any kind of normal diet.

These products are also mostly *junk*. Either find well-balanced, doctor-formulated versions, or avoid them altogether.

“DESIGNER” DIETS: ATKINS, ET AL.

One type of “designer diet” consists of specific foods that must be eaten to the exclusion of all others for a prescribed period of time. Usually the chosen foods, like rice, grapefruit, watermelon and others, are not individually unhealthful. It is, rather, the unnatural *restrictiveness* of these diet types that makes them unacceptable and potentially dangerous.

It is possible to lose weight with these programs. But because these plans are unnatural, unbalanced and generally unhealthful, as soon as a normal diet is reestablished all lost weight is virtually certain to return.

Another category here is typified by the Atkins diet:

Be careful! The Atkins diet is seriously flawed, and can be dangerous. It consists of high fat foods eaten virtually without restriction, heavily restricted carbohydrate intake and little attention to food quality and healthfulness. A state of *ketosis* is sought, even tested for with urine sticks to be sure the user has achieved it! Ketosis

is the incomplete oxidation (“burning for energy”) of fats resulting in the accumulation of intermediary (*acetyl-CoA*) molecules: it is an abnormal, generally undesirable, potentially dangerous state.

This diet can actually result in some weight loss. High fat foods taste good, and, since fats take longer to digest, people can feel full longer. And staying away from sugar and concentrated high-carb foods is a very good thing. These advantages, however, are **strongly** counterbalanced by the unhealthful effects of high fat intake as well as by the dangers of inadequate nutrition this diet can create. (Sources: *A critique of low-carbohydrate ketogenic weight reduction regimens: A review of Dr. Atkins’ Diet Revolution*. JAMA 224:1415-9, 1973; *Dr. Atkins’ Diet Revolution*. Med Lett 15 (May 1):41-2, 1973)

Potential side effects of the Atkins diet can include:

- ♦ Cognitive dysfunction (i.e., confusion, unclear thinking)
- ♦ Postural hypotension (low blood pressure and possibly dizziness with standing)
- ♦ Hyperlipidemia (high blood fat)
- ♦ High blood uric acid level (which can cause gout)
- ♦ Fatigue
- ♦ Irritability and tension
- ♦ Mood changes
- ♦ Glucose intolerance and diabetes
- ♦ Diarrhea
- ♦ Abnormal water losses due to ketosis
- ♦ Nutritional deficiencies (unless supplemented)
- ♦ Constipation
- ♦ Unusual food cravings

(Sources: *Friedman, RB. Fad diets: Evaluation of five common types*. Postgrad Med 89(1):249-58, 1986; *Morgan, SL. Rational weight loss programs: A clinician’s guide*. J Am Coll Nutr 8(3): 186-94, 1989)

My biggest objection to the Atkins plan is that it is so stupidly constructed. Why urge people to eat as much fat as they can? Why, for example, urge the use of heavy cream on cereal over skim milk? *How silly can you get?!* Atkins is a pure example of monomania

gone wild. The plan is so intensely focused on eliminating ALL carbohydrates that it loses its reason, its logic, its sanity.

Bottom line: Atkins does some things right (staying away from sugar and empty concentrated carbs), but taken as a whole, it is the wrong way to go. Stay away.

Note: BioSlim will give you every benefit offered by the Atkins plan and much more, because BioSlim carefully avoids the fundamental errors Atkins makes. BioSlim also eliminates all the potential harm of that fawed plan.

Finally, there are diets with the words “X-Day Diet”, where “X” equals some number of days, such as the 5-, 6- or 7-Day Diets, et al. These are so ineffective, so *wrong* as to be ridicu lous. Heavy dietary restrictions and meal replacements are followed by short periods of unrestricted eating. This will *not* work healthfully or permanently. Chances are these schemes will not work at all to help you lose weight, and in some cases you’d be lucky to walk out in one piece.

All these plans should be avoided.

DRUGS

Most of these are stimulant chemicals, with too many side-effects to recommend. The only over-the-counter (non-prescription) drug for which weight loss claims could legally be made was *phenylpropanolamine* (“PPA”), known commercially as *Dexatrim* and *Acutrim*, but all PPA products were banned by the FDA in November, 2000. Side effects may include dizziness, insomnia, heart palpitations, nervousness, and the coup de grace which caused the ban: stroke.

A few of the newer prescription drugs, the best of which are *phentermine* (aka *Ionamin*) and now possibly *sibutramine* (aka *Meridia*), carry fewer side effects than previously available drugs and may be quite effective. There are, however, risks involved. Some of these drugs can cause *pulmonary hypertension*, a usually fatal disease, as well as heart rhythm and gastrointestinal disturbances, and other serious side effects.

(Note: BioSlim *can* be done in combination with drug therapy, if desired and recommended by a physician. It is always best to stick to the more natural BioSlim plan, but sometimes more rapid weight loss is necessary for medical or other reasons. The net effect of doing *both* BioSlim and drug therapy will be faster, more permanent weight loss. Usually, BioSlim can be continued once drug treatment is stopped. Of course, all this must be done under the supervision of a physician.)

In addition to the health risks, the problem with the drugs-only approach is that typically, *weight loss thus achieved cannot by its nature be permanent unless the drug is taken indefinitely*. Therefore, this method cannot be recommended unless it is used for a limited time under the care of a physician who knows you well and believes you need just a little help getting started on your program. The goal must be to wean you *off* the drug(s) as soon as possible, and a method for continuing the weight loss must be ready to take over at that time.

A lifetime on medication certainly cannot, in good conscience, be deemed acceptable. The risks are too high.

There are far better, far *healthier* ways to go. Like BioSlim.

Trying to achieve permanent, healthful weight loss only through drugs is not recommended.

OTHER “NATURAL” MAGIC PILLS

There are always new things to tempt us, aren't there? Some of the latest include pills containing *chitin* or *chitosan*, a fiber made from shellfish that is supposed to literally suck the fat right out of your body. Amazing, isn't it!? Oh, wait a minute. Small problem. *It does no such thing*. These products are just useless. People who think they can eat unlimited fat because they're taking these little pills are in for some serious problems. Their weight-related health problems will only worsen. There is no reliable evidence, nor theoretical reason to believe, that these pills will remove fat from food in the digestive system, organs nature designed specifically for the purpose of breaking down and absorbing that very food. And scientific studies have actually shown that **chitin/chitosan is useless for weight loss**. Avoid it.

“Cortisol control” products are also **worthless** for weight loss. Cortisol does not make you fat; it’s essential to life. And the products don’t “control” cortisol anyway. See page 21 for details.

The latest hot product is *hoodia*, which is supposed to suppress appetite. The problem there: these products do not come close to providing enough hoodia to have any effect. Furthermore, and more importantly, ***even if it worked perfectly, it would still be essentially useless***, because you would have to stay on it forever. This approach of trying to *trick* your body into losing weight is always going to ultimately fail. The only correct solution is BioSlim!

SURGERY

“Stomach stapling” is the common term for surgery sometimes used to treat obesity. There are others as well. All accomplish similar goals: either dramatically diminishing the size of the functional part of the stomach so that satiety is achieved with only a small amount of food, or diverting part(s) of the digestive process.

These are *very* drastic methods, and cannot be recommended to any but the most desperately ill, most intransigent cases. There are much, much safer and far more healthful ways to achieve the same ends. You’re holding a guide to those ways in your hand now.

Note: liposuction and abdominal “tucks” are considered cosmetic surgery and will not be discussed further here.

THE ONLY WAY TO HEALTHFUL, PERMANENT WEIGHT CONTROL

Fortunately, there *is* a way to achieve healthful, permanent weight loss. It involves using several complementary elements:

- ♦ **THE BIOSLIM FORMULAS:** See the *Nutrition: The Key to Health* and *The BioSlim Formulas* chapters;
- ♦ **FOOD:** See *The BioSlim Food Plan* chapter;
- ♦ **LIFESTYLE:** See the *Mastering Motivation* and *What To Do About Those Cravings* chapters below;
- ♦ **ACTIVITY:** See *The Activity Plan* chapter and the companion BioSlim book, *The BioSlim Activity Plan*.

In the following chapters, we will review what BioSlim is, how it came to be, and how all its elements work together to help you achieve your desired goals.

WHAT IS BIOSLIM?



BioSlim is not a diet. “Dieting” is defined as: a program of severe food restriction and calorie and/or fat gram counting done *temporarily* for the purpose of losing weight. This cannot work. BioSlim is, instead, simply an easy way to lose weight healthfully and permanently—a way to eat and a way to stay healthy. There is no calorie counting, no fat gram calculations and no total calorie/food restriction. Therefore, BioSlim is *not a diet* as that concept is commonly understood.

BioSlim is *not* meant to be used merely as a short-term way to lose weight, though that too can certainly be done effectively. But to use BioSlim as a quick-weight-loss tool is to lose the best part of the BioSlim concept: the idea that the achievement of good health and the maintenance of that health are *lifelong* issues. What sense does it make to turn one’s life around, lose weight and start feeling great—only to go back to the same lifestyle that got you unhealthy and overweight in the first place?

This book, then, is not a “diet book” as the genre has come to be defined. It is, rather, about losing weight, getting healthy and staying that way. The weight loss achieved should be viewed as stemming naturally from the overall health gains realized, not just one end unto itself. In fact, viewing the weight loss achieved—though it may be rapid and rewarding right from the start—as the only goal of the BioSlim program is a strong invitation to problems later on.

Don’t, then, do this temporarily. Be prepared to *permanently* change your thinking about food and about health maintenance. Yes, you *can* lose weight very easily and quickly using the BioSlim System (and with *Super BioSlim* as described in the *Appendix*). It is easy to see how a “quick-fix” approach can be very tempting to

someone who desperately wants to lose weight. But it is our purpose to help effect *apermanent* change in your health and appearance. It would serve none of us well to have the intent of this book usurped for a purpose so much less than the one it was intended to serve.

DIETING FACTS

And if all these reasons are not enough to convince you to adopt BioSlim permanently, perhaps the following *Dieting Fact Review* will sway you. Remember, “dieting” here refers to the calorie/fat gram counting and temporary severe food restriction that most “diet” plans include, and that BioSlim *avoids*.

DIETING FACT REVIEW

- ♦ Fully ninety-five percent (95%), or 19 out of 20 people who go on standard “diets” fail to reach their goals.
- ♦ Of the remaining 5%, approximately 80% (4% of the 5%) will regain the weight they lost (as do most of the original 95% who may lose some weight but never reach their goals).
- ♦ In many instances, more weight is ultimately regained than was lost dieting, caused by the reduction of metabolic rate that accompanies most “diets”.
- ♦ It has been shown that weight loss achieved through most forms of calorie restriction is virtually always doomed to failure. The human body responds to intermittent calorie restriction by learning to live with less calories—by *reducing metabolic rate!* Combined with the lean-body-weight (muscle mass) losses experienced by most dieters, which further reduce metabolic rate, this makes keeping weight off a near-impossibility.
- ♦ For many dieters, each successive diet makes *it more difficult* to keep the weight off, and more difficult to lose weight the next time.
- ♦ Many people today have reached the point where *any* food intake beyond a near-starvation diet causes weight gain. Does this sound familiar?
- ♦ Today’s commercial weight loss programs continue to market their severely calorie-restricted diet schemes, using prepackaged, nutritionally empty foods, or worse—poorly balanced,

nutritionally damaging powdered “meal replacements” or diet shakes and powders. Most people who are customers for these products today will probably be customers again tomorrow, when they gain all their weight back (and then some).

- ♦ The use of prepackaged, highly processed, dehydrated, unnatural, unhealthful, nutritionally empty and environmentally polluting “meals” or “meal substitutes” can lead to more than just a failure to keep lost weight off. The risk of serious gallbladder, kidney, gastrointestinal, heart, metabolic and other diseases is believed to be significantly elevated in people undergoing rapid calorie-restriction-generated weight loss programs, particularly those using “meal substitutes” or “replacements”.
- ♦ People whose weights continually fluctuate are at significantly higher risk of developing cardiovascular (heart and blood vessel) disease and diabetes than people who stay at stable weights *even if those stable weights are at obese levels*. In other words, yo-yo dieting is itself a problem, even more so than simply being overweight.

Had enough? If you are overweight, and/or tired all the time, in pain, sick too often, or otherwise unhealthy—you must accept the fact that *something* needs to change. What your specific “something” must be will become clear as you read on.

But it certainly *won't* lend itself to a thoughtless, quick fix. Problems fixed quickly, as we have seen, quickly lead right back to more of the same.

YOUR GOALS WITH BIOSLIM

- 1) Weight loss. For some, weight loss may be rapid, sometimes up to eight or ten pounds in the first week, but this is not sustained. Others will lose weight at much slower rates. As you settle in, your weight loss will fluctuate from week to week, typically ranging from one to four pounds, depending on several individual factors such as starting weight, activity level, food intake, muscularity, metabolic state, etc. Don't worry if you're in the lower ranges, especially in the beginning, or

during a plateau phase. We all have our own internal schedule, based on the metabolic and biochemical individuality each of us possesses. It may even take a month or more to get your body going, and you may even need to try *Super BioSlim* along the way—but if you follow the program as outlined, you *will* achieve your goals. (Note: Women will normally experience fluctuations of weight around their monthly cycles, which has nothing to do with BioSlim. Measuring progress during those times can be difficult.)

- 2) Improved energy levels. Many people report improvements in stamina, concentration ability, and general energy level. The BioSlim Formulas have a lot to do with that, as well as any general improvements made in food quality, activity levels and sleep.
- 3) Improved appetite control. The combination of the BioSlim Formulas, healthful foods, increased activity level, and mood improvement leads to significant appetite reduction in most people on the BioSlim System. This is a major part of the positive effect BioSlim has on people, and is one of the noticeable improvements people report.
- 4) Mood improvement. Many people report that they feel happier and that their relationships are improved once they're on the program. There are many reasons for this effect, including: improved energy levels, weight loss, reversal of nutritional deficiencies, elimination of unhealthy, metabolically destructive foods, and the psychological boost many people feel when they start this program of self-improvement.
- 5) Improved bowel health. Though at first some people may experience a change in bowel habits or some amount of intestinal gas, the vast majority of people on BioSlim report significant *improvements* in this area. Remember, a healthy bowel moves at least once daily, and even two or three times daily. The improvements seen on BioSlim stem from the all-natural BioSlim Formulas, the dietary changes, the increased water intake and the recommended activities.

- 6) Fatter pocketbook. You will spend less on food because you'll be eating less empty, often expensive, nutritionally useless foods—and more of the health-building foods your body needs. You'll spend less on medical bills because you'll be both healthier and more self-sufficient when it comes to taking care of yourself. (This book, for example, contains many useful tips on handling illness.) It has been estimated that if everyone in the United States, doctors and patients alike, practiced medicine and lived life using the preventive principles and methods described in this book, our yearly national expenditure on medical care could drop by one-third to one-half from its current mind-numbing level of about one *trillion* dollars.
- 7) Generally improved health and “side benefits”. When you follow the BioSlim program thoroughly you should experience greatly improved health, because BioSlim truly is a natural, *total* health system, designed not only to aid in weight loss, but with your *whole body* in mind. “Side benefits” are the counterparts to the “side effects” so common with drug-and-procedure-based treatments. Because BioSlim is a *natural* health system, using *no* drugs, your body can experience rewards and improvements in areas you probably never imagined. We call these “side-benefits”.

The body *fixes itself*, given the opportunity to do so. BioSlim gives it that opportunity, and the support it needs to get the job done.

THE BEGINNING: WHY CHANGE IS ESSENTIAL



BioSlim began as a health program in a medical office in 1990. Prior to its release to the general public it went through years of gestation and clinical testing, nurtured by the staff and patients of the Summa Medical Group.

Many people and events led to the development of BioSlim . The process by which it all occurred illuminates much of what is troublesome in both the diet and medical establishments today, as well as what can be done about it. As you will see, change is both necessary and inevitable.

BIOSLIM AND THE MEDICAL GROUP

The staff of Summa Medical Group committed itself to helping people find new, health-*enhancing* solutions to complement and improve upon today's crisis-based, drug-oriented approach to medicine—to finding the right *healthful* alternatives to what has become a dangerous and *unhealthy* diet and weight loss industry.

For example: Drug therapy for human illness should always be kept to the *essential minimum*. You don't need an antibiotic every time you develop a sore throat or have a fever, but you do if you develop pneumonia. You don't need steroids every time your back or neck hurts or whenever you develop a rash, though you do for adrenal insufficiency and other urgent circumstances . And you certainly don't need tranquilizers and sleeping pills if you happen to feel nervous or anxious, or necessarily for insomnia . There are other ways.

Have you ever wondered why almost every time you see your doctor, you get at least one prescription? Can you remember the

last time you went to your doctor with a sore throat or a cold and *didn't* get an antibiotic? Has your child ever been to see a doctor with a cold or a sore ear and *not* gotten an antibiotic?

SUFFER THE CHILDREN

Our children, regrettably, bear the brunt of medical overtreatment today. As new, ever more powerful oral antibiotics are invented, they are often used first on our children. Witness drugs like Augmentin, Suprax, Cipro, and others. These are *enormously powerful* drugs that can and do wreak havoc in our children's bodies. And yet in many cases, these drugs and other medications are prescribed routinely and virtually indiscriminately. Incredibly, in some *seemingly* intractable cases of childhood illness, these or other powerful medications are prescribed as long-term "*prophylaxis*" ("prevention"), to be taken daily for months, sometimes *years*! As if nature made a mistake by not incorporating little antibiotic dispensers in our children's bodies!

The full story of what this kind of "therapy" does to a growing child's immune system and other body functions in the long run is still unknown. Moreover, recent studies have shown that the use of antibiotics in childhood often does nothing to forestall or control childhood illnesses. And yet the practice goes on.

The fact is, most experts in the specialty field of infectious disease agree that in most primary care cases (those diseases and patients who are treated in a general doctor's office, as opposed to in a hospital or by a specialist), it is best to try to *avoid* using antibiotics altogether, or use the *weakest* antibiotic that is likely to do the job required, not the strongest. The overuse of antibiotics by the medical establishment and by the meat industry (they are used on animals routinely) is directly responsible for much of the explosion of new, hyper-virulent strains of infectious organisms we are witnessing today, including *tuberculosis*, *staphylococcus*, *streptococcus*, et al. The underlying problem is that microorganisms (e.g., bacteria) multiply so rapidly that they quickly find ways—through their natural evolution—to *resist* commonly used antibiotics. We are now, in fact, at the brink of a very serious worldwide health dilemma: the onslaught of new, highly antibiotic-

resistant infectious diseases for which we literally have *no effective treatments*. Drug companies are scrambling to come up with new effective drugs, but everyone knows that the process will simply start again, and that it's not enough to just change the weaponry. We must also alter the nature of the war.

But the chronic overuse—no, *abuse*—of antibiotics and many other drugs continues. And children continue to be among the prime targets of this abuse. The result is that the processes that lead to adult disease and chronic ill health often begin in childhood, and the way childhood diseases are treated by doctors today is one of the most dangerous parts of that process. Instead of throwing extremely powerful, potentially toxic drugs at our ailing children, doctors should be talking to parents about:

- ♦ What kind of diet is the child eating?
- ♦ How much fluid does the child drink during the course of a typical day?
- ♦ How much milk and milk-containing food does the child consume each day? (Optimum = none. Milk-containing foods are linked to increased childhood infections and lung problems like asthma and bronchitis.)
- ♦ What is the state of the child's hygiene?
- ♦ Is the child unnecessarily exposed to other, contagious children or adults?
- ♦ What is the child's overall nutritional status?
- ♦ Is the child being fed or exposed to allergy-causing substances (e.g., milk, corn, airborne pollen, et al.)? This is a common cause of recurrent upper respiratory irritation and subsequent infection.
- ♦ Has the child been given sufficient replacement amounts of the normal, friendly, health-maintaining bacteria that are destroyed by each course of antibiotics?
- ♦ If the child is breast-feeding is the *mother* taking adequate care of her own nutritional needs, and is *she* avoiding potentially harmful drugs and foods?

How many times have you been asked about these issues at your doctor's office? If you're like most people, the answer is probably zero, or nearly so. Perhaps it is time, then, to think about finding a physician who is concerned with just such issues—one who *worries* about using powerful medications on little children. You would be hard-pressed to find anything more important you can do to improve the current and future health of your child.

Note: BioSlim has created the **BioSlim Youth System**, a weight loss program designed specifically for kids (7-15 years old). If your child suffers from obesity, the Youth System (aka *BioSlim For Kids*) is the first and best way to deal with it. See details at the bioslim.com and bioslimforkids.com websites.

Now, to understand how BioSlim came to be, let's follow the story of our children as they grow.

WHAT HAPPENS AS THE CHILD GROWS: THE FREQUENT INEVITABILITY OF OBESITY

After surviving recurrent childhood illnesses, which often eventually stop only when our child grows too old to continue having them, he or she enters young adulthood. When adolescents or teenagers get sick, they usually receive the same kind of treatment they got as children, though perhaps from different doctors. There continues to be little or no attention paid to diet and health maintenance.

Luckily, the importance of a proper activity level has now been generally recognized to the point where most people are now at least *aware* of its desirability, though many still don't act on that awareness. Education on nutrition and appropriate food choices, though, is generally left to parents and peers, with little or no input from the medical community.

Parents are often completely unaware of the realities of modern nutrition. As a result, the nutritional education our growing young adult gets at home is generally either non-existent or completely erroneous.

And what is our teenager likely to learn about nutrition and health from his or her peers? Among most of today's youth, good nutrition means cheeseburgers, French fries and pizza, washed down with cola drinks, topped off with ice cream. At home, the day's "nutrition" ends at dinner, which often consists of fat-laden meat, fried food dripping with oil, possibly a small salad drowned in oily salad dressing, and a dessert of pie topped with whipped cream. A late-night snack may follow, the nutritional characteristics of which are similarly horrendous.

There's more. Recent studies have found that **television viewing** and other similarly static behavior are directly related to reduction of metabolic rate in children and lead to obesity (possibly due to decreased physical activity). And we all know how much time our kids spend sitting in front of TVs and video games.

And so it goes. Often the child is obese by the age of six or seven, sometimes sooner. If the *child* manages to escape this fate, sooner or later the *adult* becomes fat. In any event, obesity in many such cases is almost unavoidable. The child, the teenager, and certainly the adult never really have a chance.

The fact is: most of the food eaten by most people in the "developed" world today cannot adequately nourish human beings. The so-called "Western diet" will nearly *always* lead to ill health and obesity, sooner or later. Some people, through life-long starvation diets or through aggressive exercise programs, or through the sheer luck of being born with robust metabolisms, can continue on this kind of diet and avoid obesity through early middle age. But eventually, if one lives long enough, obesity will almost inevitably set in, unless significant changes are made. And that's the good news. *You can change all this!*

It has been estimated that the "average" adult gains one to two pounds per year. At that rate, this "average" adult is obese by the age of 40-45 years. Amazingly, and sadly, the overweight state is now considered the de facto norm for older adults by many authorities. In other words, in Western society, more people past the age of 40

are overweight than not, once the age factor is eliminated from the calculation of what is “overweight”.

Making obesity “normal” with increasing age makes no sense. Gaining weight with age should *not* be “inevitable” or acceptable just because it happens to so many people. It is still unhealthful, and is considered “normal” only because so many people are abnormal in this way that their numbers change the statistical analysis that determines what is normal in the first place!

NOTE: One lesson to be learned from this is simply a further corroboration of what was discussed earlier: don’t look to weight charts and tables to gauge your health or your progress—just check your mirror.

Next, we’ll review *how* the “typical Western diet” impacts your health and your weight.

WHAT IS RIGHT AND WHAT IS WRONG WITH THE WAY WE EAT — AND WHAT TO DO ABOUT IT

There are, broadly speaking, three major problems with the typical Western diet:

- 1) There is an enormous amount of insubstantial, nutritionally empty—or worse, nutritionally *harmful*—food readily available today. These are packaged by giant food companies to be attractive and delicious. And they are advertised heavily, of course. The problem is that too many of these foods are so unnatural, so devoid of the factors human beings need to survive, that the term “food” cannot rightfully be applied to them. A better term would be “*junk*”, or even “*toxic waste*”. Call it anything... it’s just not “food”.

Here are some examples of common *foods* that nevertheless pass for “food”. (Healthful and delicious alternatives to many of these items are discussed later in this book and in the companion book, the wonderful *BioSlim CookBook*.)

- ♦ Margarine
- ♦ Oily salad dressings
- ♦ Potato chips
- ♦ All chips made with oil

- ♦ Ice cream
- ♦ Mayonnaise
- ♦ Cream cheese
- ♦ Sugar (white table)
- ♦ White flour
- ♦ Candies
- ♦ Most oils
- ♦ Soft drinks
- ♦ French fries
- ♦ Most breakfast cereals (if made with sugar, oil, and/or white flour)
- ♦ And many more

Now, we've all eaten some, if not all, of these items at one time or another. That doesn't make it right or healthful. It does, however, reveal how we are all subject to tastes developed in infancy and childhood, and to peer and social pressures to conform to the *eating norm*. In youth, we tend to eat whatever is given us. As we grow, we learn to enjoy those foods with which we are familiar.

But this phenomenon cuts both ways: many's the time I've heard from my patients about how their children just *love* eating green vegetables, or whole grain breads, and even *spirulina*, an extremely nutritious food that can dramatically improve one's nutritional well-being—but which many say has a less-than-wonderful flavor. And yet, despite *spirulina*'s “terrible” taste, some children grow up loving it. Case in point: my own two kids, who *ask* for their *spirulina*—because they like it so much. (And they were *so cute* drinking it from their bottles!)

It's all a matter of taste, for which proverbially, there is no accounting. “Taste” is an acquired sense, molded largely by childhood experience.

- 2) There is too much food! We are blessed in the U.S. with an abundance of just about everything, especially food. And most food, particularly the least healthful choices such as white flour products and other highly processed food, is not very expensive:

most people can afford a lot more food than their bodies need. This abundance of choice is itself a potential source of trouble because it makes resisting temptation difficult. It also makes selecting the good from the bad a formidable task.

The solution lies in sticking to basic principles—such as the BioSlim Principles outlined later in this book. Choosing right from wrong can become a very simple process—second nature—once the underlying concepts are clarified and accepted.

- 3) Americans generally eat an *unbalanced* diet of too many carbohydrates, too little protein, too much fat. High-carbohydrate foods are the ones made from flour and sugars. High-protein foods are the meats, poultry, fish, eggs, milk and soy products (and yes, spirulina); fats are fats, including oil.

The optimal diet should balance carbohydrates and proteins, avoid sugar and concentrated carbs (white flour products, for example) and contain no ADDED fats. This means: compare the amount of carbs to protein by either weight, volume or the eyeball test (i.e., *look at it!*) and make sure you are not eating more carbs than protein, avoid sugar and high-starch products, and minimize fats and oils that are *added* to food (as opposed to the *naturally occurring* fats and oils found in many foods).

The improper balance of these food elements leads to insulin derangement in the body, among other things, and a higher rate of body fat storage. In short, it will exacerbate obesity.

There is more on this issue on and the full BioSlim Food Plan in the *Why Do We Become Overweight* chapter above, and *The BioSlim Food Plan* chapter ahead.

For now, note that fortunately, there is much that is healthful and nutritious alongside all the available junk. Within our general abundance is an assortment of whole, natural food such as has never before been available. It is not necessary to buy and eat white bread: there are whole grain and soy products galore to choose from. It is not necessary to buy and eat prepackaged, dehydrated, overprocessed, nutritionally empty foods when you can instead choose from a

fabulous array of real, *recognizable*, whole foods—foods that nature intended humans to consume and to be nourished by.

The choice between good, health- *building* food and empty, health-*destroying* food is *yours!* You must decide to make the change—and you must do it in a way that satisfies you and makes you happy if you are to continue with your new, healthful food plan.

In the next section, we'll begin the process of helping you get in shape *permanently*. But first, let's examine what happens when the nearly-inevitable eventually occurs: when your scale keeps going up and up, and suddenly, it's obvious to you that you've really become *fat*.

What will be your likely reaction?

WHEN THE SCALE ALWAYS RISES: YOUR REACTIONS



Now that we have explored the near-inevitability of obesity for the “average” person eating the “average” Western diet, let’s examine what most overweight people *do* when this problem occurs. Typically, people’s reactions fall into three broad categories:

- 1) Those who never bother to try to lose weight. Let’s call this the “*Who cares?*” group.
- 2) Those who are continually trying to lose weight. Women tend to fall into this category more commonly than men. These folks are always “going on a diet”, always hungry, always fighting to keep their weight down. Sound familiar? This unfortunate state is *very* common today. We call it the “*Hopelessly hungry*” syndrome.
- 3) Those who try dieting a few times only to give up, convinced that the overweight state is simply unavoidable. This is the “*Oh well, I tried...*” group.

WHO CARES?

People in this category may believe that obesity is *In my genes*”, or “*It can’t be helped—it’s my metabolism*”. Some truly and simply don’t care. Most often, though, people care very much, but hide their concerns behind psychologically formidable barricades of excuses and ill-defined motivations.

Some in this category derive some *secondary gain* from being overweight. “Secondary gain” is another way of saying: “ulterior motive”—actions taken for reasons other than the motivations

claimed. Being overweight *can* have its rewards, however unfulfilling and specious. While these rewards are more often perceived than real, it is each individual's *perception* of reality that is most important and motivating to that individual. We act on our own understanding of reality, not anyone else's.

Some examples of "rewards" gained by remaining overweight:

- ♦ There is less perceived need to take responsibility for personal attractiveness.
- ♦ More sympathy from friends and family members.
- ♦ An underlying feeling of low self-esteem and poor self-worth, if present, can be justified or reinforced.
- ♦ A built-in excuse for failure exists. Obesity can provide easy excuses: "I failed because I'm fat~ my being fat is not my fault~ therefore my failure is not my fault." This kind of thinking can be repeated over and over—as often as necessary.
- ♦ For some, anxiety and fear are overcome with food.
- ♦ Depression may be drowned in an ocean of food.
- ♦ There may be less perceived need to worry about finding and keeping a mate.
- ♦ Once a mate is found, obesity can be used as a means of minimizing intimacy.
- ♦ An underlying need to self-destruct can be fulfilled.

THE SELF-DESTRUCTIVE IMPULSE

Why is it that so many of us do so much that is harmful to ourselves? What is this rarely-discussed aspect of human nature that for many lies hidden at the center of core beliefs and motivations—the impulse to self-destruct? Where it stems from is not well understood, and not often contemplated. But that it exists is clear.

Why else do we so often do so much that is obviously harmful to our own security and well-being? Why do we live in polluted cities, smoke cigarettes, play with guns, go to war, build nuclear

weapons, eat junk food, ignore our families, work too hard, rest too little, break laws, gamble, allow Hitlers and Stalins in the world, pollute the environment in which we must live, and continually ignore our spiritual side?

Collectively as a worldwide society, nationally as Americans, and personally as individuals struggling to survive on this planet, we each of us, from time to time, take actions that can only be explained as self-destructive.

Why?

Perhaps it is the knowledge of mortality. Most rarely allow themselves to really accept this. People *talk* about mortality, but rarely acknowledge it as inevitable reality. We tend to think of it as something that happens to people in movies, to older people, to sick people, to unlucky people, *toother* people. Never to ourselves. But at the center of our hearts and minds lies the truth that may not be bearable, to some. And so, the self-destructive impulse is born—out of frustration and a sense of hopelessness. Out of a futile attempt to prove false that which we know to be true; to show ourselves and the Universe that it ain't so!—that we *can* risk life and limb and survive—that we are, in fact, immortal, despite all evidence to the contrary.

And so we have doctors and nurses outside intensive care units smoking cigarettes by the fistful while joking about the poor guy inside on a respirator dying of lung cancer, and doctors prescribing drugs, radiation, and all manner of dangerous procedures—instead of health, nutrition and disease prevention; and people subsisting their whole lives on junk food and convincing themselves that yes, it's okay to be fat.

THE “HOPELESSLY HUNGRY” SYNDROME

An enormous number of people fall into this category. The entire multi-billion-dollar diet industry exists mostly because of it.

Most people who have ever felt the need to lose weight have experienced being hopelessly hungry. Always on a diet, never feeling right. The motivation is there. “I’m going to lick this thing,” they declare.

But since typical “diets” don’t work, this can-do approach is fundamentally doomed to failure (except with BioSlim, of course). It’s the *tools* that have been used that have failed, not the underlying motivation. Without the right tools, virtually anyone who “goes on a diet” is destined to remain “hopelessly hungry”.

If you recognize yourself as being in this category—and most overweight people will—take heart! BioSlim is *terrific* at helping people just like you achieve their previously elusive goals. Promise yourself you will never, ever again fall into the diet trap—you know, the one the diet industry assumes you are already in. “Dieting” , defined as a temporary measure of calorie and/or fat gram counting and food quantity restriction, is useless and hopeless at best, outright harmful at worst. BioSlim recognizes this truth, and avoids all the pitfalls that dieting normally presents. (See *Your Choices: Weight Control Review* above for a review of the problems associated with a variety of common weight loss methods.)

“OH WELL, I TRIED...”

People in this category fall somewhere between the other two categories. They have tried, failed and given up. And no wonder—it’s not easy trying to lose weight permanently on the typical Western diet, or with most commercially available diet programs. Practically the only way to do it is to go hungry for a long time... until the weight finally comes off. But unless the dieter is prepared to face a *lifetime* of hunger, weight lost through this kind of deprivation will almost certainly return, often with a little extra poundage as “interest on the loan”.

Remember, “going on a diet” does not work! We have previously examined all the confusion and *dys*information surrounding weight loss. We have shown how this confusion feeds the coffers of a multi-billion-dollar industry, and how the unsuspecting, poorly-informed dieting consumer pays the price for this confusion in a never-ending cycle of wasted energy, health and money. In view of all this, is it any wonder that there are so many people in the “ *Oh well, I tried...*” category?

The issues that motivate this group are typically linked to those in *both* of the preceding two. Sometimes the individual may simply

be more easygoing, less anxious, and less concerned about personal appearance than others. In other cases, people borrow heavily from the “*Who cares?*” group: they seem to try to straighten out their health and weight, at least half-heartedly, only to give up quickly with first failure. It’s easier to give up (“*Who cares?*”) when you can say “*Oh well, I tried.*”

Still others have faithfully gone through a “*Hopelessly hungry*” phase only to find it truly hopeless. They too eventually end up saying “*Oh well, I tried.*”

LIFE IS RARELY SIMPLE

It should be noted here that these three categories are, naturally, not written in stone—they are meant as general tools to be used to help understand what motivates different people to act in certain ways. Each individual is guided by issues and concepts far too numerous and complex to categorize neatly in any book. So if you’re trying to figure out which category you fall into, keep in mind that you are likely to find truth and relevance in *more than one category*—usually in some combination of all of them.

Life is rarely simple.

Each of these enumerated ways of dealing with excessive weight carries with it a number of problems. None holds the promise of truly solving the dieting dilemma. None will work in the long run. None is conducive to good health.

But whichever category most closely matches yours, take heart—and read on! You *will* succeed this time! The BioSlim System you are now discovering can and will change your life. Once BioSlim’s concepts and recommendations are absorbed, you will find them so logical, *sensible*, that following them will soon become second nature.

And best of all: they work!

SOLUTIONS

We have reviewed the problems. Solutions lie in the pages ahead. They depend on a full understanding of the basic problems, one of which is that because most people in Western society eat so little

food that contains any worthwhile nutrition, ill health and excess poundage is almost inevitable.

If you are overweight and reading this book in the expectation of finally discovering a way to lose your extra weight permanently, *please*: be prepared to adopt some new concepts about the food you eat; how, when and in what balance you eat it; and the BioSlim System in general, including the powerful and important BioSlim Formulas. With that, you will soon find the BioSlim system so easy to follow, so successful, enjoyable, and most important, *healthful*—your ultimate success will be assured!

THE BEST, MOST HEALTHFUL WAY TO ACHIEVE YOUR OPTIMAL WEIGHT



The BioSlim program is all about the only safe, healthful way to lose weight.

BioSlim is not a new weight loss fad, nor a gimmick by which to achieve quick, easy, temporary weight reduction. BioSlim is, rather, a straightforward, easy-to-follow, highly effective system whereby anyone can lose excess weight and achieve better health in the process. Many people who have followed the BioSlim program for weight loss have also reported significant, often dramatic improvements in long-standing health problems that had previously either gone untreated or were treated ineffectively. Even serious illnesses such as high blood pressure, diabetes mellitus, asthma, and certain cardiovascular diseases can be improved once the BioSlim program is adopted.

The reason all these *side benefits* can occur is that BioSlim embraces a way of life that is far more in tune with what nature intended for our bodies than the typical Western lifestyle and eating pattern. We live in a world full of humankind's pervasions of nature. Everything from pollution to processed food to radiation exposure and atmospheric ozone depletion. Among the worst of all is the explosive growth of the use of drugs as the preferred, often only method for treating most human ailments.

There is an enormous conceit evident in the way we as a species ignore nature's intentions, twist the natural order of things to our convenience, and believe that we can tinker with our bodies using toxic chemicals (e.g., drugs) and somehow achieve a positive result. BioSlim is a step in the direction of sanity; a step toward that which is natural and *good* for our bodies, and *away* from the

disease and disfigurement that big business and big medicine so avidly promote.

You *can* do it. Everything changes sooner or later.

And the world too is changed one small step at a time.

If enough people tune out the confusion, the cynicism, the deceit... things *will* change. Just as the accumulated business decisions of many unrelated concerns have led to the current state of the American diet and health care systems, so can a new movement begin as each of us, individually, does what he or she must. Taken together, our actions can and will create a new paradigm.

Everything changes.

STAYING HAPPY: VITAL TO SUCCESS

No one is *forced* to eat the non-food, processed junk that so pervades our lives. In the BioSlim program, you will see how you can make the *right choices*—the ones that will make you healthier and lengthen your life— **without making you feel deprived or unhappy in any way.**

This last is one of BioSlim’s primary goals: to create a system that you—yes, *you* personally—can live with and be happy with. That is the only way to make sure you continue your healthful new ways for the rest of your (longer!) life.

Anything you do that you’re not happy with—such as “going on a diet”, or starving yourself—**you will one day stop!** Nothing could be more obvious, right? Anyone doing something unpleasant will not, given a choice, continue doing it indefinitely. Only by creating a uniquely personal program *for yourself*—using the guidance and information the BioSlim program provides—and making it fit *your* needs and desires so that *you’re* happy with it, can you achieve permanent improvement.

In the following chapters we will explore ways for you to accomplish *all* your goals—safely, healthfully, and permanently.

SECTION TWO

THE BIOSLIM
PRINCIPLES

MEDICAL CONSIDERATIONS



BioSlim was designed to work and be safe for everyone. There are, however, circumstances that require special attention and there are certain disease states that require a doctor's attention prior to embarking on any change of diet and lifestyle. Besides, everyone should at least check with the health care practitioner who knows him/her best before starting any program of weight loss or increased activity. Certainly, if you have any illness that requires medication or the supervision of a health professional, check with your doctor before starting.

If the doctor disapproves, though, be sure to ask *why*. Unfortunately, many doctors are so locked into their "drugs and surgery" approach to "health" that they will reject *any* more natural, more sensible approach out of hand. Therefore, always ask *why*. And by the way, that same rule applies to *anything* your doctor, or anyone else, tells you to do. You should always seek to understand as best you can any advice that aims to change in any way the state of your health and life. And you must *keep* asking questions until you understand everything to your satisfaction.

Your health is and must always be *your* responsibility, not your doctor's. Never give up control. Always be involved, and always seek to understand what is happening to you. That is the best health insurance you can get.

Take charge of your own body! And remember: your physician should respond to your positive attitude about your health. If not, find one who will. They are out there; you just have to be clear about what you want, then go out and get it!

**TEN THINGS TO SAY TO YOUR DOCTOR TO
HELP IMPROVE YOUR HEALTH**

- 1) I want to get well, but I also want to *stay* well. How do I accomplish this?
- 2) Please don't give me any drugs to take unless it is truly necessary. I do not come to you expecting miracles every time. If I can heal naturally, let's do it that way.
- 3) My symptoms are certainly disturbing to me, but I am more concerned with why I got sick in the first place and how I can prevent it from recurring.
- 4) What dietary suggestions can you make that might help with my problem and with my general health?
- 5) I've been going through a lot of stress. What bearing, if any, does that have on my current problem? What can I do to reduce my stress level?
- 6) Are these tests necessary? Why? Are there any dangers or side effects from these tests?
- 7) Please explain these lab results to me so that I may understand what's going on in my body.
- 8) May I call you or your staff if I have any questions later?
- 9) I know I have a specific problem right now, but what about my general health? How can I improve it and how can I stay generally healthy?
- 10) I'm ready to accept any reasonable advice you may have about how I can change my lifestyle, my diet, my general nutrition or my social life to achieve better health.

TEN WARNING SIGNS TO WATCH FOR IN YOUR DOCTOR

- 1) The doctor appears unhealthy—obesity, a smoking habit, and drug, chemical or alcohol dependencies are examples of easily identified problems.
- 2) The doctor speaks curtly, avoids eye contact, and gives only cursory explanations of what he or she is doing, planning, and thinking about your case; he or she is distracted or has a hurried manner.

- 3) “Your diet is not important—just eat the four basic food groups and you’ll have nothing to worry about.”
 - 4) “It’s all in your head, dear.”
 - 5) “Take these pills and everything will be OK.”
 - 6) “Don’t worry about your general health—let’s just take care of your problem today.”
 - 7) “Stress has nothing to do with your problems.”
 - 8) “You don’t need to understand these laboratory tests.”
 - 9) “Taking a vitamin or nutritional supplement is always stupid; don’t waste your time and money.”
 - 10) “We can’t take any telephone questions—we’re just too busy.”
-

We will now review common diseases and conditions and their interactions with the BioSlim System. The advice given here should not be considered a substitute for the attention of your physician, but rather as an aid to understanding these disorders and how to best help yourself by improving diet and lifestyle. In each case, we will describe the condition, discuss how it is recognized and treated, address how the BioSlim program interacts with it, and review the nutritional factors most important to that condition. Details on individual nutrients—what they are, their effects on the human body, and where they can best be obtained—may be found in the *Nutrition: The Key To Health* chapter.

♦ ADRENAL GLAND DYSFUNCTION

The adrenal glands lie over the kidneys, one on each side of the body. Their purpose includes the production of many important hormones that control such important body functions as mineral balance, blood pressure, kidney function, sex hormone function, blood sugar, and the response to stress, among others.

There are many disorders of the adrenals which we cannot address here, but there are two that are notable in that they are more common

than the others and they can significantly impact weight and energy levels. The first is *adrenal cortical insufficiency*. Symptoms are often non-specific and vague, which is why this diagnosis is often missed: fatigue, weakness, weight loss, low blood pressure, nausea and non-specific abdominal pain. Sometimes, there are areas of skin darkening. If you have these symptoms, you should be checked by a physician. Treatment (typically hormone replacement) is usually very effective.

A second adrenal disorder is called *Cushing's syndrome*, a condition of *too much* adrenal hormone production. Symptoms include: weight *gain*, particularly in the middle part of the body, high blood sugar or sugar intolerance, muscle weakness, easy bruisability, and many others. Each of these symptoms can be caused individually by many other factors. But if you have several simultaneously, you should be checked by your physician. This is a serious but treatable disorder.

While these ailments in their full-blown states are indeed serious, there are people who suffer from *mild* adrenal insufficiency, making them chronically fatigued and sickly, without actually endangering their lives.

If you have received a clean bill of health from your doctor, and require no specific treatment, yet suffer from some of the symptoms listed here, you should follow the BioSlim program very closely. It is designed, through its diet and activity plans and with the aid of several adrenal-supportive nutrients in the Bio Slim Formulas, to help your body normalize its functions, and to help improve your sense of well-being.

♦ AGING

Here is one disease we are all going to get one day. So far, it seems inevitable. But is there something you can do now to slow it down? Can you forestall the ravages of old age somehow?

The answer is: yes! First and foremost: *get healthy!* Healthy bodies live longer and better. To accomplish this, you must reach weight level that is healthy *for your body*, and you must make sure

you are receiving all the nutrients your body needs, to the best of current nutritional knowledge.

The best way to achieve all this? BioSlim ! Your weight will normalize, and your nutritional needs will be well covered.

There are some particular nutrients, called *antioxidants*, that are useful in helping diminish or forestall the effects of aging . Their function is to diminish the damaging effects of certain chemical processes that are continually going on in your body, thereby helping to minimize the accumulated cellular damage that would otherwise occur.

Optimizing your nutritional status, as with the BioSlim program, is believed to help ameliorate the effects of aging. For example, the BioSlim Formulas contain the most important, vital and protective antioxidants, including selenium, vitamins C and E, and a variety of anti oxidant-containing plant extracts. Another nutrient that recent research has found to be a very powerful anti-aging agent is *resveratrol*, found in certain herbs and in the skin of red grapes.

Of course, if you smoke or are exposed to any dangerous chemicals, and you are concerned about slowing down your aging process—stop these activities and exposures immediately! All the antioxidants in the world will not protect your body from that kind of assault on its health and proper function.

It is worth mentioning one other fact regarding slowing down the aging clock: **Many studies have shown, quite conclusively, that lowering overall food consumption will lengthen healthy productive life. The less you eat, the longer you'll live, healthfully.**

Way it is, folks.

♦ ALLERGIES AND SUBSTANCE SENSITIVITIES

Allergies to all kinds of substances are very common. You name it, and there is somebody somewhere allergic to it. Even tap water and *air* are fair game.

Sensitivity to food is an area of some controversy in medicine. But there is no question that it exists. If you suffer from food sensitivities,

you'll be happy to note that the BioSlim plan intrinsically avoids many of the most common allergenic foods—simply by avoiding highly processed, chemical-laden items. But it is possible to be allergic to *good* food too. If, by some unlucky chance, you happen to be allergic to one of the healthful foods BioSlim recommends, or to a nutritional supplement, you may just have to cut it out.

If you feel you may be allergic or sensitive to any food or food supplement, the only sure way to find out is to stop ingesting the suspected item for at least 3–4 days, see if your symptoms disappear, then *restart* ingesting the suspected product to see if symptoms return. If they do, you should *repeat* the test to see if the symptoms disappear and return again, and if they are lessened or increased the second time around. If they are milder, you can continue to use the product, with care. If they are the same or worse, you may have to stop. This method of *avoidance* then *challenge* is the most accurate way, usually better than any medical test, to determine the presence or absence of allergy/sensitivity to food, and for that matter, to just about anything.

The medical treatment of allergies often consists of avoidance (see above), desensitization (done by a physician), and/or symptom reduction with medication.

NUTRITIONAL FACTORS: Respiratory allergies may be helped by vitamin A. General allergies often respond to pantothenic acid, the other B vitamins, vitamin C, bioflavonoids, vitamin E, calcium, and especially magnesium. Note: BioSlim Formulas contain a tested balance of all of these nutrients in correct quantities. (Note: Also found useful is the herb *Stinging Nettle*.)

♦ ANEMIA

Anemia is a condition of too few red blood cells or too little hemoglobin in the bloodstream. These elements are responsible for *cellular respiration*, which literally means “the breathing of cells”. Each cell in your body requires a continuous supply of oxygen, which is supplied to via the bloodstream, carried by hemoglobin contained in red blood cells. When there are too few red cells and

too little hemoglobin, the oxygen supply runs low and your body cannot function properly. Symptoms may include: fatigue, dizziness, generalized weakness, pallor, insomnia, abdominal pain, loss of appetite, dry skin, brittle nails, heart trouble, confusion or loss of concentration ability, and many others.

Anemia can be caused by a variety of factors, including a deficiency of the mineral *iron*, hypothyroidism (thyroid hormone deficiency, discussed below), many recurrent or chronic diseases, certain diseases of the bone marrow, peptic ulcers and other bleeding disorders, and many other less common ailments.

Iron deficiency, by far the most common cause of anemia, most often occurs in women prior to menopause due to the monthly loss of blood. It can also be caused by abnormal conditions such as those affecting the spleen or internal bleeding from ulcers, tumors, etc.

Remember when testing for iron levels not to ingest any food, iron or multi-nutrient supplement in the 12-14 hours prior to the test. This is not necessary for the direct tests for anemia that measure the amount of red cells present (called *hematocrit*, *hemoglobin* and *red cell count*).

Besides iron, there are other nutritional deficiencies that can lead to anemia, including low levels of vitamin B12 (more common in vegetarians), folic acid, the mineral copper, vitamin B6, vitamin C and vitamin E. Deficiencies of vitamin B1, vitamin B2, pantothenic acid or niacin may cause a reduced absorption of iron and thus lead to an iron-deficiency anemia.

Anemia is a very common disorder. If you suffer from its symptoms, you should be checked by a physician to be sure you don't have a serious problem causing this ailment.

NUTRITIONAL FACTORS: If you have a clean bill of health from your doctor, you should address the nutritional deficiencies that are probably causing your problem. Make sure you get enough iron: the best way is take an iron supplement, or use the BioSlim Vita/Min Plus Formula, which, taken in full doses, contains sufficient iron for most purposes. In severe cases of iron deficiency, additional iron should be taken. Don't overdo it, though: too much iron can cause problems too.

Note: Keep all iron-containing pills out of reach of children!

And don't forget the other important nutrients your body must have in order to keep you supplied with enough red blood cells. These nutrients are all also present, in correct balance, in the BioSlim Formulas .

♦ ARTHRITIS

Arthritis is “joint inflammation”. Symptoms include pain, swelling, heat and/or redness of and around any joint of the body. Any one of these symptoms is sufficient to make the diagnosis, though they may all be present simultaneously.

There are many esoteric forms of arthritis, but only two common ones: *osteoarthritis* and *rheumatoid arthritis*. Osteoarthritis, also called “degenerative joint disease”, is just that: a disease where the internal structure of the joint degenerates, causing excessive friction, swelling, deformity, and pain. It most often affects the large joints of the hips and knees, as well as the much-used joints of the hands.

Rheumatoid arthritis (RA) is a more generalized, more serious ailment, and is one of a group of diseases known as “*autoimmune disorders*”, which are believed to be caused mostly by the body's own immune system “going haywire” and attacking parts of the body as if those parts were foreign invaders (like viruses or bacteria). In RA, joints are attacked. RA can cause far more harm in the body than joint destruction and pain, including: heart and lung nodules, fatigue, anemia, white blood cell abnormalities, kidney problems and many others. Commonly though, symptoms and signs are limited to the joints.

Symptoms of rheumatoid arthritis are chronic joint pain, swelling and inflammation, most often of the joints closest to the palms of the hands, and most severely felt in the mornings.

Both these most common forms of arthritis should be diagnosed and followed by a physician. Note: a promising new treatment for autoimmune disease is now being investigated, involving injection into the body of the very substances being attacked by the body's immune system. The idea is to overload the immune system's out-

of-control attacks and thereby stop them. The idea seems to work in preliminary studies.

NUTRITIONAL FACTORS: Rheumatoid arthritis sufferers should *avoid* the following foods: tomato, potato, eggplant, peppers (all kinds: bell, chili, the black kind used as a spice, red pepper, etc.), tobacco in all its forms, and all milk products. All but milk are members of the *Nightshade* group of foods, which can exacerbate the symptoms of some rheumatoid arthritis sufferers. There may be other foods that exacerbate symptoms in certain individuals. Experimentation with and elimination of those foods is encouraged.

SUPPLEMENTATION that may be helpful in arthritis: vitamin C ; bioflavonoids (especially *quercetin*); vitamin B6; GLA; ***glucosamine sulfate***—a natural substance used to treat osteoarthritis that can rebuild worn or damaged cartilage; and *S-adenosyl-methionine* (or “S-AMe”, which is also used to treat depression: see below, under **FATIGUE**). Several of these nutrients are found in balanced doses in the BioSlim Formulas. GLA (an Essential Fatty Acid) is available in gel-caps, and should be taken by anyone suffering from arthritis. On a more experimental level, SOD (SuperOxide Dismutase) and apple cider vinegar may be helpful.

CASE HISTORY: Angie was a 50 year old woman who came as a new patient describing her symptoms over the past year: debilitating fatigue, foot pain in the mornings which later progressed to foot and hand pains, and wrist pain. Angie was typing long hours at work. I suspected carpal tunnel syndrome, but decided to check for rheumatoid arthritis as well.

Angie’s labs revealed a raging case of RA. The rheumatoid condition had caused a mild carpal tunnel syndrome, a possible complication involving the wrist joints.

Angie started on a strict dietary program, avoiding all nightshades and milk-containing products. Since she was a smoker, she was told that she *must* quit (no options there). A complete nutritional program was begun, as outlined above.

Angie did well. Her symptoms abated over the next four to six weeks and she is now symptom-free, except occasionally on a morning following a day of “cheating”.

♦ **ASTHMA**

See LUNG DISORDERS.

♦ **BACK PAIN**

This is the most common cause of lost worker time in the U.S. today. There are many causes for it, including serious spinal column disorders, but the most common is low back strain.

Due to the unique and relatively unwieldy way human beings walk around, tremendous pressures can build up in the area of the lower back. *Sitting* is the position most problematic for anyone suffering from low back strain, particularly sitting in a position where the knees are *lower* than the hips; the worst example is the driving position, where the legs are extended downward and outward from the body.

Medical treatment consists of rest followed by special therapeutic exercises, and sometimes, drugs. As always, you should strive to get through your problem without having to resort to drugs (but do see your health professional). Note that your physician is not usually a good source for therapeutic exercises. Try a *good* chiropractor (“good” is defined here as spending more than two minutes per visit with you—at least 15–20 minutes is needed for proper, personal attention—and *not* “cracking”, but instead, providing gentle therapeutic movements and exercises.) Also, see the *BioSlim Activity Planner* book for some good ideas, like the wonderful *Hip-Psoas-Calf Stretch* which helps in many cases, and the other positions and stretches in the *Back and Hips* and *Problem Solving* sections of that book.

NUTRITIONAL FACTORS: See under ARTHRITIS.

♦ **CANCER**

In cancer, certain cells grow uncontrollably in the body. We cannot hope to cover the vastness of this subject here, just certain

nutritional and preventive aspects, leaving matters of diagnosis and treatment to the personal physician under whose care anyone with this disease should be.

It is worth noting that what passes for “treatment” of most forms of cancer is euphemistically named at best. Cancer “treatment” in the U.S. has been and continues to be a dismal failure. The statistics are terrible. There is considerable question in my mind about the advisability of undergoing *any* of the so-called “treatments” that almost always include chemotherapy, radiation and/or surgery, when the success rate is so abysmally low—often virtually *non-existent*—and the side effects so severe and destructive. But... that is a subject for another book.

PREVENTIVE MEASURES: The most important of these are intrinsic to the BioSlim program. They are: the avoidance of unnatural, highly processed foods; the avoidance of added fats and oils, particularly those that are heated; the eating of healthful, life-sustaining, cancer-protective, *real, recognizable* foods such as fresh vegetables, fruits and grains; the ingestion of sufficient amounts of *antioxidants*, such as are present in the BioSlim Formulas and in the natural foods that are recommended; and the lifestyle aspects of BioSlim, including the increased activity level, as well as the avoidance of smoking and the searching out of spiritual peace and contentment. The best rule to follow is this: if it’s not natural, avoid it. Get away from the pollution, the stress and the junk food. Do as nature intended.

It should be noted that the incidence of breast cancer is particularly reducible with a low-added-fat diet such as BioSlim. Other cancers most influenced by diet and nutrition (especially fat intake) are: in women, endometrial or cervical (those involving the uterus and cervix); in men, prostate; and gastro intestinal cancer (stomach, intestinal, liver).

OTHER NUTRITIONAL FACTORS: Many vitamins, minerals and other nutrients are significant in the fight against and prevention of cancer, including: vitamins A, C, D and E, folic acid (a B vitamin), bromelain, and the mineral selenium. Each of these is generally available, and each is present in the BioSlim Formulas. There are, in addition, some fascinating new studies going on now on a variety of alternative natural treatments and preventive measures.

There is no sufficient data yet to say definitively that they work, but considering the terrible record of traditional therapy, and the fact that alternative therapies are generally non-toxic and do no harm, they are well worth keeping an eye on.

♦ **CATARACTS**

Cataracts are a leading cause of blindness. It is an *opacification* or clouding of the lens of the eye, the structure directly behind the pupil through which all light must pass on its way to the *retina*, the organ that facilitates vision. Cataracts are most commonly “caused” by advancing age, but may be caused or exacerbated by other factors like diabetes, certain drugs (steroids, Thorazine, et al.), and certain other, often rare disease states (e.g., galactosemia, hypoparathyroidism, Wilson’s disease, certain inflammatory conditions of the eye).

Medical treatment is usually surgical lens replacement.

As always, a tiny sliver of prevention is worth more than all the medical treatment in the world.

NUTRITIONAL FACTORS: Deficiencies of vitamin B2 (riboflavin), vitamin C, vitamin E, and the minerals selenium and zinc have all been implicated in the premature formation of cataracts. Adequate, even higher-than-normal intake of these nutrients is recommended for anyone suffering from or at risk of developing this potentially crippling disorder. (All are in the BioSlim Formulas in appropriate quantities.) Note: *Bilberry* herb and *lutein* may also be helpful.

♦ **CHOLESTEROL LEVEL, ELEVATED**

Due to massive media attention, nearly every American today worries about his or her cholesterol level.

It has all gone *way* too far.

We are now seeing people with major illnesses—often entirely unrelated to cholesterol levels and cardiovascular disease—whose primary health concern remains focused on cholesterol. The

situation has gone beyond reason, and well beyond what the *facts* about cholesterol warrant.

The evidence for a cholesterol–heart disease connection is far *weaker* than most people realize and does not justify the level of fear and hyperbole surrounding this issue.

Here are some of the facts:

- ♦ Available evidence reveals no significant correlation between cholesterol levels and heart disease in people who are over approximately 50 years of age. In women, there is also no significant correlation before menopause. Note that the age group where there is no correlation is the very same age group at highest risk for heart disease. In other words, **we cannot help those at highest risk of heart disease by worrying about and treating their cholesterol levels!**
- ♦ About 75%–85% of all cholesterol in the body is manufactured by the body itself—in every cell, but mostly in the liver; it is, for the most part, NOT obtained from outside sources. It has been shown, for example, that eggs can be eaten in huge quantities with negligible effect on cholesterol levels. The body responds to a wide variety of stimuli—nutritional, biochemical, hormonal and toxic—all of which contribute to the serum cholesterol level we measure.
- ♦ Excessive intake of *unsaturated* fats, as suggested by many cholesterol-lowering regimens, may lead to an *increase* in the risk for cancer development.
- ♦ *Low* cholesterol levels are associated with significantly increased rates of illness and death—a little-known fact, though it is not clear why this relationship occurs.
- ♦ In many people, dieting alone has little to *no effect* on cholesterol levels. Diet *improvement* will, however, benefit the health of these same individuals, especially if it is coupled with a good nutritional and activity program. This can diminish overall cardiac risk, which is after all, the point. (BioSlim is an excellent way to accomplish this.)
- ♦ Laboratory cholesterol evaluations are often unreliable due to errors and variances caused by individual factors such as

time of day, recent food ingestion, blood-drawing method, et al.

- ♦ The most common disorder causing high cholesterol levels is hypothyroidism, a deficiency of the thyroid gland (see THYROID PROBLEMS later in this section for details). This problem cannot be significantly affected by diet alone, and must be treated by a physician.
- ♦ **Cholesterol levels are essentially statistically relevant ONLY to young and near-middle-aged men under the age of approximately 50.** Even in this group, the correlation is relatively minor.
- ♦ Relative values of HDL and LDL (“good” and “bad” cholesterol, respectively) may be far more important overall than actual total cholesterol levels.

We must de-emphasize the importance of cholesterol levels, and instead, focus on the well-known, truly *important* factors affecting the health of the heart and the cardiovascular system, including:

- 1) The avoidance of smoking — the single greatest contributor to heart disease in America today.
 - 2) A comprehensive and aggressive nutritional program — elimination of obesity and optimal nutrition are key factors, as is the balancing of metabolic states.
 - 3) An activity program — matching each individual’s capabilities and cardiovascular health.
 - 4) Comprehensive medical health evaluations — to identify those people who are at highest risk. This is important not so that we can bombard more people with drugs, but so that significant, active problems may be recognized and addressed, and so that those people can thereby gain the motivation to begin the kind of health-building program that can truly make a difference. Note that BioSlim is, by design, *perfect* program for cardiovascular health improvement.
-

Virtually none of the studies done to date on the possible reduction of heart disease risks through cholesterol level reduction resulted in any significantly increased lifespan for the study participants. It seems that the processes used in these studies to purportedly *reduce* cardiac risks (e.g., drugs, high unsaturated fat intake) actually *increased* other health risks, thereby nullifying the overall health “benefit”. Note for example that the ill-advised, unbalanced and unnaturally elevated ingestion of unsaturated oils can cause other problems in the human body not directly related to the cardiovascular system... like cancer.

Only by focusing on the *whole* person, by *minimizing* drug intervention down to that which is truly essential, and by closely following a more responsible, more natural approach to health care, can we positively improve our health.

NUTRITIONAL FACTORS: Diet is important in the big picture, as is a healthful activity level. The factors that contribute to high cholesterol levels are the same as those that cause obesity. This is in some sense fortunate because it means that by following the BioSlim program you are not only going to lose weight, but can also normalize your blood fat and cholesterol levels.

Specific food elements that should be **avoided** include: SATURATED FATS (all fats derived from animal sources, including dairy products), all ADDED FATS (fats processed and added to real food), and REFINED SUGAR. These are damaging to your body in many ways, and are best avoided altogether.

Food elements that may be **helpful** include: *fiber* (found in virtually all vegetables, fruits and grains) and *garlic*, found useful in helping control blood fat and cholesterol levels.

NUTRITIONAL SUPPLEMENTATION: There are many nutrients important to your body’s proper handling of cholesterol and fats in general. These include the minerals magnesium, chromium, selenium, manganese and zinc, as well as the vitamins niacin, B6, pantothenic acid, C, E, and folic acid. Also helpful are the Essential Fatty Acids (see the *BioSlim Formulas* chapter, below), and possibly CoQ10. All of these *essential* nutrients are present in correct balance in the BioSlim Formulas; some people may wish

to add an Essential Fatty Acid (EFA) supplement. (NOTE: A well-balanced diet, as per the BioSlim Food Plan, should supply plenty of EFAs or EFA precursors.)

♦ COLITIS

The word “*colitis*” has several meanings. It is sometimes used to mean a syndrome of bowel irritation, also called *irritable bowel syndrome (IBS)*; more commonly, it refers to a true inflammation of some part of the intestinal tract, also known as inflammatory bowel disease (IBD). Colitis, in its more benign IBS form, can be caused or exacerbated by stress, improper diet, and certain food sensitivities, such as to gluten or milk products. A transient form of colitis can be infectious in origin, as *infectious gastroenteritis* (commonly called “stomach flu”). The more serious inflammatory kind (IBD) is believed to be caused by a variety of factors: hereditary, environmental, food-related, psychological, autoimmune and allergic.

Symptoms may include abdominal pain/cramping, diarrhea and rectal bleeding. Diagnosis of IBD can be made definitively through a lower GI series (using barium and X-rays), and/or colonoscopy with biopsy, where a long, flexible tube is inserted into the colon and a small biopsy taken for analysis.

Medical treatment is often difficult, consisting of “bland” diet, inflammation-reducing drugs, and as a last resort, surgical removal of the affected parts of the colon.

PREVENTION: There is evidence linking the ingestion of cow’s milk and cow’s milk products to colitis. This link is not limited to the well-known phenomenon of *lactose intolerance*, which is a very common problem—for some ethnic groups it reaches a prevalence of over 90%—where the sugar in milk, called *lactose*, cannot be properly digested by the body, leading to pain, bloating and diarrhea. While lactose intolerance is quite common, it does not typically cause a full-blown colitis, though it can be one of the factors predisposing to it. It is, rather, milk itself—the proteins and other constituents that comprise milk (this includes the milk used

in milk products such as cheese, cream, milk powder/concentrate, etc.)—that is the source of the problem. It is best to **avoid all milk and milk products** if you suffer from the symptoms of colitis, even in its mild form.

Cigarette smoking can cause and exacerbate colitis. It must be avoided under all such circumstances.

Food sensitivities can exacerbate IBD. The most commonly offending foods include: milk products, gluten-containing cereals (wheat, oat, barley, rye), yeast, corn, nuts, tomatoes (and the other *Nightshades*: potato, eggplant and all peppers ; see above under ARTHRITIS), alcohol and chemically treated tap water (always use pure, untreated bottled water). Refined sugar should be avoided. Self-experimentation to root out offending foods is highly recommended, as each individual is unique and will have his or her own unique set of food sensitivities.

NUTRITIONAL SUPPLEMENTATION: Nutrients that are either low in patients suffering from colitis, or that may help reduce its severity, include: vitamin A, vitamin B12, folic acid, vitamin C, Essential Fatty Acids, and the minerals: magnesium, zinc, iron, selenium and calcium. The BioSlim program may be used by people suffering from colitis with excellent results. Of course, the attention of a personal physician is essential.

One other supplement that may be very helpful is *friendly bowel flora*, which are the normal, beneficial bacteria that usually populate the intestinal tract by the billions. These “friendly bacteria” help digest food in the gut, actually synthesize certain vitamins, and in general keep things moving along healthfully in the digestive tract. They are *essential* to health. Without them, you would soon waste away, and probably die of malnutrition and bowel dysfunction. In colitis and other disease states, as well as after any course of antibiotics, the population of these friendly bacteria may be greatly altered. Replenishing these bacteria can do wonders for the health of anyone suffering from this kind of imbalance. Supplementation with friendly flora is recommended *whenever* antibiotics are prescribed, and as adjuvant nutritional supplementation in cases of colitis or other gastrointestinal disturbances. These supplements are usually

called *lactobacillus* (a general term for the most common form of these friendly bacteria), or *acidophilus* (a form of lactobacillus).

♦ **CONSTIPATION**

This is a common reaction to any change of diet. It is most often exacerbated by insufficient intake of *water*, which is why it is important to drink plenty of pure water (6-8 glasses daily), especially if you suffer from constipation.

Other factors that may contribute to constipation include insufficient *fiber* in the diet. Of course, the BioSlim program's food plan is intrinsically high in fiber, but it is possible, by concentrating on the animal products (meat, eggs, chicken, fish, milk), to circumvent the intent of the program and end up with a low fiber diet, since animal products have no fiber. The best way to avoid this problem is to eat lots of vegetables (the green kind are best), some fruit, and if eating grains at all, only the *whole* kind. If necessary, a *psyllium* fiber supplement (available in pure form in most pharmacies and health food stores) can do wonders. If you do take a fiber supplement, **be sure to drink plenty of water with it and throughout the day**, for without sufficient water, fiber supplementation can and will make things *worse* by congealing in your digestive tract, a bit like concrete would, and effectively plugging up your system and worsening your condition.

Lactobacillus (see above under COLITIS) can also help.

Activity level is an important factor in preventing and relieving chronic constipation. Especially helpful are activities that involve the mid-section of the body.

The worst way to treat constipation is with a laxative, as it accomplishes nothing permanent whatsoever, and can lead to a dependence on its chemical effect. If truly necessary, the best laxative to try is milk of magnesia since it does not work chemically on the bowel wall, but rather by increasing the water content of the bowel through an *osmotic* effect. And it has the side benefit of providing extra magnesium, an essential mineral.

For more information on constipation, see the *Solving Problems* section later in this book.

NOTE: There are many nutritional factors important to maintaining proper bowel balance and movement, and these are generally incorporated into the BioSlim System. The BioSlim Formulas are themselves, in fact, designed to gently help keep things moving along.

♦ DIABETES

This is a condition where the hormone *insulin* does not perform its assigned task of regulating the sugar level in the bloodstream, either because of insufficient production by the pancreas or because of its diminished ability to affect the body's cells (*insulin resistance*).

Diabetes is a serious disease that afflicts millions of people. Recently, a surge in the incidence of diabetes in *children* has been reported, and it's not the "juvenile" kind (which is the kind you are born with) but "adult-onset" (a now inappropriate term), aka Type 2. That's the kind that comes from being overweight, inactive and eating a poorly balanced diet. I.e., it's *acquired*. The CDC now considers diabetes to be at *epidemic levels*, with 1999 levels rising an unprecedented 6 percent, mostly due to rampant obesity.

Diabetes can lead to serious problems in many important organs and systems, including blood vessels, heart, kidneys, nervous system, eyes, etc.

Treatment of the most common form of diabetes starts with a controlled diet, then, if necessary, drugs.

There are some facts about this ailment that are not well known. The first and most important of these is just *how* to adjust diet to control diabetes, and how *effective* this can be. Most individuals, of any age, suffering from acquired (Type 2) diabetes can have their condition controlled without medication, if the proper diet and nutritional program are followed and obesity controlled. Too often, the first treatment is oral medication. Note that drugs for diabetes

tend to increase the rate of heart disease and ~~d~~crease survival rates due to heart-related illness.

BioSlim is perfect for diabetics, and to prevent diabetes! **The same food plan and nutritional support that helps people control cravings, lose weight and improve energy levels is also the optimal one for diabetics.** In fact, there are many reasons why the BioSlim Formulas and program were originally designed to help optimize the body's ability to control blood sugar levels: to control cravings, reduce weight, *and* dramatically reduce the probability of developing diabetes at any age. If you, like so many others, tend to high blood sugar levels, BioSlim is a perfect choice.

Keep in mind: you must be under a physician's care! Especially if you are on any medication. **If you have diabetes and begin following the BioSlim program closely, it is possible for your blood sugar to drop dramatically—on its own!** If you are on medication for diabetes, the drugs can cause your body to “overshoot” the mark, which can cause a serious episode of low blood sugar, which is far more immediately dan gerous than the chronic high blood sugar most diabetics have.

CASE HISTORY: A 52 year old man, Arthur, came in complaining of increased thirst and urination. He was worried because his father had died of complications of diabetes, and he had heard that his symptoms could be due to that disease. He was right. His fasting blood sugars were elevated to about 400 (normal is up to about 110-120), his urinalysis revealed evidence that his kidneys were starting to suffer from the deterioration commonly caused by diabetes, and there was other laboratory evidence that his diabetes was raging out of control.

I informed Arthur of these facts, and discussed with him what the best approach would be. With a blood sugar this high, I explained, it would be prudent to put him on some form of medication immediately, with a view to reducing or eliminating it when he stabilized. But, I said, if he were highly motivated, we could *try*, for a limited time, to *fix* his problem without medication, using only diet and nutritional support.

Arthur was game. He was also quite frightened of the disease, as he had seen what it had done to his father. So he went on the BioSlim program, and followed it religiously.

Within three days, his symptoms *disappeared*. Approximately four weeks after starting the program, his labs had improved dramatically—the blood sugar and other laboratory parameters were only slightly removed from normal. After eight weeks, *all* his labs were normal. Currently, his blood sugar indices are on the *low* side! He is on no medication whatsoever, and feels “great”.

There are two important lessons to be learned from this case: (1) the body has an amazing ability to heal and right itself—given half a chance; (2) more specifically, it is vital to carefully watch drug dosing in cases of diabetes when a new diet and health-building program is adopted. Had Arthur been taking blood sugar lowering medication when he started his health program, he would soon have found himself in the same position as a normally healthy person taking the same drugs! Since his blood sugars normalized with no medication at all, *with* medication they could easily have become *too low*, posing a potentially serious problem.

If you suffer from diabetes, by all means—start the BioSlim program immediately. But tell your doctor, *especially if you are on any anti-diabetes medication*. In general, it is usually better to start with too little medication and raise it as needed than run the risk of overmedication.

Children who are obese or exhibit signs of blood sugar instability, or have early “acquired” (Type 2) diabetes should be started on the **BioSlim Youth System** as soon as possible. If not, that child is much more likely to end up with full-blown diabetes at a *very* early age, something that is reaching epidemic levels in recent times. The very serious health problems previously seen only in elderly diabetics are showing up now in young adults! The BioSlim Youth System (also known as *BioSlim For Kids*) is designed especially for young people—not just the informational material, which is very effective in reaching kids—but even the **chewable Youth Formulas** are made specifically for young people. BioSlim For Kids is by far the best way to get children age 7-15 in shape and out of health trouble. (See the **bioslimforkids.com** website for more details.)

♦ **FATIGUE, CHRONIC OR SEVERE**

Fatigue is a common symptom, part of virtually every known illness. It is what is known as a “non-specific” symptom, i.e., it does not point to any specific etiology, or cause.

Some common problems that can mimic and/or cause *chronic* fatigue include:

- ♦ chronic disease of any kind
- ♦ chronic inflammation
- ♦ multiple sclerosis
- ♦ cancer
- ♦ most infectious diseases, e.g., bacterial, viral, fungal, parasitic, spirochetal (e.g., Lyme disease, syphilis)
- ♦ AIDS
- ♦ hormonal dysfunction (thyroid, adrenal, et al.)
- ♦ psychological or psychiatric disorders, depression
- ♦ disorders of the blood (such as anemia or a white cell dysfunction)
- ♦ lung or heart ailments
- ♦ heavy metal (e.g., lead, mercury) or chemical toxicity
- ♦ multiple environmental allergies and sensitivities
- ♦ autoimmune disorders of all kinds
- ♦ obesity
- ♦ and many others.

Obviously, the list is long, and it could be much longer since fatigue is such a ubiquitous symptom.

There is today, with regard to this symptom, something called *Chronic Fatigue Syndrome* (CFS), defined in part as severe fatigue of substantial duration (typically, at least six months) for which no explanation can be found in the ordinary course of medical evaluation. This is not an easy diagnosis to make, though there are several symptoms and signs that tend to support it, in addition to the underlying severe fatigue, including:

- ♦ body and/or joint aches
- ♦ debilitating headaches

- ♦ mild to moderate lymph node swelling
- ♦ muscle weakness
- ♦ confusion and “cognitive dysfunction” (the inability to think and remember clearly)
- ♦ depression and sleep disturbance
- ♦ other criteria, including several blood tests, though none is considered definitive in making the diagnosis.

A very aggressive, thorough search for a diagnosis *other* than CFS must be undertaken in all suspected cases, because most medical causes of fatigue are treatable, and some are quite serious. Jumping to the CFS diagnosis can cause those treatable causative conditions to be ignored, so this is an important point.

[Keep in mind that the name *Chronic Fatigue Syndrome* is merely a term we use instead of the longer, less attractive, but more accurate description: “*A syndrome of fatigue about which we know almost nothing, and whose cause completely baffles us*”. This latter name is, in fact, essentially what we mean when we label *many* diseases, including this representative list: cancer , chronic fatigue syndrome, lupus, rheumatoid arthritis, thyroiditis, and to a large extent, even heart disease. These are but a few of the many, many diseases about which we actually know very little. The point is: the fact that we are able to name something does not mean that we know much about it, and certainly does not mean that we know how to treat it.]

Note that the diagnosis of *Chronic Fatigue Syndrome* has been expanded, so that the current full name is *Chronic Fatigue and Immune Deficiency Syndrome* (CFIDS) because along with chronic, severe fatigue, many sufferers also manifest diminished immune system capabilities.

If the diagnosis of CFIDS is made, an aggressive program of nutritional and psychological support should be instituted. The best nutritional program to combat fatigue is very similar to the one embodied in the BioSlim System.

NUTRITIONAL FACTORS: Diet should be as pure and clear of processed, adulterated food as possible. Obesity should be eliminated. Avoid sugar in all its forms, as well as all added fats

and all milk products. Avoid all foods to which you may be allergic or in any way sensitive.

Both the BioSlim Formulas should be taken in full doses. Additional magnesium (for a total of 800 to 1000 milligrams per day) and calcium (total of 800 to 1000 milligrams per day) should be taken. Other important specific nutrients, all present in the BioSlim Formulas, include: vitamin B6, pantothenic acid (a B vitamin), vitamin B12, vitamin C, iron, and zinc.

SPECIAL ADDITIONAL NUTRITIONAL FACTORS: The amino acid *aspartic acid* can be very helpful, especially in the form of *magnesium-potassium aspartate* (800–1000 mg per day). Coenzyme Q10 (CoQ10), Essential Fatty Acids, green tea extract, and *lactobacillus* (friendly intestinal bacteria) can also help. *S-adenosyl-methionine* (“SAME”) can help with any depression, including the kind that accompanies and often exacerbates chronic fatigue.

♦ GALLSTONES

Gallstones are usually composed of cholesterol and/or calcium. They form in the area of the liver and gallbladder, and can cause severe abdominal pain, mostly in the upper right side of the abdomen, particularly after fat-containing meals. More severe consequences include blockage of the flow of material (bile) from the liver to the intestines and full-blown inflammation of the gall bladder (“*cholecystitis*”) or bile ducts (“*cholangitis*”). The most effective way to prevent these is to prevent the formation of gallstones.

NUTRITIONAL FACTORS: The best nutritional program to help minimize gallstone formation is a diet low in all fats, moderate in calories, and high in fiber. Avoidance of obesity is a major factor. Nutritional supplementation that may be helpful includes: vitamin A, the B vitamins, vitamin C and vitamin E (all present in balanced form in the BioSlim Formulas). Additional Essential Fatty Acids may also be helpful, as may fiber supplements such as psyllium seed husk powder.

In general, a diet high in vegetables and some fruit, combined with appropriate attention to nutrition, is key. The BioSlim plan fits this description well, and should well reward those with a propensity for the development of gallstones.

♦ **HAY FEVER**

See ALLERGIES above.

♦ **HEADACHES**

This is one of the most common complaints in the world. In general, there are essentially three kinds of headaches: *tension* headaches, resulting from muscle tension or spasm in the neck, scalp or forehead; *sinus* headaches, resulting from inflammation of the membranes lining the nasal sinuses; and *vascular* headaches, stemming from spasm or other dysfunction in the vessels inside the head, in and around the brain. *Migraines* belong to the vascular type.

Some possible causes of headaches are: trauma anywhere in the head or neck, diseases of the eyes, ears, nose or throat, certain drugs, alcohol, cigarette smoke, air pollution, food sensitivities or allergies, any allergy, anemia, hypoglycemia (low blood sugar), excessive salt intake, menopause, birth control pills, PMS (premenstrual syndrome), dental disease, the grinding of teeth during night or day (“*bruxism*”), TMJ syndrome (a painful condition of the area just in front of the ear where the jaw meets the face), fever from any source, and any chronic illness.

Medical treatment usually consists of removing any known causative factors or diseases, and drug therapy. Drugs, unfortunately, usually do nothing about the underlying problem, merely masking the pain. New drugs, such as *sumatriptan* (aka: *Imitrex*), can be very effective, particularly for migraines.

Of course, such common headache-causing problems as sinusitis and neck muscle spasm should be dealt with first when treating headaches.

Acupuncture is often a very helpful treatment modality, and is highly recommended, as is relaxation therapy and biofeedback.

NUTRITIONAL FACTORS: Caffeine has an interesting relationship to headaches: It can both cause the vascular kinds and alleviate them. If you are one of the many people who drink coffee every day, be aware that you are probably addicted to it by now. Addiction in this case means physically dependent, which is what you may well be. How can you tell? Try stopping the coffee “cold turkey”. If you’re like most heavy coffee drinkers, you’ll probably have a headache every day for 5-7 days after stopping caffeine. This is a *withdrawal response*: it means you are physically dependent on caffeine. Remember, caffeine is a drug!

Coffee can be a direct cause of vascular headaches (migraines). If you suffer from headaches and drink coffee, you should stop. The best way to break a coffee addiction is to gradually taper down your daily dose of caffeine over a period of about two weeks. This should minimize withdrawal symptoms. And be sure to include in your diet some high quality nutritional support.

Avoiding food sensitivities is often important in the prevention of headaches, though difficult to do. The best approach is personal experimentation, during which keeping a careful record of all ingested foods and resultant symptoms is essential. The avoidance of all milk products and all forms of sugar is also highly recommended.

Note that headaches are often associated with gastrointestinal problems, especially constipation, which should be treated aggressively in such cases. See the **CONSTIPATION** section above for treatments.

SPECIFIC NUTRIENTS that may be helpful include: vitamin B6 (particularly for women with hormone-related headaches), magnesium, zinc (particularly for cluster headaches), niacin and calcium. All are in the BioSlim Formulas. Essential Fatty Acids and two natural herbs, *Feverfew* and *Angelica sinensis* (aka: Dong Quai or Tang Kwei) may also be helpful.

As you get healthier and improve overall, your headaches should diminish and finally disappear, assuming you are given a clean bill of health by your physician. And don't forget your Activity Plan, which can also help relieve chronic headaches.

♦ **HEART DISEASE / CARDIOVASCULAR DISORDERS**

Note: Anyone with a serious disorder of the heart should begin this and any program of activity and nutritional support slowly and carefully. This means that any exercise or increased activity program and the doses of the Formulas should be started at low levels, then increased gradually, as tolerated. The supervision of a physician is essential.

The heart is at once the body's strongest, most durable muscle, and its most sensitive. It pumps life-sustaining blood throughout the circulatory system, including vessels that in turn feed the heart itself. These tiny blood vessels in the heart itself are called the "coronary arteries" because of the crown-like structure they form on the surface of the heart.

When the blood vessels of the body become congested and clogged, the vessels that are most susceptible are those feeding the heart (the coronary arteries) and the ones feeding the brain. A complete blockage of a coronary artery causes a *heart attack*, while vessel blockage in the brain causes a *stroke*. In either case, the underlying mechanism of the problem is the same: for one reason or another, some blood vessel(s) is/are no longer able to carry blood to the organ involved, which causes parts of that organ to die—i.e., a heart attack (heart tissue death) or a stroke (brain tissue death) occurs.

Arteries can be *partially* blocked, causing insufficient blood supply. This causes chest pain or *angina* in the heart, and mini-strokes known as *TIA*s ("Transient Ischemic Attacks") in the brain. These temporary insufficiencies of blood supply are much more common than full-blown blockages, one reason for which is that full blockages can only happen a very few times before death occurs,

while it is possible for insufficiencies to occur hundreds of times in one individual. If an artery feeding the heart is partially blocked, chest pain may occur under any conditions that cause blood to flow more heavily to other parts of the body, thereby placing a load on the heart (it must beat stronger and faster), causing it to require more blood to function properly. This extra need for blood by the heart itself cannot be properly supplied when a blockage or partial blockage is present in the coronary arteries that feed it. Activities that can precipitate chest pain under these conditions include: any large meal, exertion of any kind, stress of any kind, exposure to cold, even the strain of moving bowels under conditions of constipation.

Of course, any heart condition must be treated by a physician. Medical treatment usually consists of drugs and/or surgery. Diet and lifestyle are usually addressed via the admonitions to eat less fat and stop smoking.

There has been a tremendous amount of research done in recent decades on the causes of heart disease and *atherosclerosis*, the process by which arteries become clogged. Much has been written on the effects of elevated cholesterol levels, though for the most part, this concept is far less relevant than most people believe. (See CHOLESTEROL LEVEL, ELEVATED above.)

For many years, we were told to eat more unsaturated oils. Now, with the possible exception of olive oil, this advice has been found to be baseless, even harmful. Eating more unsaturated oil does nothing to prevent heart disease, and may well increase the risk of certain other diseases, especially cancer. It looks now like it may even *increase* the risk of heart disease itself! Seems sacrilegious, doesn't it?

PREVENTION: Stopping the smoking of cigarettes is the single most effective measure any smoker can take to prevent heart disease. Weight reduction in cases of obesity is important. Controlling blood pressure is also important; in some cases, it may be accomplished through dietary measures as well as relaxation methods. Of course, out-of-control blood pressure must be treated by a physician. Getting a reasonable level of physical activity is also a very important and effective preventive measure.

As you can see, theBioSlim program can essentially be thought of as excellent therapy for the heart, since it is perfectly suited for that task.

NUTRITIONAL FACTORS: The importance of avoiding added fats cannot be overemphasized. Just as this rule is the primary principle of the BioSlim program, so too is it the most important dietary measure you can take to help prevent and, in fact, *reverse* heart disease. This is true for many reasons, including the general importance of fat reduction and, less commonly known, the fact that certain kinds of fat molecules—the*trans* fatty acids caused by the *processing* and *heating* of unsaturated fat—appear to directly generate atherosclerosis, the plugging up of blood vessels in the body.

A diet high in fiber is also very helpful. Soy products (soy protein, to be precise), in particular, have been found to be beneficial to the health of the heart and blood vessels.

NUTRITIONAL SUPPLEMENTATION includes most of the vitamins and minerals, such as: vitamin A, vitamin B6, vitamin D, folic acid, niacin, vitamin C, vitamin E, magnesium (especially important), chromium, selenium, iodine, zinc, and others. All are present in correct balance in the BioSlim Formulas.

Additional potentially helpful supplementation includes the Essential Fatty Acids (EFAs), bromelain, CoQ10, extract of the plant ginkgo biloba, and garlic. CoQ10 and magnesium have also been found helpful in certain heart arrhythmias (irregular heartbeats).

People with such relatively common disorders as irregular or fast heartbeats (*arrhythmias* and *tachycardias*) and *mitral valve prolapse* can use the BioSlim System and may well find that their symptoms improve on the program.

Historically, heart disease is a fairly new phenomenon, partly because people are living longer, but mostly because of the preponderance of *non-foods* being consumed today in place of real, whole, natural, *recognizable* food. This is an area where you can do much to prevent disease and premature death. The BioSlim System is one way to accomplish just that, while in the bargain, dropping all the extra weight from your body.

♦ **HEMORRHOIDS**

Hemorrhoids are caused by the pressure of blood in the *hemorrhoidal veins*, a collection of blood vessels in the area of the anus. The word *hemorrhoids* is commonly defined as a swelling of those veins. This swelling can lead to bleeding from the affected veins, or pain, or both.

The most common cause of hemorrhoids is constipation, since the pressure of straining at stool causes tremendous backup pressure in the veins of the anus. Therefore, avoidance of constipation, and of all activities that increase pressure inside the abdomen or on the hemorrhoidal veins, should be avoided. (Sit-ups, lifting heavy weights and running, for example, are not good ideas. Swimming and stair climbing are.)

The medical treatment here consists of the avoidance of constipation, sitz baths, and in severe cases, surgery.

Exercise can be very helpful, but as noted, not the kind that increases pressure in the abdomen or on the hemorrhoidal veins. Clothing that is tight around the waist or pelvic areas should be avoided, as should prolonged sitting.

NUTRITIONAL FACTORS: Lots of water throughout the day, in conjunction with a high fiber diet, is very helpful. Psyllium seed husks can be helpful as a fiber supplement, with plenty of water. Avoid dairy foods and too many other animal products. Bioflavonoids may help, through their function in helping to strengthen blood vessel walls. Vitamin B6, vitamin C, vitamin E, and magnesium are also recommended.

The BioSlim System is an excellent one for sufferers of this ailment, as it emphasizes the right balance of foods and is nutritionally correct. Note that the BioSlim Formulas were designed to help keep things moving properly in the bowels, and should therefore be helpful in the prevention of hemorrhoids.

♦ **HIGH BLOOD PRESSURE (HYPERTENSION)**

“Blood pressure” is the pressure with which blood is being forced through the body’s blood vessels. Blood pressure rises and falls all the time. For example, exercising naturally causes blood pressure to rise temporarily. This is the way the body is able to get more blood to the parts of itself that need it. It is perfectly normal. Sometimes, though, blood pressure *stays* elevated, and it is then that it can become dangerous.

High blood pressure is a very common disease. Because there are very few symptoms until it reaches life-threatening levels, it is often called “the silent killer”. Usually, the only way to diagnose it is by having your blood pressure checked several times in a row. By the time actual symptoms, such as headaches, nosebleeds, or blurred vision occur, it is likely that an advanced stage of this disease has been reached. The time to treat is *before* this level is reached.

Hypertension can be caused by dysfunction in such organs as the kidneys, heart, blood vessels, and adrenals, but the most common form has no known cause and is thus labeled “essential hypertension”.

Medical treatment is imperative and usually consists of salt restriction, stress reduction and most commonly, drugs.

The preventive and nutritional factors that can affect this disease are very similar to those listed above under **H EART DISEASE/ CARDIOVASCULAR DISORDERS** and **C HOLESTEROL LEVELS, ELEVATED**. It is not so much the avoidance of sodium (as in table salt) that is important, as getting sufficient amounts of *potassium*. Potassium is a mineral that acts in tandem with sodium—in a sense, as a counterbalance to it—in the body. It is found in large quantities in foods of plant origin (vegetables, fruits, whole grains).

Supplemental garlic and *taurine* (an amino acid) may also be helpful. Stress reduction is important, and one of the best ways to accomplish this is with a technique called *biofeedback*, which is highly recommended. Regular aerobic activity is also very important in the treatment and prevention of this disease.

The BioSlim System is an excellent approach to naturally helping to tame this common problem. Follow the complete program.

♦ **INSOMNIA**

The body rebuilds itself during sleep, and restores its energy supplies. Blood pressure drops, the heart slows, the body rests. In children, growth occurs mostly during sleep, because growth hormone is released mostly during sleep.

Sleep deprivation negatively affects our thinking and general ability to function efficiently. It also depresses the immune system.

The older you get, the less deep sleep (aka “slow-wave” sleep) you get, which is the most restorative part of sleep. One study found that in men under 25, deep sleep was about 20 percent of a night’s sleep. Between 25 and 35, that drops to about 12 percent. After 35, it’s 5 percent or less.

Growth hormone helps build muscle tone and fitness. Because growth hormone is released mostly during deep sleep, and deep sleep gets scarcer with age, it gets harder and harder to stay in shape as you age, particularly for men. This is part of why **improving your sleep should help you lose weight**.

The medical treatment of insomnia is often drugs. Unfortunately, there is no drug available yet that induces slumber as complete and restorative as good natural sleep. In intractable cases, there are sleep clinics that will test every phase of your sleep and often identify some useful suggestions.

Biofeedback is an excellent method to try. So is acupuncture treatment, in the right hands.

PREVENTIVE MEASURES: Alcohol ingestion will diminish the quality of your sleep (i.e., diminish its most important part, deep sleep). Caffeine intake is associated with increased risk of sleep problems. In children, cow’s milk products can contribute to insomnia. Any digestive problems that extend into the night will tend to worsen the quality of your sleep.

POSITIVE SUGGESTIONS: Avoid working close to bedtime. A relaxing hot bath before going to sleep can be very helpful. Make

sure your mattress is comfortable. It's worth every penny to get one that works best for you.

Do not eat within at least two hours of bedtime and, if at all possible, make your evening meal the smallest of the day; this will not only improve your sleep, it will help you lose weight too.

Empty your bowel and bladder as best you can prior to going to sleep. And remember that staying physically active during the day can help you achieve good restful sleep, in addition to its many other benefits.

NUTRITIONAL FACTORS: Getting sufficient calcium and magnesium is important (best taken near bedtime). Magnesium has been found particularly useful for insomnia. The amino acid L-tryptophan, or its derivative 5-HTP, can be very helpful; both are available in high quality in most health stores. Helpful herbs include passionflower, valerian and zyziphus (jujube). Sublingual melatonin, 2.5mg-5mg, at bedtime, can be very effective.

♦ **KIDNEY STONES**

This is an extremely painful disorder of stone formation in the highly sensitive area of the kidneys and its associated plumbing. These stones are most commonly made of calcium and a substance called *oxalate*, found in such foods as spinach, rhubarb, dandelion greens, chocolate or cocoa, cashews, almonds, and (non-herbal) tea. All these foods should be avoided by anyone suffering from kidney stones, unless the stones are known to be other than the oxalate-containing variety (such as *uric acid* stones, sometimes present with gout).

Medical treatment consists of aggressive fluid administration (lots of water), drugs for pain relief, and in severe cases, surgery.

NUTRITIONAL FACTORS: These can be very effective in alleviating this problem, thus possibly avoiding surgery. The most important factors are **magnesium** and **vitamin B6**. Aggressive supplementation with these two nutrients alone can have a remarkably beneficial effect. Both are in the BioSlim Formula (though extra Magnesium should be taken).

Other potentially helpful nutrients include: protein (adequate, but not overly high amounts), vitamin A, vitamin B2 and vitamin C. Individuals with *uric acid* or *cystine* stones (only) should *limit* their protein intake and eat plenty of fruits and vegetables to keep the urine alkaline (non-acidic).

Anyone with kidney stones should drink copious amounts of fluids throughout each day, avoiding dehydration at all costs.

♦ LUNG DISORDERS

This category includes many diverse ailments. The most common are *infectious* (upper respiratory infection, bronchitis, pneumonia) and *obstructive* (asthma, chronic obstructive pulmonary disease or COPD).

Some individuals are particularly prone to respiratory ailments. They will suffer some kind of lung illness several times per year, sometimes punctuated by bouts of pneumonia. This situation can often be greatly helped by a *preventive* approach to the problem, as opposed to treatment limited to the administration of antibiotics for each acute episode.

ASTHMA is a common disease that can be life-threatening. It is a condition where the tubes that carry air in the lungs (*bronchi*) contract (narrow) abnormally and excessively, thereby blocking the normal flow of air into the lungs and causing the characteristic *wheezing* sound that is the hallmark of the disease. The reasons for this abnormal contraction are not fully known, but it is often caused by an allergic reaction to something in the air. Anything can trigger a reaction. Severe, life-threatening asthmatic reactions are known to occur after eating certain foods or food additives, such as the *nitrites* used in foods like some processed meats and some wines, or peanuts, or really anything to which the sufferer is sufficiently sensitive.

The medical treatment of lung-related diseases usually consists of antibiotics for infections, allergen avoidance, and “lung expanding” drugs for asthma.

PREVENTIVE MEASURES: For people suffering from chronic lung infections, this must include the complete cessation of smoking. Smoking directly and continuously irritates the lining of the lungs, and will cause repeated bouts of infections in susceptible individuals.

Other steps include the avoidance of air pollutants, adequate fluid intake and regular deep breathing. Deep breathing is something that few people do consciously. An occasional sigh is the only opportunity most individuals have to take a deep breath. So it is important to remember to do this consciously and often, especially if you are not exercising consistently.

Regular physical activity can be very beneficial to people suffering from chronic lung infections.

Avoidance of food allergens, particularly all milk and milk products, is especially helpful.

NUTRITIONAL SUPPLEMENTATION FOR PERSONS WITH CHRONIC LUNG INFECTIONS: Vitamin A (a total of 25,000 I.U. per day with food as an initial dose for no more than 1-2 weeks, after which your multivitamin should suffice), vitamin C and zinc. *N-acetyl-cysteine* may also be helpful. *Echinacea* may be useful for acute infections. Note: the vitamins and minerals listed here are included in balanced form in the BioSlim Formulas.

FOR ASTHMATICS, once again, the most important preventive element is the avoidance of smoke.

In addition, asthmatics must avoid cold air, which can trigger an immediate relapse. Avoidance of air pollution is also important, as is the removal of all known allergens (allergy-causing substances). Beds should be changed frequently, on the order of twice weekly, to avoid accumulation of microscopic creatures called *mites* that can trigger an asthma attack. Air filters, particularly the kind known as HEPA, can be very helpful, especially in the bedroom at night. A dry environment in the home is important to prevent the accumulation of molds.

NUTRITIONAL SUPPLEMENTATION FOR PERSONS WITH ASTHMA: Vitamin A, pantothenic acid (a B vitamin), vitamin B6, vitamin B12, selenium, and especially **magnesium** may all be helpful. All these

nutrients are generally available. All are supplied in the BioSlim Formulas (though you may need to add more magnesium). The herb *ephedra* is also helpful in many cases as a temporary aid, but should be used with caution and under the care of a health professional familiar with its properties (see *Nutrition* chapter above for more on *ephedra*).

Remember: asthmatics can be allergic to anything; be careful when adding anything new to your environment or diet.

♦ MULTIPLE SCLEROSIS (MS)

This is a chronic autoimmune disease affecting *myelin*, the insulating lining of nerves, caused by a “haywire” immune system that attacks the myelin in error. Its cause is not fully understood. Symptoms include episodes of neurological problems such as visual disturbances, dizziness, muscle weakness (especially in the face), speech difficulties, and disturbances in the ability to properly move the arms and/or legs. These episodes typically wax and wane over time, and may disappear altogether for as long as 20 or 30 years before recurring.

All persons with MS should be under the care of a physician. Medical treatment, though, is strictly supportive. For now, there is no known cure, though exciting new research is under way on the benefits of injecting a form of myelin itself into the body. This seems to overload the haywire part of the immune system, shutting it down, and thus stopping the disease at its root. This approach holds great promise for the not-too-distant future.

Nutritional factors in this disease are indeed vital. Properly following all recommendations can lead to significant improvement, according to several studies done around the world.

NUTRITIONAL FACTORS: The diet should include high levels of cold-processed unsaturated oils. This is a departure from the general BioSlim recommendation of no added oils, and is an exception due to unusual circumstance. Other dietary elements include large amounts of vegetables, fruits and whole grains. Smoking and alcohol should be avoided.

Aggressive supplementation with the B vitamins (including vitamin B12), cold-processed unsaturated oils, vitamin E, lecithin (usually as a soybean-derived extract), magnesium and zinc may all be helpful, in addition to a complete nutritional program. The BioSlim System may be used as a good basis for this program, with the addition of the oils, lecithin and extra vitamin E.

♦ OSTEOPOROSIS

This is defined as a reduction of the total bone mass of the body, which causes the bones to be “brittle”. Its prevalence rises with age. Older women are particularly susceptible to this disease, as it is thought that after menopause the hormone estrogen is no longer available in sufficient quantities to keep the bones of the body strong, as it does in younger women.

For years, it was thought that the aggressive treatment of thyroid deficiencies could cause an exacerbation of osteoporosis. Recent findings indicate this is not the case.

Many women are placed on estrogen replacement therapy to prevent osteoporosis. My own view is that if estrogen is needed for other reasons, it should be used. But osteoporosis best prevented and treated using appropriate dietary factors and physical activity. If nature had intended women to take estrogen after menopause, all women would have little pill dispensers built into their bodies. The fact is that estrogen is one of the primary stimulants of the most common forms of breast cancer, and also abnormally stimulates the lining of the uterus when taken by post-menopausal women—in whom nature intended estrogen levels to remain very low. There is good evidence that the probability of breast and uterine cancer goes up in women taking long-term estrogen after menopause. And recently, the risk of stroke was likewise found increased in these women.

Some will say: “There is no *perfect* evidence that this is the case.” It is far wiser to say: “There is plenty enough evidence to raise serious concern. Therefore, let us be cautious and humble in

the face of the natural order of things, unless we can show that there is no risk in doing this thing.”

PREVENTIVE FACTORS: The most important of these are: (a) nutritional, and (b) physical activity.

Nutritional factors include the avoidance of sugar and other processed foods, appropriate nutritional intake by or before age 30, including adequate amounts of calcium, magnesium, manganese, copper, vitamin C, vitamin D and a moderate amount of protein. The avoidance of smoking cannot be overemphasized. A diet low in salt is preferred.

A complete, balanced nutritional program is important. BioSlim is perfectly suited for anyone suffering from or worried about osteoporosis. In addition to the BioSlim Formulas, extra calcium and magnesium should be taken, so that the total daily intake is approximately 1000 milligrams of calcium and at least 750 milligrams of magnesium.

♦ **PREGNANCY**

Of course, pregnancy is not a disease, though it is sometimes treated as such.

Certain nutrients are required by the pregnant woman in larger-than-normal amounts, such as folic acid, calcium and iron. Alcohol, smoking and practically all drugs should be avoided.

There are many brands of specifically formulated PRE-NATAL nutritional supplements available today. Most of them are of good quality; the ones available at your local health store are generally better than the ones in your pharmacy.

Though there is no evidence or known reason not to use BioSlim Vita/Min Plus during pregnancy, we recommend that pregnant women NOT use it, but instead use specific PRENATAL products. This advice will hold until such time as BioSlim formulates a specific pre-natal product. The SlimTone Formula is not intended for use during pregnancy, which is not the right time to go on a weight losing campaign anyway. During pregnancy and lactation, follow your doctor's advice.

♦ **PROSTATE ENLARGEMENT**

This condition occurs in almost 90% of all men, if they get to be old enough. It causes an inability to fully empty the urinary bladder as well as loss of bladder control. Medical treatment often consists of surgery. Recently a new drug, *finasteride*, has become available and is being touted by its manufacturer as effective in reducing prostate enlargement. Studies have shown a slight reducing effect, with an approximately 5% rate of impotence as the primary side effect identified to date. (See Nutritional Factors below for a much safer, natural alternative.)

Note: the prostate should be examined regularly by a qualified physician to search for the possibility of prostate cancer.

NUTRITIONAL FACTORS: Prostate enlargement responds well to a nutritional approach. Zinc is a vital nutrient. A well-balanced diet with attention to good nutrition is helpful. Note: The BioSlim program is an excellent choice for people with this ailment.

The most effective non-drug, nutritional supplement, in use for many years, is the extract of the plant *serenoa repens*, also known as *saw palmetto*. Results in several excellent studies using this natural extract have been considerably *better* than those using drug therapy, and with no known side effects. A *standardized extract* is the best form of this nutritional supplement. I highly recommend this safe, natural approach.

♦ **SKIN WRINKLING**

This condition is included here because many people who lose weight find their skin sagging and wrinkling. This is expected whenever there is a significant general loss of body fat because when the layer of fat under the skin (the *subcutaneous fat*) is diminished, the skin will no longer be “puffed out”, and may sag. The best way to avoid this is to: (a) not lose weight too quickly (e.g., by starving yourself, a bad idea in any case), thus giving the skin a chance to assume its new dimensions properly; (b) avoid exposure to sun ;

and (c) use a good, all-natural skin moisturizing cream every day. Treat your skin gently, avoiding at all costs excessive drying and the use of chemicals.

For some people who lose more than 120-140 pounds, plastic surgery (to get rid of extra folds) may be the only option.

♦ STRESS

Stress can be emotional or physical. Either way, it is defined here as the kind that hinders and disturbs. (Note that some stresses can be beneficial, like the body stress of intensive exercise or the “brain stress” of deep thought.)

Anxiety is the natural companion of harmful forms of stress.

Relaxation therapy can do wonders in many cases. So can *biofeedback*, a system whereby you can learn how to control your thoughts and reactions.

Perhaps the most effective stress reliever of all is the thought best expressed by Abraham Lincoln, who suffered greatly through most of his adult life. He once remarked: “It is said an Eastern monarch once charged his wise men to invent him a sentence to be ever in view, and which should be true and appropriate in all times and situations. They presented him the words: ‘And this, too, shall pass away.’”

Ol’ Abe had a good point there. Much of what troubles us today is gone tomorrow. Things will improve. One thing’s for sure: now that you’ve begun this program, your appearance and health will benefit greatly. And with this happy improvement could come either the solutions to many of your problems or the realization that they were not all so terrible in the first place.

PREVENTIVE AND NUTRITIONAL FACTORS: These include many of the nutrients found in the BioSlim Formulas, especially the B vitamins, vitamin C, magnesium and calcium. Physical activity or exercise can do wonders for relieving and preventing stress. A good massage, a hot bath, and acupuncture are all modalities that can help, at times greatly. Finally, yoga is one way by which many people find peace and emotional tranquility.

♦ THYROID GLAND DISORDER

The thyroid gland is in many ways a *master* gland. Directly or indirectly, it controls the functions of most of the body's systems and organs. The thyroid is like the body's gas pedal. It controls how fast your engine runs, how much fuel it burns, how quickly your heart beats, how your digestive system works, how well your immune system functions, even how well your brain works. It is the master controller of your metabolic rate, and as such, is vital to your success in the BioSlim program.

Thyroid hormone deficiency or *hypothyroidism* is a very common disorder that often causes a multitude of confusing symptoms. This is the thyroid disorder on which we shall focus most here. In addition to hypothyroidism, the other most common (non-cancerous) diseases of the thyroid are *hyperthyroidism* (excessively high levels of thyroid hormone) and *thyroiditis* (inflammation of the thyroid, usually autoimmune in nature). All these disorders should be treated by a physician.

Hyperthyroidism causes the opposite of *hypothyroidism*: the body is in high gear, racing all the time. *Thyroiditis* is a disorder, often autoimmune in nature, where the thyroid becomes inflamed, at times releasing too much thyroid hormone into the bloodstream and at most other times too little, as it is depleted of stored hormone by inflammation and unable to manufacture more. *Thyroiditis* should be suspected whenever there is unexplained heart rhythm disturbance, diarrhea, anxiety, insomnia and weight loss, particularly in women in the first year or so after pregnancy, which is when *thyroiditis* is most likely to strike. *Thyroiditis* should always be treated by a knowledgeable physician.

HYPOTHYROIDISM is most often found in women. As noted, it's very common, and the incidence increases with age. Therefore, older women have a quite high probability of developing this disorder. (Note that the incidence is not small in women of all ages.)

Symptoms and signs include: fatigue, weight gain, sensitivity to cold ("cold extremities"), constipation, dry skin and/or hair,

depression, insomnia or hypersomnia (excessive sleepiness), diminished sex drive, irregular menstruation, heavy menstrual flow with excessive cramping, anemia, confusion and cognitive dysfunction (inability to think or remember clearly).

Diagnosis is usually done through laboratory blood tests. Unfortunately, contrary to commonly held opinion, blood tests are *not* always definitive. It is possible to have a “normal” set of lab results and be *clinically* hypothyroid. The under-arm *basal body temperature test*, where one’s temperature is taken immediately upon awakening before anything else is done, may be useful in helping to confirm suspicion; but it too is not completely reliable, and certainly not definitive. (This *basal* {meaning “underlying”} temperature may be taken on any day by men and post-menopausal women, and by menstruating women on the second and third days after flow begins. Hypothyroidism may be suspected if the temperature on awakening is *consistently* below 97.8 °F. If so, a thorough blood analysis is recommended.)

The blood tests most important to the diagnosis of hypothyroidism are the “HIGHLY SENSITIVE TSH” (*Thyroid Stimulating Hormone*) and the “FREE T4” or “T7” tests. The TSH test measures how much effort the *pituitary* gland, which controls the thyroid gland, is putting out to try to get the thyroid to work properly. Since TSH is used by the pituitary gland to get the thyroid to work harder, the higher the level of TSH the harder the pituitary is trying, which it is probably doing because the thyroid gland is not responding properly. The harder the pituitary works (as marked by an elevated TSH) the weaker thyroid gland function may be concluded to be. It’s as if the pituitary is “beating a dead horse”. TSH levels can sometimes reach levels 30 or more times normal, as the pituitary keeps trying ever harder to get the “dead horse” thyroid gland to respond.

The *FREE T4* or *T7* tests directly measure the level of hormone activity in the blood. They are considered *less* accurate than the TSH test. **Always insist on a TSH test if hypothyroidism is suspected.** Though it should be, it is *not* always done, particularly if you are seeing a general practitioner as opposed to a hormone specialist (endocrinologist) or knowledgeable internist.

If all tests are normal, then strict attention must be paid to symptoms. **“Normal range” labs do not necessarily mean your thyroid is working normally.** A *therapeutic trial* should be considered when hypothyroidism is suspected in such cases, which involves giving thyroid hormone over a period of time (e.g., one month) and observing all effects. A positive change in symptoms is taken to mean that the extra hormone is needed, while no change indicates further testing and investigation may be needed.

Treatment of hypothyroidism involves replacement of missing thyroid hormone using an oral preparation (pill). There are two major kinds of thyroid hormone available: synthetic (e.g., *Synthroid*), and natural bovine extracts (e.g., *Armour Thyroid*). Endocrinologists often use the synthetic kind. Other doctors, I among them, prefer the natural extract, mostly because its contents more closely resemble the hormones produced by the human thyroid in its natural state.

INTERACTION WITH BIOSLIM: If you have this disorder, it is imperative that the diagnosis be made and correct treatment begun, in order for the BioSlim program to help you succeed to your fullest potential. Hypothyroidism is very common and easy to miss. If you are hypothyroid, without treatment you will almost certainly *never* reach your goals, often without knowing why. It’s like banging on a permanently closed door—hopeless. The treatment of hypothyroidism is simple, highly effective, and non-toxic. It must be done properly, sooner rather than later.

NUTRITIONAL FACTORS: The mineral iodine should be taken in sufficient quantities. Essential Fatty Acids, the building blocks from which thyroid hormone is manufactured in the body, may also be helpful.

Complete nutritional support is essential in hypothyroidism, as most of the body’s functions are usually depressed and in need of help. The BioSlim System is quite appropriate for sufferers of hypothyroidism (with treatment), and should help all around.

Taking your thyroid meds: Always follow your doctor’s instructions. To maximize absorption of thyroid medication: take it on an empty stomach (at least 1 hour before food), with no high-dose calcium (like antacids or calcium supplements per se), no iron, and no female hormones or antidepressants.

♦ **ULCERS (STOMACH AND DUODENAL)**

Ulcers are deteriorations (holes) in the lining of the stomach or upper small intestines (a region known as the “duodenum”). This disease is known to be exacerbated by excess stomach acidity, but may occur in cases of normal acidity as well. It is often associated with infection by an organism called *Helicobacter*.

The early stage of eventual ulcer disease is often *gastritis*, which literally means “inflammation of the stomach”.

Symptoms may include abdominal pain, “heartburn”, and sometimes, back pain. If the ulcer is severe and bleeding occurs, vomiting, diarrhea, black stools, anemia, dizziness and all other symptoms associated with internal bleeding may occur.

Ulcers are a life-threatening disorder. In 20%-30% of all cases, the only symptom or sign is internal bleeding, which can be extremely serious. Any symptom that suggests an ulcer must always be taken very seriously. Any blood in stool, whether it is black or red, must be checked immediately by a physician.

Medical treatment of ulcer disease consists of acid-reducing medications, dietary changes, antibiotics and medications for improving healing or protecting the involved areas. Surgery may be necessary in severe cases.

There are some known causes and exacerbating factors for this disease, including: smoking alcohol, coffee, some teas, spicy foods, and stress. Some include **milk products** in this list.

Stress is a major factor and should be minimized as much as possible. Remember: “stress” is entirely determined by the mind of the person experiencing it. The same circumstances that are “stressful” to one person may be deemed “challenging” by another. We make our own stress. We can unmake it. Biofeedback and direct stress reduction therapy are two modalities by which this issue can be successfully addressed.

PREVENTIVE AND NUTRITIONAL FACTORS: Avoiding the causative influences mentioned above is vital. Also avoid over-the-counter calcium-based antacids, as they often cause a “rebound” phenomenon whereby *more* acid is produced by the stomach than would otherwise

be made there. In other words, they may significantly *worsen* the problem.

A diet high in fiber is helpful. Sugar should be avoided, as should the other offending items listed above. In general, smaller, more frequent meals are preferred to larger, less frequent ones. Sleeping on 2-3 pillows can help avoid reflux of food from the stomach into the esophagus (“food pipe”) and the resultant *esophagitis* (food pipe inflammation) that can cause.

Nutrients that may help: vitamin A, vitamin B6, vitamin C (taken with food), vitamin E, zinc and the bioflavonoids. (All these are well-balanced in the BioSlim Formulas) Additional supplementation may include *lactobacillus*, or friendly, beneficial intestinal bacteria, available in capsule or liquid form. A comprehensive nutritional program is very important.

Of particular interest are: *aloe vera* extract, taken internally as a drink, and *cabbage* extract.

The BioSlim program is perfectly suitable for, and can be directly beneficial to, persons suffering from ulcer disease.

♦ YEAST INFECTIONS

This is a common ailment affecting millions of people, mostly women, each year. It is an inflammation caused by infection by yeast (fungus). Typically, it strikes as *vaginitis*, causing itching and discharge.

The most common organism that causes this vexing problem is the fungus *candida*. This infection can be transmitted sexually, but may also arise internally from the normally present candida in the intestinal tract. (For more information, see *Yeast Syndromes* in the *Women: Special Facts and Considerations* chapter below.)

Medical treatment usually consists of anti-fungal medication applied to/in the area, and sometimes taken orally.

PREVENTIVE MEASURES: Good hygiene is very important. Loose cotton underwear is highly recommended, as is the avoidance of any hosiery or clothing that blocks normal air circulation. Simultaneous

treatment of sexual partners is highly recommended to avoid passing the infection back and forth during and/or after treatment. Sugar should be avoided in all its forms, as should junk food, particularly products containing processed white flour.

NUTRITION: This must include a *lactobacillus* or *acidophilus* supplement. These friendly bacteria tend to displace fungal elements and other “unfriendly” organisms in the intestinal tract and vagina. Douching with lactobacillus may also be helpful. Garlic, grapefruit seed extract, and caprylic acid have all been used in ingestible forms for this problem.

A well-rounded nutritional program, such as BioSlim, is important.

* * *

NOTE: Any medical condition should be treated by a physician especially if you are planning on increasing your activity level, reducing your calorie intake level, or significantly changing what you eat.

NEVER “GO ON A DIET” AGAIN!



Dieting is useless. Worse than useless—it can be directly harmful to your health. Here’s why:

- ◆ **Weight loss achieved through most forms of temporary calorie restriction (i.e., “dieting”) is virtually always doomed to failure.** About 95% of people who go on diets fail to reach their goals. Most will regain any weight they lose, often adding a few pounds. The human body responds to intermittent calorie restriction by learning to live with less calories—by *reducing the metabolic rate* of the dieter. Combined with the losses in lean body weight (muscle mass) experienced by most dieters, this makes keeping weight off a near-impossibility, **unless weight loss is done right.** This is not “your fault”. It’s the whole concept of dieting that is at fault. Remember: BioSlim specifically addresses these issues. Done right, you cannot get the yo-yo effect with BioSlim.
- ◆ Chronic dieting also increases the activity of certain enzyme systems in the body that work to increase the rate of fat storage. Your body, in effect, becomes a “fat storing machine”, zealously guarding its precious fat stores in the face of what it believes is a state of imminent starvation. It doesn’t know you’re trying to lose weight. Quite literally, **dieting makes you fatter!**
- ◆ The use of prepackaged, highly processed, dehydrated, unnatural, unhealthful, nutritionally empty, and environmentally polluting “meals” or “meal substitutes” can lead to more than just a failure to keep lost weight off. The

risk of serious gallbladder, kidney, gastro intestinal, heart, metabolic and other diseases is believed to be significantly elevated in people undergoing rapid calorie-restriction-based weight loss programs, *especially* those using “meal substitutes” or “meal replacements”.

In other words, dieting can kill you!

But BioSlim can save your life.

If you are overweight, and/or tired all the time, if you are in pain, sick too often, or otherwise unhealthy— *something* needs to change. It cannot be a thoughtless, quick fix. It must be a *permanent, healthful* solution. In other words, BioSlim.

Bottom line: *Forget dieting*, as most of us have come to know it. Never “go on a diet” again.

THE BIOSLIM FOOD PLAN

Eat All the Real, Good Food You Want



With the BioSlim program, *you* will choose foods to include in your permanent, lifetime Food Plan. Studies have shown that when people choose their own foods, as opposed to trying to follow a predetermined program, they are more likely to *like it*, and more likely to *stick to it*.

Two concepts here are central to the BioSlim philosophy:

- 1) ***Individual choice is vital.*** Using the BioSlim guidelines, you choose what you're going to eat. We do not want to give you a menu plan you *must* follow for a week, a month, or even one day. What would be the point? How long are you likely to follow our menu plan? In order to make this a permanent solution, you must make permanent changes. Obviously. So *you* decide how you're going to eat. But in designing your personal food plan, do follow the principles we will outline in the following pages regarding which foods to choose.
- 2) ***It is important that you are happy with what you're doing.*** If you're not, you won't be able to keep it up. You'll end up struggling, and will probably "give it up" many times along the way. The BioSlim program strives to help you find a food plan that is at once healthful, weight regulating, and *satisfying*. Sure, there will be some foods you will have to give up. Do it gladly, knowing that each and every one of them is not only fattening, but *destructive to your health* and would shorten your life if you kept eating it. No food is "off the list" if it is healthful. The only ones proscribed are the ones that carry a double jeopardy: they increase your body fat and worsen your

health. This should make it much easier to stick to the right stuff.

Later in this chapter we will review specific foods you should include in your food plan and the ones you should avoid. But now, let's review the central principles you will use in choosing foods to include in your new, permanent Food Plan, and in determining how you eat them. With these principles and criteria in mind, you can judge any food, anytime, anywhere, and decide whether it is or is not a fitting candidate.

Remember, think of food as *important*. It is. What you eat directly affects your health and how long you're going to live. With this in mind, approach every food decision as something to think about carefully. Once you make your decision, you won't have to make it again. Soon, you'll have identified the foods you want to include and exclude, and from that point on you will never have to think much about how you eat.

This is the goal: to stop the unhappiness and deprivation, and to make this process you are in *enjoyable* and *fun*.

ESSENTIAL PRINCIPLES OF THE BIOSLIM FOOD PLAN

1) AVOID ADDED FATS AND OILS

Added vs. naturally-occurring fats

This is a very important part of the system. The word "added" has a very specific and special meaning in this context, because we're talking here about only **those unnatural fats and oils that humans manufacture, process, and add to the food you eat**. There are no such things as *pure* or *added* fats and oils in nature. They just don't exist. NATURE makes corn and peanuts... HUMANS make corn and peanut oils, margarine and deep-fried food. NATURE creates soybeans... HUMANS manufacture soy oil and mayonnaise. It is very important to avoid *all* these added fats and oils, not just because they'll make you fat but also because they'll make you sick.

Added fats and oils have been clearly linked to such serious problems as breast and colon cancers, heart disease, and many other illnesses. These are some of today's most deadly diseases. Given

that, the appearance issue would seem to be *not* the most important reason to avoid added fats and oils. The other, more important reasons have to do with your health, and *how long you're going to live*. And yes, of course, these manufactured additions to your food will certainly also make you fat.

So remember, **NO ADDED FATS AND OILS!** That includes margarine, mayonnaise, butter, oily salad dressings, chips of all kinds (unless they're baked), fried foods, french fries, cream cheese, ice cream, lard, and others. And if you don't like salads without dressing—try lemon juice and seasoning salt. It's delicious! Or... try any of the *oil-free* salad dressings now widely available, and especially, any of the extraordinarily delicious, healthful salad dressing recipes in the *BioSlim Cookbook*, the companion to this book.

Note that of all the added fats and oils, products like margarine, mayonnaise and all other *hydrogenated* or *heated* fats and oils are the worst of the bunch. They are high *trans* fats, which are substances that form when fat or oil is heated or heavily processed and which are even more directly implicated in the etiology and exacerbation of serious illnesses like cardiovascular disease and cancer. Avoid these “foods” at all costs.

2) EAT REAL, RECOGNIZABLE FOOD

The Ultimate Criterion

This second general criterion for judging food is similar to the first, but broader. Basically, it is: “Look at what you're about to eat, and consider whether you *recognize* what it is.” You can tell what a vegetable, a fruit, or even a piece of meat is, and you know where it came from. But if food comes in a box, a can, or a package—beware. **READ LABELS!** The fact that you do not recognize something you're about to eat is like a warning sign telling you to **READ THE LABEL**, and to be on the lookout for possibly harmful ingredients.

In particular, besides avoiding all added fats and oils, you should try mightily to avoid refined sugar. It's in a lot of foods, mostly of the junk variety. If you see it on a label, you'd do well to skip that product.

In general, imagine yourself away from civilization, in a completely natural setting: foods that you would find in that setting

are generally okay. Otherwise—if it comes in a can or box, or is a powder or a “shake”—be careful. And if you cannot understand the label, be extra careful.

The BEST possible foods to eat are green vegetables: eat all you want of them (within reason, of course).

There are several vegetables that actually use up as much, or almost as much energy getting digested as they bring to your body. How? The digestion of any food requires an expenditure of energy by the body. Once the food is digested, it releases its own stored energy in the form of calories, which are then either used (“burned”) or stored, mostly as fat. Sometimes, the number of calories in a food is lower than (or very close to) the number of calories it takes to digest it. The act of eating, for example, celery or cucumber, can be a weight losing proposition all by itself!

Here is a sample list of some of the best veggies to eat when trying to lose weight. (**Note:** certain items, like hearts of palm, sprouts and seaweeds, have significant amounts of protein too.)

ALFALFA SPROUTS	CUCUMBER	PEPPERS
ARTICHOKES	EGGPLANT	RADISHES
ASPARAGUS	ENDIVE	SEAWEEDES
BEE GREENS	GARLIC	SPINACH
BROCCOLI	KALE	SWISS CHARD
BRUSSELS SPROUTS	LETTUCE	TOMATO
CABBAGE	MUSHROOMS	TURNIP GREENS
CAULIFLOWER	ONION	WATER CHESTNUTS
CELERY	PALM, HEARTS OF	WATERCRESS
CHIVES	PARSLEY	

3) EAT IN CORRECT BALANCE

Balancing carbohydrates and proteins; fats

Optimally, you should eat, by weight or equivalent volumes, at least as much protein as you do carbohydrates. More protein is okay, more carbs is not.

Protein is defined in more detail in the *Nutrition: The Key to Health* chapter below. It is found in high levels in lean meat , poultry, eggs (especially egg whites!), low-fat fish ,soy products, spirulina, low fat dairy products, etc. One great idea is to use certain *nearly-pure* protein foods to supplement your other food. Then, in any given meal, if you feel you have not eaten sufficient protein relative to the carbohydrates you've had, simply eat one of these nearly-pure protein foods to make up the difference. Examples of pure or nearly pure protein foods:

- ♦ Egg white is pure protein. Prepare as hard-boiled, or as omelets (yolks removed, minimal oil on non-stick skillet).
- ♦ Fat-free deli slices: available in your local supermarket. Usually made from chicken or turkey breast . These are almost pure protein.
- ♦ Fat-free or low-fat **soy** deli slices , hot dogs, sausage, etc.: available in health stores and many supermarkets. These are your best choices, because not only are they almost pure protein, some also have fiber in them (which is generally hard to find in high-protein foods). And they are delicious too! Excellent choices, all around.

So... if you are in high-weight-loss mode, a quick meal-on-the-run might include: as many fat-free deli slices (regular or soy) as you like, plus asparagus (canned or fresh) and/or artichoke hearts and/or other vegetables... and off you go. Quick, nutritious, easy.

Carbohydrates are also defined in the *Nutrition: The Key to Health* chapter below. The highest levels of concentrated carbohydrates (starches) are in foods made from flour. These are some of the worst offenders when it comes to balancing your food intake. Any grain (wheat, rice, corn, etc.) is high in concentrated carbohydrates, especially flour products such as breads, pasta, cakes, pancakes, etc.

Sugar is the building block of all carbohydrates. (Starch is made of sugar molecules packed together.) Eating sugar is one of the **WORST THINGS YOU CAN DO** if you're trying to lose weight. Anything sweet is likely to be carbohydrate-rich (unless it's made

with sugar substitutes, of course). Sugar of any kind should be scrupulously AVOIDED. [Fructose (“fruit sugar”) is absorbed by the body a bit slower than sucrose, but causes other problems (in the liver) which makes it an even worse health offender than sucrose.]

For the best (and worst) no-calorie sweeteners to use, see the *Appendix* of this book.

Besides the obvious high-sugar junk we all know and recognize, please remember that *soda pop* is usually loaded with sugar. Diet soda is a much better choice.

Other examples of foods to minimize because carbohydrates are too concentrated and/or sugar content is too high include: potato, corn, banana, carrot, grape, fruit juices. (Not to mention the obvious cakes, cookies, ice cream, and other debris.)

Juices should be diluted in half with water to reduce sugar concentrations. (See *Protein & Carbohydrates* in the BioSlim CookBook for more details.) If you’re thirsty, your best bet by far is pure water. After that, unsweetened herbal teas, then no-calorie drinks.

Remember that **food labels** count *fiber* as a carbohydrate. You should not. Fiber is not absorbed by your body, nor used to provide calories. In fact, eating lots of fiber can actually help people lose weight, even help normalize blood sugar disturbances. Just subtract the “Dietary Fiber” number from “Total Carbohydrates” to get an accurate carbohydrate count.

Regarding **fats**, the third constituent of food: Just remember to avoid *added* fats, as described earlier. Don’t count fat grams, don’t worry over what percentage of your calories are coming from fat—just avoid added fats. That does mean checking labels, though, to make sure no significant amount of fat has been *added* to the food being contemplated.

Balancing your food intake correctly, as described here, will aid your body to achieve the metabolic balance it needs to normalize itself. Most of us eat way too many carbohydrates and far too much fat, and are therefore susceptible to chronically high insulin levels, obesity, and all the other problems that come with an unhealthy system. **Balance is the key.**

If in doubt, always err on the side of more proteins. Excess carbohydrates will wreck your success. Excess protein will do little harm, and may well help. For example, we know that protein tends to *satisfy hunger*, while sugar often only makes it worse.

Now, **how do you compare** the amount of protein to the amount of carbohydrate in any given food or meal? You could weigh your food, but that's hard and unnecessary. The best, simplest way is to *eyeball* the foods involved. Estimate the volume of the high-protein food(s) relative to the high-carb food(s). Obviously, if the carbohydrate food you are eating is "puffed"—as are most breakfast cereals, cake and even bread—you will need to adjust your volume judgments accordingly.

Don't go overboard measuring food. Guesstimate. And err toward *fewer* carbs, *more* protein (and of course, minimal added fats).

If you are evaluating a **food label**, the process of balancing carbs to protein is simplified. Just compare the number on the "Total Carbohydrate" line to the one on the "Protein" line. (But as mentioned earlier, don't count dietary fiber as a carbohydrate.)

Note: Remember, if your blood tests show a high level of *serum triglycerides*, it may well be a sign that you are intolerant to carbohydrates. If so, you **MUST** minimize sugars, grain products and all other high-carb items, if you are to succeed in losing weight and normalizing your health.

4) EAT SMALLER MEALS MORE FREQUENTLY; MEAL TIMING

*Lighter, more frequent eating instead of 1-2 large meals per day;
Time of day considerations*

Many people eat just one significant meal a day, usually dinner. Not a good idea. Usually that means that you are going hungry during most of the day, that you will eat too much when you finally sit down to a meal, that you will digest poorly, probably sleep badly, and... gain weight faster. Studies have shown that eating a given amount of food *distributed* through a full day will result in less weight gain than eating the same amount all in one meal. This

may have to do with the roller coaster of blood sugar (and hence insulin) your body is forced to go on when you eat your whole day's food in one meal. It is not healthful, and will increase the likelihood of obesity.

Timing of meals: Try to eat some of your daily food every 5 hours or so. *Distribute* your day's food intake over several meals, with most of it at breakfast and lunch. One study found that when two comparable groups of people ate the same number of calories but on different schedules, the group that ate one large meal per day gained weight and felt worse, while the group that spread its calories throughout the day felt better and gained no weight.

Other studies indicate that when food is eaten late in the day, weight is gained as compared to no weight gain when the *same amount of food* is eaten earlier in the day. Therefore, this is how you should apportion your food in a typical day:

LARGEST MEAL: Lunch

SMALLEST MEAL: Dinner

MODERATE OR LARGER MEAL: Breakfast

This is the optimal way to arrange things. The typical large dinner with which most people are familiar is problematic because (a) the natural daily rhythms of the body are such that evening is when it is preparing for rest, not a large meal; and (b) food eaten late in the day will more likely be converted into body fat which, once stored, comes off much more slowly, and with much greater difficulty than it came on. Eat light dinners—salad, perhaps a soup and a small side dish. Not much more.

The absolute worst time to eat is at or near bedtime. Those late-night snacks are a terrible idea because the food eaten within two or three hours of sleep will almost *certainly* be converted to body fat. And, eating that close to bedtime is likely to interfere with your sleep, which as we have seen can negatively impact your overall health *and* worsen any weight problem (see “INSOMNIA” in *Medical Considerations*).

For **breakfast**, follow your body's signals. Optimally, you should eat a solid breakfast, high in protein (like spirulina, if you can stand it!). But if you're not very hungry in the morning, it's OK to eat

lighter. But you should always eat *some* breakfast! It sets the tone for your whole day. (See also *Spirulina for Breakfast?* below.)

Lunch is the perfect time to eat your largest meal of the day. There's plenty of time left to burn it off, and the satiety will probably last well into dinner time, thereby helping to keep dinner small.

ABOUT THE SUPER BIOSLIM PLAN

Super BioSlim is a newer addition to BioSlim. It includes a more intensive Food Plan, and is designed for use by those individuals who need an even more powerful kick-start than the standard BioSlim program provides. Super BioSlim is not designed to be adopted permanently. It is, rather, a limited-term way to “get the ball rolling” in terms of weight loss and overall results. Then, once success is achieved, a return to some form of the standard BioSlim program is highly recommended. Some people eventually settle on a *combination* of the two plans, one they believe they can maintain permanently—which is exactly right. That's the best plan of all—find your balance and stick to it, *permanently*.

Super BioSlim can be used by anyone to achieve very rapid weight loss, without even trying the standard BioSlim plan. Some people will do this, but remember that Super BioSlim is not meant as a permanent solution to weight control. Consider it a “quickfix”. A *permanent* program must still be adopted if you are to avoid the infamous “yo-yo” phenomenon. That permanent program will be either the regular BioSlim plan, or some combination of regular and Super BioSlim.

Super BioSlim is described in detail in its own section of the *Appendix*.

FOOD RATING GUIDE

Now we will review specific foods. They are categorized for you here, but please take the opportunity to apply the BioSlim Principles we've just reviewed to each of these foods, so that you may see why these foods were chosen and how the process works. This will give you the tools necessary to make similar judgments about *anything* you might ever consider eating in the future.

Wherever possible, foods are listed by category. Since *you* will be choosing foods to include in your new Food Plan, this will make your choices wider and easier: any food that logically belongs in the same category as those listed here may be treated in the same manner. **The lists of good foods to eat are here merely as examples, not as foods that you *must* eat.**

Note that the grading system is flexible. Not every food in the “Right Stuff—may be consumed at will” section should really be eaten at will. The point is that these foods are considered both healthful and weight-control-friendly, and may be consumed in any *reasonable* manner and amount. The “1-3 times per week” foods (“Right Stuff II”) are also in a flexible category, in that the frequency of ingestion should be adjusted to individual needs and lifestyles. You may eat these foods more or less frequently, within reason, as you will decide.

The key rules remain those embedded in the Principles of the BioSlim Food Plan described above. The rest should be made to fit your particular needs *by you*—not by us with some arbitrary “diet” that we lay out for you, because if we do that, you’ll be tempted to drop the whole thing one of these days. Let us avoid that at all costs.

Do it the way *you* like it, using the following lists and categories as guidelines. (NOTE: “Cheating”, or “indulging”, is discussed at the end of this chapter.)

FOOD RATING GUIDE

THE RIGHT STUFF - I

Foods that may be consumed at will, within reason

- ♦ **Vegetables** – especially the **green** ones, which are the best. Seaweeds are particularly excellent choices. Be aware that it is possible to transform any vegetable dish from very healthful to very *unhealthful* by throwing in added fats or oils—like butter, oil, or worst of all, margarine or mayonnaise—or sugar.

NOTE: See the information above under *Eat in Correct Balance* above regarding potatoes, corn, carrots. These foods

are quite high in carbohydrates (starch in potatoes, sugar in corn and carrots) and need to be balanced with protein.

- ♦ **Fat-free or low-fat meat, poultry and deli slices** – those packaged fat-free chicken or turkey slices in the deli section are the best choices here. These are virtually pure protein, and may be used at will to balance out carbohydrate intake.
- ♦ **Fat-free or low-fat soy products** – such as: deli slices, hot dogs, sausage rolls, hamburger blend, etc. These are soy products made to taste just like the real thing. Why bother? Because these products are far more healthful than their animal-based counterparts. For one thing, they can contain *fiber*, which no animal product does. And they are plant-based, hence have none of the accumulated toxins, antibiotics and hormones animal products (meat) can have. Soy protein has also been found directly beneficial to the health of your heart and blood vessels. All in all, these are your best choices for solid high-protein food.
- ♦ **Eggs and especially egg whites** – egg whites are pure protein, (nor carbohydrate, no fat) and may truly be eaten at will. Use them to balance any excess carbohydrate intake. Eggs may be prepared in any manner, such as hard-boiling, frying (on non-stick skillet) or poaching (boiling is best). In combination with vegetables, this can be a complete meal, which is especially useful when you're in a rush.

Eggs have historically been much maligned because of the issue of cholesterol. In fact, studies where people have eaten up to 18 eggs per week indicate that eggs do *not* cause cholesterol to rise. The whole idea that eating eggs will cause blood cholesterol levels to rise because there is a significant amount of cholesterol in the yolk is simplistic and false. In fact, eating eggs can even help levels *drop*, depending on the rest of the diet. Note that eating cholesterol has not been shown to cause cholesterol levels to rise, since most of the body's cholesterol is made internally, mostly in the liver. The primary factors controlling cholesterol levels are heredity and overall nutritional and physical well-being (see CHOLESTEROL in the *Medical Considerations* chapter).

Whole eggs contain some of the most perfect protein available in food. They are also loaded with vitamins, minerals, lecithin, etc., with a moderate amount of fat. They contain no fiber, however, like all animal products.

Eggs may be eaten in any reasonable quantity. 6-8 per week is certainly reasonable, though more may be eaten if you determine that you can tolerate them well. **NOTE:** Do not ruin eggs by frying them in oil, or by melting cheese on or in them.

- ♦ **Beans and peas** (in moderation) – includes soybeans, kidney beans, lima beans, green peas, etc. These are terrific sources of protein (especially soybeans), and contain fiber and other nutrients as well.
- ♦ **Soups** – this is not really a category on its own, but is mentioned here because, made properly—with no oil, starch or sugar added, and no junk food thrown in—soups can be delicious, filling, and healthful all at the same time. See the *BioSlim CookBook* for the best soup recipes in the world (my opinion, of course).
- ♦ **Fat free or low-fat milk, cheese and yogurt** – Fat-free products are best. Even low-fat milk is a relatively high-fat food. (Because most of milk is water, the fat in it equals a high percentage of its dry weight, even in so-called “low-fat” milk products.)

See COLITIS under *Medical Considerations* above for more important information on milk products. If you are not one of the *billions* of people on the planet who are sensitive or allergic to milk, then these products are OK.

Note that milk does have some natural sugar in it, called *lactose*. If you are very sensitive to carbs, this could hurt your balance. But for most people, the carb content of milk is not significant. Milk remains a high-protein food.

Note: if you are sensitive to milk you should also avoid yogurt, because the substance you may be most sensitive to—the milk protein *casein*—is present in yogurt in the same manner and amount as it is in regular milk. Lactose, the sugar in milk of which so many people are intolerant (“lactose intolerance”), is present in far lower quantities in yogurt than in milk due to the lactose-digesting action of the bacteria that

ferment milk into yogurt. But remember: lactose intolerance is only one form of milk sensitivity. The other form, typically an *allergy* to milk protein, is not ameliorated by the fermentation process, nor can it be treated with lactase.

If you eat yogurt, get the non-fat variety. And get it without sugar and the other junk that is often thrown in for taste.

Also: Fresh, real yogurt contains beneficial bacteria (*lactobacillus*). Frozen yogurt, on the other hand, is not really yogurt at all, as it has no live beneficial bacteria in it. It's often not much more than colored milk and sugar. Avoid it.

- ♦ **Lemon juice** – used with vegetable seasoning salt – makes a great non-fat salad dressing.
- ♦ **Apple cider vinegar** – great on salads. Healthful.
- ♦ **Water and herbal teas** – two of the best herbal teas are chamomile and peppermint, and there are many other delicious ones for you to enjoy. (Water is discussed later.)

THE RIGHT STUFF - II

Foods for moderate consumption (up to 2-4 times/week each)

- ♦ **Fish and Seafood** – are theoretically quite healthful. They generally contain plenty of high quality protein and moderate amounts of healthful oils. The concern here relates to contamination. It has been determined recently that every fish in every ocean in the world is now contaminated in some way with mercury, chemical and/or radioactive pollutants. This profoundly disturbing report should lead you to think twice about the fish and seafood you eat. Choose fish from relatively clean areas, far from industrial shores (e.g., Alaskan fish are considered excellent choices). And be sure the fish you do eat is fresh; it is very easy to get spoiled or partially spoiled fish in restaurants and markets.
- ♦ **Poultry** – white meat is preferred because the dark meat has a significantly higher fat content (fatty tissue not only has many more calories, it is also where most environmental toxins, antibiotics and hormones are found). Fat in chicken is of the

saturated variety, and less healthful than that found in fish. Remove skin before eating.

- ♦ **Red meat** – Just make it lean. Yes, meat falls within the BioSlim Food Plan because it is a whole, real, recognizable food, and contains no *added* fats. But due to the way meat is produced these days (lots of hormones and antibiotics), and due to the fact that it is usually very high in intrinsic fat (tender meat usually has the most *marbled*, hidden fat in it), it is best to eat red meat in moderation.
- ♦ **Tofu** and related foods – Tofu is a soybean derivative, aka “soy cheese”. It is quite healthful, though low in fiber and not particularly low in (natural) fat. Note that tofu is basically tasteless; it acquires the flavor of the food with which it is prepared.
- ♦ **Occasional nuts and seeds** – nuts and seeds contain several healthful constituents, including protein, minerals, vitamins, and healthful, essential oils. Since the oil in nuts and seeds is not “added” by humans, it is technically OK under the BioSlim plan. But watch it—they still *do* contain lots of oil-based calories, and should be eaten in some moderation.

If you like nut (or seed) butters —peanut butter, almond butter, tahini (sesame seed butter), etc.—here’s a method you can use to significantly lower fat content. First, do NOT get the homogenized nut butters typically sold in super markets. They often have *oil added to them*, which is incredible and ridiculous considering how much natural oil these nut/seed butters already contain. Get only the all-natural nut butters that *separate*. You should be able to see the oil separated from and layered on top of the nut butter. Let the jar stand undisturbed in a cupboard for two to three days, so that the oil separates fully. Then, gently open the jar and *pour off the oil layered on top*. Using a paper towel, wipe off any excess oil lying on top that may not have poured off completely. The butter that remains after pouring should have about 1/2 the oil content it normally has, with no change in flavor.

- ♦ **Diluted fruit juices** – Fruit juices should be held to a minimum. If drunk, they should be *diluted* first with water. The reason for this is that fruit juices contain highly concentrated amounts of sugar. Yes, of course it's more healthful than white refined sugar, but it's still sugar, and there's just too much of it all in one place in fruit juices. Note that *juice* does not exist in nature. Nature intended for fruit to be eaten whole. It is safe to assume that the wholesale juicing, pasteurizing and packaging of fruit was not part of the plan. If you love juice and must have it, do dilute it first with water, at least 50:50. It actually tastes *better* that way! Also: drinking plenty of water during the day should reduce your craving for juice. And if you do indulge, try to get juice freshly squeezed whenever possible. And *then* dilute it.

Instead of fruit juices, try some good herbal teas instead, like pepper mint, chamomile or any of the fruity ones, all of which you can drink to your heart's content. Or try a flavored, unsweetened mineral water; it contains no sugar—just calorie-free flavor extract—and is very refreshing. Finally, if you really want a sweet soft drink, choose one that is artificially sweetened (no sugar).

THE RIGHT STUFF - III

Foods for occasional consumption

- ♦ **Occasional wheat-based breads** – Wheat, the most common bread ingredient, is a highly concentrated carbohydrate source, and if eaten at all, should be taken in strict moderation and always balanced with protein. You can easily tip your food intake in favor of carbohydrates (over protein) with bread. It is also a very common allergen (allergy-causing substance). And unfortunately, most breads made with wheat are made with processed *white flour*. Even so-called “wheat bread” is usually white flour with a little coloring or bran thrown in. White flour is nothing but pure empty carbohydrate, devoid of virtually all nutritional value other than calories. When you do eat wheat-based bread, eat only those whose label reads *100% whole wheat*. And try to find some of the new high-protein bread now available

in stores. You'll get somewhat fewer carbs and quite a bit more protein.

Best advice: get your carbo hydrates from vegetables, some fruit, and whatever small amount of flour is used in cooking your food. It is a waste of carbohydrate "space" to eat bread very often.

- ♦ **Occasional other (*whole*) grains** – in approximately descending order of healthfulness, examples are: millet, quinoa, buckwheat, brown rice, amaranth, corn, whole wheat "Whole" is a key here. Remember, these are all also very high in carbohydrates, so control and balance are needed. Most grains (especially wheat) are highly processed by the time you get them in the store, with most of the nutrients removed. White rice is a good example. *Whole* grains, by contrast, are for the most part in their natural state. If you must eat grains, stick to the *whole* ones.

Remember: grains are very high-carbohydrate foods and should be eaten in strict moderation. Best advice: don't waste your carbohydrate "space" on too many grains.

- ♦ **Occasional fruit** – enjoy seasonal fruit from time to time. Fruits are loaded with nutrients and fiber; and they do have a *cleansing* effect on the body. However, they tend to be sweet, high in sugar. Sugar is an enemy, though of course, fruit is a MUCH better choice than table sugar. Just be sure to balance your carb intake.

FOODS TO AVOID OR MINIMIZE

In approximate descending order of need to avoid (1st=worst)

- ♦ **All fats and oils that are added to food.** Examples: margarine, mayonnaise, butter, oil, oily salad dressings, fried foods, lard, cream cheese, full-fat cheeses, etc. These so-called "foods" will ruin your figure *and* shorten your life. Pretend they don't exist.
- ♦ **All chips and fries** – e.g., *potato chips, french fries, corn chips*, etc. These are nothing more than high-carb carriers of heated oil. Zero nutrition, maximum harm. It doesn't get much worse than this. Avoid!

- ♦ **Ice cream** – *extremely* bad idea. Ice cream is basically fat, refined sugar, flavoring (usually artificial), assorted texturizing chemicals (including one commonly used in auto *anti-freeze*) and preservatives. Not exactly a health-building food. And, it’s typically loaded with carbohydrates (as sugar). Ice cream is one of the worst foods you can eat.
- ♦ **Refined (white) sugar** – has been linked to many diseases and disorders—everything from dental decay to heart disease. It comes in many forms and with many names, including: sugar, cane sugar, corn syrup, sucrose, dextrose, maltose, saccharose, lactose, invert sugar, et al. If it has an “ose” at the end of its name, consider it a sugar. Avoid ’em all. Note: see the *Appendix* for the best (and worst) no-calorie sweeteners to use instead.
- ♦ **Candies and cookies** – not a good idea, though some, if made with minimal sugar and some protein can be OK for *occasional* indulgence. Just balance your day with sufficient protein.
- ♦ **Refined (White) Flour** – is very common and hard to avoid. Most people eat some of this every day of their lives. The problem: it is nutritionally empty due to the processing applied to it, and extremely high in concentrated carbohydrates. White flour is also devoid of fiber, a travesty of what nature intended. It is likely to both cause weight gain and contribute to disease (like diabetes, heart disease, colon cancer, etc.) Stick to whole wheat and other whole grains when you must eat flour. (See *Occasional wheat-based breads* above under *Right Stuff III*.)
- ♦ **Peanut butter** – avoid, unless prepared as described above under *Occasional nuts and seeds* in the *Right Stuff II* section. In any event, regardless of method of preparation, moderation is advised.
- ♦ **Alcohol** – some use is OK. If you do indulge, stick to the wines, which can actually be healthful, *in moderation*. Alcohol is a fuel, and will contribute to obesity if ingested in excess—in addition to ruining your liver. (Note: alcohol has been shown to slow fat metabolism. Moderation!)
- ♦ **Chocolate** – OK, OK... if you must, once in a while—you can cheat a little... Cocoa powder, without the oils and sugars usually

added to chocolate, is the preferred form. Pure cocoa is an actually *aid* weight loss, as it contains certain enzyme-active substances that can help the body burn fat. As is often the case in our modern society, the problem is not the natural product, but the way it is prepared—with either the bad stuff added to the natural product or the good stuff removed. Read labels carefully to avoid all the junk usually thrown into chocolate products (mostly lots of sugar and fat).

- ♦ **Most cereals** – are usually loaded with refined white sugar and white flour (see above). These are always very high in concentrated carbohydrates, so avoid or be careful. Some newer cereals are now available that are high in protein. A good idea, but be careful, because they can still be very high in carbs too. Check the label, decide accordingly.
- ♦ **Packaged puddings** – are mostly chemicals in a box. Read the label carefully. You’ll probably want to throw it away.
- ♦ **Soft drinks** – are mostly sugar plus artificial colorings and flavorings. Most do not qualify as real food. Recommended alternatives: flavored, calorie-free mineral water, herbal teas, diluted juices (in moderation). (See *Diluted fruit juices* in the *Right Stuff II* section above.)
- ♦ Assorted **Junk Food** – too numerous to list. This includes everything made of processed, unnatural, unrecognizable products. You know it when you see it; just don’t eat it.

SALT

Many people ask this question: how much salt can I eat if I’m trying to lose weight. Answer: as much as you would any other time. It has no effect on your loss of fat. Reducing salt intake *will*, however, temporarily cause more water to leave your body. You may *think* you’re losing more fat as a result, when in fact you are losing water—which will come back, eventually. As a result of excess water loss, you could get dehydrated: dizzy when standing, weak, constipated, tired, sickly and suffer from heart palpitations. Your best bet is not to worry about salt unless you have a kidney or high blood pressure problem, or your doctor tells you to cut back.

ABOUT WATER

It is important to maintain adequate water intake at all times. When you're trying to lose weight, it is doubly important. Water can help give you a feeling of fullness and reduce the amount of food you eat. And it is vital for flushing out unwanted toxins and metabolic by-products.

Note that thirst is often mistaken for hunger! Often, we eat because we feel the need for something in our mouths, but it is *water* we crave without knowing it.

Many people live their lives, daily, *chronically dehydrated*. Always “dry” internally. The negative effects are many—constipation, dry skin, rashes, aches and pains, arthritis, even cardiovascular problems can ensue. It is essential to give your body the water it needs every day to maintain good health!

The correct amount of water to drink per day varies with each individual. **Six to eight cups per day** is a fair range. Juices, coffee, milk — all do not count fully; figure ½ cup water for each cup you drink of these beverages (unless they are diluted, of course).

COFFEE

The stimulatory effect of *excessive* caffeine on the body is drug-like. Too much caffeine can exacerbate headaches and ulcer disease (see HEADACHES and ULCERS under *Medical Considerations* above). The other side of this coin is that coffee can help with weight loss, in that it is a mild stimulant and may help with fat burn-off. The best advice on coffee is: don't get hooked on it. Moderate use is not usually a problem, but if you hooked on 5–6 cups a day or more, you would be wise to reduce your dependency. You know you're hooked if you get a headache (daily for up to 5–7 days) when you try to quit drinking coffee.

FOOD PREPARATION

This subject could fill a book all by itself. And it does: the *BioSlim CookBook*, to which the reader is referred for a wealth of information on foods, their definitions and preparation. You will find it highly entertaining and informative. Every recipe there is gourmet

quality, *and* approved for healthfulness and weight control—without sacrificing taste in any way. Have fun with it!

SPIRULINA FOR BREAKFAST?

Some individuals who are not “morning people” choose to eat only a *power food* in the morning—a “shake”, if you will. While most commercially available powdered foods and shakes are badly inadequate, there is one “power food” that I do recommend enthusiastically: *Spirulina*, which is not processed at all, but is, rather, a microscopic plant (actually *blue-green algae*) that comes as either a dry powder or in tablets or capsules.

Spirulina is uniquely high in digestible protein (it is about 70% protein—higher than meat!), beta carotene (vitamin A precursor), iron (rare for a plant product), and vitamin B12 (virtually unheard of in a plant product). It is the perfect power food, as it is all-natural, coming to us pretty much as it grows in nature (except that it is dried, of course). Note that *chlorella*, another, more expensive blue-green algae, is also excellent (but there’s no need to pay the higher price).

Spirulina has only one thing wrong with it: most people think it tastes bad. Well... awful, some would say. The best way to prepare it is to add the powder to a running blender which has in it diluted fruit or vegetable juice in sufficient quantity to create a drinkable liquid blend *and* kill that “wonderful” spirulina flavor. (OK, I admit: I hate the flavor. But many’s the morning I still drink it down!)

Spirulina tablets and capsules are fine, but they are less digestible, and it is unlikely that you could take enough of them to matter. You would have to take approximately 40 pills to equal two tablespoons of powdered spirulina, about 60 to equal three. Clearly, this is not feasible for most people.

If you decide to use spirulina (or chlorella), start with just ½ teaspoon in the blender and work your way up to 2–3 tablespoons over a period of 10–14 days. This will help you avoid any digestive difficulties that sometimes come with the introduction of such a completely new and powerful food.

From personal experience, I can assure you, spirulina is a great way—the best way—to start your day. You'll have lots of energy, your appetite will be gone, and you'll feel great that day. If you can take the favor, try it for breakfast!

WHEN TO EAT; WHEN TO STOP

It is instructive to note how naturally thin people eat. Their way happens to match the way primitive humans ate—a good indication that it is how nature intended for us to eat. Naturally thin people:

- 1) Eat only when they are hungry; and
- 2) Stop eating when they are no longer hungry.

Though this may seem simple and obvious at first glance, it is in fact the hardest thing for most people to do with food. Most of us have been conditioned to eat when it's time to eat: lunch time, dinner time, breakfast. But it is far more natural to *eat when you're hungry*. Truly hungry, not just craving food. As much as possible, try to follow this simple, albeit difficult ideal of eating.

The second timing principle is even harder. Most of us are taught in childhood to *finish* what's in front of us.

Eat! Children are starving in Somalia/Bangladesh/Rwanda, wherever...

That may be true, but it is no reason to stuff yourself. Childhood lessons are not always good ones. The most *natural* way to eat is to *stop when you're no longer hungry*. That means you stop even if 95% of the food is still left on your plate or if only 5% is left. It doesn't matter. The amount of food on the plate has no importance—it is completely arbitrary and irrelevant to your body's needs. It's just what happens to be on the plate. What is important is only how you feel. If you're satisfied, if the hunger is gone—*stop eating*.

If you can master these concepts, you will to a large extent master your nutritional and weight issues forever. The concepts are simple; we need to act on them.

RESTAURANT EATING

This is a particularly troublesome area. Restaurants, for some unknown reason, love oil. From your local hamburger joint to Chinese food, from Italian to Greek to Indian, and virtually any other restaurant type, they practically *smother* their food with oil and/or cheese. Even simple salads are drowned in truly *ridiculous* amounts of oil. This abuse of oil is the single biggest problem when it comes to eating in restaurants.

But there's more.

Cleanliness is often sub-par. One word of advice: if you're going to be frequenting a restaurant regularly, ask to take a look at the kitchen. Judge for yourself.

Food freshness is another area of concern. Fish, poultry and meat (in descending order) are most likely to be problematic. Be careful. Ask lots of questions, particularly about freshness and oil content. If there is any reason to believe your food is either not fresh or too oily, order something else, or simply leave.

When ordering in a restaurant follow these simple rules:

- ♦ Always ask how much oil is in the food you wish to order.
- ♦ Insist that the dish(es) you want be made with *no* oil, or at worst, a very small amount.
- ♦ Don't get the sprinkled cheese on your food.
- ♦ Order salads with vinegar dressing only, or lemon wedges that you can squeeze onto the salad. If you must order dressing from the house, get one that *separates*, like vinaigrette, so that you can pour off the oil that coats on top, using only the tasty part below. Best of all: use vinegar plus some salt, or bring your own, healthful salad dressing.
- ♦ **Never order anything that is deep fried!** Remember to ask about this, because there are many more foods that are deep fried than is obvious from most menus. For example, Italian restaurants often deep fry their "eggplant parmigiana". You must *ask*, and avoid all foods that are so prepared.
- ♦ Avoid creamy foods. Many dishes that are normally pre-

pared with cream are just as tasty without it. Ask the kitchen to prepare it the way you want it.

- ♦ Order a salad first, the larger the better, and ask that it be brought out immediately. Avoid the oily/cream dressings, and eat the salad as soon as it comes out. This will help “take the edge off” your hunger, help you resist the temptation to eat those unhealthful white flour rolls and butter, and get you started in the right direction.
- ♦ Try to resist the temptation to order dessert. If you must do so, get one that is as close to “real recognizable food” as you can get. A cup of fruit, or a fruit tart may do (the tart is *not* OK, just a lesser of many evils). In any event, avoid the creamy cakes and pies. Consider them dangerous.
- ♦ In general, do not be afraid to ask for what you want. If they say “no”, say “good-bye”. There are plenty of restaurants that will be only too happy to accommodate you, so don’t put up with anything less than what you know is right for your body.
- ♦ See the *Eat Out Smart* area of our website, bioslim.com, for lots more tips and information on restaurants.

CHEATING (“INDULGING”)

Okay, we all know you’re going to cheat. Let’s get that said and understood. Nobody’s perfect. That’s why we use that well-worn euphemism, “indulging”. The secret of success is: (a) don’t do it very often, and (b) when you do cheat, do it in ways that are not so bad for you; i.e., *minimize the damage*.

There is no quota for cheating in the BioSlim program. We urge you to strive for perfection. If you find yourself succumbing once in a while, *consider it cheating*, not your “quota of bad stuff for the week”. There is no quota. The quota for self-inflicted damage is zero. You should always strive to reject your old, bad ways—to renew your dedication to yourself and to the new body and health you are determined to achieve. Your goal should be to get to the point where cheating is anathema to you, because you know it means you’ll be feeling physically bad for at least a while, and because it means you have abused your body, the only one you’ll ever have.

Now, if you're absolutely determined to do a little cheating, go ahead and do it with something that won't set you back too much. Like some red meat, or thin-crust pizza, or even occasionally some chips, candy, pie or cookies. Review the order of the *Foods to avoid or minimize* list earlier in this chapter. Do *not* cheat with the first few items in the list. Promise yourself that much.

Remember to balance excess carbohydrates (fiber excluded) with protein.

And don't eat all of whatever you're cheating with Leave some to throw out. That way you'll get in the habit; someday, you'll find yourself throwing the whole thing out *before* you eat it!

Note that if you do enough "cheating", you *can* ruin the effect of the BioSlim program. Keep it to a minimum. Don't do it at all if you can help it. If you find you cannot control your impulses to cheat, do the following:

- ♦ Read the *Mastering Motivation* chapter in this book.
- ♦ Try reading the *Secret Power Inside You* chapter too.
- ♦ Read the earlier chapters of this book. Remind yourself of how damaging to your health your actions can be. If you cannot find the motivation to do what has to be done to get thinner, find it instead in the fact that you want to be *healthier*—in the knowledge that eating those foods can and will damage your body and life in many ways, including causing its premature end. You don't want to wait till it's too late, do you?
- ♦ Read the *What To Do About Those Cravings* chapter later in this book for tips on preventing and controlling those "uncontrollable" urges, like writing down everything you decide to eat *before you eat it*. This little trick alone will often give you the time you need to focus and to realize what you are doing—and change your mind.
- ♦ If all else fails and you feel yourself going out of control, consider hypnotherapy. It's inexpensive and, in qualified hands, highly effective.

NUTRITION: THE KEY TO HEALTH



In this chapter, we will first review the general principles of digestion, metabolism and nutrition. We'll specifically define the nutritional words: *protein, carbohydrate, fat, vitamin, mineral*, and others. The following chapter will then delve into the use of the BioSlim Formulas: *Vita/Min Plus Ultra* and *SlimTone Formula Ultra*.

NUTRITION

The term “nutrition” is defined as the relationship of ingested food substances to human health. Nutritional *deficiencies* occur when one or more *essential nutrients* are not supplied to the body in adequate amounts. The essential nutrients are: proteins, carbohydrates, fat, water, vitamins and minerals. Each of these is, as the name implies, *essential* to life. The human body can live for an extended period of time with insufficient intake of any of these nutrients except water (without which death occurs in a matter of days). However, though the body may live, it does not necessarily live well. A deficiency of any essential nutrient causes ill health and any number of abnormal symptoms.

To achieve good health, *all* the essential nutrients must be supplied to the body in correct amounts. Their supply does not need to be perfectly accurate, since the body takes what it needs from the nutrients made available to it. In most instances it is perfectly OK to supply the body with amounts of vitamins and minerals beyond its true needs, as the body will only use what it needs. This is largely true regarding water as well.

But it *is not* so true of the three major soft-tissue building blocks of the body: the proteins, carbohydrates and fats. These three

nutrients all contain *calories*, and function as both building blocks for body tissue, blood, and hormones, and as sources of energy. For the purposes of body maintenance and repair, the human body will use only what it needs of ingested proteins, carbohydrates and fats. The rest is converted to stored energy for future use; energy is stored in the body mostly in the form of *FAT*. (There is a minor energy storage in the form of *glycogen*, a substance found in muscle and liver tissue, which is used when the body needs energy very rapidly. But glycogen represents just a tiny fraction of the energy stored in the body. The overwhelming majority of it is in the form of body fat.)

This is why overeating causes obesity. And why it is important to feed and treat your body well. In a very real sense, *you are what you eat*. Your body does not function in a vacuum. It needs constant attention and proper feeding if it is to live healthfully and long.

Most diseases can either be completely avoided or made far less damaging with proper nutrition and body care. This includes today's most devastating diseases, including heart disease, cancer, diabetes, and many others. This is why this book focuses not only on weight control, but on building good health. The two subjects are completely and irrevocably linked, as they both revolve around—and in fact define—the subject of nutrition.

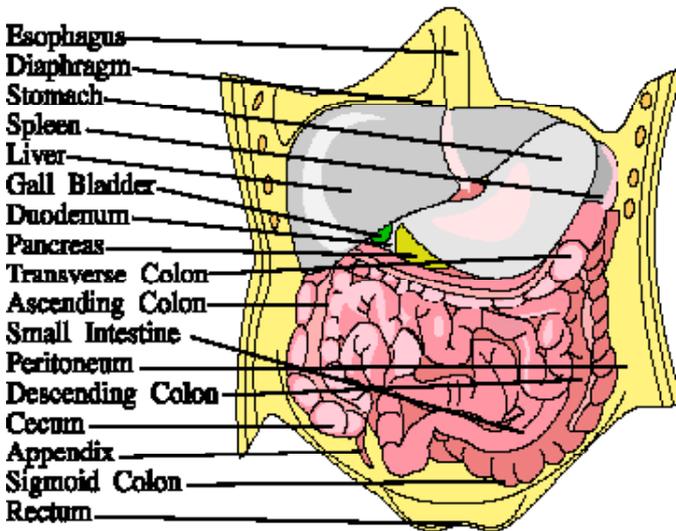
DIGESTION

“Digestion” and “absorption” are the processes by which the body breaks food down into its usable elements, then proceeds to absorb it into the bloodstream.

Digestion begins in the mouth through chewing and the presence of mouth *enzymes*. Enzymes are chemicals that facilitate the breakdown of food and many other chemical reactions in the body. Digestive enzymes are produced in the human body in the salivary glands of the mouth, and in the stomach, the small intestines and the pancreas.

After the mouth, digestion continues in the stomach and the intestines. See figure below for the anatomical details.

ABDOMINAL DIGESTIVE ORGANS



Absorption, the process by which broken-down food is carried into the bloodstream, occurs mostly in the small intestines. The absorbed products—the proteins, carbohydrates, fats, vitamins, minerals, and other substances—are utilized by the body for repair, for energy, and for various nutritional needs.

Nature built this system to break down the food we eat. Enzymes, acids, bile, shaking and mixing, absorption—all are aimed at this one goal. [This is why the use of “fat absorbers” or “fat blockers” is such a hoax. The concept that a couple of pills of some fiber (like *chitin* or *chitosan*) might remove from the digestive system any significant amount of fat is ridiculous.]

METABOLISM

Metabolism is defined as the complex of physical and chemical processes involved in the maintenance of life. It comprises the totality of the body’s functions. As used in the context of energy usage by the body, the term *metabolic rate* (and sometimes just “metabolism”) is intended to mean the speed at which the body

uses energy—in a sense, how fast the body’s “engine” is running, how fast calories are being burned.

There are many complex factors affecting metabolic rate—from hormones such as those produced by the thyroid gland, to the body’s nutritional status, to what you had for breakfast today and your level of activity (or *inactivity*).

Metabolic rate decreases with advancing age.

It is increased during exercise and can be permanently increased through a program of regular activity.

Metabolic rate is directly controlled (in part) by the thyroid gland, which is why that organ must be functioning properly for any program of health and body improvement to work. (See **THYROID GLAND DISORDER** in the *Medical Considerations* chapter, and *The Thyroid: Nothing Works If It Does Not* in the *Women: Special Facts and Considerations* chapter.)

In general, the ingestion of large amounts of fat *reduces* metabolic rate as compared to a similar ingestion of protein or carbohydrates.

Many nutritional factors affect the body’s metabolic rate. This is the reason the BioSlim Formulas exist : to provide your body with everything it needs nutritionally to *normalize* and *optimize* its metabolism.

FOOD COMPONENTS: WHERE DO CALORIES COME FROM?

There are four basic components of food: protein, carbohydrate, fat, and water. Except of course for water, each of these contains stored energy, the amount of which we measure in *calories*.

*NOTE: A calorie is simply a measure of heat energy, defined specifically as the amount of heat that can raise the temperature of one gram of water 1 degree Celsius, from 14.5°C to 15.5°C. Each pound of pure fat represents about 4000 kilocalories (a kilocalorie is 1000 calories; in common usage, though we talk about “calories” in food, we actually mean kilocalories, or “kcal”). Because actual body fat contains approximately 10% water, and because not all ingested fat is absorbed by the body, the practical fact is that **you have to burn about 3500 more calories (kcal, actually) than you ingest in order to lose one pound of body fat.***

Each of the three non-water, calorie-containing components of food—protein, carbohydrate and fat—has a specific role to play in the health and maintenance of the human body.

PROTEIN

Protein is a very important building block of the body. It is present everywhere in the body, especially muscle tissue, and is vital to the function of every cell. Enzymes and many of the important chemicals found in blood, for example, are formed from certain types of proteins. It is the body's basic building block.

Protein must be eaten for the human body to survive. It is found in high concentrations in most animal-derived foods (meat, fowl, fish, eggs, milk, etc.), as well as in soybean products, spirulina and other blue-green algae, seeds, legumes, beans, nuts, and some vegetables.

One gram of protein contains about 4 calories of energy.

Each protein in the human body is made of building blocks called "*amino acids*". There are twenty-two amino acids used by the body, of which eight are considered "essential", meaning they must be obtained from external sources—i.e., food—and cannot be made in the body from other substances. The essential amino acids are: Isoleucine, Leucine, Lysine, Methionine, Phenylalanine, Threonine, Tryptophan, and Valine.

[Some amino acids have been used in their individually purified form in the nutritional treatment of certain ailments: phenylalanine for fatigue and appetite control; tryptophan for insomnia, PMS, depression, and headaches; taurine for heart disease and seizures.

The U.S. FDA took tryptophan off the market years ago because one foreign manufacturer produced a tainted product that caused illness in several people. More recently, the FDA has released tryptophan, but with the caveat that it can only be sold if it is "pharmaceutical grade". For this reason, tryptophan in the U.S. is considered very reliable and safe.

See pages 84-85 regarding the use of tryptophan and its close cousin, 5-hydroxytryptophan, or 5-HTP, in the treatment of insomnia, a known contributor to weight gain.]

During digestion, protein is broken down into small blocks of amino acids, absorbed into the bloodstream, then used in various combinations by the body. If too much protein is consumed, most of the excess is converted into stored energy as fat.

CARBOHYDRATES

Carbohydrates are “energy” foods. Each cell of the body uses some form of carbohydrate as its basic “fuel”.

There are two broad categories of carbohydrates: simple, like sugar, and complex, like starch and/or vegetables. Starches are really long chains of sugar molecules strung together chemically. Each gram of carbohydrate carries about 4 calories of energy.

Note: Carbohydrates are not strictly essential to life, though it is almost impossible to eat real food and not eat carbohydrates. The body can create carbohydrates from other sources (protein and fat) when and if it must.

Simple carbohydrates are a quick source of energy. The substance most commonly used by the body as fuel for energy is *glucose*, the simplest of sugars in the body. *Sucrose*, also known as *saccharose*, or simple white table sugar is a combination of *glucose* and *fructose*, another simple sugar found commonly in fruit. Eating sucrose causes a very rapid rise in blood sugar, since the process of breaking sucrose down is rapid, as is its absorption into the bloodstream. Unfortunately, this “sugar rush” is short-lived, as blood sugar levels drop dramatically shortly after an initial “high” is achieved.

White table sugar (sucrose) is quite unhealthful, and should be avoided. Note that pure white sugar does not exist in nature. It is entirely a processed product of human intervention, one that the human body finds very difficult to handle healthfully.

Honey consists of a combination of glucose and fructose known as *invert sugar*. It is *not* the same as sucrose, and contains some nutrients that table sugar (sucrose) lacks. As a sweetener, it is therefore somewhat preferred over white sugar. Both, however, will raise insulin levels and interfere with your protein-carbohydrate balance. Intake of both must be carefully controlled.

For the best (and worst) no-calorie sweeteners: see *Appendix*.

Complex carbohydrates are found in highest concentration in grains and the flours made from them, plus in some vegetables, beans, and even to some extent in nuts and seeds. Complex carbohydrates are broken down more slowly in the body than simpler sugars (like sucrose). Complex carbs provide a more stable, steady source of calories (energy), and are not quite as directly harmful as white sugar.

Complex carbohydrates do, however, dramatically alter your balance of ingested proteins to carbohydrates. Bread and other products are the single most concentrated forms of carbohydrates most people consume, and are largely responsible for the obesity of those who are intolerant to it and all who do not control its intake. Beware of eating too many *concentrated* complex carbohydrates.

Excess carbohydrates are quickly stored in the body, mostly as fat. (Some carbs are stored as *glycogen*, a rapidly usable form of stored energy found in muscle and liver tissue.) When fat is broken down for energy, as occurs during weight loss, it is first converted back to sugar for use as fuel by the body.

Note: fiber is classified as a complex carbohydrate, because that's what it is chemically. But nutritionally, fiber is not digested or absorbed, not used to provide calories, and should not be counted when balancing carbs to proteins. Fiber actually helps in weight loss and in normalizing blood sugar level.

FATS

Fat is a highly concentrated form of energy storage. Each gram of fat carries 9 calories of energy, more than twice that of protein or carbohydrate. This is one reason why it is so important to avoid added fats in the diet under the BioSlim plan. The fats that are *added* to food generally serve no purpose other than to increase the body's storage of fat, something most of us neither need nor want. [Note : the term *oil* simply refers to the liquidity of the fat in question; oil is simply fat that pours.]

Fat is important to the body (see the *Why Is There Fat?* chapter). It is present in every single living cell and serves to provide the building blocks for many of the body's hormones. Certain vitamins are *fat-soluble*, and are carried to and stored in the body by fats.

And, of course, fat is important structurally to the body: it surrounds and holds in place many vital organs, and insulates the body from cold through its presence under the skin.

Certain fat constituents called *Essential Fatty Acids* (“EFAs”) are, as their name implies, essential to life, much as vitamins are. One of these essential fatty acids, *linoleic acid*, is most important, and cannot be manufactured by the body; it must be ingested in food. GLA (*gamma linolenic acid*, an omega-6 fatty acid) and EPA (*eicosapentaenoic acid*, an omega-3 fatty acid) are the two main types of EFAs. If you are supplementing your diet with these, the correct balance is at least 2-3 parts EPA (up to 10 parts, or more) to one part GLA.

There are two broad categories of ingested fat, *saturated* and *unsaturated*, terms that have to do with basic chemical structure. Saturated fat molecules have fewer “holes” or “openings” in their chemical structures with which to interact with other molecules (typically oxygen). They are thus more stable, and are physically harder (less liquid) at room temperature than their unsaturated counterparts. That’s why butter and margarine are solid at room temperature, while corn oil is not. The corn oil is far less *saturated* than the butter and margarine.

Saturated fats have developed an unsavory reputation over the past few decades as the culprits behind heart disease, while unsaturated fats have been championed as possibly helping to *prevent* heart disease. The truth of the matter, though, is that for all the focus on this issue, there has been no appreciable change in the incidence of heart disease attributable to it. Eating unsaturated fats such as corn, sunflower, or peanut oil *does not reduce the incidence of heart disease*. If anything, it *increases* it, due to increases in *trans* fatty acids (see below, and see HEART DISEASE in the *Medical Considerations* chapter).

Cholesterol is a fat-related substance that has been much maligned in recent years. In fact, there is little evidence to show that eating cholesterol causes heart disease. For most people, the amount of cholesterol in the diet bears no relationship to the level of cholesterol in the blood, no relationship to cardiovascular health,

and no relationship to longevity. (See CHOLESTEROL LEVEL, ELEVATED in the *Medical Considerations* chapter for more information.)

Research has shown that eating *heated* fats or oils of any kind is terribly damaging to human health, contributing to the evolution of both cancer and heart disease. This is believed to be due to substances called *trans fatty acids* that are formed when fat (or oil) is heated. Most oil is heated during its production. Also, margarine and all other *hydrogenated* fats and oils contain high levels of these harmful *trans fatty acids*. This is one important reason that *alldded* fats are excluded in the BioSlim System: fats added to food are the ones that are typically processed and/or heated.

The fastest way to get fatter is to eat fat. Research shows that given a fixed number of calories to consume, people who eat most of those calories as fat are much more likely to gain weight, i.e., gain body fat, than are people who eat most of that same number of calories as protein and carbohydrates. In other words, weight maintenance is not merely a matter of calorie intake. The *kinds* of calories you eat is also key. The more fat you eat, the higher the probability that you will get fatter. And if you eat too many unhealthy carbohydrates (sugar, starch, etc.), the way your body handles food storage will be changed for the worse (the insulin effect), and you will get fatter.

Nutritionists analyze fat intake by calculating the percentage of caloric intake that is derived from fat. This is done by calculating the total intake of calories from fat (for a day or for a specific food) using the fact that there are 9 calories in each gram of fat, then dividing that *fat-calorie* number by the total calories consumed.

If, for example, you are eating something that has 4 grams of fat and a total calorie count of 80, the percentage of total calories that is derived from fat for that food is:

4 times 9 = 36 = total fat-derived calories

36 divided by 80 = 45% = percentage of total calories derived from fat. This is high.

It is best to keep your average daily percentage of calories derived from fat below 20%-25%. Individual foods, though, can vary throughout the day.

All this arithmetic, while interesting and useful, is not necessary with BioSlim. Avoiding *alladded* fats is the key principle you need to remember.

VITAMINS

Vitamins are organic substances that are considered essential to human health. They are found only in living things. Most vitamins act in concert with various enzymes in the body to accomplish certain chemical goals; many vitamins act as *coenzymes*. Note that many vitamins also function in the body together with certain essential minerals, addressed below.

Daily human requirements of vitamins vary greatly from individual to individual. The government publishes some thing it calls the “RDA” (Recommended Daily Allowance) or “% Daily Value”, for *some* vitamins and minerals. This list is: (a) incomplete, in that it ignores several well-known nutrients, and (b) often wrong. The amounts in these lists are often extremely, even outrageously, low; they may be enough to prevent severe full-blown deficiency illness, but they are often very far from the levels the human body needs to achieve optimal health. Those RDA listings on the backs of bottles, then, are of little value, which is why you see so many large percentage numbers in the “% Daily Value” column on the labels of high-quality vitamin formulas.

Can you get enough vitamins in your diet to achieve good health without supplementation? Well yes, maybe, if you grow your own organic produce, live in a stress-free, pollution-free environment, and always eat correctly. Does that sound like you?

The fact is that it is almost *impossible* for the body to get everything it needs from the typical Western diet. During processing, *most* of the micro nutrients present in most foods are destroyed. Survey after survey has shown that most people in our society are deficient in many essential vitamins and minerals. The concept that you can “just eat right and get everything you need” is therefore quite wrong, and potentially dangerous.

Here is a list of vitamins, their basic properties, and the amounts required by the body.

VITAMIN A

This is a *fat-soluble* vitamin important to the maintenance of body tissue, mostly the skin and mucous membranes (the internal lining of the body). It is also important to eyesight and some of the basic functions of the body's cells. Note: studies have found lower levels of vitamin A in overweight individuals as compared to people with normal weight-to-height ratios.

Vitamin A is found in its complete form only in certain animal tissue, mostly in liver products. However, *carotenes* are substances, found in many vegetables, that are converted into vitamin A by the body. Carrots are famous for being high in *beta carotene*, an antioxidant and the best-known form of carotene. But all the carotenes are valuable, so eating real food to get your carotenes is much better than taking beta carotene alone in a pill. Most green and yellow vegetables are rich in carotenes. (Note: too much carotene can cause a {reversible} yellowing of the skin called *carotenemia*.)

Vitamin A is stored in the body, mostly in the liver. Like other fat-soluble vitamins, it can accumulate and can even cause negative reactions (reversible toxicity reactions) if taken in great excess over a prolonged period of time. But the amounts that must be ingested in order to cause actual toxicity reactions are huge, and they typically must be consumed for months at a time. Recorded cases of vitamin A toxicity are extremely rare. Vitamin A deficiency, by contrast, is quite common.

Total Vitamin A intake (from *all* sources) should normally be about 5,000 I.U. (I.U.=International Units) per day. To optimize absorbability, this vitamin should be taken with food.

THE B VITAMINS

All the B vitamins are *water-soluble*, and are not typically stored in the body to any large extent (vitamin B12 is a major exception). There are many B vitamins, together known as the "B complex". They do not require any fat in the diet for absorption.

The B vitamins are essential to proper metabolism and energy utilization by the body. They are necessary to the body's metabolism of fats, carbohydrates and proteins, and to the maintenance of most body tissues.

B vitamins are very susceptible to destruction by food processing, which is why so many people in Western society are deficient in one or more of them. Contributing to these deficiencies is overexposure to caffeine, cigarettes, pollution, and stress.

Most B vitamins are found in plant-based food, and in certain meats. The major exception to this is B12, which is rarely found in any food that is not of animal origin. This is why vegetarians may be prone to vitamin B12 deficiencies. Note that *spirulina*, described earlier, is one of the few non-animal products that contains significant amounts of vitamin B12.

Since the B vitamins are water-soluble, they can be ingested in quite large quantities without toxicity. However, as always, reason must prevail. Vitamin B6, for example, can cause certain transient neurological problems (tingling, numbness) if taken in very large quantities. Very-high-dose niacin can cause liver damage. Remember, *anything*, even *water*, can be toxic if taken in sufficient quantities. A sensible balance is always the best and safest course.

Listed next are the most important B vitamins, their functions and safe dosages. Actual individual requirements will vary greatly from individual to individual.

Note: the B vitamins are carefully balanced in the BioSlim Formulas to provide optimal nutritional support under the BioSlim program, and indeed, for anyone wanting to lose weight and normalize metabolism.

THE B VITAMINS (WITH SAFE DAILY DOSAGE RANGES)

B1 (Thiamine)	1.5 – 100 mg	Energy production. Digestion. Appetite regulation. Mental function.
B2 (Riboflavin)	1.7 – 100 mg	Energy production. Digestion. Vision. Tissue maintenance.
B3 (Niacin* or Niacinamide)	20 – 500 mg	Nervous system function. Tissue maintenance. Hormone production. Digestion. *Niacin can cause skin flushing at high doses.
B5 (Pantothenic Acid)	10 – 500 mg	Adrenal function, stress handling. Cellular and energy metabolism. Hormone production. Protection from toxins.
B6 (Pyridoxine) [Pyridoxal-5'-phosphate = very high-quality form of B6.]	2 – 150 mg	Food metabolism. Energy production. Immune function. Digestion. Cellular function. Hormone activity.
B12 (cyanocobalamin)	6 – 1000mcg	Nervous system function. Red blood cell production. Food metabolism.
Folic Acid	200 – 400 mcg (800 mcg in pregnancy)	Red blood cell formation. Protein metabolism. Mental function. Digestion. Prevention of birth defects.

Other substances considered to be in the B vitamin family of nutrients include *choline* and *inositol*. Deficiencies of these nutrients are rarer than for those listed in the table above.

Folic acid, vitamin B12, biotin, and vitamin B6 are nutrients often found to be deficient in many diets. All these nutrients, however, are important. All must be present in correctly balanced amounts, continuously throughout life, in order to achieve and maintain good health.

VITAMIN C (*ASCORBIC ACID*)

The most famous and popular of all vitamins, vitamin C is water-soluble, and very important to human health. It is thought that large doses of this vitamin may be helpful in reducing the incidence and/or severity of such diverse disorders as the common cold, cancer, heart disease, tooth decay, injury, and many, many others.

Vitamin C's most important function in the body is in the formation and healing of body tissues. It is also important to the formation of blood cells, and to the proper function of the immune system. And it has also been found to help directly in reducing obesity.

Vitamin C is found in most fresh fruits and vegetables. It is often destroyed in food processing. Pasteurized orange juice, for example, has virtually no vitamin C in it, unless it is added after the fact.

Vitamin C in large quantities is not as well absorbed as are smaller quantities. It is best, therefore, to take vitamin C in several smaller doses during the day, as opposed to a single very large dose.

Vitamin C daily dosages range from as little as 60 mg all the way to 6,000 mg per day or more. Anything over 5,000 to 6,000 mg per day is likely to cause diarrhea. 300–500 mg per day (from all sources) is a reasonable maintenance dose. Individual need is the best guide. Choose the dose that is most consistent with your good health, that keeps you feeling healthy.

The dose included in the BioSlim Formulas is appropriate for most people; additional vitamin C is certainly acceptable.

NOTE: A highly absorbable, gently effective form of vitamin C is *calcium ascorbate* (present in the BioSlim Formulas).

VITAMIN D

This fat-soluble vitamin is used in the absorption and utilization of calcium. Recent research indicates that vitamin D may also help prevent certain forms of cancer (breast, colon), diabetes, heart disease and autoimmune disorders.

Note: Obese people tend to have lower levels of this vitamin than non-obese individuals.

Vitamin D is formed naturally in the skin when exposed to sunlight. It is also found in certain fish, eggs and organ meats.

A reasonable dose of Vitamin D is 400 I.U. per day. Up to 1,000 I.U. in a day is considered safe.

VITAMIN E

This fat-soluble vitamin is important in the body as a protector against chemical breakdown; it is an *antioxidant* (as are vitamin C and selenium). Vitamin E is vital to cellular metabolism and oxygen utilization by the body. It acts as a natural “blood thinner”, helping to maintain good circulation, and appears to help prevent heart disease *and* cancer. The natural, *d-alpha* form, is much more effective than synthetics.

Vitamin E is found in raw nuts, seeds, soybeans and especially in untreated wheat germ. A reasonable daily dose is 100 I.U., but 400 I.U. and more may also be taken quite safely.

VITAMIN K

Vitamin K, another fat-soluble vitamin, is vital to blood clotting. It is also used in the utilization and storage of carbohydrates in the body, and is believed to be involved in several body functions vital to a long and healthy life.

Vitamin K is generally produced in the body by the friendly bacteria present in normal intestines; it is therefore not considered “essential” to ingest this fat-soluble vitamin in the diet. Food sources include most green plants. A reasonable daily dose would be 40 to 70 mcg.

Note: if you are on blood thinning medication, check with your doctor. Though the dose is too small to make much difference, the vitamin K in BioSlim might be of concern when you are taking medication for blood thinning.

BIOFLAVONOIDS

Though not considered true vitamins, these substances function together with vitamin C in the body. They are important in the formation and strengthening of certain body tissues, particularly the body’s smallest blood vessels, known as *capillaries*.

The best sources for bioflavonoids are fruits. There is no recommended dosage, though a combined dosage of all bioflavonoids of 75-100 mg per day is advised.

Quercetin is a bioflavonoid that is particularly potent. *Quercetin* and *flisetin*, a bioflavonoid from the *Cotinus* plant, may potentiate, or help the function of, certain hormonal messengers in the body involved in the metabolism of fat. The net effect of these bioflavonoids, besides their generally healthful impact on the body, may be to aid in the elimination of excess body fat.

MINERALS

Minerals are inorganic elements, like *calcium*, *iron* and *zinc*, that are used in the body as vital parts of living tissue. They are mostly linked with enzyme complexes, serving many essential chemical roles in the body's daily functions. There is much cooperation between vitamins and minerals. Often they are intimately related both in function and absorbability in the body.

There are two broad types of minerals: "macro-minerals" present in large amounts in the body (e.g., calcium, magnesium, potassium and sodium) and "trace minerals", such as zinc, chromium and iron. All are vital to good health.

Calcium, for example, is of course a major element in bones. But it also has many other vital, less well-known chemical functions in the body. Without calcium, your heart would stop, as would most of the rest of your body functions. Calcium is a special mineral for another reason: it helps control weight. Recent reports indicate that getting enough calcium every day makes you significantly less likely to gain weight. Similarly, other minerals also have multiple important roles in the body.

The following is a list of the most important minerals, along with appropriate-and-safe daily dosages, and basic functions. Keep in mind that the macrominerals calcium and magnesium are, in a balanced diet, usually ingested in sufficient amounts so that supplementation need not supply the entire daily requirement. Finally, note that certain body minerals are normally in such plentiful supply that they are not addressed here, including phosphorus, sulfur, chlorine, and potassium.

THE ESSENTIAL MINERALS (WITH SAFE DOSAGE RANGES)

Calcium	250 – 1200 mg (RDV=1000 mg)	Part of all bones and teeth. Heart and nerve function. Blood clotting. Important partner in body with magnesium. Helps in weight control.
Magnesium	200 – 800 mg (RDV=400 mg)	Extremely important, often deficient. Found mostly inside cells. Vital to food metabolism, nerve function, heart function, muscle action, energy utilization, blood sugar metabolism, hormone function, prevention of kidney stones, handling of fat, etc.
Chromium	120 – 800 mcg	<u>Vital</u> to sugar and fat metabolism, and insulin function. Commonly deficient. May help control food cravings. Best form = polynicotinate.
Copper	1 – 3 mg	Hemoglobin/red cell formation. Body tissue maintenance. Protein metabolism. Nerve function.
Iodine	100 – 150 mcg	Part of thyroid hormone, vital to all body functions & metabolism.
Iron	10 – 18 mg	Present in every cell of the body. Part of hemoglobin in red cells. Protein metabolism. Energy maintenance and oxygen delivery to body cells.
Manganese	2 – 10 mg	Important adjunct to several vitamins. Food metabolism. Nerve function. Thyroid function. Cholesterol metabolism.
Molybdenum	50 – 300 mcg	Used in iron metabolism. Important to the handling of fats in the body.

Selenium	50 – 300 mcg	Natural antioxidant. Preserves tissue elasticity. Hormone function. May prevent heart disease and cancer.
Zinc	10 – 30 mg	Vital and ubiquitous in the body. Aids in digestion and various aspects of metabolism, including energy production, healing, sex organ function, and sugar metabolism (it is part of insulin). Found reduced in obesity.

ALL the above minerals are in the BioSlim Formulas, in correct metabolic balance.

OTHER NUTRIENTS

Essential Fatty Acids (EFAs) can be provided to the body in the form of unsaturated fatty acids from unprocessed food, or in the more absorbable, more usable forms of GLA, EPA and DHA (*eicosapentaenoic and docosahexaenoic acids*)—known collectively as “the EFAs”. (Note: GLA is an *Omega-6* fatty acid; EPA and DHA are categorized as *Omega-3* fatty acids.)

The EFAs are important to many body functions, including: hormone formation; thyroid and adrenal gland functions; oxygen utilization; and a variety of other cellular functions. They have also been found helpful in the treatment of obesity.

Other nutrients, such as **CoQ10** (Coenzyme Q10), **SOD** (SuperOxide Dismutase) and many others are not yet fully understood. They do not have the status of vitamins. Yet each is being studied with great interest around the world for its beneficial effects on the human body. In time, with more information, they may be assigned daily dosages. For now, they are used for specific health purposes, by those familiar with their effects on the body.

Of particular interest is CoQ10, on which much research has been done in Japan and Europe. It appears to be beneficial in many ways, such as in relation to the heart. One of its benefits is its apparent ability to help in weight loss.

Another important and much-studied nutrient is *pyruvate*, a natural substance present in all body cells. Pyruvate has been found to increase the rate of weight loss in obese individuals, inhibit weight regain *after* an initial weight loss, help improve muscle performance, and reduce cholesterol levels.

DANGEROUS OR USELESS PRODUCTS

Not everything that is “natural” or found in a health store is safe. In the area of dieting, there are certain nutritional supplements being marketed today that are potentially quite dangerous. Specifically, these are the ones using the herb *ephedra*, also known as *ma-huang*, often in combination with caffeine and/or *aspirin* (or the aspirin-containing herb *white willow bark*).

Ephedra is a naturally occurring stimulant that can actually help in weight loss. But its effect is *achemical stimulation* of the body., very similar to that of a drug. The problems here are many:

- 1) Ephedra can cause cardiac arrhythmias (irregular heart rhythms).
- 2) Ephedra works only as long as it continues to be ingested, with *no* significant long-term benefits. As soon as the dosages are stopped, the effects are lost. (Again, quite drug-like.) Which means you would have to continue taking this stimulant *forever* in order to maintain its effect. (If you live long enough, that is.) Taking *natural, safe* supplementation, on the other hand, helps your body change *permanently*, by providing the body what it needs to change for the better, *not* by exerting a temporary chemical effect on it.
- 3) When dosages of ephedra-containing products are stopped, a “rebound” phenomenon can occur. Your weight can bounce back, hard. This effect is typical of any drug or drug-like method of weight loss. [The only way this approach can be used successfully is if it is backed up with a complete program, like BioSlim.]
- 4) Aspirin can cause stomach ulcers and other health problems if taken in high doses or over too long a period of time.

- 5) *Excessive* caffeine intake may cause headaches, heart irregularities, and may contribute to ulcer formation. (Small amounts of caffeine, however, are OK.)

For these reasons the use of ephedra-containing supplements is specifically opposed.

Other so-called “supplements” to avoid include those “fat-burning pills” that pop up from time to time. These may or may not be dangerous, but they are certainly useless.

- ♦ *Chitin*, aka *chitosan*, is particularly useless. See pages 27 and 127 for more details.
- ♦ “Cortisol control” products that claim to help remove “belly fat” are fundamentally bogus: cortisol is not a “fat hormone” (it is in fact essential to life), these products don’t “control” cortisol anyway, and nothing can make fat come off faster from one part of your body than the other parts. See page 21 for more details.

Note: Some companies producing these products have been fined by the Federal Trade Commission (FTC) for making false and misleading claims about them.

- ♦ Hoodia supplements, sold for “appetite control”, generally do not have nearly enough of the actual herb in them to be effective, and even if they did, they would still be useless in the long run because they could never provide a long-term solution.

Only BioSlim can provide that.

In general, look at the ingredient list of any packaged item you put in your mouth. And look at the source. The maker of a food supplement should be a reputable company, with qualified experts—doctors, preferably—doing the formulations.

THE BIOSLIM FORMULAS



Most people who have experienced the BioSlim system report that the *Vita/Min Plus* and *SlimTone Formula* products were central to their success. These Formulas contain every nutrient the body needs to metabolize food, normalize weight, and provide you with the sense of good health and well-being you want. Descriptions of most of the nutrients involved may be found in the preceding chapter. In addition, SlimTone Formula has a special, proprietary herbal blend designed specifically to contribute to BioSlim's maximum effect.

New additions to these formulas include the **BioSlim Pyruvate Complex** and BioSlim's special **high-EGCG green tea extract**. *Pyruvate* is a natural ingredient that is part of the metabolism of every cell in your body. It has been found to increase the rate of weight loss in obese individuals, inhibit weight regain after an initial weight loss, help improve muscle performance, and reduce cholesterol levels. BioSlim's uniquely powerful *high-EGCG green tea extract* is simply the most potent natural weight loss aid available today.

The purpose of these nutrient formulas is to improve the nutritional status of the body so as to maximally aid in the achievement of weight loss and excellent health. These are not drugs! They are powerful, highly effective, all-natural formulas designed to provide to your body virtually everything it requires.

And they do not have to be taken forever. Once you have achieved your goals of good health and weight normalization, you may choose to taper down or stop one or both of the formulas. It is recommended, though, that a good multi-vitamin be taken routinely, and Vita/Min Plus is the best. Many people also find they feel best when taking some amount of SlimTone on most days (either one or

two tablets). These decisions will be yours; they should be based on your body's signals and needs.

The BioSlim Formulas are made with the best, most absorbable, most effective ingredients. They are the best of the best. Many products on the market today use lower quality, ineffective ingredients. The BioSlim philosophy is to use the best formulations available on this planet, so you get maximum results *now*.

Note that, in general, there are no known contra indications to taking the BioSlim Formulas. (However, if you suffer from severe heart disease, or any illness, or if you are pregnant or lactating, or taking medication, consult your physician. In that case, also read the appropriate section(s) under *Medical Considerations* above.)

Now here is a description of how the BioSlim Formulas are used, and what effects to look for.

BioSLIM ACCELERATOR

Accelerator is designed to *kick-start* your weight-loss program with its high-powered combination of vitamins, minerals and herbs. It should be taken, without the other two Formulas, during the **first 12 days of your program**.

Note: If you are on full doses of Accelerator (3 tabs/day), you should *not* be taking Vita/Min Plus at the same time. Normally, you take neither SlimTone nor Vita/Min Plus with Accelerator.

The recommended adult dose of BioSlim Accelerator is **3 tablets per day, usually 2 with breakfast, 1 with lunch** (but you can reverse that, of course). Try to not take Accelerator late in the day, especially near bedtime.

EACH DOSE OF ACCELERATOR (whether it's 1 tablet, 2, or 3) **MUST BE TAKEN WITH AT LEAST ONE FULL CUP OF PURE WATER**. The more water you drink then, the better.

Relative to food, **the best time to take Accelerator is either with food, or a few minutes before it**. If you forget to take your dose with your meal, take it soon afterwards. Note: Accelerator is very concentrated, powerful nutrition; try not to take it on an empty stomach.

If you do not use all 36 Accelerator tablets in 12 days on the program, then you must have skipped some of your doses. Here's what to do:

- ♦ Do start taking your SlimTone and Vita/Min Plus Ultra Formulas in the regular way (details follow below)
- ♦ Add 1 tablet (just one) of Accelerator to your normal SlimTone and Vita/Min Plus regimen, and continue this 1/ day Accelerator dosing until all of the 36 Accelerator tablets supplied in your Complete BioSlim Kit are used up.

In the unlikely event you need more power from the system, see the *Solving Problems* chapter at the end of this book. There you will find many tips and points to remember, including directions on how you can repeat your course of Accelerator, if you really need it.

SLIMTONE FORMULA ULTRA

SlimTone Formula Ultra is now highly concentrated, so the full recommended adult dose is contained in just two tablets per day.

For best results, **begin with two tablets of SlimTone per day.** Break it up into two doses, one before breakfast, one before lunch, if possible. If that's not possible, take both tablets just before either breakfast or lunch. **ALWAYS DRINK PLENTY OF WATER (or diluted flavored drink) with SlimTone, at least one full cup with each dose you take.**

SlimTone should be taken without food, when possible. **The best time is about 15 minutes before a meal** (typically breakfast or lunch). This is to maximize SlimTone's absorption and effect, *not* because it's more effective if followed by a meal. In fact, you may take SlimTone Formula Ultra *anytime between meals*.

SlimTone Formula Ultra doses can be adjusted. To do so requires some experimentation on your part:

- ♦ If you are doing very well and continue to do so with just one tablet of SlimTone per day, then that should be your new dose level. (Your bottle will then last twice as long.)
- ♦ If you have been on 2 tabs per day for at least 2 weeks and feel you need more power, you may experiment with 3

tabs/day, taken in the same manner (before meals, with lots of water) described above.

You must gauge your own reactions and adjust your dosages of SlimTone Formula Ultra accordingly. No one other than you can know what's right for your body with such precision.

You know you're taking *too much* SlimTone if you're experiencing such symptoms as too much energy, or too drastic a change in your bowel habits. These manifestations are often transient, lasting only a few days. Some people find that it takes some time to get their bodies used to the abundance of nutrients present in these Formulas. See the *Solving Problems* chapter at the end of this book for more information on what to do if you experience any unexpected reactions or changes.

On the other hand, you should consider *increasing* your doses in the unlikely event that you feel a lack of energy, or if your appetite or weight does not change despite your following all of the main principles of the program. Again, see the *Solving Problems* chapter for much more detailed information and advice regarding dose adjustments.

Remember to always take SlimTone tabs with plenty of water.

After you reach your weight goal, you can cut down on your dosing of SlimTone. For maintenance, many people find that 1 tablet in the morning works very well. Some find that they want to continue their SlimTone Formula as before, at full doses, while others find they no longer need it at all, once they *feel good* and have *reached their target weights*.

Experiment to see what works best for you.

VITA/MIN PLUS ULTRA

BioSlim Vita/Min Plus is the best, most effective multi-vitamin-mineral-nutrient formula you'll ever find. **If you've been taking any other multi-vitamin—STOP!** Do not take both.

[Note: calcium, magnesium, vitamins C or E, EFAs and other individual nutrients are generally OK to add, if you wish. If you choose to do this, check the labels and refer to the nutrient lists in

the *Nutrition: The Key to Health* chapter above to be sure you are not taking too much of anything.]

Normal dosing of Vita/Min Plus Ultra is 2 tabs per day, preferably split into two doses, with breakfast and lunch. Always take Vita/Min Plus with food (unlike SlimTone).

If you experience any stomach upset, first make sure you're taking your tabs with sufficient food, and if you are taking two tablets together, reduce that to 1 tab at a time until your body gets used to this potent multinutrient.

Note that a yellowing of the urine is perfectly normal; it is caused by the B vitamins (especially B2) in the Vita/Min Plus formula.

Vita/Min Plus Ultra doses can also be adjusted:

- ♦ If you are doing very well and continue to do so with just one tablet of Vita/Min Plus Ultra per day, then that should be your new dose level. (Your bottle will then last twice as long.)
- ♦ If you have been on 2 tabs per day for at least 2 weeks and feel you need more power, **you should NOT increase the Vita/Min Plus**. Experiment with the SlimTone doses, consult the *Solving Problems* chapter at the end of this book (even consider repeating Accelerator as described there), but 2 tabs/day is the *full dose* of Vita/Min Plus Ultra and should not normally be exceeded.

It's best not to try taking Vita/Min Plus without at least some food. At least a snack. Reason: these tablets are concentrated, and designed to be highly *absorbable* and *effective*. Taken without food, the vitamins and minerals in this Formula can absorb so rapidly that you may experience some stomach discomfort. Also, the vitamin *niacin* (vitamin B3) in these tabs—often used in large doses to help reduce cholesterol levels—can cause a temporary (15-20 minute) *flushing* of the skin which can be both unexpected and uncomfortable, if the tabs are taken on an empty stomach. This reaction is perfectly benign and normal and happens to almost everyone who takes niacin in sufficient quantity, but it will not happen at all if you always take Vita/Min Plus with some food.

After you reach your weight goal, you may choose to cut down on your dosing of Vita/Min Plus. However, note that since this formula is also an excellent all-around multi-vitamin-mineral, many people choose to continue with it even after losing all their extra weight. Others find that, for maintenance, just 1 tablet per day in the morning works very well (always with food).

As with SlimTone, you can experiment to see what works best. Ultimately, you will determine what is best for you.

WHAT EFFECT?

What effect will these Formulas, combined with the BioSlim System, have on you?

Answer: it's usually different for every individual. You, for example, may feel wonderfully improved. Your friend may feel only small changes in the beginning, with a more gradual improvement over time. Everyone is unique, with a unique biochemical makeup. If, for example, you have a thyroid deficiency you don't know about, you may feel *better* on the BioSlim system, but not completely so until your condition is treated by a physician. If, on the other hand, you have significant nutritional deficiencies of which you are unaware (and it's very difficult to know this without extensive analysis), you are likely to reap very dramatic benefits from the BioSlim Formulas and system.

There is no way to know in advance *exactly* how well you will react. The program is highly flexible though, and it's **designed to work for everyone** who (a) follows it as recommended, and (b) does not have a medical problem (like a major thyroid disorder, for example) precluding his/her success.

In short, while there is no way to know in advance how *dramatic* your improvements will be, we do know that ***you will lose unwanted weight and significantly improve your health and sense of well-being*** with the BioSlim System.

Many people want to know what, if any, side effects they may experience with BioSlim. The fact is that most people do

not experience side effects so much as *side benefits*, which are benefits and improvements that were not directly expected. This occurs because as the body becomes healthier, *it fixes itself*. The BioSlim System is designed to give your body the tools it needs to accomplish this. The process is completely natural, and stems from the body's innate healing abilities.

Other effects you may experience when first starting BioSlim: as mentioned earlier, Vita/Min Plus will cause urinary yellowing (caused by the B vitamins), and may upset your stomach if taken without food. Either Formula may increase energy levels to undesirable heights, and this is easily remedied (adjust doses as described earlier). You may experience a change in bowel habits or urinary patterns. You may initially even experience a slight headache until your body adjusts to its new, healthier internal condition.

Most people feel wonderful from day one. But with the intensive improvements that BioSlim brings, the body can undergo some dramatic changes, including the removal of accumulated toxins and waste. This *detoxification* process can itself cause some transient symptoms. All these effects are generally temporary: they pass in a few days.

If you have specific questions or reactions about which you would like more information, e.g., if your weight loss is too slow or too fast, please refer to the *Solving Problems* chapter at the end of this book. And remember to follow all recommendations carefully, particularly the ones concerning *when* and *how* to take the Formulas.

And have patience. You are in a *process*; it can take some time. It took your whole life to get to where you are today—it is reasonable to expect that it may take a few weeks or more to really change things.

OPTIONAL: ADDING NUTRIENTS

The BioSlim program is quite complete. Most people do not need to add anything to the plan. Additional supplementation is optional, though some may be needed for specific purposes. Examples of nutrients that may be added to BioSlim:

- ♦ **Calcium and Magnesium:** These two minerals should always be taken in balance, preferably not more than 3 parts calcium for each 2 parts magnesium. You may wish to add an extra 500–800 mg of calcium and magnesium to what is in the Formulas, particularly if you are a woman near or past menopause. Note: The calcium and magnesium in the BioSlim Formulas are highly absorbable forms.
- ♦ **Essential Fatty Acids (EFAs):** Vitamin-like substances essential to proper hormone function and body tissue health. People with dry skin, weak nails, or menstrual difficulties may need some extra EFAs. (Check index for more details.)
- ♦ **Spirulina:** This is not actually a nutritional supplement, but a powdered, natural, very healthful food. It is effectively fat-free, loaded with protein, vitamins, minerals, and beta carotene. But the flavor is... not wonderful. Find instructions on spirulina use in the *BioSlim Food Plan* chapter (*Spirulina for Breakfast?*).
- ♦ **Lactobacillus:** These are the friendly, beneficial intestinal bacteria that help your body digest food and form certain nutrients in your gut. After treatment with antibiotics or any illness, the balance of these bacteria can be severely altered. It is then very helpful to rebalance your system by taking lactobacillus supplements. These are particularly helpful for women suffering from chronic or recurrent yeast infections. Gargling and swallowing this powder with water may be helpful in cases of sore throat. See index for more details.
- ♦ **Miscellaneous:** Extra vitamin C may be taken, if desired, and some choose to take extra vitamin E (see previous chapter). Digestive enzymes (in addition to the bromelain in the Formulas) may be utilized if desired and needed. Hoodia in large doses may help suppress appetite (for short term use only). Alpha lipoic acid may be beneficial to diabetics and pre-diabetics.

BIOSLIM FOR KIDS

Children between the 7 and 15 years of age should be on the **BioSlim Youth System**, which is designed especially for kids in this age group (see the bioslim.com or bioslimforkids.com website for more info). Kids under 7 should consult a pediatrician (BioSlim

For Kids is a great choice for children under 7 too, if your doctor approves). Kids over 15 or 16 should be on the full adult version of BioSlim.

[The best way to ensure your child's success with BioSlim For Kids is to do the program with him/her at the same time. Certainly if you need to lose weight, but even if you don't, at least follow the Food Plan together. Getting the whole family involved is very powerful, especially for younger kids. It's the best way to ensure success.]

Note: Any child over the age of 12 can take the adult BioSlim Formulas, providing that child weighs as much as an adult weighs (or more). In these cases, you should still use the informational material that comes with the BioSlim Youth System (videotape, CD-ROM, book, wall poster, etc.), because those products speak to kids more effectively than the adult BioSlim products.

BIOSLIM FOR THE ELDERLY

In general, increasing age should not affect dosing of the BioSlim Formulas. In other words, it does not matter how old you are, BioSlim will help! The exceptions: if you have a medical condition followed by a physician, if you are taking any medications, and especially if you have diminished kidney or liver function. If any of this describes you, seek your doctor's approval. And in general, anyone over the age of 65 should be sure to have his/her physician aware of any efforts to improve health, lose weight, increase activity, or change lifestyle.



When it comes to your body and health, always exercise good judgment. Don't overdo anything. Keep your nutritional supplementation to levels consistent with that which nature intended for the human body, and do not try to accomplish too much all at once. BioSlim is designed to help you get fit and healthy. It will do that and more, if you let it.

THE ACTIVITY PLAN



The credit belongs to the one who is actually in the arena, whose face is marred by dust and sweat; ...who strives valiantly... who knows the great enthusiasms, the great devotions...

Theodore Roosevelt

The importance of proper physical activity cannot be overemphasized. Properly done, it is one of the most beneficial positive actions you can take to support, strengthen, and rejuvenate your body.

As you lose weight, your body burns fat for energy, but it can also eat up muscle tissue—making you weaker and *less able to lose weight*, a phenomenon familiar to many chronic dieters who always seem to find the beginning of each new diet program far more rewarding, in terms of weight loss, than subsequent phases. This occurs at least partly because muscles are very avid users of energy (i.e., calories) in the body, and if there is less muscle mass present to use up excess available energy (calories), clearly there will be less energy used. It's as if you're burning fuel and 30% of your furnaces shut down: the result is less fuel—in our case, calories—used up per day. As the rate at which you burn calories (your *metabolic rate*) diminishes, so does your rate of weight loss, and your ability to control your weight.

This is why dieting is such a difficult proposition, and why so many dieters fail to achieve their goals permanently.

The answer to this dilemma lies in taking great care when attempting to lose weight: it must be done right. That means, first of all: NO DIETING!—the primary principle of BioSlim. It means eating the right foods *permanently*, and making sure you get the right nutrients into your body, in correct balance, so that your body can function efficiently and *normalize* itself naturally. And, unquestionably, the answer must include a program of *reasonably sufficient* physical activity. You don't have to go out and buy every exercise videotape on the shelf—or any at all. You don't even have to go to the gym, or put on shorts. But you *do* have to get active! Just increasing your daily routine of walking, gardening, swimming or game-playing is enough, as several studies have shown. When you do this, when you get more active, you'll be able to lose mostly *fat* instead of muscle. In fact, if you're really determined, you can actually *increase* your lean body/muscle mass as you lose weight, which can make losing fat much *easier* as time passes.

In the companion *BioSlim Activity Plan* book, there are described many ways to achieve a level of physical activity that is right for you—ways that will, together with the rest of the BioSlim program, assure your *permanent* success.

You will be happy to note that the benefits of regular, energetic physical activity don't stop with weight loss. They extend to many important aspects of your life. For more details on the following list of areas of improvement, see your *Activity Plan* book:

- ♦ Improved cardiovascular health
- ♦ Better bone density and bone longevity
- ♦ Greatly increased energy levels
- ♦ Improved digestion and bowel function
- ♦ Reduction or elimination of depression
- ♦ Reduced muscle tension and improvements of many musculo-skeletal pain syndromes
- ♦ Promotion of good blood circulation
- ♦ Longevity—yes, you can live longer!

♦ ...and many more.

To realize all these benefits, it *is not* necessary to study and follow long, esoteric lists of exercises, or to tie yourself to a videocassette player, or even go to regular exercise classes. While each of these things can certainly help—and for those who are able and wish to do so they can be very beneficial—they are not essential. As detailed in the *Activity Plan* book, and earlier in this book, you can gain the many benefits of proper physical activity by performing such simple everyday activities as walking, climbing stairs, swimming, bicycling, or even sitting or stepping up and down. Studies have shown that most of the advantages gained by exercise can be accrued with surprisingly mild, common lifestyle activities. Under BioSlim, this is the preferred way of getting more active, since there is a much higher probability this way that you will *stick with it*.

Also, you are less likely to injure yourself walking or climbing stairs than you are, say, weight-lifting or starting an aerobics class for which you are not well prepared.

Whichever direction you decide to take—the easy, part-of-your-lifestyle approach or heavy-duty exercise, the important thing is to *get active!*

And remember the most important rule of exercise/activity: always *stretch* appropriately and always warm up and cool down. See the companion *Activity Plan* book for many more details on the importance and methods of proper stretching.

DIET AND ACTIVITY

Generally, following the BioSlim Food Plan and taking the Formulas (see earlier chapter) is all you need do about your nutrition. A new activity program, however, does require some special attention to diet. The points to remember are:

- ♦ **Don't Eat Just Before Exercising.** The best time to get active is at least two hours after your last significant meal. Exercise diverts blood from the gastrointestinal tract to the muscles; eating diverts it from the muscles to your gut to help with digestion. Your muscles cannot function properly under the strain of increased activity if some of the blood they require for proper

oxygenation and nutritive support is busy in your intestinal area helping digest and absorb food.

- ♦ **Avoid Heavy or Large Meals Before and After Exercise.** If you've just had a big, heavy meal, the two-hour minimum mentioned above should be extended. Some meals take *all day* to digest! (Hopefully, you won't be eating too many of those on the BioSlim program!) This can once again lead to competition for blood supply between your body's muscles and your internal digestive organs.
- ♦ **Drink Plenty of Fluids** before and after exercising. Whether you sweat profusely or not—whether you know it or not—you, like most people, probably lose more fluids than you realize during activity. Be sure to have lots of clean, pure water (*not* soft drinks or coffee with cream and sugar!) on hand. And be generous with yourself—drink heartily!

Unless you're body-building, these few pointers are all you need to know about how your diet interacts with your exercise program. (Note that body-builders require far more calories and much higher amounts of protein per day than other individuals.)

ACTIVITY PLAN TIPS

For much more information, refer to the companion book, *BioSlim Activity Plan*.

- ♦ **START SLOWLY!** If you're "out of shape", take it easy! Build slowly, to prevent injury to your muscles, tendons, ligaments, and your cardiovascular system. Injury is far more likely to occur if you are unprepared. And an injury can set you back weeks, even cripple your efforts to achieve your goals.
- ♦ **ALWAYS DO YOUR STRETCHES AND WARMINGS:** The most important part of any activity plan is stretching (before and after your activity), which can be the *majority* of your plan. Follow the guidelines in the *Activity Plan* book.
- ♦ **CREATE AN ACTIVITY PLAN THAT'S RIGHT FOR YOU:** Do not feel obliged to follow *any* predefined activity plan. As we have shown, it is perfectly acceptable to avoid all structured exercises in favor of simply increasing your activity level with everyday

lifestyle activities such as walking up stairs instead of taking the elevator, walking or bicycling to the store instead of taking the car, swimming, gardening or going for long walks. You can find a hundred different ways to increase your basic level of activity without interfering with the way you lead your life. Do it!

- ◆ **ACTIVITIES DONE TO MUSIC** tend to be longer and harder.
- ◆ **LIFTING WEIGHTS CAN HELP TOO.** Resistance training with weights can be very effective in improving body definition and overall strength. Doing it *slowly* is particularly useful: by doing, say, 12-14 second “reps”, instead of the usual 7 seconds, you eliminate momentum and greatly increase the load and (good) stress on each target muscle group. The benefit: the extra strain forces your body to rebuild the muscles involved, which in turn will make those muscles bigger and stronger. This takes *energy!* Not just while you’re doing your exercise, but *all the time*. And that is the best accomplishment you could hope for: increasing your metabolic “burn” rate, *even while you’re at rest*. This is why **resistance training can be so beneficial in achieving weight loss and fitness**. Besides, you’ll look so much better, you’ll *want* to keep going! (Remember to start slowly and carefully if you’re new to resistance training.)
- ◆ **CHECK WITH YOUR DOCTOR** before starting any exercise or any program of increased activity, especially if you have any illness or are taking medication.

Remember: when your metabolic rate goes up through regular physical activity, it tends to stay up, just like when it’s down—as occurs with repeated unhealthful dieting—it tends to stay down.

Your Activity Plan, together with the entire BioSlim program, can become an irresistible force compelling you to achieve a leaner, healthier body.

THE SECRET POWER INSIDE YOU



All things are difficult before they are easy.

John Norley

Read this chapter to yourself, aloud if you like, whenever your motivation feels like it's slipping. (Note: this chapter was written in consultation with Marc Bachrach, the noted California therapist and motivational expert.)

Congratulations!

You've reaffirmed your decision to succeed! You've taken action!

OK, now take a moment to *congratulate* yourself. Congratulate yourself for using these words to motivate yourself. Using them to inspire yourself. To direct, to redirect, and encourage yourself to take deliberate action and to achieve the permanent success you truly desire. And you deserve ongoing, fulfilling success! So let's hear it for you! You have every right to cheer yourself on.

Redirect your mind and your actions toward one of your most desired... one of your deepest and most intensely wanted goals: to live, breathe, walk and enjoy **ATRIM, FIRM, HEALTHY AND ATTRACTIVE BODY.**

So go ahead: right now! Give yourself a pat on the back. You have taken action! And each action that you take leads to another... and another... and **ANOTHER** successful action. And soon you're in

the grip of a positive habit... a strong and healthy compulsion to eat the foods that make you TRIM, FIRM, HEALTHY AND ATTRACTIVE, to enjoy the physical activity that nourishes your body with strength and vitality, and to use the BioSlim Formulas as directed and achieve complete success!

Yes. A POSITIVE habit! Positively desiring the right foods, thinking the right thoughts, taking consistent and successful action. Minute by minute, day by day, you are creating a TRIM, FIRM, HEALTHY AND ATTRACTIVE BODY.

Consider this carefully: *You* have the right to a TRIM, FIRM, HEALTHY AND ATTRACTIVE BODY. *You* have the power to create it. No *thing* and no *one* has the right to take this opportunity away from you.

Now remind yourself: You don't *have* to lose weight. No one can *make* you lose weight or force you to. You know, just as certainly, that you don't *HAVE* to stay heavy either. You have the *RIGHT* to make a choice. To choose right here... and right now... to live in a TRIM, FIRM, HEALTHY AND *RADIANTLY* ATTRACTIVE BODY. You have this right. You have the power to exercise this right. You have the desire and the necessary decision-making power to make it so. You're going to use these words to remind yourself over and over that you have the will to achieve and maintain the TRIM, FIRM, HEALTHY AND ATTRACTIVE BODY that you deserve.

You see, the *WILL* is not a function of grunting or groaning, or forcing... the will is a simple choice *offocusing* your mind on what you want. Repeatedly placing your attention on your desired goal: a TRIM, FIRM, HEALTHY AND ATTRACTIVE BODY. And when you focus your attention on creating the TRIM, FIRM, HEALTHY AND ATTRACTIVE BODY you deserve, when you focus cleanly, clearly, and powerfully on what you want, on what you deserve, on what will give you pride and satisfaction—then all of your thoughts, your emotions, your actions will get right into line, as focused and strong as a laser beam locked onto its target.

So let's line up now... Mind... Body... and Feelings. Imagine right here and right now what it's like to be in the TRIM, FIRM, HEALTHY AND ATTRACTIVE BODY that you desire and deserve. Take a few

moments now to Mentally, Physically and Emotionally Imagine... Feel... and Practice what it's like to be *walking*... in a TRIM, FIRM, HEALTHY AND ATTRACTIVE BODY... to be wearing the clothes that you'd so much like to be seen in. **Enjoy** looking good! Now remember: Your body is your billboard. It's the first thing that people see, and notice about you. Many people do make judgments on that basis alone. So it's in your best interest to advertise yourself as well as you possibly can.

And you *do* have the power to eat the foods that make you grow TRIM, FIRM, and most of all, HEALTHY. You know, you're not just making a body change... you're making a **LIFE** change, which is why you'll succeed completely and permanently. You have the Power to follow through with healthy, positive habit patterns. Powerful, Positive Habits. Almost as natural as breathing. Just like eating clean, healthy foods. Just like staying physically active, and following the BioSlim program. Just like all of these habits are becoming effortless and automatic patterns **RIGHT NOW!**

With each repetition, each positive thought and feeling, these positive, life-affirming addictions are anchoring themselves deeper and deeper into the habit-forming, behavior-producing, automatically functioning part of your mind. The same part of your mind that you trust every day to beat your heart and breathe when you're asleep. It knows what to do and how to do it! It is learning. It is absorbing. It is responding positively to these ideas and your *actions!*

It's easy for you to create... and *sustain*... habits... for habits are the job of your subconscious mind. With practice... with spaced repetition... the subconscious mind is *eager* and prepared... to take on the habits that generate the most pleasure and the most satisfaction. There's nothing you have to do to *deserve* this power or these powerful habits—so just forget about past guilts, doubts, and worries about yourself. Instead, recognize that **RIGHT NOW** is your moment of power. You're beginning to realize now that you can experience the most pleasure when your energy level is strong and continuous. A powerful level of vitality and wellness surging through your body makes you feel good!

So does the feeling of movement and “aliveness” when you enjoy performing your favorite physical activities. You realize now that the most difficult part of exercise is not the doing of it, but the deciding to be active—the *getting ready to do*.

And enjoy the activities you decide to do. Once you’ve actually begun, you know from past experience that it’s easy to sustain and actually enjoy it! Just 30 seconds is all you need... 30 seconds to begin the activity you know generates so much benefit and satisfaction. YOU HAVE THE RIGHT TO THESE 30 SECONDS! Focus now on how easy it is to do 30 seconds of physical activity. And then... just keep going! You’ve already done the hardest part... STARTING! So just go ahead and finish! YOU HAVE THE RIGHT TO THESE 30 SECONDS! NO stress... no external force has the right to take them from you.

You have the right to feel good. You have the power to take the next step forward... and the next... and the next! Hopelessness, helplessness, resignation, and rationalization... you simply refuse to buy into those old tired ways of feeling and thinking. You’ve released them now, along with the unnecessary unconscious patterns that you never chose on purpose, anyway! You’re no longer a puppet of your ancient history... no longer run by silly, thoughtless childhood commands to clean your plate or guilty pleas about starving children in other countries.

You’re not going to play the role of garbage disposal at every meal—you’re taking pride in pushing your plate away the moment you recognize you’re not hungry! Your positive habits grow stronger and stronger each and every day. Since you have the right to enjoy a TRIM, FIRM, HEALTHY AND ATTRACTIVE BODY, you also have the right to protect that body; protect it from foods that poison it... foods that do nothing for you but add layers of inertia and extra pounds. Your positive addictions for healthy food, for clean food, and for physical activity are massively overwhelming the old outmoded eating habits, those accidentally-learned patterns of behavior that you’ve chosen to replace.

You’re very clear now that the old eating habits you established early in childhood were not the result of your conscious choice. They were simply an accident of environment. Now, with your knowledge, with desire for health, you can choose to make a new

choice. You no longer need to feel guilty, or under pressure. Anger, Resentment, Blame... let them go! You have the chance to feel clean and healthy, becoming more attractive to yourself and more attractive to others each and every day.

Following the BioSlim program, you ARE BURNING FAT. Burning fat and melting off excess pounds. And you are *not* “on a diet”. You are not in prison. Not deprived or neglected. You are free to make choices. You allow yourself to feel free. You’re not in jail and no one’s judging you. Don’t beat up on yourself for an occasional slip. Instead, get right back on track and focus on your REAL desire: A TRIM, FIRM, HEALTHY AND ATTRACTIVE BODY.

As you continue creating health and vitality, you’ll find you just can’t eat as much as you used to. The realization of this fact will become a source of pleasure and even pride. “Just can’t eat as much as I used to” will become a commonplace thought, and a frequent statement to others. And as you become lighter and more active, the quality of your sleep will improve and life will become richer and more vibrant.

Congratulations... on creating the TRIM, FIRM, HEALTHY AND ATTRACTIVE BODY you so deeply deserve. Enjoy following the BioSlim program.

It’s simple. And it works... for *you!*

MASTERING MOTIVATION



*There's no thrill in easy sailing
when the skies are clear and blue,
there's no joy in merely doing things
which any one can do.*

*But there is some satisfaction
that is mighty sweet to take,
when you reach a destination that
you thought you'd never make.*

Spirella

This chapter deals with the psychological/motivational aspects of weight control and how you deal with food. It was written in consultation with motivational expert Marc Bachrach. The next chapter deals with the physical aspects of cravings and motivation, and how those interact with psychological issues.

The facts, insights and tips described here can be used by anyone searching for ways to *gain control* over his or her life. The reader is urged to review these chapters more than once; each reading can bring new understanding and awareness.

Have you seen the diet section of your library or bookstore lately? If you were to survey the books found there on weight and behavior modification, you would find:

- ♦ A huge number of reasons why people with weight problems eat the way they do;
- ♦ When and how they learned to reinforce these behaviors;
- ♦ Descriptions of the self-image that goes along with this behavior pattern;
- ♦ The functions and payoffs that overeating and staying overweight provide.

You'd discover that the reasons and motivations for losing or gaining weight are mine fields fraught with subtle traps and emotional quicksand. The reading is fascinating, filled with fact, theory, brilliant analyses and cogent insights—translated for the modern reader into the language, idioms, and styles of the moment, beautifully arranged with life portraits and testimonial snapshots of “real people just like you”.

Just a brief synopsis—even a *brieflisting* of all these descriptions and theories—would fill the next 10 or 15 pages. Reading that list would take you on a thrilling, perhaps guilt-ridden odyssey into many possible variations of your past. Some individual books list more than forty or fifty different styles of overeating! One theory on the function of overeating actually links it to *ancestral memories in the subconscious mind*—memories of the time when we were cave people who needed to create body fat to survive cold weather and recurring famines!

OK. Maybe...

But in truth, the reading is engrossing, and you would be amazed by all the mechanisms, rationalizations, and misconceptions most of us carry around as psychological baggage.

Rather than drown you in analytical detail on what you've already lived through and have now decided to change, let us instead offer a highly condensed version.

The bottom line.

All you *really* need to know about why, where, when and how you learned and reinforced your present habits, honed down to its true essentials, so that you may be free to take effective, immediate action, and *remain* successful.

WE ARE ALL OK

As a child, teenager, and young adult, you made the best decisions and choices you were capable of making, considering the input you were given. All of the reasons you learned to eat and carry weight the way you did make perfect sense on a number of levels and are *completely* reasonable and understandable.

You are not a criminal, not wrong, not a terrible person in any way. What you have done up to now worked... though it has generated its own share of pain and discomfort. It has made perfect sense up to the present moment.

You do not deserve eternal punishment, discipline, and internal criticism or nagging. Instead, you deserve compassion, support, and understanding *from yourself for yourself*.

You also deserve to make a new choice.

You can choose to live in a *slim, firm, healthy and attractive body*.

The same brilliant mechanism that learned, adapted, and produced the behaviors you now choose to release stands ready to serve as you input new choices and decisions into your new “bio-computer”.

Start NOW, right here, where you are, with what you’ve got.

The Past is finished.

The Future isn’t here yet.

Your Moment of Power is NOW.

Patience, self-love, persistence, realistic goals... These are your keys to a *slim, firm, healthy and attractive body*!

You know, last time we checked, being overweight wasn’t a moral failing nor a serious character defect nor a sin nor an act harmful to others. Yet we’ve all been brainwashed with the “plain, hard truth” that the only proper corrective, the only effective approach, the only thing that should be used that has a prayer of getting results is harsh, authoritarian DISCIPLINE.

Nonsense! Actually, the truth is nearly the opposite. There are very few people who can utilize a disciplinary, demanding style of “self-talk” to create behavioral change. Sooner or later, that famous

(or infamous) “inner child” in most of us will either rebel against or simply ignore the instructions entirely.

Most people respond most favorably, most easily, and most permanently to a kind, positive, and consistently supportive approach, especially when it is self-directed. This is a style of communication that is enthusiastic and direct, providing encouragement that conveys caring and real belief in our ability to succeed. Benevolent, concerned influence is the key, not punishment and control.

Apply the BioSlim Principles, then, and be kind to yourself. Flexing your spiritual muscles in this way may well yield benefits in areas you never thought needed attention.

A WAY TO EAT

Naturally thin people eat because they’re genuinely hungry.

People with weight problems never really know what it’s like to be hungry.

Naturally thin people (people who have a *healthy* relationship with food) eat what they want. But when their bodies have had enough, they stop. They have an inner sense of what is *right* for their bodies. This decision is not an intellectual determination of how much food they “should” eat based on calorie counting or a food scale or what happens to be on a plate. It is an automatic habit triggered by real physical feelings in their bodies. If not hungry, they cannot be tempted, forced, or intimidated into eating.

People with eating problems eat because the food has an appealing taste or smell, because they might not have any for a while if they don’t grab it now, or simply because it’s there! They eat *mechanically*, using an automatic mechanism that turns itself on and off *independently* of their hunger. They can become gathering, shoveling, chewing, swallowing machines.

People with weight problems eat food to satisfy almost every possible kind of “hunger” (emotional “hunger”, sexual “hunger”, friendship “hunger”, entertainment “hunger”, etc.) *except the body’s legitimate need for nutritious food*. The truth is, these “hungers”

can never be fed by food! When food is used, it only serves to mask the underlying hungers temporarily and inadequately. When this happens, emotional truths are avoided, and the external or internal actions needed to deal with the *real* situation are thankfully delayed.

No matter how our language, our advertising media, or our role models try to convince us, the simple facts are: Food *is not* sex, food is *not* friendship, food *is not* entertainment, food *is not* comfort, food is *not* rest or relief from fatigue, and eating food *does not* meet the need to cry, laugh, shout, sing, or dance!

Those messages, as conveyed by all manner of enticing external, usually commercial signals, are typically presented in very clever, very effective ways. Their purpose is to program your mind to buy and consume the food being promoted—never to help you, never to get you to do the right thing for yourself.

When ingested in these confused and confusing ways, food can only serve as an unhealthy anesthetic, assaulting our bodies physically while doing nothing to help us deal with what we really need. Eating this way triggers an extra layer of guilt and anxiety (the “*vicious circle*” we’ll deal with at the end of this chapter). Mechanically eating food for *any* reason other than legitimate hunger solves none of our problems, meets none of our real needs, and weighs us down physically, emotionally, and energetically.

SEPARATING REAL HUNGER FROM FALSE HUNGER

Infants and toddlers are completely in tune with their hunger. Have you ever tried to force an infant to swallow one morsel more than he or she needed as fuel? Chances are you ended up wearing it! At that point in development, there has been no corruption of the relationship between eating and the true needs of the body for fuel and food. That distortion doesn’t happen until we’re trained to associate food and eating behaviors with rewards, punishments, substitutions, and “important” events—behaviors we can “control” to gain recognition, approval, disapproval, and so on. With time, we learn to allow ideas, outside stimuli, and relationship struggles

to distract us from and often *block* our awareness of our bodies' true hunger sensations.

Your major challenge in disconnecting yourself from unnecessary, habit-driven eating is separating out real hunger from false hunger.

First, the facts.

There are certain clues your body gives you when you are *truly hungry*, i.e., when your body needs food for its *physical* needs. Most commonly, it is that empty, “gnawing” feeling in the vicinity of the middle abdomen. It can also include feelings of mild lightheadedness, fatigue, or unexplained nervousness. Each of us has a different set of clues. Most of us know what they are. If you do not, there is a simple way to find out. Stop eating for 12 to 24 hours, drinking only water. Carefully watch your reactions *listening* to your body until you clearly discern the true feeling of hunger.

Incredibly, many people have not felt true hunger for *decades*. If you are among them, do the simple, brief experiment just described, and *discover hunger*. Once felt, it will be easier for you to postpone eating until that same sensation is felt. And by the way, you're in for a treat. It can be *exhilarating* to feel true hunger when you haven't felt it in years. It makes you feel *alive*.

Beware of false urges to eat. These may be little more than muscle tensions triggered by some eating cue or cues, or psychological urges that have nothing to do with true, physical hunger. Those cues and urges can be “external” or “internal”. Examples of external cues include seeing or smelling a particular food, the offer of food, or perhaps becoming aware of the time on the clock (“it's dinner time”). Internal cues and urges are often the emotional states (anxiety, frustration, boredom) and ideas about eating. *If I don't eat now, I'll be hungry later and may not be able to eat then.*

These muscle tensions and energetic or psychological sensations that you may feel in your body, and the thoughts and mental images that accompany them, are the most common sources of the urge to eat. But these urges, though frequently strong and compelling, are the markers of false hunger.

The area of the mouth and throat deserves special attention. Thirst for liquid, not hunger for food, is what you really feel here. (See later in this chapter for more about thirst!) You may also feel the urge to bite and tear with the teeth, and the impulse to chew in the muscles of the jaw and mouth (and sometimes all the way through to the neck muscles). These occur without the presence of real hunger, but are instead often linked to emotional states, such as frustration, anger or depression. Sometimes, they arise from an urge to clean the mouth and throat (which is why brushing your teeth or chewing sugar-free gum can help eliminate certain cravings). These are generally *not* signals of the body's need for energy-producing, life-sustaining fuel, aka food.

Each of us is motivated in different ways to eat. Much of that motivation has more to do with conditioning—*or habit*—than with real physiological need. Remember the Russian scientist Pavlov and his famous experiments with dogs? By associating the sound of a bell with the presence of food, he was able to *condition* the salivary response in a group of dogs he worked with. Soon, all he had to do was ring the bell, without the presence of food, and the dogs would salivate.

Instead of bells activating our nervous systems, we humans have words, images, restaurant signs, menus, TV, radio, friends, clocks, and hundreds of other cues. Just as Pavlov's dogs eventually did not need the presence of food to respond to the bell, so we humans often no longer need to be truly hungry in order to eat. We eat because some bell has rung.

One of the objectives of the BioSlim program is to return you to a full, permanent awareness of the food you ingest as fuel for your body. You want to use the cleanest, most efficient fuel available. And, naturally, the best-tasting and most aesthetically pleasing. Regarding the *amounts* of fuel you use: you would surely *never* fill up your car's gas tank and then unconsciously add another 10 gallons. You'd be standing in a dangerous fuming pool of gasoline if you did! Be likewise careful with your body.

Treat your body mindfully. Use the same common sense principles you use in every other aspect of your life. Recognize the

false urges and ignore them. Learn to identify *true* urges, like true hunger, and act on them. Don't overfill the tank. Don't explode.

TAKING ACTION

Here's a powerful aid to help you translate your new found awareness into meaningful, satisfying *action*.

Let's establish a numerical scale to gauge your hunger for "fuel" (food) and stomach fullness. This 0-to-10 scale will assist you in becoming more conscious and more precisely aware of real hunger and healthy eating. Remember: The goal is *eating only when hungry*, and then only as much as the body requires for fuel. The result is *a slim, firm, and attractive body!*

THE HUNGER SCALE:

Decide to eat only when you're really hungry, and stop before you're completely full, after your hunger is satisfied. Try to never begin eating unless you are at 4 or below on the hunger scale. Practice checking your hunger level *by the numbers*. As you become more aware and more precise, you might make a game of not eating before you're at a 3!

0— TRUE STARVATION, *caused by lack of any food for several days. Abdominal discomfort, hunger pangs, weakness, fainting.*

5— NOT HUNGRY. *Neutral. Fueled but NOT FULL!*

10— BEYOND STUFFED. *Bloated and extremely uncomfortable physically. Completely turned off by even the idea of more food.*

Your target once you start eating is to stop when you reach 5, or even before. Not one *smidgen*, nor one *morsel* of food more! **You are choosing to regularly stop eating before you are full, but after your true hunger has completely disappeared—in total comfort and satisfaction.**

Each time you reinforce this vital, important habit, say to yourself, mentally or out loud: “I just can’t eat as much as I used to.” As your eating habits return to their natural normal state, this statement will become the absolute truth! (*Just for fun, hold up your hand and make a fist. This is about the size of your stomach! See now how much less food your body really needs?*)

If you experience any doubt or confusion, treat that feeling as NOT being hungry. Only a genuine, *physical* sensation can tell you when you are hungry. If you are in doubt—you are not hungry!

- ♦ *Stop eating before you are “full”!*
- ♦ *Ask: “Am I hungry? Where am I at on my Hunger Scale?”*
- ♦ *If you have to think about it, if there is any uncertainty, this is not hunger! It is a conditioned response, a behavior activated by a belief, a ritual, an external stimulus, or some other cue. It cannot be REAL hunger unless it is clearly felt. It must be FALSE hunger!!*

There is some good news here. Just because your hunger-awareness faculty has been distorted, confused and left unused does not mean that it has been damaged or destroyed. Far from it! The simple process of *paying attention to your body’s signals*, and separating other surface sensations from it, *will* return to you your ability to be completely and consciously in tune with your internal signals for healthy, nutritious food.

You have the power to be in touch with the pure, unadulterated, unconditioned body sense of genuine hunger. Nothing and no one can remove it from your biological mechanism, not even you. The more you follow the BioSlim program and begin adopting its healthful principles, the easier and more rapid will be your return to balance. Ultimately, you’ll once again find the same clear, effective feedback system any child, animal, or naturally thin person uses to control the process of eating, without extra effort, confusion or

discomfort. Patience, persistence, and a self-loving attitude will carry you through to your goal.

Tell someone that one of the most important steps in the BioSlim system is to only eat when truly hungry, and they'll tell you how obvious that is. We should know—we've told LOTS of people! And guess what. The vast majority were unclear about when they were experiencing genuine hunger and how to recognize that feeling in their bodies!

Now close your eyes, breathe slowly and deeply a few times, place your awareness in your stomach (not your mouth, tongue, teeth, head, jaw, shoulders, back, eyes, or hands) and ask yourself: Am I hungry?

If the answer is “no”, your body does not need or want food! Choose to turn your attention to whatever task is at hand or whatever enjoyment you might choose.

If the answer is “yes”, decide if you want to eat right this moment or whether you may wish to eat later.

If you experience confusion or uncertainty when you ask these questions, YOU ARE NOT HUNGRY!! Choose to do anything else *except eating food!* With patience and repetition, you will become clearer and more in touch with *true* hunger.

No one is “always hungry”. And there is really no such thing as being “a little hungry”! Either your body needs and is requesting nutritious fuel, or it is not.

You deserve a simple, totally natural relationship to food as fuel and nutrition. Soon, by repeatedly asking the question “Am I hungry?”, your answer will become obvious every time the question is asked. In time, you'll find it unnecessary to ask! Think of using this question in the same way you used training wheels when you were learning to ride a bicycle. Eventually, they came off and you rode without them.

Here are some powerful ways to assist yourself in staying conscious while you eat, and reorienting yourself to a more *natural* style of eating (defined as eating only when you're hungry, and only as much as your body needs for fuel, enjoying your food without guilt or drama):

1. Put your fork or spoon down after **EACH** bite, until you've finished what you're chewing and have swallowed it. If you're eating finger food or a sandwich, choose to put it down on your plate after each bite. The point is to remove as much of the automatic, unconscious, habit-based aspect of overeating as possible. Slowing down the eating process in this way will allow you to stay more aware of the responses arising in your mouth, taste buds, stomach, and the rest of your body, and will enhance your ability to achieve full control.

If you find this at all uncomfortable, you may add a slow, deeper-than-normal breath between bites. The first time you do this, treat it as an experiment, allowing yourself time to find a way to make it easy and natural.

2. Look at the food on your plate before you begin eating. Become aware of its quantity. Roughly determine what **HALF** of this meal consists of. Decide in advance that when you reach this halfway point in your meal you're going to take a pause and **STOP EATING COMPLETELY!** (Make sure the half you choose is protein-carbohydrate balanced, per the *Food Plan*.)

Halfway through, as you decided when you started, put your utensils and all food down on the plate, dish, or table. Breathe once or twice slowly, and turn your attention away from food as completely as possible. If you are eating with a companion, try asking a question and pay total attention to the answer and the ensuing conversation. Or simply think about what you're going to be doing after the meal. Or you may wish to indulge in some daydream about anything that fascinates you.

After this eating interruption of *at least* thirty seconds, direct your attention to your stomach and decide what number on the hunger scale you're at. If you've reached a 5—if you're no longer hungry—push your plate away. You're finished!

3. Sometimes you may find it difficult or confusing to be clear about your hunger level while you're eating a meal. If you

cannot tell whether you're hungry or not, **decide at that moment to finish just two more bites of food.** Choose the very best, most appealing, most appetizing bites on the plate or in the meal. This is the part of the meal you usually save to the very end because it's so enjoyable. This is the taste you want left in your mouth when the meal is over. (That's "when the meal is over", as opposed to "when all the food is completely gone".) Enjoy these last two scrumptious bites thoroughly!

Then—pause briefly, and ask your body again about where on your hunger scale it is. If you're still confused, or if you get no signals at all, chances are you are no longer truly hungry. Not for food as necessary body fuel. If you were to continue eating, you would be following outmoded rituals and concepts about eating, rather than truly feeding your body what it needs. Examples of such rituals and ideas: "*I have to finish everything on my plate.*" "*Take all you want but eat all you take.*" "*If I don't eat all this now, I won't have anything until __o'clock.*" "*I ate junk earlier so I have to eat every bit of this healthy food to balance it out.*" Etc., etc.

It is time to demonstrate your mastery over food! Choose to end your meal, strengthening your confidence in the process.

With practice, your awareness of the hunger signals in your stomach will grow more accurate and more definite. Soon, being clear and immediately conscious of them will be an easy, natural part of your life. There will come a time when you will find it hard to believe you ever ate any other way!

4. As mentioned earlier, try writing down everything you decide to eat *before* you eat it, but *after* you decide you *want* to eat it. This action alone is highly effective in helping people control their eating and weight levels.



THIRST IS NOT HUNGER

“Am I thirsty?”

Acting on this simple question is one of the most powerful things you can do to reclaim your naturally healthy, lean body.

Try asking “Am I thirsty?” whenever you sense a message from your head or body that prompts you to crave food. If that message is “I want *something*” instead of “I need to eat”, there is a very real possibility that your body craves *fluid*, not food.

When you feel the urge to eat, take a drink of water instead of eating food! Then ask yourself what number you’re at on the hunger scale. Often you will find that the urge to eat is no longer there! This is because sometimes our minds learn to confuse any kind of “craving” as a need to eat food. Yet often our bodies are simply thirsty, because most of us don’t drink as much water as our bodies need every day! Knowing this, and supplying your body with what it *truly* needs, can have a dramatic impact on your automatic-eating machinery, and on your self-confidence.

Simple question, simple answer, simple action.

“Am I thirsty?”

This kind of approach is the essence of the BioSlim method: Keep it simple; take it easy; make it work *for you*. The healthy, natural way.

Your allies are:

- ♦ Patience
- ♦ Acceptance
- ♦ Repetition

This is **NOT** about substitution. You’re making sure you’re getting what you need, when you need it, *because* you need it.

Congratulations! You *deserve* to get what you need.

NATURALLY THIN

Let’s review again how naturally thin people eat.

They (and *you* in the near future!) consider only four things:

- 1) Whether they’re hungry or not

- 2) Precisely what they want to eat
- 3) What they're putting in their mouths and its immediate effect on them
- 4) When their bodies have had enough food

That's all you really need to know and act upon to be released from automatic eating behavior—to be free to create a *slim, firm, healthy and attractive body!*

MENTAL TOOLS

There are mental tools you can use anywhere, anytime to promote awareness and action, and to further help reestablish a natural, biologically sound, healthy relationship between your body and food. These tools can help change the nature of your mental questioning from *reactive* to *proactive*, which can dramatically strengthen your movement into this healthy mind-set.

Examples of *reactive* mental processes: “Why did I do that?” “How could I be so stupid?” “When am I ever going to get control?” The more effective, *proactive* approaches (those that deal with situations in advance) are described below.

Consider the following questions as your additional keys to unlocking the prison of unconscious, automatic behavior.

You can apply these questions anytime you have a thought about eating or an impulse to put something in your mouth. The more often you ask them, learn from them, think about them and act on the information they yield—the faster you'll dissolve the old automatic-eating machine and find your new, naturally healthy eating system.

- 1) Am I thirsty?
- 2) Am I hungry?
- 3) What number am I at on the 0-to-10 hunger scale?
- 4) What does my body want to eat?
- 5) Crunchy or soft?
- 6) Sweet or salty?

7) Spicy or mild?

8) Besides eating, what other options or activities are available to me?

Many people have discovered (after determining that they are *neither* truly hungry nor thirsty) that instead of ignoring the impulse or “urge” to eat, they can *extinguish* the strength of the impulse, without empowering it by fighting! The event then exhausts itself because it is no longer pushing against anything or in conflict with the “will”. Your attitude is simply that you have been handed a message about something that no longer interests you. You thank the messenger in an easygoing, disinterested manner, then carry on with your life’s business.

The mental dialogue might go something like this.

- ♦ I feel an urge to eat.
- ♦ I *could* eat if I choose to.
- ♦ I could eat, but I don’t have to eat.
- ♦ I am the one who chooses.
- ♦ I’ve decided to eat food when I’m actually hungry.
- ♦ I notice a physical sensation in my (mouth, hands, face, jaw... wherever) and a thought in my mind about eating.
- ♦ *Wow*, is my... (mouth, face, jaw... wherever) tense!
- ♦ I have an urge to eat.
- ♦ But I am not this urge.
- ♦ I am the one who is aware of the urge.
- ♦ I am the one who chooses.
- ♦ The urge will pass, yet I remain—I, the one who is aware—I, the one who chooses.
- ♦ I choose to allow this “urge”, this echo of the past, to diminish and end; to spend its energy and end its mission.
- ♦ It has reminded me of a choice.
- ♦ And I have chosen.
- ♦ I could eat if I choose to.
- ♦ I choose to eat when my body is actually hungry for nutrition and fuel.

- ♦ I am the one who chooses. I am the one who is aware. I am awake, alive, and actively choosing.
 - ♦ I *choose* health.
 - ♦ I *choose* freedom.
 - ♦ I *choose* to separate real hunger from false hunger.
 - ♦ I *choose* power and liberation, not slavery.
-

COURSE CORRECTIONS

The purpose of using the BioSlim system is the achievement of permanent, long lasting success. NOT immediate perfection and overnight euphoria.

Think of yourself as a guided missile. You've set your target and plotted your course. Inside this missile is a guidance system that informs the missile's computer whenever the missile strays off its predetermined course. This makes it possible for the computer to make the course corrections necessary to reach its chosen target. It provides this essential, up-to-date information just as any efficient feedback system does. It does this without judgment or criticism. It DOESN'T flood the computer with waves of emotional overload, or play audiotapes of old reprimands from its parents over the loudspeakers at full volume. It DOESN'T blame the missile or demand that it instantly abandon the mission as hopeless. IT JUST HELPS CORRECT THE COURSE—by providing accurate, reliable information about where it is and what needs to happen to get back on course. It repeatedly and rapidly *learns* from “mistakes”, gathering the facts necessary to correct its course and get back “on target”.

The past is finished—over and done with! It is history. All that remains from the past are memories and learned responses. The future hasn't happened yet and must be created, with specific purpose, to the best of your power and intention. Just as the missile's guidance system takes information from the present and helps the missile reach its target in the future, so does your past exist only as a launching pad from which to accelerate in a clear and self-correcting manner into the future.

Your conscious awareness will tell you when you're off course, so you can effectively make the right course corrections.

Yes, you have the right to berate yourself, judge yourself harshly for any slip, and turn away from your eventual success because of momentary pain and aggravation. Consider, however, that YOU CREATE FOR YOURSELF much of that discomfort with the way you give yourself critical feedback. It may also be true that you might not treat anyone else in the world as harshly, as punitively, and with as little support and encouragement as you treat yourself in such moments. Are you harder on yourself than anyone else you interact with? You may have lots of "good reasons" why you MUST punish and overwhelm yourself with helplessness, guilt, suffering, and pain whenever you make a mistake. But are those reasons valid?

Now is the time to realize that *mis*-takes provide the only opportunities you have for the "*re*-takes" that ultimately create the success you desire and deserve!

THE VICIOUS CIRCLE AND HOW TO END IT

Recognize the following scenario? You overeat once and begin to food yourself with discouragement. Your guilty feelings and self-critical thoughts generate anxiety and discomfort. A vicious circle is formed. Anxiety leads easily to more overeating, which then triggers further discouragement and guilt.

REFUSE TO BEGIN THE CIRCLE before it even starts by simply shrugging off your mistake with compassion and self-acceptance. A slip does not invalidate your previous progress! Recognize, then forget the all-or-nothing

"I-have-to-have-total-absolute-perfect-control-and-immediate-permanent-success-or-I'm-an-incompetent-miserable-doomed-failure"

brand of thinking. Return to the relaxed, tension-free BioSlim method of creating a *trim, firm, healthy and attractive body*.

Remember, you *can* and you *will* lose your extra weight... easily and naturally... painlessly and permanently. Using Bio Slim as a

conscious commitment to yourself, you *choose* to no longer deprive yourself of a *trim, firm, healthy, and attractive body*.

You deserve it.

You owe it to yourself.

Enjoy it!

WHAT TO DO ABOUT THOSE CRAVINGS



There are two broad categories of why we get cravings. The first is mostly psychological, having to do with triggering stimuli such as:

- ♦ “It’s time to eat”
- ♦ A smell
- ♦ Some place you find yourself in
- ♦ Some person
- ♦ Some feeling
- ♦ Some event or activity, like sitting in front of the TV
- ♦ Etc.

This area has been covered at length in the preceding *Mastering Motivation* chapter. (*Speaking of TV, note that eating in front of it is not a good idea. One study found that you are more likely to end up eating more than you otherwise would—more than your body actually needs—if you eat while watching television.*)

But for most people, cravings—and the uncontrolled, unnatural eating they cause—are not only psychological in origin. They are caused by a complex set of factors: physical, biochemical, psychological. As with all things related to the human condition, it’s not simple.

To really control “uncontrollable” cravings, you must apply solutions to *all* factors causing them, be they physical or psychological.

Psychological factors and their solutions have been discussed earlier (see the *Mastering Motivation* and *Secret Power Inside You* chapters). What, then, are the factors contributing to the *physical*

aspects of cravings? Is there a chemical reason for your “insatiable” need to consume ice cream? Do those potato chips fill some kind of *physiological* need of which you are not aware?

WHY WE GET CRAVINGS, PHYSICALLY

The following are the most common types of physical disorders that can underlie the existence of cravings:

- ♦ Blood sugar disorders
- ♦ Thyroid dysfunction
- ♦ Depression
- ♦ Severe food allergies
- ♦ Nutritional deficiencies
- ♦ Food/diet imbalance

BLOOD SUGAR DISORDERS: A DISASTROUS CYCLE. See *Diabetes* in the *Medical Consideration* chapter above for more information on blood sugar. When it comes to cravings, *hypoglycemia* (low blood sugar, as opposed to the high blood sugar of diabetes) is usually the problem. Here’s what happens: as blood sugar levels drop, certain symptoms occur: fatigue, lightheadedness, inability to concentrate, weakness, headaches, irritability, *and cravings*. The foods that are most often craved are those with the highest simple sugar content: candies, cakes, cookies, ice cream, fruit juice, and sugar itself. But *any* high-carbohydrate (bread, pasta, etc.) or high-fat food may be the object of the cravings that occur with hypoglycemia.

Hypoglycemia is itself often caused by poor eating. The eating of sweets naturally causes blood sugar to immediately rise. But often within 60 minutes of this initial rise comes the beginning of the crash, as insulin floods the bloodstream, moving sugar into your body’s cells (and storing the excess *as fat*). Eventually, as the body responds to the high blood sugar levels (created by the high-sugar food) with hormones (insulin) that *reduce* blood sugar, blood sugar levels drop *below* the level that existed prior to the ingestion of the high-sugar food. This in turn creates a *craving* for *more* sweets (or fat), as the body calls out for *more food*, more calories, more sugar. And so the craving/binge cycle begins.

This cycle is exacerbated by caffeine which acts as an additional, unnatural stimulant on top of the stimulation caused by the “sugar rush” created by the high-sugar food. So that doughnut and coffee you eat for breakfast (*not* under BioSlim, of course—right?) and again in mid-morning can devastate your whole day! Eating these things sets up *awhole day* of roller-coaster blood sugar levels, with each dip causing you to crave more sweets and/or more caffeine. This common syndrome causes irritability, mood swings, severe fatigue (particularly at the end of the day), headaches, and many other negative effects, to say nothing of weight gain.

The solution: Break the cycle. *Stop* eating high-sugar foods. *Stop* eating all junk food. *Stop* eating white flour. Follow the BioSlim Principles. Use the BioSlim Formulas And see *How to Prevent and Stop Cravings* at the end of this chapter.

THYROID DYSFUNCTION: This disorder is discussed at length under *Thyroid Gland Disorder* in the *Medical Considerations* chapter above, and below in the *Women: Special Facts and Considerations* chapter.

Thyroid deficiency, the most common thyroid disorder, causes a slowdown of most body functions. It can cause hypoglycemia (see BLOOD SUGAR DISORDERS immediately above), which in turn causes cravings. Thyroid deficiency may also cause excessive cravings directly, without invoking the mechanism of hypoglycemia.

The solution: Get your thyroid checked thoroughly (see the *Medical Considerations* chapter for testing details). Get treatment if necessary. And see *How to Prevent and Stop Cravings* below.

DEPRESSION: The depressed individual often seeks solace in food (or conversely sometimes, may shun food). Typically, the cravings experienced come at unusual times, such as in the middle of the night. (Don't worry if you have night time cravings. It does *not* mean you're clinically depressed; there are many other reasons for cravings.) Depression can lead to indiscriminate eating, which in

turn leads to more or exacerbated depression due to the nutritional deficiencies and imbalances caused by poor diet. Another negative cycle is thus created.

The solution: See your physician. Use the BioSlim Formulas! Follow the BioSlim System as closely as possible. Avoid all sweets, alcohol and food additives. And see *How to Prevent and Stop Cravings* at the end of this chapter.

SEVERE FOOD ALLERGIES: See *Allergies and Substance Sensitivities* in the *Medical Considerations* chapter above for more information on food and other allergies.

Food allergies can cause cravings because *we often most crave those foods to which we are most allergic or sensitive*. The reasons for this phenomenon are unclear. But allergies can cause prolonged, chronic dysfunction, including migraine headaches, sinusitis, recurrent respiratory and ear infections, severe recurrent gastrointestinal disorders, arthritic syndromes, and much other unpleasantness. These disorders and symptoms can be perpetuated by the constant need to ingest more of the causative foods, and again, a cravings cycle is born.

The solution: Avoid all suspected allergenic foods and substances. *Vary* your diet: try never to eat any foods, particularly those you suspect are allergenic, more often than once every four days. This should help reduce the severity of food-induced allergic symptoms and cravings. Avoid all junk foods and sweets. And see *How to Prevent and Stop Cravings* below.

In most cases the primary factors leading to cravings has more to do with diet than disease, disorder, or deficiency. What often

FOOD EATEN	CRAVING CAUSED
Salty Food	Sugar / Sweets
Sweet / Sugar	Salty Food

FOOD EATEN	CRAVING CAUSED
Fatty Food	Sugar / Sweets
Sugar / Sweets	Fatty Food
Alcohol	Salty Food
Salty Food	Alcohol
Beer	Fatty Food
Beer	Salty Food
Chocolate	Salty Food
Salty Food	Chocolate
Chocolate	Fatty Food
Fatty Food	Chocolate
Coffee	Salty Food
Coffee	Fatty Food
Fatty Food	Coffee
Undiluted Fruit Juice	Salty Food
Salty Food	Undiluted Fruit Juice
Red Meat	Sugar / Sweets
Fowl	Sugar / Sweets
Butter or Cheese	Sugar / Sweets
Meat of any kind	Alcohol
Many drugs	Salty or Fatty Food

happens is that bad eating begets more bad eating. Which leads us

to our last two categories of causes of cravings:

NUTRITIONAL DEFICIENCIES: People who are deficient in one or more essential nutrients may eat prodigious amounts of food because their bodies crave the missing nutrients and are looking for those nutrients in ever-increasing amounts of food. Unfortunately, the body cannot choose the food it really needs, and the net result can be massive overeating. The eating becomes indiscriminate. And ironically, the food the body actually receives is often devoid of the very nutrients it craves. This sets up an endless cycle of cravings and binges.

The solution: Avoid all sweets and junk food. Follow the BioSlim program as closely as possible. Use the BioSlim Formulas! And see *How to Prevent and Stop Cravings* below.

FOOD/DIET IMBALANCE: It is not commonly known that certain foods tend to create certain cravings. Eating a high-sugar food may cause you to crave salt, so you follow it with some potato chips. Conversely, salt may lead to a sugar craving, which is why you may follow potato chips with a piece of cake or ice cream, or soda pop instead of water. Sugar can also increase craving for fat and vice versa, a useful point to remember when attempting to make sense of your eating habits. One may rightfully expect, then, that potato chips, which are high in both salt and fat, would lead to a very powerful craving for something cool and sweet. Sound familiar?

Below is a table containing some common cross-reactions between foods that underlie this very common and powerful source of cravings: a *food/diet imbalance*. These are examples, designed to reflect the *pattern* of food-induced cravings. Use this list to help you understand why you sometimes eat the way you do—why you feel compelled at times to consume certain foods. Understanding the source of your cravings will dramatically improve your ability to conquer them!

COMMON CROSS-REACTING FOODS

HOW TO PREVENT AND STOP CRAVINGS

BREAK THE CYCLE! Of all the physical causes of cravings listed in this chapter, all but one (thyroid dysfunction) represent negative, self-perpetuating cycles.

It is vital to break these cycles if and as they come up! *Stop* eating and drinking excessive sweets. *Stop* eating nutritionally empty, depressing junk food. *Avoid* all allergenic foods. *And break* the habit of bouncing back and forth from one cross-reacting food to another. These negative food cycles can often be permanently changed in a matter of just a few days. All that is needed is the will to do it.

Suggestions for accomplishing the *breakage* of these cycles:

- ♦ **Food quality:** This is the most important factor you can change in the area of negative food cycles. *Follow the BioSlim Food Plan as closely as possible!* Avoid all junk food. Avoid all foods that trigger cravings. Eat only *real, recognizable* food.
- ♦ **Avoid all added fats:** There are at least three compelling reasons now to avoid all added fats and oils, per the BioSlim System. In no particular order, they are:
 - 1) They will make you fatter faster than anything else can.
 - 2) They increase your risk of heart disease and cancer, and will shorten your life.
 - 3) They cause you to crave sweets, which in turn damages your health, increases fat levels, and make you crave...*more fat!* Which in turn... well, you get the idea.
- ♦ **Avoid sugar and excess concentrated carbohydrates:** Refined white sugar (table sugar) is very damaging to your health in many ways. Plus, it will:
 - 1) directly cause weight gain, and
 - 2) cause cravings for fats that will *further* cause weight gain.

White sugar is one of the worst foods you can eat.

See *Appendix* for the best (and worst) no-calorie sweeteners.

Highly concentrated carbohydrate foods, e.g., white bread, have an effect similar to sugar, ruining your protein-carbohydrate

balance. (As noted earlier, fiber does not count as a digestible carbohydrate.)

- ♦ **Drink plenty of water:** This is an easy, healthful way to help avoid cravings. **A perceived craving for food, particularly fatty food, may often be easily satisfied with a cup or two of water.** Drinking plenty of water also helps to naturally control appetite through a direct effect on the stomach. Always drink pure, fresh water.
- ♦ **Try brushing your teeth instead of eating!** Often, a craving for a particular food, especially high-fat, high-sugar food, is caused by something no more complicated than a bad taste in the mouth. A quick, refreshing tooth brushing or mouthwash rinse will often get rid of cravings immediately and painlessly. Or try using **calorie-free mint drops**, such as natural peppermint, or even **sugar-free gum**.
- ♦ **Food timing:** Try not to skip breakfast; this only leads to hypoglycemia and severe cravings sometime around mid-morning, which in turn may cause you to eat something like cookies or doughnuts with coffee and sugar, which will then set you up for a roller-coaster blood sugar ride for the rest of the day. *Not a good idea.*

Avoid eating within two or three hours of bedtime. Doing that can change your eating patterns so that you are *hungrier* in the morning, leading you to eat a decent-sized breakfast, which can then help control your mid-morning cravings, and help straighten out your whole day.

If you need to snack between meals, eat some fresh vegetables. Otherwise, a bit of protein and/or small amount of fruit works well too.

- ♦ **Meal size:** A pattern of smaller, more frequent meals throughout the day is much more conducive to controlling cravings than a pattern of starvation or foraging during most of the day followed by one large (often *very* large) end-of-day meal. Studies have shown that spreading food intake throughout the day helps in the weight loss effort, while concentrating calories all in one large meal hinders it.

- ◆ **Watch your salty foods**, if they lead to sugar cravings (or if you suffer from kidney disease or high blood pressure).
- ◆ **Eat slowly**: This will help minimize the effect of cravings, because you will find that you are satisfied *sooner* than you would be if you were wolfing your food down.
- ◆ **Vary your diet**: Useful when food allergies are suspected. Try to avoid eating any particular food—bread or other wheat product, eggs, meat, corn, soy, or any other potentially allergenic food—too often. *Rotating* your diet, so that you do not consume any single allergenic food more often than once every four days is the easiest way to accomplish this.
- ◆ **Read and follow** the tips, ideas, and instructions in the *Mastering Motivation* chapter above.
- ◆ **Finally, remember to use the BioSlim Formulas!** They have been specifically formulated to help you in your battle against cravings. Don't rely on them exclusively of course; use them as part of the complete BioSlim program. The purpose of the Formulas is to help you fulfill the concepts and goals outlined here and throughout this book.

MAINTAINING YOUR ACHIEVEMENTS



When you've reached your health and weight goals, remember: **DON'T STOP FOLLOWING BIOSLIM'S BASIC PRINCIPLES!** If there is one most important difference between this program and most others, it is that BioSlim was *designed from the start to be permanent*. This is a lifelong way to stay at your proper weight and maintain excellent health. For that to happen, you must at least continue to adhere to the central concepts of BioSlim.

This does not mean that you must take the Formulas forever; they may be adjusted, or even stopped, as described in the *BioSlim Formulas* chapter.

Nor does it mean that you must suffer in any way. In fact, the BioSlim program *depends* on your happiness.

It may turn out that you find yourself “cheating” more often than you did during your losing phase. *But the basic program of eating (the Food Plan) and the Activity Plan should become a permanent part of your life.* That is the key to your long-term success.

How It's Done

- ♦ **Keep up your Food Plan, use the BioSlim CookBook.** As you do, preparing food healthfully will become second nature. Soon you will be wondering how in the world you could ever cook and eat any other way, because you'll be feeling and looking so much better!

The rewards that come from eating the old, unhealthful way are very transient indeed, lasting about as long as it takes to finish your meal. But the rewards of eating the BioSlim way—naturally,

nutritiously, yet fully, with real, delicious, recognizable food—will last for the rest of your life. Every time you eat food that gives you pleasure and benefits you nutritionally at the same time, you'll be accomplishing something important that you can feel great about: your goal of having a healthy *and* attractive body, one that will be around longer because of each such step you take.

- ◆ Maintain your chosen **Activity Plan**, as covered in the *Activity Plan* book.
- ◆ Take the **BioSlim Formulas** as detailed earlier. Once your initial goals are reached, you will decide what level of Formulas you need to maintain good health and weight control.
- ◆ **Keep this book on your shelf permanently** for reference whenever you have a question about health and fitness. You may well need it one day.

WE WANT YOU TO SUCCEED. PERMANENTLY.

That's what BioSlim is all about. And we'll do whatever we can to make sure you reach your goals—and keep them!

If you run into any roadblocks, or have any questions not answered in this book (after using the index to find stuff)—first visit our website at bioslim.com Check out the searchable *FAQ* and *Health Info Database* sections. Or search the whole site, using the Search box at the top of each page. You may also email us with your particular concerns, via the *Contact Us* page or the *Help* section.

If you still need more help, call our Doctor's HotLine. It exists for this purpose — to enable BioSlim members to get the answers they need, from the source, when they need them.

SOLVING PROBLEMS



If you're like most people who experience the BioSlim system, you will meet with complete, ecstatic success. Sometimes, however, you may come to believe that things should be going differently, or you may notice one of the special situations listed below. These occur because every human on this planet is different from every other. You are likely to react differently from anyone else to changes in your food intake, nutrition, and activity level. Since every human is biologically unique, everyone starts with a personally defined metabolism and metabolic rate. Some people will lose weight faster than others. Some may have more digestive problems than others. Some may have a weak thyroid gland, while others may be burdened with excess negative psychological baggage.

Here now are some easy-to-implement, medically sound recommendations you can use to help overcome any challenges that may come up:

1. WEIGHT LOSS IS TOO SLOW

Here's a very important point: *Everyone loses weight at his or her own individual pace!* You must remember this. Do not be overly concerned if you're losing weight at only a rate of, say, 1 pound per week, or even less. Experience has shown us that when weight loss is approached correctly, people can lose as much as 8-10 pounds per week or as little as ½ pound per week, or less on some weeks. Rates do vary from week to week, month to month.

Also, water weight fluctuates much more than non-water body weight. Women, for example, can gain and lose several pounds of water weight in and around their monthly cycles. This is fairly

common, and has nothing to do with BioSlim or your overall weight loss.

The important thing is to be going in the right direction. Your actual rate of weight loss at any given point in time depends on many distinctly personal, individualized factors, discussed below. Many people start slowly, picking up momentum as time goes on. Some people can take up to two months to “get up to speed”. Others start losing weight quickly right from the start. In all these cases, the *direction* is what counts, not the amounts. Ultimately, all will succeed.

Remember too that if you are exercising, you may be losing lots of fat but not much scale-measured weight, because you may be, at least for a while, replacing fat with toned muscle. Since muscle is heavier than fat, it doesn't take much increase in muscle mass to offset your fat losses in terms of simple measured weight. Of course, none of that matters because you *want* to lose fat and gain muscle.

♦ **Adjusting your Formulas.**

Before we delve into all the factors affecting your rate of weight loss, note that your first step when you need more power from the system should be to:

- **Adjust your dosages of the SlimTone and Vita/Min Plus Ultra Formulas** as described in the *BioSlim Formulas* chapter above. Combine that with the many pointers, tips and advice in this section to achieve optimal results.

If you have done *everything right* and you *still* need more power, more effect, from BioSlim, there is one more Formulas-related option you can still take. You can, under these special circumstances, **repeat your course of Accelerator**. Here's how:

- Get another 12-day Accelerator bottle.
- Stop taking Vita/Min Plus Ultra, and begin taking the Accelerator tabs. [While you are on full doses of Accelerator, you should NOT also be simultaneously taking Vita/Min Plus Ultra.]
- SlimTone Formula should be continued at one-half normal dose (add 1 SlimTone tab when taking 1 Accelerator).

- When this round of Accelerator is finished, which should be after 12 days, restart your Vita/Min Plus and continue with the program.

Also, consider adding anEFA (Essential Fatty Acid) supplement, as described in the *BioSlim Formulas and Nutrition: The Key To Health* chapters above.

Finally, note that we will soon be describing for you a special part of BioSlim called *Super BioSlim*, which we have referred to at various points in this book. (See *Appendix*.) This is the ultimate weight loss plan, designed to get the weight off *anyone*.

But first, let's now review the common factors that determine your rate of weight loss. Following is a comprehensive list, along with concepts and recommendations you can use to help overcome any problem that may come up:

- ♦ **Your starting point.** In most cases, the more weight you need to lose, the *faster* you'll lose it in the beginning. If you need to lose just 5 or 10 pounds, it's going to take a lot longer than the first 10-15 pounds of someone who needs to lose 150.
- ♦ **Your individual biochemical, metabolic and hormonal condition.** You must make sure you don't have a medical, metabolic or hormonal problem, such as hypothyroidism. See the *Medical Considerations* section above, especially the section on *Thyroid Gland Disorders*. And remember to adjust your SlimTone Formula and Vita/Min Plus doses as detailed in *The BioSlim Formulas* chapter above, because in many cases, you can improve your physical state by supplying your body the nutrients it needs to fix itself.
- ♦ **Have you avoided eating more carbohydrates than protein?** Most especially, avoid sugar and empty concentrated carbs like white flour. This is key. If you've skipped this part of the plan, go back and do it now. Carefully. See *The BioSlim Food Plan* chapter above for details. Note that it's okay to eat more protein than carbs, but you should not reverse that. Don't load up on carbohydrates (fiber excluded), especially if that's how you gained weight in the first place.

- ♦ **Following the Food Plan.** This is a key factor, as some people “cheat” far too often during their weight-losing period, which inevitably slows down and may well stop *reverse* the process. If you “cheat” enough, pretty soon you’re not doing anything right anymore.

If cravings are the problem, read that section below.

If eating in restaurants is the issue, see the *Restaurant Eating* section of the *BioSlim Food Plan* chapter above. The key there is choosing from the menu only those foods that have no added fats or oils, or at worst, just a little, and not overeating sugar and concentrated carbohydrate food. Dinner rolls smothered in butter are the *worst!* Choose restaurants that will cooperate with your desire to avoid health-destroying ingredients.

The *BioSlim CookBook* contains detailed alternatives to such things as oily salad dressings, ice cream, oil, etc., as well as a wide assortment of healthful, *delicious* recipes.

- ♦ **Your activity levels.** The more active, the better. Any kind of activity works. See the *Activity Plan* book and chapter above for more details.
- ♦ **Your food timing.** If you’re too busy, or if you forget to eat properly throughout the day only to come home in the evening to eat one huge meal for the day—you will not do as well as you would by *spreading out your daily food intake* over the whole day. *Best suggestion:* Eat your largest meal at lunch, and your *lightest* meal for dinner. Have dinner as early as possible. Breakfast should be at least moderate. Eat as much as you want to eat in the morning.
- ♦ **Eat slowly.** Rapid eating *confuses* your internal sense of surfeit, making you much more likely to eat more than you really need. Try putting your utensils down after each bite, and not picking them up again until all the food is fully chewed and swallowed, plus an extra 30 seconds.
- ♦ **Eat only when you’re hungry,** not just because it’s “lunch time” or “dinner time”. Learn to recognize your body’s signals of true versus false hunger. (See the *Mastering Motivation* chapter.)

- ♦ **Stop eating when you're no longer hungry.** For most of us, this is very hard to do because we're trained in childhood to *finish what's in front of us*. Breaking that lifelong habit can be very difficult—and very rewarding, as this is precisely what *naturally* thin people do, and it is how nature intended for us to eat. (See the *Mastering Motivation* chapter.)

If you cannot find a way to stop eating when no longer hungry, **think about whether you're truly hungry or not**. If you're not sure, *you're not!* Hunger is *obvious*, a *physical* feeling. It is not mistakable, once you learn to recognize it. (Also note: hunger is often *thirst*, misidentified! Try drinking water.)

- ♦ **Drink plenty of water.** Water helps flush toxins out of your body, and helps you lose weight. And cravings are often caused by simple thirst. Drink at least 6-8 glasses of water per day.
- ♦ **Try writing down**, on a small pad of paper you carry with you, everything that is about to enter your mouth *just before* it enters it, but *after* you've made the decision to eat it. Studies have shown that this action alone causes weight loss! (See the *Mastering Motivation* and *What To Do About Those Cravings* chapters above for more tips and caveats.)
- ♦ **If cravings and urges are your problem**, please first read the *What To Do About Those Cravings* chapter. Three very effective techniques you can use if you get cravings for sweets: (a) Carry plenty of *sugar-free gum* and/or *sugar-free mints* wherever you go. Anytime you get an urge, or if you have a bad taste in your mouth making you want something cool and sweet, pop one of those mints or a stick of gum in your mouth. That will take care of the immediate craving so that you can go about your business. (b) Brush your teeth! When you get a sweet craving, simply brushing your teeth helps most of the time. (c) Liquid. Drinking plain water or flavored no-calorie mineral water or no-sugar iced tea will get rid of most cravings for sweets immediately.
- ♦ **Get sufficient sleep.** As explained in the *Insomnia* section of the *Medical Considerations* chapter, getting enough sleep is vital not only to your general well-being, but also to your ability

to normalize your weight and get in shape. Without sufficient sleep, especially *deep* sleep, your body produces too little growth hormone, and has no chance to gather the energy you need to make your weight loss happen efficiently. And lack of good-quality sleep impacts many other health areas, including your immune system, your heart, your digestion, etc.

- ♦ **Adjust your nutrition as needed:** See the *BioSlim Formulas* and *Nutrition: The Key to Health* chapters for many tips on ways to optimize your nutrition, including adjusting dosages of the Formulas, adding certain other nutrients, etc.

If you've done everything else and you're still not losing weight fast enough, remember that it is possible you have reached your personal optimal weight. Most people should not try to be rail-thin. This media image of “perfection” is both impossible and dangerous for most people to try to achieve. Each of us has a natural, optimal weight level below which we become *less* healthy. Do not cross that line.

2. WHEN TO USE SUPER BIOSLIM

This special plan, described in the *Appendix* of this book, should be used if the standard BioSlim Plan as described so far is not enough to get you started on the path to quick and permanent weight control—and if the methods outlined in part 1 directly above don't do the trick for you. Super BioSlim is very powerful, and much more intensive than the regular plan. It is not meant to be continued permanently, not because it is unhealthy—it is extremely healthful—but because it's simply too difficult for most people to maintain. The primary purpose of *Super BioSlim* is to help people who are having a hard time getting started.

If you choose to use this plan, eventually you will have to decide on a *permanent* system for yourself, which can be the standard BioSlim program, or best of all, some *combination* of Super BioSlim and standard BioSlim. Remember: The best program is the one you know you can stick with.

3. WEIGHT LOSS IS TOO RAPID

Most people would not consider this a problem. However, if your rapid weight loss is being achieved through near-starvation, or through some strange, unnaturally restrictive “diet”, or through the use of unhealthful diet powders or shakes—**STOP!** This is definitely *not* what BioSlim is about, and *not* the way to lose weight healthfully and permanently. If you’re doing this, be aware that your weight will probably come back.

On the other hand, if you’re losing weight rapidly because you’re following the Food Plan (or the *Super BioSlim* Plan) closely, getting plenty of activity, and taking your Formulas as directed—**keep it up!** The number of pounds you lose per week *is not* the deciding factor in determining whether you’re doing it right or not. It’s your overall *direction* and how good you’re being to your body that counts.

As usual, check with your doctor if anything unusual occurs.

4. ENERGY LEVEL IS NOT HIGH ENOUGH

BioSlim is designed to help improve your energy level. If this is not happening for you, do the following:

- ♦ **Make sure you do not have a medical problem.** Check with your doctor if your symptoms are unusual.
- ♦ **Wait.** It can take up to 1-2 months in some cases for all the benefits of the system to be fully realized.
- ♦ **Optimize your dosages of the BioSlim Formulas:** Vita/Min Plus Ultra should be at the full 2/day, and SlimTone Ultra can be 2 or 3 tabs per day—use the higher amount if the standard dose leaves you wanting more energy, more effect. See the *BioSlim Formulas* chapter for more details.
- ♦ **Are you active enough?**
- ♦ **Are you “cheating” on the BioSlim Food Plan?** You would be amazed how sometimes even a little cheating (especially with foods high in fat, oil or sugar) can affect your overall sense of well-being and energy level.
- ♦ **Try cutting out all milk products.** For many reasons, including widespread milk sensitivities, milk causes problems for many people. Try cutting it out completely. (A good substitute is

favored soymilk, available in many supermarkets and in health stores. Just watch the sugar content.)

- ♦ **Do whatever you can to assure the adequacy of your sleep.** Melatonin can work very well. See *Insomnia* in the *Medical Considerations* chapter.
- ♦ **If you've done everything right**—i.e., if you've followed all aspects of the BioSlim program, including the tips presented in this chapter, and if you've waited the recommended length of time, and yet you still feel the need for improved energy—please go back and review the *Medical Considerations* chapter above; you may discover something you missed about your health condition. Finally, check with your doctor for any metabolic, biochemical, hormonal, hematological, or other organic problem you may be experiencing that may be causing your lack of energy.

5. ENERGY LEVEL IS TOO HIGH

If you're having trouble sleeping, or if you are simply becoming too “energetic”:

- ♦ **Do not take your BioSlim Formulas too close to bedtime.** Vita/Min Plus should be taken with breakfast and/or lunch; SlimTone Formula is usually taken just before those same meals. In any event, your last dose should be taken well before dinnertime. Of course, these same rules apply to Accelerator.
- ♦ **Wait.** This effect usually dissipates within two weeks.
- ♦ **If you've waited long enough,** try *reducing* your SlimTone Formula dosage as described in the *BioSlim Formulas* chapter.
- ♦ **Next, try reducing** Vita/Min Plus as also described in the *BioSlim Formulas* chapter.
- ♦ **If none of this works,** check with your doctor for any medical problem that may be causing this effect.
- ♦ And if your doctor doesn't think there's a problem, you should probably stop worrying about it. This may be your *normal* state—something you are simply not used to yet. Energy!

6. YOUR DIGESTIVE TRACT

♦ Constipation or diarrhea

This can result from any change of eating habits. Occasionally, the BioSlim Formulas may cause some initial bowel loosening, though this effect is usually quite mild. Remember: proper bowel function is important to health and weight maintenance, and that means moving them at least once per day [though two, three, or even four times per day is perfectly healthful, so long as the movements are not diarrheal (watery)].

If you're experiencing constipation, make sure to drink *plenty* of water (that's *water*, not juice) during the day. Of course, you should be doing this anyway on the BioSlim System (see the *Food Plan* chapter above); but it is even more essential if your bowels are a bit slow. Remember: The most common cause of constipation is insufficient water intake.

Also, be sure to eat lots of **fiber**. Fiber not only regulates the bowels (it helps control *both* diarrhea and constipation), it may also help prevent certain forms of cancer and heart disease. It's ~~definitely~~ definitely something you want to get plenty of! Fiber is found in virtually all non-animal foods: vegetables, fruit, whole grains, bran, etc. It is **absent** in animal products such as milk and milk products, meat, fish, chicken, eggs, etc., and in refined, processed foods like white bread, white sugar, white rice. **If you take fiber supplements, don't forget to drink lots of water too!** If you don't drink enough water, that fiber will harden in your gut and make things *worse*.

Finally, if constipation persists beyond 1-2 weeks, consider trying some magnesium citrate or milk of magnesia once or twice to get things moving; use as directed on the bottle or jar. Do not take these chronically, though.

Consult your physician if you experience any prolonged or unusual symptoms.

♦ Bloating

This too occurs with greater frequency when diet is changed in any way. Increasing fiber intake (see above paragraph) is a particularly common reason for this symptom. It's caused by

excess gas until your body gets used to the change. The solution is to WAIT. It will probably pass within two weeks or so. If not, try adjusting your meals so that they are *simpler*, by not mixing sweets with other foods (you shouldn't be doing that anyway!), avoiding desserts altogether, minimizing juices and soft drinks taken with meals and avoiding the combination of fruit with meats and starchy foods. The idea is to eat simple meals that consist of related, like-digestible foods.

Drink lots of water between meals.

A *lactobacillus* supplement (see *Colitis* in the *Medical Considerations* chapter) may also be very helpful.

7. MORE INFO FROM BIOSLIM.COM

If you have a question or problem not covered in this book first check out the bioslim.com website, especially the FAQ and Health Info Database areas. (They can both be searched for key words.) While there, you can also email us (to BioSlim Customer Service or Ask-The-Doctor) with your inquiry.

If all else fails, there's also the Doctor's HotLine, which is there to support you in any event.

8. WHEN TO SEE YOUR DOCTOR

In general, see your doctor if any physical symptom or sign occurs that is unusual or makes you uncomfortable or worried in any way! Also, see above, and see the chapter on *Medical Considerations* for many references to specific issues.

WOMEN: SPECIAL FACTS AND CONSIDERATIONS



Women have certain unique requirements, and they vary with age. Here are a few of the issues women face, and how the BioSlim system impacts them.

THE THYROID GLAND: NOTHING WORKS IF IT DOES NOT

Women are much more likely to have a disorder involving this vital hormone-producing gland than men. See *Thyroid Gland Disorder* in the *Medical Considerations* chapter above for more information on symptoms, testing and treatment.

Most important to remember: You must know for sure that your thyroid gland is working properly. If you suspect you may have this problem, get tested, and if necessary, get treated. *If your thyroid is not working properly, unless you receive proper treatment not even the BioSlim program will help you lose weight and get healthier.* The thyroid gland produces hormones that function as master regulators for the whole body; it is vitally important that these hormones function properly.

SPECIAL NUTRITIONAL REQUIREMENTS

Protein requirements are typically *lower* for women compared to men, as are calorie requirements. This latter point means that on average, women must eat less food in order to maintain their weight as compared to men.

After adjustment for weight, women often need *more* vitamin B6, folic acid, calcium, magnesium, and iron than do men. Women also often require more EFAs (Essential Fatty Acids).

The BioSlim program includes a balance of nutrients appropriate for most women. Some may wish to add:

- ♦ Extra calcium and magnesium, particularly after menopause. (Approximately 750-800 mg each.)
- ♦ Extra iron, but only if iron deficiency is proven with a fasting blood test. (Normal dose for women: 18 mg/day, or as directed by doctor. Most of this is supplied in the Formulas) See also below under *Iron/Anemia*.
- ♦ Extra folic acid if it is possible that pregnancy may occur, or if cervical dysplasia (abnormal cells in the uterine cervix) is discovered. (For potential pregnancy: extra 400 to 600 mcg per day, for a daily total of 800 to 1000 mcg; for cervical dysplasia: extra 2000 to 3000 mcg per day.)
- ♦ Essential Fatty Acids, particularly if suffering from dry skin or hair, weak or brittle nails, menstrual difficulties, mood swings, arthritis, et al., as discussed in the *Nutrition: The Key to Health* chapter above. (Be aware: all these symptoms can be caused by a thyroid disorder too.)

THE BODY

Women naturally have more body fat, measured as a percentage of total body mass, than do men. Often this fat is distributed in places considered aesthetically undesirable. But regardless of what we think of it, this is nature's reality. For most women, it is unnatural and nearly *impossible* to attain the ultra-thin look of professional models. It is best not to try. **Maximize the body you were born with** but do not try to accomplish that which is unhealthy and unnatural.

IRON / ANEMIA

Women are much more likely to be anemic than men, mostly because of menstruation.

MOST IMPORTANT TO REMEMBER: Get checked, particularly if you have unexpected fatigue, pallor, heavy bleeding, and any of the other symptoms and signs described under *Anemia* in the *Medical Considerations* chapter above.

Remember too that anemia does *not* equal iron deficiency. Anemia means there is a deficiency of hemoglobin and/or red blood cells. Iron deficiency means what it says: a shortage in the body of the mineral iron. Iron deficiency is the most common *cause* of anemia, since iron is required for the formation of hemoglobin, the molecules inside red blood cells. But it is not the only cause, and it is *not* synonymous with the term anemia.

If you are anemic, it is vital to take a good multi-nutrient formula, like BioSlim Vita/Min Plus. Consideration should also be given to extra iron supplementation (if there is a known iron deficiency) at least until blood iron and red cell levels are normalized (see *Special Nutritional Requirements* directly above for dosages).

PREGNANCY

Specially formulated **PRENATAL** nutritional supplements are best for pregnancy, whether prescribed or bought in a store. Pregnancy is not generally an appropriate time to be starting a weight loss program. SlimTone Formula in particular is not designed for use during pregnancy. Always check with your doctor about all health-related issues when pregnant.

We therefore recommend that you:

- ♦ Follow your doctor's advice.
- ♦ Follow the basic recommendations of the regular BioSlim Food Plan. It's the healthiest way to eat, and both you and your baby will benefit from it.
- ♦ Stop the BioSlim Formulas and switch to **PRENATAL** nutritional supplementation.
- ♦ Check with your doctor regarding your activity level and all other health-related issues.

You may begin or restart the full BioSlim program after delivery. If you are lactating you should again check with your doctor and follow his/her advice.

MENSTRUAL CHANGES

It is very common to experience changes in patterns of menstruation as a result of such things as: stress, change in diet, excessive exercise, any program of weight loss, and many other factors that may come up in a woman's life. Of course, if *anything* unusual or worrisome is going on, check with your doctor. But typically, these changes will settle out within one or two cycles.

Many women report a *normalization* of menstrual cycles and symptoms on the BioSlim program. This can be one of those *side benefits* we talked about. Enjoy it!

MENOPAUSE

Menopause is a natural change of life that every woman must experience. It is not a disease, of course.

Whether or not to use hormone replacement therapy (estrogen, and possibly progesterone pills) is a decision you must make with your personal physician. But in the absence of disturbing menopausal symptoms, it is important to recognize that menopause is a perfectly normal part of life. In my view, things unbroken should not be fixed, particularly when we repair-people understand so little of the true mechanisms by which the whole organism works.

Recent studies now indicate that hormone replacement therapy in women may cause significant added risks for cardiovascular disease and cancer. You must review the pros and cons with your doctor, and make the decision together. My opinion stands unchanged: it's not nice to fool Mother Nature.

MOST IMPORTANT TO REMEMBER: (a) Take extra calcium and magnesium supplementation, as described earlier, and (b) stay active! Nothing is more effective for keeping a woman young, healthy, and non-osteoporotic (i.e., possessing strong bones) than plenty of physical activity. Do as much as prudence and medical considerations permit.

YEAST SYNDROMES

Yeast infections are quite common in women. See *Yeast Infections* in the *Medical Considerations* chapter above for more information

on symptoms and treatment of the most common manifestation of yeast infection.

There has been considerable controversy over the possible existence of something called the *yeast* or *candida syndrome* as a cause of a diverse group of symptoms: chronic fatigue, menstrual problems, arthritis, headaches, assorted allergic symptoms, weakened immune system, and many others.

Unfortunately, there is very little real evidence to support this hypothesis. Just because *some* people with chronic fatigue, menstrual difficulties, headaches, and other symptoms have yeast in their bodies does not prove that yeast *causes* anything. Keep in mind that a small amount of yeast is normal in the human gut and vagina. It is likely that the presence of an overgrowth of yeast is a *marker*, a *sign* of the presence of weakened defenses, not a cause. Typically, there is some other underlying problem or deficiency. Once present though, chronic yeast overgrowth can become an exacerbating factor.

The approach to yeast infections is described under *Yeast Infections* in the *Medical Considerations* chapter. The most important preventive measures are: (a) avoid tight, synthetic clothing; (b) avoid excessive sweets and all junk food; (c) practice excellent hygiene, and insist that your partner do so as well; (d) take supplemental *lactobacillus* (described earlier); and (e) if you get treated, be sure your partner gets treated simultaneously, so that you do not end up transmitting the infection back and forth.

SECTION THREE

APPENDIX
&
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THE FUTURE



As you get closer to your goals, and ultimately achieve them, remember that this is not a short-term experience. Your real goal is a *permanent* change in your life.

As you succeed, your friends and family will want to know how you did it.

How *you* did it.

Tell them how *you* did it. How you did not need any gimmicks, or anyone standing over you telling you what to do. How you simply let your body follow a natural, healthful path to better health and a leaner profile.

You are in charge, you are the one who can and will reach all your goals. As you look to the future, remind yourself of all you have done and all that you will do. Let BioSlim help you—take from the program everything you possibly can.

If you have thoughts, comments or questions concerning the program, please write or email us at BioSlim. We are always looking for ways to enhance and improve the program, and there is nothing more important to that process than your feelings, opinions and reactions.

And please come visit the bioslim.com website for the latest BioSlim updates, links, info, special offers, and much more. Your fellow members will welcome you, and might even pass along a useful tip or two (or vice versa!)

Speaking for myself and for all of us at BioSlim, we wish you the very best of health.

*J. Leichtberg, M.D.
and the BioSlim staff*

FOODS AT A GLANCE



Please see the *BioSlim Food Plan* chapter and the *BioSlim CookBook* for much more information regarding food, and many ideas and tips on what to eat and when. Here's a quick overview of the BioSlim food plan, along with suggestions for specific foods to eat and menus to follow at various times of the day. (You may, of course, eat any of these foods with any meal. These are just suggestions.)

Remember, *you are in charge!* You choose which way you want to eat, using our principles, menus and recipes as guidelines. The CookBook is a terrific resource for food ideas that will satisfy you and keep you going on the BioSlim System.

(Note: The CookBook contains a few recipes that are noted for use during the maintenance phase of weight control. These should be avoided during the weight-losing phase, or altered to reduce fat and/or concentrated carbohydrate levels.)

FOOD: GENERAL GUIDELINES

1. Don't add oil, butter, margarine, mayonnaise or any added fat to your food! Broil, grill, boil, or roast, rather than fry.
2. Do your best to minimize flour products, such as bread, pasta and cakes. When you do eat flour products, in moderation, make sure they are made with whole grain flour, such as 100% whole wheat.
3. Be wary of rice, potato, corn and carrot—these are all high-carbohydrate (starchy) foods that should be balanced with protein foods. White rice should be avoided altogether; it is equivalent to white flour (that is used in white bread and

- pasta)—nutritionally empty, fat-building high-carbohydrate food.
4. Best avoid those high-sugar soft drinks. (Remember, sugar is the primary carbohydrate you should stay away from.) Diet drinks are OK, but do practice moderation. Remember that fruit juices are also very high in sugar (carbohydrates), and should be moderated—best diluted at least 50:50 with water. Note: for the best (and worst) no-calorie sweeteners to use, see the *Appendix*.
 5. Do not eat more high-carbohydrate foods (all our products, all sweet food, potatoes, carrots—see below for complete list) than high-protein foods (meat, fish, chicken, turkey, eggs, non-fat milk, non- or low-fat cheese, soy products, spirulina—again, see below for list). You don't have to weigh things to figure it out. The best and easiest way is to simply make “eyeball” judgments. On average, this will work just as well as weighing. (Note: fiber is excluded from the total carbohydrate calculation. The more the better when it comes to fiber.)
 6. Eat real, recognizable food.
 7. Milk and milk products are OK if they are non-fat or low-fat (assuming you are not allergic or otherwise intolerant, of course, as many are).
 8. Drink at least six to eight 12-ounce glasses of **water** per day.
 9. It is best to avoid eating very large meals—better to spread food out through your day. Also, try to eat small dinners and avoid eating within 2 hours of bedtime.
 10. [And of course, use the BioSlim Formulas as directed, be as active as you can be, and follow the entire BioSlim program as closely as possible.]

SAMPLES: QUICK SNACKS

1. Fat-free turkey or chicken deli slices. Tomato and cucumber with balsamic vinegar or lemon juice plus salt, with some low-fat crackers.
2. Turkey slices rolled up in lettuce leaf with salsa inside.
3. Tuna packed in water (NOT oil), tomato, pickles, lettuce.

4. 1-2 eggs, hard-boiled or any other way, plus any vegetable, such as fresh, frozen or canned asparagus, artichoke hearts (frozen or canned; in water, not oil), peas and beans, etc.
5. Low or non-fat cottage cheese plus piece of fruit (see below).
6. Turkey slices wrapped around a low-fat cracker with celery or other vegetable.
7. Canned artichoke hearts (packed in water, not oil) plus (fat-free) salsa. A delicious combination, filling yet completely fat-free. The carbohydrates in this are mostly fiber.
8. Open a can of asparagus, available in any supermarket. It's delicious, fast and filling. Try other green vegetables, frozen or canned: spinach, broccoli, green beans, etc. Combine with any protein food listed below, most easily those delicious thin-sliced fat-free turkey or chicken slices available in your supermarket's deli section.

SAMPLES: GOOD BREAKFAST CHOICES

1. Eggs (especially egg whites), non-fat milk or soymilk, vegetable (tomato, cucumber, celery, or a salad).
2. *Turkey Scrambled Eggs* from the CookBook, plus vegetable.
3. Vegetables (salad, tomato, cucumber, celery, asparagus, artichoke, broccoli, etc.) plus chicken or turkey breast or deli slices.
4. Low-fat or non-fat yogurt plus high-protein bran cereal (careful about the total carb content).
5. Any combination of the quick snacks from the previous section.
6. Blended spirulina. (See *Spirulina for Breakfast?* in the *Food Plan* chapter above.) Wash it down with water, herbal tea, or diluted fruit juice.
7. *Blended Salad* from the CookBook, plus smoked fat-free turkey deli slices.
8. Large salad with fat-free dressing (see *BioSlim CookBook* for recipes). Add chopped or sliced hard-boiled eggs for protein.

SAMPLES: LUNCH AND DINNER

1. Chicken breast prepared without added fat, plus any green vegetable (broccoli, asparagus, spinach, beans, etc.) Fruit optional.
2. Fish prepared without added fat, plus green vegetable of your choice (broccoli, asparagus, spinach, beans, etc.)
3. Egg omelet (no high-fat cheese or oil), prepared or served with vegetables.
4. Turkey burger plus salad (no oil) and green vegetable of your choice. Fruit optional.
5. Soy or vegi-burger, plus hard-boiled egg (white only or whole) and salad.
6. Eggplant parmigiana made with low-fat or fat-free cheese, or tofu. Optionally add some turkey or chicken deli slices for extra protein, plus salad and green vegetable of your choice.
7. Chicken or turkey breast (prepared without added oil or fat) plus *Ragtime Ratatouille* from the CookBook.
8. *Turkey Loaf Supreme* or *Juicy Turkey Burgers* (from the CookBook), plus salad and/or green vegetables, topped with some fruit.
9. Any CookBook soup, plus egg, turkey or chicken for protein.
10. *Mom's Eggplant Ecstasy* from the CookBook, plus extra egg or turkey slices, and tomato and cucumber on the side.
11. *Tasty Tomato Soup* plus *Great Garlic Turkey Breast* plus *Green Bean Tomato Sidekick*, all from the CookBook.
12. *Vegetable Turkey or Chicken Breasts* plus *Calorie-Consuming Cabbage Soup* (see CookBook), and any green vegetable.
13. *Oriental Orange Roughy* plus *Oriental Chicken Soup* (both in the CookBook), and vegetables or a tossed salad.
14. Fat-free hot dogs (soy or regular), plus *Okra Gumbo Soup* (see CookBook).
15. *Gala Gazpacho Soup* plus *Sesame Chicken* (both in CookBook) plus any vegetable salad (see CookBook for healthful fat-free dressings).
16. Any combination of the quick snacks listed earlier.

VEGETABLES

Raw, frozen, steamed, or canned. Minimize or avoid potato, carrot and beet, as these are very high-carbohydrate foods (high in starch), and should always be eaten in moderation and balanced with protein. Examples of “good” vegetables (or beans and lentils) which may be eaten in virtually *any* reasonable quantity:

- ♦ Brussels sprouts, broccoli, cauliflower
- ♦ All green leafy vegetables, e.g., spinach/kale, any lettuce, etc.
- ♦ Radish, tomato, cucumber, celery, salsa
- ♦ Sprouts
- ♦ Peas, zucchini, squash
- ♦ Lentils, beans (no oil or lard added, of course), in moderation
- ♦ Or any combination of the above from the frozen-food section of your food store.

FRUITS

Avoid or minimize banana, grapes, raisins, watermelon—these are very high-sugar-carbohydrate foods and should be eaten in moderation, balanced with protein. In general, do not overdo fruits, especially those that are loaded with sugar (i.e., very sweet). The best fruits are the least sweet and juiciest, like grapefruit or pomelo, even apricots and peaches. Berries and cherries are usually okay.

HIGH PROTEIN FOODS

All items should be prepared without added oil or fat.

- ♦ Chicken or turkey FAT-FREE deli slices (pure protein)
- ♦ Chicken or turkey breast, skinless
- ♦ Eggs, especially egg whites, which are pure protein and can be eaten in any reasonable quantity
- ♦ Fish, seafood
- ♦ Milk, non-fat or very-low-fat cheese, yogurt
- ♦ Soy products, such as soymilk, soy burgers, non- or low-fat soy hot dogs, non- or low-fat soy deli slices, etc.
- ♦ Beef
- ♦ ...and of course, spirulina, if you can stand it

HIGH-CARBOHYDRATE FOODS

These should be minimized. When consumed, they should be balanced (by eyeballing, or visually approximating the relative weights of the amounts to be consumed) with high-protein food. The list below is in descending order of things to avoid (top of the list should be avoided most).

- ♦ **All flour products**, including bread, pasta, cake, cookies, pizza, etc. If you *must* consume flour products, look for whole grain flour, and always balance with high-protein food.
- ♦ **Sugar**, in all its forms, including honey, brown sugar, syrup, etc. Also includes sweet foods such as banana , grapes, raisins , soft drinks , undiluted fruit juice, in addition to the obvious: candies, cookies, ice cream, cakes, etc. Note: See *Appendix* for the best (and worst) no-calorie sweeteners to use instead of (any) sugar.
- ♦ Potato and rice, especially white rice
- ♦ Corn , carrot , beet

FAST FOOD OUTLETS

See also above under QUICK SNACKS.

- ♦ Burger joints — Salads (without the cheese), eggs, burger with NO FRIES, no high-sugar soda pop, on half a bun with no mayo and all the mustard/relish you want.
- ♦ Southwestern/Mexican — Light chicketacos, eggs, other low-fat, low-carbohydrate foods. No nachos. No junk food.
- ♦ Any diner or luncheonette — eggs, chicken or turkey breast, fish, seafood, salads, any of the vegetables listed above (no added cream or mayo, please)
- ♦ Use the BioSlim Principles to pick out the good stuff in *any* restaurant. It's easy once you know how!
- ♦ Check out the *Eat Out Smart* section of the bioslim.com website for lots more tips and information on eating out in restaurants (of all types).

FOOD TIPS

- ◆ Oil or butter substitutes: Chicken broth, water or tomato sauce.
- ◆ Substitutes for cream: Evaporated non-fat milk. Milk or soymilk. Cashews, ground with water.
- ◆ Sugar substitutes: See *Appendix* for the best (and worst) no-calorie sweeteners to use.
- ◆ Seasonings: Vinegar, all kinds (best are balsamic and rice wine). Lemon juice. Mustard. Soy sauce. *Bragg's* (low sodium soy sauce substitute).
- ◆ Salt: may be eaten in any reasonable quantity, assuming you are not told differently by your physician. Seasoning salt is particularly good on salads with balsamic vinegar or lemon juice. Best seasoning salt: *Herbamare*.

THE SUPER BIOSLIM PLAN



This is a special, extra-powerful addition to BioSlim. It incorporates a more intensive food plan than standard BioSlim, and is designed for use by those individuals who do not readily or easily find success using the standard program.

Super BioSlim is not designed to be a permanent plan. It is, rather, a limited-term way to “get the ball rolling”, to help those who need more help getting started on the path to true weight control. This is not because Super BioSlim is in any way unhealthy—it is extremely healthful. It’s simply too difficult for most people to maintain over long periods of time.

If you choose to use this plan, eventually you should decide on a *permanent* system for yourself. This can be the standard BioSlim program, or some combination of Super BioSlim and standard BioSlim. (More on this later.) The best final program will be the one you know you can stick with.

The typical length of time on Super BioSlim is 2-3 weeks. You can vary this so that you’re on it just 1 week, or as long as about a month. After that time, you should be seriously ready to segue into your final BioSlim plan.

Super BioSlim can be used to achieve very rapid weight loss by anyone, without even stopping to try the standard BioSlim plan. It is recognized that some people will do this. If you are one, remember again that Super BioSlim is not meant as a permanent solution to the weight control dilemma. It is a powerful “quickfix” *beginning*. We do not expect you to stay on it, in its full form, forever. A permanent program must still be adopted if you are to avoid the unhealthy and all-too-familiar “yo-yo” phenomenon.

HOW SUPER BIOSLIM WORKS

The way you take the BioSlim Formulas can remain unchanged, though since you are trying to kick-start your program, you would normally be on full doses by the time you start Super BioSlim. Follow the instructions in the *BioSlim Formulas* chapter for setting and optimizing doses. If you are still on Accelerator when you decide to opt for Super BioSlim, that's OK. Just continue with the dosing recommendations and schedule of the program.

If maximum power is required from the Formulas, you may add one (1) Accelerator tablet per day to your regular doses of Vita/Min Plus and SlimTone Formula, taken with or just before food.

Your Activity Plan does not change on Super BioSlim, though for best results it is recommended that you maximize that part of the program too. Do your activities as often and as intensively (but safely!) as you can. Push it, for best results.

The key difference between the standard BioSlim Plan and Super BioSlim is in what you eat. Control over your food plan must be tighter under this plan than under the regular plan.

SPECIFICALLY ELIMINATED ARE:

- ♦ **ALL fats and oils** (not just the *added* kind as in regular BioSlim). In addition to what should be avoided under the standard BioSlim Food Plan, also avoid or minimize *naturally* high-fat foods such as: peanut butter, marbled meat, egg yolk, fatty fish or seafood, avocado, sesame seeds, tahini, etc. In short, anything that contains excessive fat or oil.
- ♦ **ALL sweets, all sugars.** This includes any food that contains anything more than a little sugar. Avoid fruit juices. And minimize anything more than occasional sweet fruit.
- ♦ **ALL concentrated high-carbohydrate foods**, both starchy and sweet. This is a key point, vital to the success of this intensive plan. It means avoiding (or severely minimizing): bread, pasta, *all* flour products, potatoes, rice, corn, bananas, carrots, beets, raisins, grapes, etc. Focus on high-protein food. Under Super BioSlim, you are not balancing all protein and carbohydrates. You're overwhelming the carbs with protein.

WHAT TO EAT:

Eat high-protein, low-fat items that do not contain concentrated starch or sweets. Examples:

- ♦ All **vegetables**, other than those listed above. Green vegetables may be eaten at will. Asparagus (fresh, frozen or canned), broccoli, cauliflower, artichokes (in water) and Brussels sprouts are examples of some of the best choices.
- ♦ **Egg whites** may be eaten at will. They are pure protein. Try, for example, using several hard-boiled egg whites instead of pasta with some fat-free tomato sauce. It's very delicious, very healthful, and has NO fat or product at all.
- ♦ **Fat-free deli slices made from meat or from soy**. The soy varieties are particularly interesting, since they can be obtained truly fat-free, they're often just as delicious as the real thing, and they contain both soy protein (which is health building, particularly for the heart and blood vessels) and sometimes fiber, something no animal-derived food can claim.
- ♦ **Spirulina**. Highly recommended for breakfast. It is the most healthful, potent food you can eat. You may blend 2 tablespoons of it in the morning with your vitamins and get it all over with in a matter of minutes. (Some juice is OK to use for killing that "wonderful" spirulina flavor.) If you want to chew on something afterwards, eat fat-free deli slices and/or egg whites and/or any green vegetable as a chaser. Note:

Spirulina is not normally on the BioSlim menu. It is mentioned here because this is Super BioSlim, where the rubber meets the road. Super BioSlim is here to get results. Taste is a secondary consideration.
- ♦ **Low-fat fish or fowl** (white meat only) is OK.
- ♦ **LOTS OF WATER!** This is a VITAL element of the plan. Fresh, clean water. Especially if you feel a craving coming on. Do NOT drink fruit juices, whole milk, soft drinks, etc.

Is It Easy?

Super BioSlim is not meant to be easy. It's meant to be powerful—the most powerful plan you can be on.

SWEETENERS: YOUR OPTIONS



If you are looking for alternatives to sugar—which you should be—there are several options to choose from. There are, however, only two clear winners in the bunch, and one of them is not officially a sweetener. Here’s a quick review, starting with the two best choices, then alphabetically:

Saccharin is an artificial sweetener that has been in use for well over a century. It is found in many food products, toothpastes, and as a separate product (the pink one). It is some 300-400 times sweeter than sugar, yet has 0 calories. Saccharin’s taste profile is good; most people find it pleasingly sweet, with only a minor aftertaste. Saccharin is our favorite artificial sweetener because:

- Despite the fact that it has been in use for over 100 years, there have been very, very few reported side effects. Actually, none that we know of. Plus, over 30 human studies have found no significant side effects. We consider saccharin to be the safest of all no-calorie, artificial sweeteners.
- Note: Many years ago, one study linked saccharin to bladder cancer in rats, but the doses used were so outrageously high that the FDA eventually rejected it. Today saccharin is considered to have the lowest risk profile of all available non-nutritive sweeteners.

Stevia is a natural product, an herb made from the leaves of the Stevia plant. Extracts from this plant can be up to 300 times sweeter than sugar, yet do not impact blood sugar. This herbal extract has essentially 0 calories; it’s taste is a bit fruity, perfect for things like homemade drinks, some cooked recipes, but not very good in coffee or other dishes. Experimentation is required to figure out when you can use Stevia extract for sweetening. Stevia

is our favorite natural non-nutritive sweetener because:

- Stevia leaves have been safely used for over 1,000 years by South American natives, with no known side effects. And we know of no reported side effects in the West.
- Note: Stevia has not yet been approved by the FDA for use as a sweetener—which simply means that manufacturers cannot *claim* that it is a sweetener, even though it is.

Aspartame is a combination of two amino acids: aspartic acid and phenylalanine. It has 0 calories, and may be found in many products, such as Diet Coke, Diet Pepsi, various diet foods, and as a separate product (NutraSweet, Equal). Its flavor is a bit chemical, but serviceable. Aspartame is approximately 180 times sweeter than sugar. Our disapproval of this non-nutritive sweetener is based on:

- Biochemically, aspartame can convert to formaldehyde in the body. Formaldehyde in turn has been shown to cause gradual but ultimately severe damage to the neurological and immune systems; it also causes permanent genetic damage at extremely low doses. After consumption of aspartame, formaldehyde can be measured in the liver, kidneys, brain, and other tissues.
- Various reports have linked aspartame to a long list of health problems, including: allergic reactions, anxiety, asthma, dizziness, fatigue, headaches, impotence, migraine headaches, nausea, neurological abnormalities, rapid heart rate, seizures, etc.
- If you have a rare genetic condition called “phenylketonuria”, this product can kill you.
- Most worrisome is that this product is relatively new, which means its true effects on the human body are largely unknown. Given the risk profile, we recommend strict avoidance (no more than occasional very low amounts).

Sucralose is made from sugar molecules blended with chlorine. It has 0 calories, and is found in many foods (especially drinks and baked goods), and as a separate product (Splenda). Its flavor is good, some 600 times sweeter than sugar. Sucralose is a syn-

thetic chemical, NOT a natural product, as some advertising may imply. Our disapproval of this non-nutritive sweetener is based on:

- Eating sucralose can cause diarrhea, bloating, abdominal distress. Also, studies have indicated that sucralose may cause shrunken thymus glands, as well as enlarged livers and kidneys.
- Most worrisome, here again, is that this product is very new on the market, which means its true effects on the human body are largely unknown. We recommend strict avoidance (no more than occasional very low amounts).

Sugar Alcohols (polyols) are made by adding hydrogen atoms to sugar molecules. They are found in many “meal-replacements”, diet bars and mixes, and other foods. Examples include: isomalt, maltitol, mannitol, sorbitol, erythritol, lactitol, and xylitol. (As you can see, most have an “ol” at the ends of their names.) There is of course no actual alcohol in these products. Flavor is good.

Sugar alcohols contain approximately $\frac{3}{4}$ the calories of sugar, but most of those calories are either never absorbed by the body, or are absorbed slowly, thus reducing the “glycemic” effect (a rapid rise in blood sugar, followed by a precipitous drop due to the insulin response).

These sugar substitutes are suboptimal because:

- There can be side effects, mostly digestive. Sugar alcohols are classified as polyols, a slowly absorbing carbohydrate, known to cause flatulence, bloating, diarrhea and cramping in many individuals, due to a common deficiency in the enzymes required to break these substances down.
- Sugar alcohols are not calorie-free.
- Notes: Xylitol is a sugar alcohol with a safer risk profile than other sugar alcohols. It has also been found to reduce dental caries.

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