

**BioSlim**<sup>®</sup>  
**YOUTH SYSTEM**

How to  
**Lose Weight,  
Look Great!**

**Secrets to Success  
with the amazing  
BioSlim Youth System**



Josh 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.

Designed and produced by J. Leichtberg, M.D., BioSlim

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For the kids

# Table of Contents

<b>Message from the Doctor</b> .....	<b>1</b>
<b>INTRODUCTION</b> .....	<b>4</b>
<b>WHY DO WE GET FAT?</b> .....	<b>8</b>
<b>YOU CAN'T JUST "NOT EAT"</b> .....	<b>11</b>
<b>WHAT IS FOOD MADE OF?</b> .....	<b>14</b>
FAT .....	14
CARBOHYDRATES .....	17
PROTEIN .....	23
VITAMINS & MINERALS .....	25
<b>THE SECRETS OF LOSING WEIGHT</b> .....	<b>26</b>
USING THE BIOSLIM FORMULAS .....	26
EATING THE BIOSLIM WAY .....	28
THE THREE SIMPLE RULES.....	33
MEAL SIZE AND TIMING.....	38
FOODS TO FOCUS ON .....	40
FOODS YOU SHOULD CAREFULLY LIMIT	
TO SMALL PORTIONS .....	42
FOODS TO AVOID FROM NOW ON .....	44
DESSERT – THE HIDDEN TIME BOMB .....	46
HOW TO PLAN YOUR MEALS .....	47
BREAKFAST .....	47
LUNCH.....	48
DINNER .....	48
BETWEEN MEALS.....	49
READING LABELS .....	50
<b>CRAVINGS AND CHEATING</b> .....	<b>51</b>
<b>ACTIVITY: MYTHS AND MISTAKES</b> .....	<b>54</b>
<b>MASTERING MOTIVATION</b> .....	<b>58</b>
<b>DIET SCAMS YOU NEED TO KNOW ABOUT</b> .....	<b>61</b>
<b>ADVERTISING: WHAT YOU'RE TOLD TO EAT</b> .....	<b>65</b>

<b>MEAL SUGGESTIONS .....</b>	<b>69</b>
BREAKFAST .....	69
LUNCH .....	71
DINNER .....	74
FAST FOOD SOLUTIONS .....	76
SOME BEST CHOICES IN FAST FOOD: .....	77
THE BAD AND THE BETTER IN FAST FOOD .....	78
HOW TO EAT THE BIOSLIM WAY WHEN AT A FAST FOOD RESTAURANT.....	81
<b>SUPER BIOSLIM.....</b>	<b>83</b>
BASICS .....	83
ACTIVITY LEVEL .....	86
TRANSITIONING TO REGULAR BIOSLIM.....	86
MEDICAL CONSIDERATIONS .....	87
SPIRULINA: OPTIONAL POWER TOOL .....	87
<b>THE FUTURE.....</b>	<b>90</b>
<b>APPENDIX.....</b>	<b>93</b>
FAT PERCENTAGES IN COMMON	
PROTEIN SOURCES .....	93
BEST VEGETABLES TO EAT WHEN LOSING WEIGHT.....	95

## Message from the Doctor

Congratulations on making the *right move* to change your life. Now that you have the BioSlim program in your hands, let's get the job done!

How hard is this going to be? Well... sometimes it *may* seem a little hard, but mostly only in the beginning. If you can last a week following the BioSlim program perfectly, (a) you will see early results right away, and (b) you will be “over the hump” of the difficult adjustment period. Why? Because it takes about a week for most people to get rid of the worst of their cravings and bad food-related habits.

Do this program for a week, and you'll be well on your way to total success. Do it for a week, and change your life. It's that simple.

If you've failed before.... if you just don't want to try again because you don't want to fail again.... or if you are so used to using food for comfort or as a weapon against boredom that you think you just *can't* change—take heart! BioSlim will show you how to eat quite normally, and still get amazing results. You can still take comfort in food, just *different* food. This is not hard. It's easy!

Once you've learned how this BioSlim program works, **you can and should share your knowledge** and plan with other family members. Whether they need to lose weight or not, they will all benefit from eating better and getting healthier! And there's nothing more powerful to keep you going and get you great results than doing BioSlim together with family (or friends).

[Note: adults have their own version, *BioSlim Ultra*.]

Now think about this... for want of one week, would you give up the rest of your life? Because that's what we're talking about here. That's right, *the rest of your life*. If you don't make the change now, when the best, most healthful program in the world is right in your hands, what chance is there that you'll *ever* gather the will and the energy to succeed?!? Do NOT give in to failure. Do NOT give up, do NOT put this program aside with an "Oh, I'll do it some other time"! *Now* is the time to get it done.

Do the BioSlim program for *one week*. That's all it takes to put you on the road to success, to get you past the hard part and on your way to achieving all your goals. I know you *want* to do this, or you wouldn't be reading this book. Okay, sorry, maybe I should have said: '*you want to get the results you can get with BioSlim, don't you?*' That I know is true. So now the only thing between you and total success is the will to try this for ONE WEEK!!

For want of one week, would you give up the rest of your life?

Best of Health!

Josh Leichtberg, MD

**Remember, only you  
can take control of  
your weight and your  
appearance!**

**Medical Note:** If you have any medical condition that requires the attention of a doctor, make sure he/she is aware of what you are doing to get in shape.

3 • *BioSlim: Lose Weight, Look Great!*



# INTRODUCTION

## What you eat matters... more than you know!

- ▶ **Your body has unique needs**
- ▶ **What “normal” means for you**
- ▶ **BioSlim is *not* a diet!**

Why are some people thin while others are heavy? Why are some kids tall and others short? Why are some popular and others not so?

The answer is simple—everybody’s different. Yes, and every *body* is different. *Your* body is unique to *you*. Although we’re all *approximately* the same—we all have bones, brains, muscles—there are thousands of different parts and chemical processes that together comprise who we are, and they make each of us a very special individual. Therefore, like most things about you, **the way your body processes food is unique to you.**

Your uniqueness is controlled by your genes, the biological code in our cells that determines what we look like, who we are, and how our bodies function. Your genes are passed on to you by your parents; one half from your mother, one half from your father. But even these two sets of genes get shuffled around inside you, so you may have your mother’s eyes and shape and your father’s nose and height. It gets pretty complicated!

What all this means is that two people can live the exact same way, eat the exact same foods, play the exact same sports... **and still end up looking completely different.** Sometimes this seems really unfair, but that’s the way it is.

5 • *BioSlim: Lose Weight, Look Great!*

It's impossible to look at someone else, and figure out how to look "just like them". People WISH they could. In trying, some spend hundreds and thousands of dollars on clothes and jewelry and makeup and tattoos and piercings and on and on. But of course, the reality is that there is much more to each of us than appearance.



One of the difficult things about high school is that it is NOT the real world. In the real world, people care more about what you can DO than what you look like. Nobody really cares if Shaquille O'Neal isn't pretty so long as he can get the ball in the basket. Nobody cared about Rudy Giuliani's hair, as long as he knew how to run the City of New York. Nobody really cares if Sandra Day O'Connor is gorgeous or not, so long as she knows the law and does her job as Supreme Court Justice. One situation where looks matter a lot is for TV or movie performers—but if you look at those careers, most end up down and out when their



fame runs out. But since looks do matter in high school, and since you may (or soon will) be stuck there for a while, **BioSlim is going to give you the edge you need to get you in the best shape you can be, healthfully, easily, and quickly!**

Let's say this again: BioSlim is going to get you into the best shape you can be. This is something you need to understand. Your body should be at a "normal" weight **for you**. Not bone thin, not "ripped to shreds", but the HEALTHY weight that is your body's proper level. Being bone thin or "ripped to shreds" is NOT normal OR healthy. Being too thin is unhealthy, just as being too heavy is. Start picturing yourself at a NORMAL WEIGHT. For girls especially, this means having some

roundness to the hips. Girls don't usually have a "six pack" of highly-defined abdominal muscles. Nor do they need to. Some boys do, but most do not. You don't want a belly hanging over your belt, but **you also don't have to have "six pack abs" to be in great shape.**

No one can deny that having a lot of excess weight has a direct negative effect on your *health*, as well as your popularity. America has a terrible problem with the large numbers of teenagers who are struggling with weight problems. You are NOT alone. The reasons for this are complex, and we're going to look at some of them in this book. But the most important thing we're going to do here is **show you the ways to take control of your weight and your appearance, once and for all.**

**This is NOT a diet book.** In fact, diets are dangerous! Not eating is dangerous. Unnatural, weird diet schemes (all rice, all grapefruit, all high-fat and meat—take your pick) are dangerous.



With BioSlim, you won't have to do ANY of that. One of the great things about BioSlim is that it's **easy** and **natural** and **very healthful**. It's the best possible way to lose weight and get in shape.

As you read this short book, you're going to learn some things that are going to surprise you. You're also going to learn the **secrets** used by major sports figures and movie stars who have to be at their best 365 days a year.

We'll take it step by step, and make you part of the team. Let's go!

**BioSlim is going to  
get you into your  
PERSONAL BEST shape  
- healthfully, easily  
and quickly.**

## One

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# WHY DO WE GET FAT?

## Good fat and bad fat

You need to know that body fat is actually essential for life. Fat is *important*. If it wasn't for our ability to store fat, human beings very likely would have disappeared, like the dinosaurs.

Human beings evolved over hundreds of thousands of years. During that time, we almost didn't make it. Stone Age man suffered in horrible conditions, constantly on the verge of starvation. The average life-span of our prehistoric ancestors was about 24 years. These ancestors of ours were nomadic creatures, traveling constantly in search of food. They went for weeks without eating much more than roots and bugs before finding some good game food. Then they would have food—but only until it began to rot, so they had to eat as much as possible while it was fresh. Without the ability to somehow store that extra food for the inevitable starvation period ahead of them, they might never have managed to make it till the next successful hunt. It was our ability to store excess food as fat that helped guarantee our survival as a species.



Unfortunately, this survival mechanism has become a problem in the modern world. Think about it. Today, many

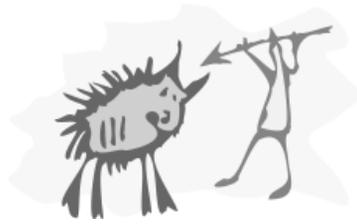
of us have *too much* food. Today, it's very easy to overeat continuously, day after day. We also have "food" that didn't even exist on the planet in ancient times. We have processed food, chemical-laden food, artificial food. In fact, much of what we eat is so unnatural, it can barely be called food at all!



**The biggest change in our food has been the introduction of massive amounts of sugar, and processed flour. SUGAR IS ADDED TO ALMOST EVERY PACKAGED FOOD ITEM YOU BUY, including ketchup, bread, pizza, hot dogs... the list is long and surprising. And as you'll soon learn, **sugar is a trigger that makes the body store fat.**** Processed flour, such as in white bread and pasta, is quickly broken down into sugar by the body, and is therefore about equal to sugar in its negative effects.

**Refined sugar is  
the trigger that  
makes the body  
store fat.**

The result is predictable. It's just too easy to eat too many (useless) calories from even a little modern food. Just a few snacks a day can give you more calories than our prehistoric ancestors ate in a week!



This is why **being overweight is really not entirely your fault**. You live in a time and place where getting too much of the wrong food is very easy, and getting the right food can be pretty hard. You have also probably never been told the TRUTH about what you should be buying and eating.



We're going to be talking about this negative environment and how it affects your weight and health, but for now, just remember that the key to losing weight is the right INFORMATION. You have to KNOW what's going on in your body before you can do something about it.

TWO

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# YOU CAN'T JUST “NOT EAT”

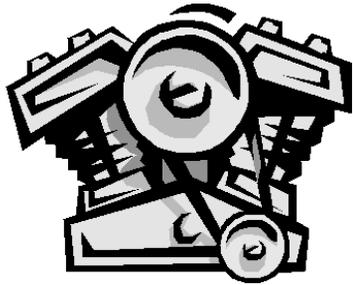
## Don't make this mistake

Humans have a “starvation reflex”, which signals the body to get ready to store any incoming food (mostly as fat on the body) if we have gone without food for too long. This starvation reflex is very sensitive, and can kick in long before we actually start to starve to death. In fact, it can start in less than a day of not eating! This is the reason why trying to lose weight by not eating is the **WORST** way to go about it. Many people make the mistake of thinking “I'll just stop eating for a while, and start again when I've starved my way down to the weight I want to be.” Can you figure out why this doesn't work? Let's find out...

Your muscles are the “engine” of your body. Like a car engine, your muscles must burn fuel in order to keep working, and food provides that fuel (i.e., food is your body's gasoline). Now, if you know something about cars, you know that the bigger the engine, the more gas it needs. Those big SUV's with their big engines burn a lot more gas per mile than little compact cars. When a car engine runs out of fuel, it just stops running. But the human body has the ability to *adapt* to a lack of fuel in order to protect itself and stay alive. The way your body survives periods of starvation is actually



pretty amazing. One of the ways it does this is by **MAKING THE ENGINE SMALLER!** That's right, when you starve yourself, your body actually starts to eat up *its own muscle tissue*—first to provide essential fuel for the rest of the body (the critical parts, like brain, heart, internal organs), but also as a way of *lowering the demand for fuel*, because smaller muscles mean a smaller “engine” which in turn means lower demand for fuel. It's just logical.



So now, can you figure out what happens when you try to lose weight by starving yourself? Your body actually loses muscle tissue while you are starving, and then when you start eating again, even if it's “a normal amount”, your body stores much **MORE** of it as fat because (a) your calorie-burning “engine” is smaller, and (b) the starvation reflex has kicked in! So every time you starve yourself, you lose the muscle mass that makes you look good, and when you start eating again, the starvation reflex stores even



more of the incoming food as fat than it would have normally! **Don't try to lose weight by starving yourself. It will only backfire on you.**

Girls need muscles to look good just like boys do. Look what happens to women who starve themselves skinny. They may be thin, but they lose all their muscle tissue and look lumpy and bony—not sleek and healthy. It’s muscle that gives your body its shape! That’s why top models have stopped starving themselves, and begun to eat smart and do aerobics and weight training!



It’s important to remember that everyone is built differently. There ARE some people who are naturally thin. A naturally thin body type is simply a genetic gift. We all wish we had those genes, but few of us do. Rather than being angry at not being naturally thin, be smart and learn the BioSlim system, because **BioSlim gives you something those naturally slim people don’t have**. You see, medical science has shown that even thin people get heart trouble, cancer and lots of other diseases. Being thin on the outside doesn’t mean that your insides aren’t still suffering the effects of a bad diet. Naturally thin people tend to eat poorly, simply because they can “get away with it”, but they pay the price in poor health later in life. You, on the other hand—if you start now with smart habits, **the BioSlim way**—you’ll be WAY ahead of the game as you get older. And you’ll continue to look young and healthy much longer than other people!

**Starving makes you lose muscle, and that makes you *gain* weight in the end**

## Three

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# WHAT IS FOOD MADE OF?

- ▶ Fat
- ▶ Carbohydrates
- ▶ Proteins
- ▶ Vitamins & Minerals

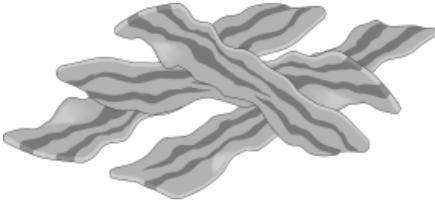
## FAT

Fat actually serves several essential functions in the body. Besides providing energy storage and insulation, fat is a building material for every cell in your body, for your nerves and brain tissue, and for critical hormones that keep your body working. (The other building material is protein, which we get primarily from animal-derived products, or certain plants like soy.) Fat is the carrier of vitamins D, E and K. Fat is actually an extremely complex substance made up of chains of molecules called *lipids*. These molecules are turned into all sorts of chemical combinations in our bodies. Without some fat in our body chemistries, we would die.



There are two different general terms for fat used in this book. The fat sitting on your body is called “**body fat**”, and the fat in the food you eat is called “**dietary fat**”. We need to eat quality dietary fat for good health, but we must learn how to prevent the build-up of excess body fat.

Fact: Fat contains about two-and-a-half times as many calories as does protein or carbohydrates. Of the three food elements, fat is the *densest* source of calories.



Dietary fat comes from many different sources. We're all familiar with bacon, and the streaks of fat in between the bits of meat. In fact, **ALL animal food contains fat to one**

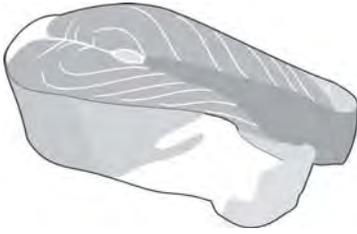
**degree or another.** Beef, chicken, milk, eggs, fish.... all of these contain anywhere from 25% to 60% fat.

**SURPRISING FACT:** Did you know that because of confusing labeling regulations, “1% fat” milk, is actually 15% fat? “2% fat” milk is really 30% fat, and whole milk, also known as “4% fat” milk, is actually 60% fat!?? (Reason: to calculate percentage fat accurately, water, which has zero calories, should be eliminated from total weight. “4% fat” milk is only 4% fat if you count the water as part of the food. If you simply look at all the sources of calories in whole milk, you find that about 60% of those calories comes from fat.)



Fat comes from sources in the plant kingdom as well. Usually these fats are called “oils” (because they’re liquid at room temperature). Olive oil, peanut oil, corn oil; these are all fats. Avocados, peanuts, and all nuts contain especially high amounts of natural fat (oil).

Another thing that makes fat such a complicated thing is that some dietary fats are good for you, and some others are bad. For example, we know that the fat contained in cold water fish like salmon actually improves cellular structure and brain function!



There used to be a saying that “fish is brain food”, and it turns out to be true! On the other hand, we’ve discovered that corn oil which is often used to cook french fries becomes chemically altered by the high temperatures it is

subjected to, and actually becomes destructive to cell structure in the body as a result.

One thing’s for sure. Humans were not designed to eat purified, concentrated fat extracted from real food. How do we know? Because there is no such thing in nature as oil, butter, margarine, cream cheese or mayonnaise—these are *human* inventions, and they are all very bad for you. Your body just doesn’t know what to do with these concentrated food *extracts*. Eating *added* fat is, therefore, something you must avoid if you want to get healthy and lean.

Fat and how it’s processed in the body is under ongoing scientific investigation. In fact, the whole area of nutrition has been called the “last frontier of medicine”. And the more we learn about nutrition, including how fat is handled by the body, the more surprising the story becomes.



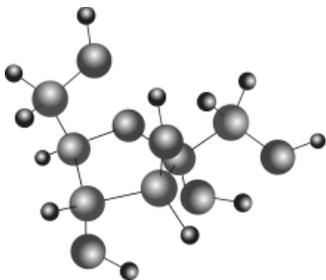
## CARBOHYDRATES

### And why they are the “key to success”

Let’s get something clear right away. “Carbohydrate” (“carb” for short) is basically a fancy name for sugar. And sugar exists in many forms besides the white powder you’re used to. Besides table sugar (which is highly refined from the sugar cane plant), sugars exist in the form of complex chains of molecules called “starch” in food like potatoes, pasta, rice and corn, and as shorter molecular chains in foods like fruit. The complexity of the sugar you eat determines how fast it enters your bloodstream. Simple

**Fats *extracted* from real food and *added* to your meals are unnatural and should be avoided**

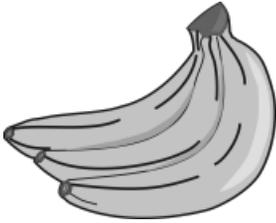
sugars, like white table sugar, maple syrup, honey, etc., are digested almost immediately and move too quickly into your bloodstream, causing problems. More complex carbs, like those in vegetables and whole grains, take longer, and are therefore easier for the body to handle.



**Note: Carbohydrates come from plant sources.**

Carbohydrates are the basic building blocks of plants, just like proteins are the basic building blocks of animals (including humans). Therefore, you only need to be concerned about the carbs you’re eating when eating non-animal products.

Now here's the key. Your body burns sugar for energy. But even though you **NEED** sugar (carbohydrates) for energy, it's dangerous to get too much—dangerous for reasons that go well beyond getting cavities in your teeth. When you eat sugar, your body responds by releasing chemical messages (hormones, the most powerful of which is *insulin*) that tell your body what to do with the incoming sugar—burn what is needed for energy, and **STORE THE REST AS FAT.**



Don't get confused about this. Yes, sugar is a carbohydrate. And fat is not a carbohydrate, fat is fat. **But even though sugar is a carbohydrate, your body turns it into fat,** when there's too much of it around in your body.

Of course, sugar tastes good. Chemically speaking, sugar can cause changes in the brain that create short term feelings of well-being. In fact, refined white sugar is such a pure form of carbohydrate that it could almost be considered a drug! **Some researchers believe that sugar is addictive, just like a drug.** And like a drug, sugar may make you feel good at first, but its negative effects make you pay a heavy price soon enough.



There **IS** a difference between simple, refined sugar (as used in candy, soda pop, and most other sweets), and the naturally occurring carbs that make up most vegetables. Refined sugar is processed down to short, purified molecules before you ever buy it in the store. When eaten, these simple molecules go from your mouth almost directly into your bloodstream. They hardly need

digesting and pour directly into your system like an avalanche, causing your body to react as if to an electrical shock.

On the other hand, *complex carbohydrates*, in their naturally occurring form in many vegetables and whole grains, are tied up in long molecular chains that have to be broken down by your digestive system into small pieces before they can enter the bloodstream. This means that they enter the body (the bloodstream) at a slower rate compared to pure sugar, and promote a more normal, healthy reaction by your body.



*Starch*, which is a kind of complex carbohydrate, is very easily digested by the body and rapidly turned into sugar, especially when, as in white flour, the source had been highly refined during manufacturing. Starch is found in large amounts in wheat flour (bread, pasta, and anything else made of flour), potatoes, yams, rice and all other grains.

**(Note:** corn is a grain that's high in starch *and* sugar. Remember that “corn syrup” is often used in packaged food instead of pure sugar, because it IS sugar, taken from corn.)



In addition to simple and complex carbohydrates, your body sees a third kind, the *indigestible* carbs. These are known as “fiber”—carbs that are not treated as sources of calories by the body, but are instead used to make your digestive system work more smoothly. Fiber does not contribute to the total amount of *digestible* carbs you eat per day, and is very healthful.



It's good to eat lots of indigestible carbs, or fiber, every day. Any whole vegetable, whole fruit or whole grain has fiber; animal products have none. *Some* complex carbs are also okay (the ones in vegetables are much better than the concentrated starches found in grains like wheat flour or rice). But you should stay away from the simple carbs—the sugars and sweets—because those are the most dangerous, and most fat-producing. We'll talk more about this soon.

Remember our Neanderthal caveman ancestors? What do we eat today that they never ate? What foods did human beings, during the hundreds of thousands of years of our evolution, never have in their bodies? And what foods do our bodies have no defense against? You guessed it—refined sugars, starches and extracted fats. Our ancestors, living in nature, never ate large amounts of complex carbohydrates from white bread or pasta—and they NEVER ate cereal or Twinkies, or any other refined wheat or sugar products, because those things just didn't exist then. And we are not better off for their existence today.



Think about it. How much of what we eat every day is carbohydrate? Cereal, toast, juice in the morning; bread, french fries, soda pop at lunch; rice, potatoes, more bread, pasta at dinner; and on and on. In between we have candy and soda pop and crackers and cookies and potato chips... there's no end to it! **We're overloading our bodies with sugars and starches, which contain so much more sugar-energy than our bodies need, that much of it gets stored as fat!**

What's happening is that our internal systems, which regulate building new muscle tissue and energize our brains,



are completely out of balance from all this sugar intake. The excess sugar is causing **INSULIN OVERLOAD**. Insulin is the main hormone your body puts out when there's sugar in your bloodstream that requires processing. Insulin allows your cells to use the sugar in your bloodstream for energy, and then causes the excess to be stored away, mostly as fat. Insulin *overload* can actually disrupt your body's ability to burn calories.

That's why some overweight people may actually eat very little food—their bodies have suffered so much insulin overload that they no longer *respond* properly to food. This in turn leads to serious illnesses like diabetes and heart disease. And of course, excessive fat on the body, aka obesity.

There's a vicious circle here: **the more carbohydrates you eat, the hungrier you get!** Once you start on the path of eating too many carbs, it's often hard to stop, because your brain and body become, in a sense, addicted to having all that sugar around. (Remember that all carbs, even bread and pasta, get broken down into sugar by digestion, and those sugars usually go right into your bloodstream soon after you eat.)

**The more  
carbohydrates (sugar  
sources) you eat, the  
*hungrier* you get**

Note: There are some tricky things to know about the way sugar is added to packaged food. When there's sugar in products like spaghetti sauce or sliced chicken, it doesn't always say "sugar" on the label. Take a look next time you're in the store. You'll see words like, "corn syrup", "dextrose", "glucose", "sucrose", "invert sugar", "maltodextrine", "fructose", "natural brown sugar", "molasses", "maple syrup", "honey", etc. These are all forms of sugar! You might see "no sugar added" on the front label, but that is often very deceptive because, though the food may contain no added white cane sugar per se (the legal definition of "sugar"), the other ingredients in that food, such as those listed above, may contain lots of sugar (as defined chemically), and are functionally identical to plain white sugar, and do exactly as much harm.

**Remember, you get a lot  
of carbohydrate calories  
in just a mouthful of pasta  
– and it all turns into body  
fat very quickly!**

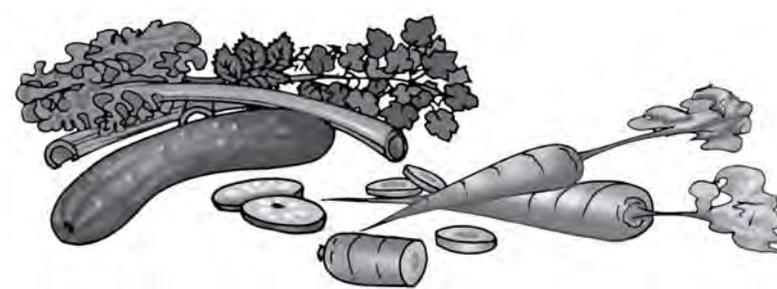
### THE GREENS

There is one source of carbohydrates that is *low* in sugar, starch and calories and does NOT cause an insulin reaction. Green vegetables. I know that you've always heard that you need to eat your vegetables, but I wonder if you know exactly how good for you they really are? The facts are—

- You can't get fat eating green vegetables in any reasonable quantity.
- You won't get sugar or insulin overload eating green vegetables.

- Green vegetables contain thousands of “phyto-nutrients”, a whole family of chemical compounds that exist only in plants. Many of these nutrients are important to your health and well-being. They can prevent diseases, keep your skin and hair looking healthy, even prevent premature aging.

You can't go wrong eating green vegetables. The more you eat them, the better off you'll be.



## **PROTEIN**

### **What Muscles, Brains And Organs Are Made Of**

You will remember that while carbs are the basic building blocks for plants, proteins perform that function in all animals, including humans. Protein is what your body uses to build and maintain all of its cells. In a way, proteins are used like the bricks of your cellular building, while fat molecules, which are also used in the structure of your cells, is like its cement. (That's a crude analogy, but it works well for our purposes here.)

When you eat protein, it is broken down by your digestion into smaller chemical parts (called “amino acids”), which are then absorbed into your bloodstream and delivered to the cells of your body, where they are used to rebuild tissue, create hormones, and many other important things. Since your body is always rebuilding itself, it is constantly using these protein parts at sites all over your body. Did you know that there is a

complete turnover of most of the cells in your body about every seven years!

Protein is found mostly in animal sources—meat, fish, fowl, eggs, milk—but also in certain plant products like soy (examples: tofu, and many other soy-based specialty products).

**Note:** If all your protein comes from plant products (i.e., if you are vegetarian), then you should eat a variety of protein sources in order to get all the different types of protein parts (amino acids) your body needs.

Protein sources vary in the amount of fat they contain. Ham, beef, whole milk, and cheese have about 60% fat (that's too much if you're trying to lose weight). Chicken and turkey and things like lean pork and beef have about 25% fat (white meat has less than dark meat; and skin tends to contain high fat concentrations). Nowadays, manufacturers are producing proteins like hamburger and deli slices with very low fat. Certain soy products like soy deli slices or soy hot dogs or soy burgers are even healthier, very delicious (you often can hardly tell it's not meat), and they contain many more nutrients than meat, yet have virtually zero fat.



In general, the more you can choose proteins with low fat content, the more control you'll have over your body.

One nice thing about high-protein foods is that they also tend to reduce your appetite! When you eat a good protein food, and the natural (*not* added) fat that may accompany it, your body releases hormones that tell your brain that your hunger is satisfied. In a way, it's the opposite of the insulin effect. That's why it's difficult to overeat protein: you become "full" too quickly (assuming you don't eat too fast!) Your brain feels

your “fullness”, and tells you to stop eating. Protein is therefore an essential “traffic cop” for your hunger.



## VITAMINS & MINERALS

Vitamins and minerals are essential to your ability to have a normal metabolism (*metabolism* is the sum total of the way your body functions; *metabolic rate* measures how fast your body is working, and how much energy, or calories, it burns). Unfortunately, many people today do not get enough of some of these vital nutrients. The BioSlim Formulas are there to solve this problem. While you are taking them, **the BioSlim Formulas help provide optimal nutrition—thus making it possible for you to optimize your metabolism and your metabolic rate—which is vital to your ability to get in the best shape you can be!**

Four

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# THE SECRETS OF LOSING WEIGHT

## USING THE BIOSLIM FORMULAS

There are **two BioSlim Youth Formulas**. We at BioSlim have spent a long time carefully designing these products to help you achieve all your weight loss goals and good health. **Note:** There is no “magic pill” that will cause you to lose weight—you cannot just take the pills, make no other changes, and expect to lose all your extra weight. You need to follow the complete BioSlim Youth System program. And good thing! Because the habits you develop following BioSlim will stay with you—keeping you thin and healthy—your *whole life*, even if you stop taking the Formulas.

The BioSlim Formulas serve an important role in making sure that the changes you are making to your eating habits and activity levels will have maximum effect.

**VITA/MIN PLUS** is a super-high-quality vitamin/mineral/herbal formula that will ensure that you’re getting the nutrients your body needs to function at peak levels. All the essential nutrients your body needs to have a normal metabolism are in this optimized formula. (See the definitions of *metabolism* and *metabolic rate* on the previous page.) Some of the ingredients in Vita/Min Plus are part of your body’s fat-burning processes, some are part of the energy utilization process, all are important. **The usual dose of Vita/Min Plus is 2 chewable wafers per day, one with breakfast, one with lunch (or dinner, if you forget). ALWAYS TAKE WITH FOOD.** You may take both

your daily Vita/Min Plus wafers at once if that's more convenient than splitting doses.

**SLIMTONE FORMULA** contains special herbal and other key ingredients in a truly unique and important formula that we have spent years perfecting. SlimTone Formula, Vita/Min Plus and the complete BioSlim program all work together to help you lose all the weight you need to lose, and to keep you as healthy as you can be. SlimTone is designed to keep you feeling great, to help you stay active, and to give your metabolism the nutrients it needs to properly deal with stored fat and excess calories. **The usual dose of SlimTone Formula is 2 chewable wafers per day. Try to take your SlimTone 10-15 minutes before food, usually before breakfast and again before lunch—but take one before dinner if you forget.** If you forget to take SlimTone *before* a meal, take it *with* that meal, or even afterwards, or between meals. If splitting up your day's doses is inconvenient, take both your wafers at once (before breakfast or lunch). **Most important: EVERY TIME YOU TAKE A SLIMTONE DOSE, DRINK ONE CUP OF PURE WATER WITH IT.** Or use a flavored drink or juice, best diluted with



water, to wash it down. The SlimTone wafers are a bit tart, so be prepared to rinse them down.

The BioSlim Formulas are **completely safe**. They contain no drugs. They are both fully natural formulations that contain no animal products or harmful stimulants.

**Note:** Complete ingredient descriptions may also be found on our websites, **bioslim.com** and **bioslimforkids.com**.

## EATING THE BIOSLIM WAY

OK, now let's turn our attention to the BioSlim way of eating, and why it's so incredibly powerful and important. First, let's go over some basic terms and definitions.

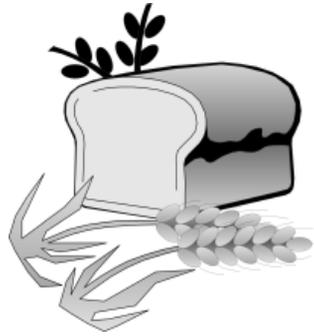
**Fat** – In this chapter, “fat” is generally used to describe *dietary* fat, or the fat contained in the food we eat. “Added fats” are those contained in all oils, mayonnaise, margarine, butter, lard, etc.—it's fat *extracted* from whole real food and somehow added to your meal (whether you add it, like salad dressing or butter, or it's added for you inside your food, like potato chips or fries). We will also be referring to the fat *naturally* present in foods like beef, chicken, fish, eggs, and certain plants and nuts. Remember: ounce for ounce, fat has about two-and-a-half times the calories of either protein or carbohydrate.



**Protein** – The basic building component of our bodies. Skin, hair, muscle, nerves, brain—protein is important to every part of your body. Typically, we get protein in our food from animal products such as beef, chicken, turkey, fish, seafood, pork, lamb, eggs (note that egg whites are pure protein), milk, and cheese. Remember that animal products typically contain protein *and* fat, sometimes a *lot* of fat. Animal products generally contain virtually zero carbohydrates (sugars, starches, fiber, etc.), just protein and fat. In the back of this book, you'll

find a chart showing you how much fat is in some common protein sources. You can see that some foods have mostly protein and very little fat, while others are mostly fat with very little protein. I bet you can guess which kind is better for you!

**Carbohydrates** – Carbohydrates provide our primary source of energy, calories that we burn as fuel. These sugars can be present in low amounts such as in green vegetables, or in very high amounts as found in grain products (like bread, pasta, cereal, rice, corn, and anything made with flour), white potatoes, sweets, and of course, sugar itself.



**Insulin** – Remember, this powerful hormone is the human body's most important regulator of body fat. It is released when you eat sugars (or food with starch that gets broken down into sugar by digestion), and tells the body what food to burn for energy, what to store (as fat, mostly), and when to build.

By now, you probably already realize why the modern way of eating is hurting so many people. **We eat far too much sugar and much too much fat.**

Which is worse, sugar or fat? The answer depends on which one you're abusing more! If you're a sugar freak—if you love sweets and pasta and bread and potatoes—then carbs are probably your worst problem. If you love deep-fried and fatty foods like french fries, greasy nachos, potato chips, mayonnaise, margarine, oil and butter—then fats are probably your worst problem. If you, like many people, eat lots of BOTH carbs and fats—ice cream, caramel bars, french fries and cheesecake are some



common examples—well, then they're BOTH bad for you, and **you need to change NOW**. BioSlim to the rescue!

**Note:** if you're addicted to a certain food, it's almost certainly high in sugar, since fats are not as habit-forming as carbohydrates.

The foods that should be at the center of your attention are those that are high in protein, plus green vegetables. **When you think about what you're going to eat, always try to picture your protein choice FIRST, then decide what (limited amount of) carbohydrate you'll be having with it.**

## **Plan your meals around your protein choice**

So how do we do this balancing act?

### **ADDED FAT VS. NATURAL FAT**

The first simple rule is to start watching out for all the harmful fat you're probably eating every day. If that serving of mashed potatoes is covered in butter, you're getting an overdose of fat (to say nothing of all the carbs). Taking potato as an example, think of the difference between a simple plain baked potato versus french fries. French fries are potatoes that have soaked up unnatural amounts of oil like a sponge—horrible, fattening, overheated, cancer-causing, rancid fat!

Now think about all the fried snack foods, like corn or potato chips and cheese puffs, that are deep-fried. Think about all the potato salads, tuna salads, chicken salads and sandwiches that are swimming in mayonnaise. (Since mayonnaise is typically made almost exclusively from the worst kind of dangerous, hydrogenated oil and egg yolks, it is one of the WORST foods

you can eat!) Think about the cheeseburgers that have fatty cheese on top of a fried hamburger patty, or the bacon cheeseburgers with fatty bacon slices on top of fatty cheese on top of fried



fatty hamburger. And don't forget ice cream and cream cheese and all those greasy breaded chicken and fish "treats" that are deep-fried in oil! Take fried chicken, for example. Not only does the chicken skin contain pure fat, but the breading that the chicken is covered with also soaks up frying oil the same way potatoes do in french

fries! Yikes! I'm surprised people don't drop dead on the spot after eating some of this junk. (Well, not really of course, but you get the point!)

All this added fat in our food is MAN MADE. There are no naturally-occurring pure fats or oils in nature. Nature does not make butter, or cream, or corn oil. Mayonnaise is made from egg yolks (the pure fatty center of an egg) and corn oil. Nature makes corn. *People* make *corn oil*, and then from that, mayonnaise.



Even our protein sources today are much higher in fat than the foods our ancestors ate. Today, beef and chicken are raised to be as fat as possible. In the Old West, back in the 1800's, cattle which roamed free over the range contained about 25% fat. Beef raised commercially today contains about 60% fat!

Imagine now about how much fat is contained in the food you eat every day! Think about how much of that fat is *added* by human processing and preparation, and how much is naturally

part of the food you're eating. The *added* part is what you need to avoid. The natural part is generally okay, though even that should not be overdone.

**Watch out for  
*added* fats like  
mayonnaise and oil**

There are all sorts of ways to reduce the fat in your meals. The first step is to **REALIZE** how much fat you're really eating every day. Next, because it can be hard to turn all your habits upside-down all at once, just begin to **REDUCE** your intake of fats, concentrating on those that are added to natural food.

Think about your day and all the opportunities you have to make food choices. Each time you eat, look for a way to reduce or eliminate one or more of the sources of fat in your meal. For example, let's look at the typical fast food lunch of cheeseburger, fries, and a soft drink. These days, almost all fast food restaurants have salad alternatives. So... why not try a cheeseburger, plus a **SALAD** instead of french fries, and a soft drink? With this one simple change, you've now eliminated about 400 calories of pure fat from your meal, plus a whole lot of starchy carbs (all in the french fries)! When you order salad, remember to ask for **FAT FREE** dressing. In fact, you could go one step further and order a hamburger instead of a cheeseburger, and you'd eliminate **ANOTHER** 100 fat calories



from your meal! Just these simple changes, and you'll already be eliminating about 1 pound of body fat per week! Amazing isn't it?!

But while it is certainly true that the BEST way to lose weight and get healthy is to get rid of all the junk food immediately, that does *not* mean that you must take drastic action now in order to succeed. It's also very, very effective to begin making changes gradually, step-by-step. Of course, if you're the kind of person who *prefers* making major changes all at once, that's great—go for it! But if you're not that kind of person, it's much better to begin with slower step-by-step changes than to make none at all.

**Begin by making small,  
consistent changes**

**You will be surprised to find that making regular small changes really does quickly add up to very big success.**

### **THE THREE SIMPLE RULES**

**Important Rule Number One: AVOID ADDED FATS**

– as we've discussed, these are concentrated fats *added* to real food by humans, including oil, mayo, butter, margarine, deep-fried foods, etc. **Note:** If you are used to a high fat diet, your taste buds may need some time to adjust to the lower-fat lifestyle. But let me assure you that in just a couple of days you will begin to taste more of the real flavor of foods, and the lower fat intake will soon seem normal for you. You'll wonder how you could ever stand to eat all that high-fat junk in the first place!

**Important Rule Number Two: REMEMBER TO ALWAYS LOOK FOR REAL FOOD.** Food that is whole and natural will tend to be low in fat (with some exceptions), have no refined sugar, and be packed with the vitamins and minerals you really need. Remember that much of what we eat today has been refined by machine processes to the point that most of it no longer represents ANYTHING found in nature. The more packaged and processed a food is, the more likely it is to contain large amounts of sugar, fat and artificial chemicals. So when you make food choices, look for foods that still look close to the way you'd find them in nature. Vegetables, fruits, nuts, chicken, fish, beef, beans... these foods are all in their natural form. Fruit “roll-ups”, pasta, potato chips, ice cream and pop tarts are not. Treat your body right—look for foods that have been processed as little as possible.

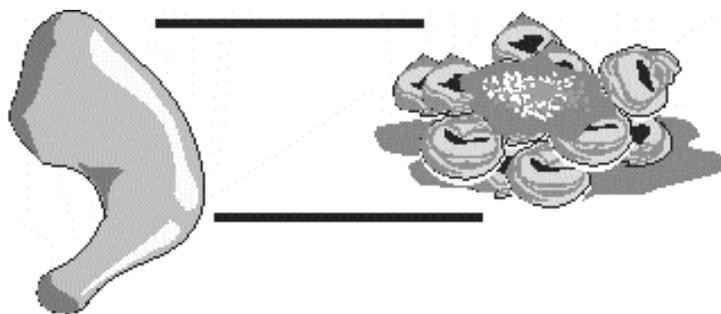


**Chicken, fish, eggs,  
vegetables, nuts and fruit  
are all foods in  
their natural form**

Some of the best real foods you can eat are vegetables! Green or yellow, it doesn't matter much. Try celery, green peppers, squash, broccoli, collard greens, Swiss chard, asparagus, artichoke, spinach, green beans, peas (but not white potatoes). Note that carrots are fairly high in natural sugar, so

while healthful, they are best minimized during the time you are actively trying to lose weight. Potatoes, rice, corn and all grains are natural foods, but because they are so high in starch (concentrated carbs which break down quickly into sugar in your body), you have to be careful about portion sizes. This applies especially to refined, white grains—foods like pasta, bread and cereal are *unnatural*, and should be eaten in very careful moderation, if at all.

The green vegetables on the other hand can be eaten as often as you like. Some vegetables actually use more calories during digestion than they contain! Plus they're full of high-quality, healthful fiber. **Note:** See the Appendix of this book for a listing of "*Best vegetables to eat when losing weight*".



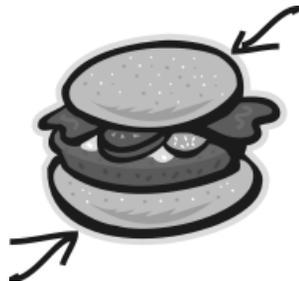
**Important Rule Number Three: BALANCE YOUR CARBS TO YOUR PROTEINS AT EVERY MEAL.** When you eat, you need to **build your meals based around portions of protein.** For example, start by thinking about the amount of chicken on your plate, **THEN** make sure that the amount of high-carbohydrate food (like potatoes, for example) on your plate is **NO MORE** (and preferably much less) than the protein! Example: just eyeball the potatoes and make sure there's less of it on your plate than high-protein food (chicken, beef, etc.) Think of it this way: a chicken leg is about the size of a small fist. If you're having pasta with that chicken, the portion size of

pasta should be no bigger than that chicken leg, and preferably much smaller.

**Remember:  
when you're  
hungry, think  
protein first**

But always **keep it simple**—don't go nuts trying to measure things. The point of the BioSlim program is simplicity, because that's how we know you'll stick with it! (Of course, if you forget about the mashed potatoes and go with mostly green vegetables instead—like Brussels sprouts, spinach, artichoke, kale—then you don't have to guesstimate anything, just eat as much as you want!)

Here's another example: let's look at a basic hamburger. *The bread in the bun in which your hamburger lies typically already contains as much carbohydrate as you should have in your whole meal!* Sometimes the roll is twice the size of the hamburger! Therefore, eliminate one half of the bun entirely—that's right, eat the burger on just one side of the bun, leaving the other aside uncovered-by-bun. Try it, it's fun! You dramatically reduce your intake of carbohydrates, but still get the same taste experience. (Or get rid of the bun altogether!)



Remember, the more carbohydrates you eat, the hungrier you get. This is why **the core of the BioSlim Food Plan is the balancing of proteins and carbohydrates.** It may be hard

to believe, but this one small change can make a tremendous difference in your body chemistry, and help you lose weight fast!

**Bread and pasta are  
highly-refined  
concentrated carbs -  
be careful!**

Another example: Remember the fast food lunch we were talking about? Remember that soft drink you ordered? It contained about **8 to 15 teaspoons worth of sugar!!** Was it really worth it? Soft drinks and fruit juices are basically all sugar, and they are absolutely *terrible!*

Now, fruits have lots of important vitamins, but they are also usually naturally high in sugar. (When you do eat fruit, eat it whole and don't overdo it.) When fruit is processed into juice, the sugar is concentrated many times over. So having juice with your meal is just another way of overloading on sugar! And of course, that's even more true for soft drinks, which are *loaded* with actual added white sugar.

It's true that soft drinks, sugared or sugar-free, are in general nothing but a bunch of chemicals and food coloring in water, but it's still better to have *sugar-free* soft drinks than high-sugar drinks of any kind.



Another idea you might want to use is to dilute your juices, when you must have them, half with water. It'll still taste good, sometimes *much better*, and you'll be cutting your sugar load in half!

**But the best way to quench a thirst, always, is with pure WATER.** Most people don't drink enough water in a day, so the benefits multiply when you take away the soda pop and add pure water. You'll feel better and be healthier in many ways (better skin tone, better bowel habits, more energy, faster weight loss, less joint pain, etc.)

These three Food Plan rules and the BioSlim Formulas are all you need to begin making real changes to your weight and your health. If you begin to incorporate these changes into your life, you'll begin to see results almost immediately.



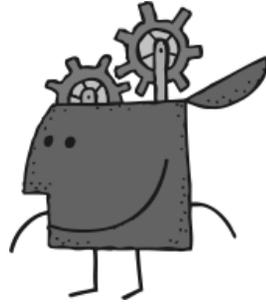
## MEAL SIZE AND TIMING

The basic recommendation here is: Eat smaller meals, more frequently, when possible. Try to eat a good breakfast and a decent lunch. Do NOT overload on supper—that should be a light meal, and not too close to bedtime. (Food eaten right before you sleep turns more easily into fat.)

Eat when you're hungry. If you get hungry 4 times a day, eat 4 times a day. If it's only twice, eat twice. Follow your body's signals. Just make sure it's REAL HUNGER you're sensing, not boredom or habit or anxiety that's making you *think* you want to eat. If you end up eating 3 or 4 times a day, just eat

*smaller meals each time.* That way, you spread your food out over a whole day rather than shoving huge amounts into your mouth all at one sitting. Science has shown us that this alone helps people lose weight.

Why? Think of it this way: when you eat a big heavy meal, your digestion is overloaded and slows down. Your energy drops and you become sluggish, as blood rushes to your stomach and intestines to help with digestion. Plus your stomach gets full and literally stretched out. When you eat smaller meals more often, your stomach is never overfilled, your digestion works efficiently, and your energy level remains higher. Just listen to your body and learn to hear the signals it sends you. **Always eat balanced meals, and never overeat in any one sitting.**



**Eat smaller meals more frequently, and only when truly hungry**

One more thing: **SLOW DOWN! Don't eat so fast!** Take your time, chew your food well, and let your body catch up with what you're doing. Eating too quickly causes your body to literally *lose track* of how much you're eating—before your brain can learn that you've eaten enough and signal to you that “you're full, stop eating”, the rapid-fire shoveling-of-food-into-your-mouth can cause you to drastically overeat! Then, before you know it, you're stuffed, your belly hurts, and you're miserable! And for what? To save what, a minute or two?? Eating slowly allows your body's natural control mechanisms



to do their job. You end up eating only what you really need—enough to satisfy hunger and not much more. Which is, of course, the right, natural, healthful way.

One **huge mistake** people sometimes make is eating two or three balanced meals a day, then snacking with lots of carbs between meals.

Whether you're eating candy bars or fruit, cookies or non-fat pretzels, these extra carbs will ruin your body's sugar and hormone (*insulin*) levels, and your ability to properly handle sugar and fat. If you find that you are *genuinely* hungry between meals, you simply need to readjust the *size* and *timing* of your meals (smaller meals, more often).

Also remember that “hunger” between meals is often not hunger, but thirst, or a bad taste in your mouth. Try drinking some water, or brushing your teeth, or just chewing sugar-free mint chewing gum. You'd be amazed how often just these simple actions alone can satisfy what you thought was “hunger”.

**Hunger is often confused  
with thirst, or just a bad  
taste in your mouth.  
Try water or gum!**

### **FOODS TO FOCUS ON**

- **Vegetables** – especially the green ones. Be careful not to ruin your vegetables by pouring butter or oil over them.
- **Beans** – like soybeans, kidney beans, and lima beans are also

very healthful, though they cannot be eaten almost endlessly like green leafy veggies.

- **Soups** – if made from fresh vegetables, without added fats, oil, or cream, soups can be very nutritious and filling.
- **Low fat meats, fish, poultry and deli slices** – these are essential to building balanced meals. The low-fat deli slices



in the supermarket (some are 99% fat-free or better) are especially quick and convenient protein sources. Fish is also an excellent protein source, since even the fat in fish is very healthful (fish oils

contain high levels of *omega-3 essential fatty acids*).

- **Eggs** – especially egg whites. Eggs are NOT the dangerous food they've been made out to be. Eggs contain the highest quality protein available in any food. The white of the egg is *pure* protein, with zero fat and zero carbs. Yolks contain some fat, but the amount is quite reasonable. Eat eggs boiled, poached, even scrambled or fried (so long as you don't use too much oil in the non-stick pan). One neat trick: if you've just had too many carbs, have 2 or 3 hard-boiled egg whites with a little salt or seasoning of your choice. You get a lot of protein to balance out your meal, and nothing else.
- **Tofu** – tofu is made from soybeans, and is becoming increasingly popular. It comes in white firm cakes, and looks like wet cheese. It is a great protein source, though it is *not* fat-free (unless you specifically buy it that way). Tofu is a wonderful way for vegetarians to boost their protein intake. It has almost no flavor by itself, but picks up the flavor of



whatever it's cooked with, so it can be used effectively like chicken or meat in stews and other combination dishes. The extra-firm varieties that can be easily cut into cubes or pieces for adding to soups, stews, or vegetable dishes are particularly useful.

- **Fat free or low fat milk, cheese and yogurt** – although fat-free is best, low-fat is a tremendous improvement over regular dairy products. Remember, whole milk, or “4% fat” milk, is really 60% fat calories. 1% fat milk, is only 15% fat calories, a big improvement! This is another instance where it will take just a couple of days for your taste buds to get used to low fat. At first, low fat milk tastes watered down, but within just a few days, the full rich flavor will come to you, and you may well end up preferring it over whole milk, because whole milk will taste like heavy cream to you!
- **Water** – always drink lots of pure water, each day. Most people never drink enough water, which causes them to gain weight, be constipated, be tired all the time, have dry skin and hair, suffer from joint pains, and all kinds of other problems. Drink 4-8 cups of water each day, depending on your age (more as you get older, taller, bigger). Or if you don't want to count, that's fine—just drink water whenever you're thirsty, and stay away from soda pop and juice.

## **FOODS YOU SHOULD CAREFULLY LIMIT TO SMALL PORTIONS**

- **Rice and corn** – very common in lunch and dinner dishes, rice is also very concentrated carbohydrate and should be eaten in small portions. Reduce portion sizes if you must eat rice. Corn is natural and healthful, but quite high in both starch and sugar, so take it easy on corn too.
- **Potatoes** – including sweet potatoes, are very high in carbohydrates. Potatoes are generally good for you, especially with the skin, but not if you want to lose weight.

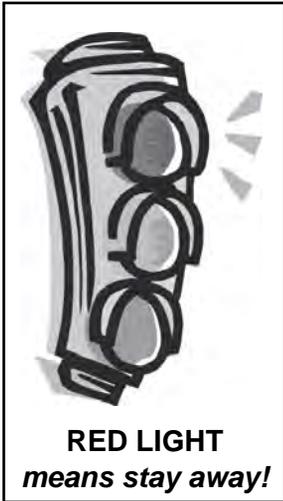
Limit your portion sizes, because potatoes are loaded with starch.

- **Too Much Fruit** – fresh fruit is very good for you. You just have to be careful to limit how MUCH and how OFTEN you eat it. A piece of fresh fruit every day is a good idea, but try to have it early in the day, and remember that fruit is high in sugar, so balance your protein intake accordingly. Be especially careful with dried fruit, like raisins, which have much more sugar (by weight) than any whole fruit.
- **Nuts and seeds** – are very good for you, but are typically quite high in fat. Peanuts are especially loaded with oil. You may eat these, and they do make good snacks, but be careful to limit the *amounts* you eat. Peanut butter especially is very high in fat (try pouring off the oil on top).
- **Bread** – Processed white bread, which is naturally very low in nutrients but high in sugar-in-the-form-of-starch, should be avoided altogether. If you must eat bread, stick to the whole grain kind, and always be careful to limit the amount you eat in balancing your meals. Use thin slices or scoop out the loose extra inner part of rolls. Watch out for those sandwiches made between two giant hunks of bread.
- **Pasta** – like spaghetti and macaroni, is very high-carbohydrate food! Think of pasta as compressed bread. If eaten at all, limit each portion to a size no bigger than your fist, and eat only when balanced with plenty of protein.



## FOODS TO AVOID FROM NOW ON

- **All added fats** – including butter, margarine, cream cheese, oils and mayonnaise, to name just a few. These fats pop up in all sorts of packaged and fast foods, so watch out!
- **Cereals** – in general, these are LOADED with sugar.



Even the natural varieties tend to be coated with honey or sugar. Plus, the cereal itself is usually a high-starch grain, so **the total carb load is very high**. If you absolutely **MUST** eat cereal, always use low- or non-fat milk or soymilk and do **NOT** add white sugar. If you want a bit of sweetness, try adding some sliced fruit, like peaches. Try to find one of the new **higher-protein, lower-carb cereals**. But unless you can manage to reduce the carb load and balance what's left with sufficient protein, it's best to avoid cereals altogether.

- **Soda Pop** – as described earlier,

soft drinks are made with **PURE SUGAR** plus artificial colorings and flavorings. The sugar-free varieties are preferable, but because they contain lots of chemicals, **your best bet is to DRINK WATER, and lots of it!**

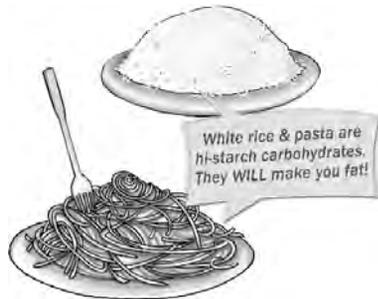
- **High-sugar snack foods** – including candy bars, “fruity snacks” (that are really just candy with fruit flavoring), or anything with a stick in it (like lollipops, ice cream pops, etc.) These will fry your brain as they thicken your waistline. Be smart. Save your brain. **Stay away!**



- **Fried and high-starch snack foods** – examples: potato chips, cheese puffs, french fries, onion rings, pretzels, pork rinds, and many others. **Avoid!**
- **Ice cream and other frozen desserts** – When you really analyze it, ice cream is practically the worst food you can eat. All fat and sugar. **Keep away!!** (Note that even those frozen “fruit” bars are mostly just sugar, water and coloring.)



- **Cake, cookies and other sweet snacks** – these are made with bleached white flour which is nutritionally empty and essentially the same as sugar. Those “fat-free” pretzels that you see are just white flour and salt. Yes they’re fat-free, but they’re also all harmful, fat-producing carbohydrates. They may *contain* no fat, but they sure will *make* you fat!
- **Any more than small amounts of bread or pasta** – or *any* amount not balanced with protein. Bread and pasta were included in the previous “eat occasionally, but limit portion sizes” section, but it’s important to remember that the best approach is to avoid these foods altogether.
- **Artificial junk..** Bags of weirdly-shaped crunchy things with or without some kind of goo in the center—these are exactly the kinds of things you should avoid from now on. Remember, television



commercials make junk like this *seem* fun and delicious; but in fact, **these foods are ruining your body**. If in doubt, read the ingredient list: chances are you won't *want* to eat it anymore!

## **DESSERT – THE HIDDEN TIME BOMB**

One of the worst traditions in the dinner meal is dessert. Where did we ever get the idea that following a nice meal with a plateful of sugar was a good idea? We all know that eating candy or pie or ice cream BEFORE the meal will spoil our appetite. Doesn't it seem obvious that eating these things AFTER the meal will spoil our digestion and health?

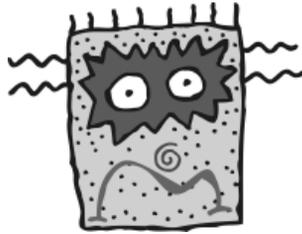
Dessert makes you fat in two ways. First, it becomes a load of excess calories on top of the calories you've just eaten. In fact, many desserts contain more calories than the typical meal that precedes them! The second way desserts make you fat is that they trigger that sugar-overload reaction by your body that we've been talking about. Just picture it: you've just had a well-balanced meal of protein and carbohydrates, your body is beginning to process it all, sending the protein to build muscle and the carbohydrates to provide energy. Suddenly this big gob of sugar and fat comes into your system and your body releases a huge rush of insulin hormone. Now digestion of the good food stops, the sugar jumps ahead in line, and suddenly the body must deal with all those excess fat and sugar calories, plus all that extra insulin. What a mess! And guess what happens to most of the calories you just ate? That's right, they turn into fat, stored right on your body. Exactly what you don't want!

**Important Note:** If you are used to a high sugar diet, your taste buds will need some time to adjust to having less sugar in your food. Remember, sugar can be addictive in a very real sense, and your body may crave it for a period of time. But if you can get through the first few days, you'll find that things quickly get much easier. Soon, you'll discover that even a piece of fruit satisfies all your desires for sweets. Surprise, surprise!

Fact is, if you can do this program carefully and completely for just ONE WEEK, the whole thing will become much, much easier. Imagine. ONE WEEK—and you'll be on your way to changing your life forever!

## HOW TO PLAN YOUR MEALS

Learning to choose the right meals is simple when you get the hang of it. Let's start with breakfast. A typical **NON-BioSlim** breakfast might be a big bowl of sugared cereal in whole milk, or greasy fried bacon, fruit drink, buttered toast with jelly, or maybe 3 or 4 pop tarts. At this point, I'm betting you can easily see the problem with these food choices. (Don't forget that most jelly or jam is really just sugar spread.)



### BREAKFAST

A **good BioSlim** meal would be 2 or 3 scrambled eggs and some tomato and veggies. You could also have a piece of plain toast or a toasted English Muffin (whole grain always preferred), and a small glass of fat free or 1% milk—but you'd be better off minimizing the bread (because it's pure concentrated carbohydrate). You shouldn't need butter on your toast, because when you put your eggs on the toast, it will be moist *and* crunchy! Now look at the difference in the amount of fat and sugar you get with BioSlim compared to your old way of doing things!



One concept to remember is that breakfast is just another meal, and you are NOT limited to only "breakfast food"

for breakfast! You can eat anything you want, whenever you want, so long as it fits into the BioSlim plan. How about a chicken sandwich (on just one slice of bread?), or a soy burger patty with a salad, or even a hamburger if you like!? Why not?

## LUNCH

Think about lunch options, besides your typical cheeseburger and fries. How about a burrito, but one filled with chicken or beef plus lettuce, tomato and salsa—NO cheese or rice? The taste can be even *better* than the high-fat, high-carb version, and now you're getting great protein-carb balance!



Or how about a hamburger (beef or chicken or turkey or soy) plus some vegetables of your choice? You don't really need a bun, but if you really want one, go ahead and eat the burger on half a bun. The taste is the same as a full high-carb, high-fat cheeseburger, but now the meal is balanced!

Apply these concepts to any meal you're considering. A little change here and there will transform terrible meals into healthful BioSlim ones. And in time, this will transform your body!

## DINNER

Dinners in the past have typically been something like spaghetti and meatballs, bread, and ice cream for dessert. Yuk! Look at all the carbohydrates! One obvious change you can make immediately is to make sure you're eating meatballs with spaghetti, not spaghetti with a little meatball. In other words, make sure the portion of meatballs (the *protein* food)

is large compared with the spaghetti (the *carb*), not the other way around.

And instead of bread, have a serving of vegetables. Don't forget to dump that dessert... if you're still hungry, have another spicy meatball!



To refresh the taste in your mouth, try some water, or sugar-free mints or gum, or some herbal tea, or even half a glass of juice mixed with half a glass of water.

## **BETWEEN MEALS**

If you find that you're getting hungry between meals, first make sure it's really hunger you're feeling. Sometime we *think* we're hungry when all we are is thirsty. Drink some water! And sometimes we *think* we're hungry, when all we have is a bad taste in our mouths. Try some sugar-free gum, or sugar-free mint—it works great to get rid of “hunger”. Or just brush your teeth—now there's a way to get three benefits in one: cleaner teeth *and* a good taste in your mouth *and* your “cravings” gone!

If you truly are hungry between meals, make sure to carry good, balanced, “real food” snacks with you. Having a sandwich (thin bread!) handy is a great snack. The BioSlim sandwich is made with real fat-free chicken or turkey slices, or vegetarian (soy) deli slices from the supermarket, lettuce, tomato, two THIN slices of whole grain bread, and some mustard or ketchup.

Or have some celery, or a carrot, or some pure nuts and seeds with no added oil or sugar.

### **READING LABELS**

This is another important habit that you need to begin to practice: **read the labels on the foods you buy**. First look at the number of portions per package, then the amounts of protein, carbohydrates and fat in each portion. You may find that a tiny package still claims to be three or four portions, so that if you eat the whole package, you're actually getting 3 or 4 times what you thought you were getting when you first read the label! Read carefully, and do the basic arithmetic to find out if it's really good for you, or just a lot of carbs and fat.



When it comes to your body, knowledge is power. Use it wisely.

## Five

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# CRAVINGS AND CHEATING

- ▶ **The power of emotional triggers**
- ▶ **How eating sugar and fat changes brain chemistry**

Let's talk for a second about food cravings and "cheating". Cravings can be caused by many things, including poor nutrition, low blood sugar, dehydration, habit, boredom and depression. But the most common cause is a "trigger"—some situation or emotional state that brings on a desire for sugar and/or fat. Then, if you actually eat sugar and fat, they cause certain changes in the brain that can be interpreted as feelings of well-being. In that way, sugar - and to some extent fat - are much like addictive drugs, aren't they? And just like drugs, satisfying the craving one time NEVER ends the cycle. It just makes things worse.



Triggers can be very powerful, but fortunately tend to last no more than thirty to sixty seconds. You will develop enormous discipline and power in your life if you learn to wait out these triggers. This ability can actually be applied to any negative behavior or emotion, by the way, including hunger. Simply being AWARE of the fact that you are experiencing a trigger,

and waiting it out for about one minute will often cause the craving to quickly go away.

Other tips to use when you get “cravings” :

- **chew sugar-free gum** to satisfy any craving you may have for sweets
- **brush your teeth** to freshen up your mouth
- **drink water** or water-plus-a-little-juice, because thirst is often misinterpreted as hunger
- **eat something healthful** right away
- **get involved in something you really love to do OTHER than eating**, because what we sometimes *think* is hunger is actually boredom or just bad old habits



**When you have a craving  
for something bad, have a  
veggie snack or glass  
of water first**

Triggered cravings are almost always *states of mind*, not physical needs, and thus can be easily handled by applying your will power—your mind—and doing the right thing.

If you find yourself cheating anyway, just remember that it’s okay, so long as you control it. The important thing to remember is not to go overboard. Cheating once in a while might set you back a bit, but it won’t completely ruin your success. Cheating

regularly will, because after a while it's not "cheating" anymore, it's your life.

If you find yourself with an overwhelming desire to cheat, learn to enjoy a taste—a small bit—of the food you are cheating with. Believe it: *eating a whole box of cookies is not more satisfying than having one cookie and really enjoying it!* It's just more sickening (literally!)

There will be certain rare times when you have to cheat. For example, if you are invited to a friend's house for dinner and it would be rude to refuse the food your friend's mother has prepared for you. In these cases, go ahead and enjoy the meal, just watch your portions, then return immediately to the BioSlim Plan afterward. It can also be a fun exercise for you to examine the meal in front of you and think of ways *you* would have prepared it—the smart way, according to the BioSlim principles—if you were the one doing the cooking.

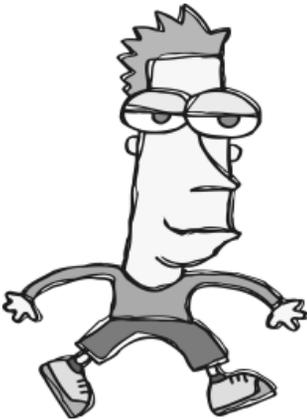


## ACTIVITY: MYTHS AND MISTAKES

- ▶ Any kind of activity accelerates your results
- ▶ The best exercises are the most simple... try walking!

Sure, you hate exercise. The last thing in the world you might want to hear is that you should work out.

Well, let's make one thing clear. **BioSlim does NOT include a strenuous exercise program.** It does NOT require running miles a day or working out with weights for hours. In fact, what BioSlim recommends can hardly be called “exercise” at all. Believe it or not, the best way to lose weight and get healthy permanently is NOT by adopting a strenuous exercise program!



Why? Because if you do, you will probably tire of the routine soon enough and stop doing it altogether. That's human nature. And we want you to get in shape not for a moment, but forever. So to make the change *permanent*, BioSlim recommends increasing your activity level every day in natural, common ways—doing things you normally do, only slightly differently. Examples: *walk* to the store instead of



driving, *ride* your bicycle instead of the bus, swim, play games that get your blood circulating, work a little in the garden, build something, etc. In other words, it's best to do everyday activities that do not involve formal "exercise", yet still provide you with the increased activity level you need.

And it's important to remember that even though the BioSlim Formulas combined with the Food Plan *can* be enough to take the weight off your body, studies have shown that even small amounts of activity can **dramatically accelerate** your results. In fact, by *priming* your body with the right foods and the intense nutrition contained in the BioSlim Formulas, you'll get better results from your activities than ever before! Don't forget, your body is all *one machine*. When your whole body is moving in the right direction, you will quickly optimize to the best shape you can be.

One of the best exercises is the simplest: walking. That's right; not running, not even jogging, just simple walking! In today's modern world, we sit around more than ever before. We ride to school in cars, we sit in front of computer or television screens at night, we play video games for hours on end. Compared to people just a hundred years ago, today's teen is less active than a grandparent! In 1815, John Adams, our second President, was 64 years old. At that time, retired from public life, he rode horses, chopped wood, worked his farm, and walked miles a day over the countryside hunting wild game. Compare that with *your* activity level!



I like to use a Walkman and headphones, put on my favorite upbeat tunes, and get outside and walk aggressively for about 20 to 30 minutes everyday. By aggressive, I mean walk to the beat, don't just stroll casually along! Sometimes I'll even do a session in the morning PLUS one in the evening after dinner.

**Watching TV  
slows your mind  
AND  
your body**

And as we've seen, there are all sorts of other activities you can do that will accomplish the same thing:

- ▶ climb up the stairs instead of taking the elevator or escalator
- ▶ walk or bicycle to the store instead of riding in a car
- ▶ start your own little garden or outdoor project to work on
- ▶ plus all kinds of sports activities, either with friends (baseball, basketball, tennis, etc.) or by yourself (swimming, weight lifting, etc.)



In my view, the best exercise, *if you choose to do it*, is still resistance strength training, using weights. Reason: It builds muscle tissue that will *continue* to burn off calories even when you're not working out. Plus, of course, it makes you look better.

**Note:** *slow* repetitions are usually much better than quick, jerky ones. Take it easy if you're just starting with this—get some professional input before you start.

Don't overdo it, especially in the beginning, and always warm up and cool down. The worst thing you can do is injure yourself in the middle of the BioSlim program—that could force you to stop all your activities, and set you back weeks. Be careful.

Whatever you do, the idea is to keep it simple. Don't make it overly strenuous, don't make it feel like *work*. By keeping it fun and making it part of your life, you'll be much more likely to *keep* doing it until you reach your goals, and beyond.



## Seven

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# MASTERING MOTIVATION

## You can become the master of your destiny

It's important to remember as you start this program, that *you are not broken*. You are not less than other people. You are a complex individual, with your own unique combination of talents and abilities. These abilities may or may not be apparent to you at this point in your life, but trust me, they're there. Your abilities to control how you act, including how you eat, are part of your development as a person.

Remember too that food is not friendship, food is not feelings, food is not a place to hide, food is not anything except a necessary part of living a healthy life. It's just biology. And it is NOT out of control. YOU are in control. You're in control because you are learning now how your body works, and how to make it do what *you* want it to do. This stuff is not hard!



**All you need is the will to start—the will to do this for ONE WEEK!** After that it just gets easier and easier.

This is why I created BioSlim—to give you the information and tools you need to get you started and keep you on the right track until ALL your goals are achieved.

You may have heard that humans on average use only about 10%-15% of their brain power. Well, that may be true, and it means that we all have enormous untapped potential and abilities. Your mind is the most powerful tool you have. If you *decide* that you are powerless over yourself, you **WILL** be powerless. But you can also decide that you **HAVE** control, and then—you **WILL** have it!

Though the world may be a complex place over which you have only minimal control, what *you* do **IS** in your complete control. The one thing you have complete control over in this universe is: **YOUR ACTIONS.**



In fact, philosophers have said that Man's greatest enemy is **HIMSELF**; that the struggle to control our urges and impulses is an individual's greatest challenge in life. But with practice—and especially now, with the information and tools that BioSlim gives you—you can and will be the master of your own self, and thereby discover many wonderful benefits in all areas of your life.

Bring your power to bear when it comes to changing your lifestyle and adopting the BioSlim method. Recognize what your past habits have been, and begin to make changes to them. Are you the type to grab food without even thinking about it? Do you tend to eat non-stop from the beginning of the meal to the end? Or sit in front of the TV with your hand automatically moving from the bag of chips to your mouth? **SLOW DOWN! THINK ABOUT WHAT YOU'RE DOING!**

Always **take your time** when you eat. Chew your food, enjoy it, experience it. Give your body time to recognize that

it's being fed, before you overfeed it by being in a rush. Put your sandwich down between bites, and don't eat in front of the television. Taste your food. And *don't think that you have to eat all the food in front of you all the time*. Pay attention to your TRUE HUNGER. **Eat only while you are truly hungry**, and notice that usually, somewhere in the middle of each meal, your hunger is actually *gone*. Now you're eating out of *habit*, not hunger. THAT'S the time to stop. Put the leftovers away.

And when ordering in a restaurant, order LESS than you think you want. You can always order more after you've eaten, if you are still truly hungry. And finally, remember: **drink plenty of water!** One of the most common causes of hunger is dehydration. Try to drink a glass of water with each meal, and one or two glasses between meals.

If you're lucky enough to have other **family members** (or friends) doing BioSlim with you at the same time, you will find your ability to stay on track much improved. There's something about everybody *pulling together*. Even if someone doesn't need to lose weight, adopting BioSlim's very healthful plan can only benefit everyone; and for those who do need to lose weight, doing BioSlim together *multiplies the rewards*. Yes, that means **the sum will be greater than the parts**: a family (or any part of it, even one other person) doing this program together with you means *all* of you will enjoy a level of success that the individuals alone could not so easily achieve. Try to get everyone involved. But *any* help from family or friends is great! [Note: Adults have their own version of BioSlim, *BioSlim Ultra*. The principles are similar; the Formulas are different.]



## Eight

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# DIET SCAMS YOU NEED TO KNOW ABOUT

**Don't be fooled!**

Let's talk for a moment about the weight loss products you've probably seen or heard of at one time or another on television, in print, on the radio, etc. Electrical stimulators, magic abdominal roller machines, weight loss cream that's supposed to sweat the fat off you, 48-hour juice diets that are supposed to make you lose 10 pounds in a weekend, grapefruit diets, diet milkshakes that you drink instead of food—there's an endless variety of products. You can also walk into any convenience store and see a counter full of “energy pills” and “slimming pills”. Perhaps the most irritating products of all are the pills (usually “chitin”-based) that claim to suck the fat out of the food you've eaten after you've eaten it—which is, by the way, not possible!



Some words to the wise about these products....

First of all; “exercise” machines like abdominal rollers and electrical stimulators are **all bogus**. Electrical stimulation through the skin will do nothing but cause some momentary twitching. You CANNOT lose weight that way. The concept is just silly. And abdominal rollers that are supposed to make sit-ups “easy” do nothing to burn any extra calories. Besides, **the problem is not with the stomach muscles—it’s with the fat stored OVER the stomach muscles!!** The whole premise of these devices is false!

Next, the weight loss creams that are supposed to make you sweat fat off, and other products like plastic suits that you’re supposed to wear around the house to increase sweating. This is a simple one: **sweat is not fat**. Sweat is WATER. Any weight you lose by sweating will start coming back with your next drink. These products don’t take off fat, they DEHYDRATE you! This is dangerous and should be absolutely avoided.



Dehydration can kill you. In fact, the best way to keep your body from storing excess water is by drinking EXTRA water! That’s right—I know it’s hard to believe—but the fact is that the human body will not hold on to excess water if it is getting a continual supply of it. In fact, staying properly HYDRATED (meaning “well-watered”) is one of the key components to losing weight. That’s why you frequently see pictures of Hollywood celebrities carrying bottles of fancy designer water around with them. You don’t need special designer water—just good plain *clean* water will do very well, thank you very much.

How about those juice diets that are supposed to make you lose ten pounds in two days? These diets STARVE AND DEHYDRATE you. They expect you to eat basically *nothing* for two days, just drink watered-down juice. What happens when you do this is your body devours its own muscle tissue through the starvation reflex, and excretes



water from your cells (because you're eating much less salt than usual), giving you what SEEMS like real weight loss, but is in reality mostly just temporary water and muscle loss. Of course, the minute you start eating again, well... you know what happens. You overeat to compensate, and end up getting fatter! Plus your muscles are smaller now, so you burn fewer calories, which ALSO makes you fatter. What a bad idea!

**Juice diets are  
phony starvation diets, so  
don't get fooled!**

The energy pills and diet pills that you see in stores can be particularly dangerous because they often contain large amounts of stimulants and harmful appetite suppressants. These products do a number of useless and/or harmful things to your body. Appetite suppressants simply cause the starvation reflex that we've learned about. We already know that not eating is NOT the way to lose weight. And stimulants do terrible things to your nervous system, including destroying sleep patterns, disrupting memory and concentration, causing heart irregularities (which can kill you!), and ruining your skin.

But in my view, the most ridiculous scam of all relates to the “chitin” or “chitosan” pills that are sold as “fat blockers”, because they’re supposed to suck the fat right out of your food, after you eat it! Let me tell you, as a doctor and scientist, these products are a JOKE! That’s simply NOT what happens in your body. And while there is NO convincing evidence that these pills help you lose weight, there’s plenty of evidence that they’re useless—i.e., they do nothing. But realize, if you take these pills thinking you can then eat all the high-fat junk food you want—well, then you *are* doing your body a great deal of harm.



The thing you need to remember is that the desire for a “quick fix” drives some people to waste money on all sorts of scams. Don’t get caught up in this! You are now learning the REAL secrets of weight control—*healthy, permanent* solutions that are going to give you CONTROL over your body and your appearance—forever!



# ADVERTISING: WHAT YOU'RE TOLD TO EAT

## Celebrities are paid to sell junk food

We can't go any further without talking about advertising, marketing, and how these elements of modern life impact on our food choices.



We are surrounded by advertising. I just downloaded a screen saver for my computer, and it came with logos for candy manufacturers. The National Basketball Association has been enlisted to promote a certain soft drink as suddenly “cool”. Fast food restaurants sell burgers, fries, and soda pop as something that will make you “happy”. Sometimes it takes stepping back and thinking for a moment before you can realize how much you are being bombarded with messages about food—almost all of which are absolute lies!

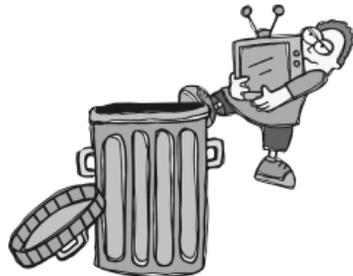
In fact, try it. Can you think of a movie you've seen recently where the characters were eating a name-brand cereal? Do you see the subtle emotional message you get from a television commercial for candy where the kids are literally flying through the air and laughing with all their friends? Have you seen the

television ads where a certain pop singer dances around while telling you how sexy it is to drink her brand of (junk) soda?

**Just because some  
celebrity is drinking a  
Cola on TV, doesn't mean  
it's good for you!**

Now, of course no one believes they can fly if they eat candy. But the *message* being transmitted is that eating this product will be some sort of wonderful, amazing experience, that it will make you feel different, have more friends, be sexier, experience something that you've been missing out on. Advertisers know that for some reason, a celebrity basketball player holding a can of soda pop will influence people to go buy that soda pop.

In fact, almost all advertising works this way. It creates an attractive environment, like a party where everyone's dancing and laughing—and everyone is beautiful and thin—and associates the product being sold with that environment. The idea is that if you go buy that product, they want that act to trigger in your mind the *feelings* associated with the images in their advertising.



Years ago, it used to be legal to advertise cigarettes on TV. There used to be commercials with all these sexy, beautiful, smiling people who were just living it up while holding and

smoking cigarettes. Even doctors were seen smoking in these ads. Of course, what you never saw was the **RESULT** of all that smoking: thousands upon thousands of deaths from cancer, heart disease and lung destruction.

Well, the marketing of garbage food is the same. They never show you the probable long-term *result* of eating their junk food: sick people constantly struggling with poor health and being overweight.



To defend yourself, you need to have the power of **KNOWLEDGE**. You have to be smarter than the advertisers. You have to **KNOW** when you're being manipulated, and then have the determination not to become a robot; buying whatever you're told and eating however you're told.

**You have to know  
when you're being  
manipulated into buying  
unhealthy foods**

YOU have complete control over your body and your actions. You can CHOOSE to make the right decisions, no matter what anyone else is saying or doing. In the old days, parents used to say “If everyone else was jumping off a bridge, would you?” These days, television is basically telling you, with these food ads, that jumping off a bridge is cool.

When it comes to what you eat... THINK FOR YOURSELF. Jumping off a bridge is never cool.



Ten

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## MEAL SUGGESTIONS

In the section below, I've created some meal suggestions for you. Eating right takes the knowledge of what food is, and translates that into sensible, effective food choices to achieve the kinds of results that you want. One thing to remember is that there is no biological reason to have eggs in the morning and chicken at night. You can mix and match *all* of these suggestions in any order you like. And there's nothing wrong with chicken and vegetables for breakfast!

### BREAKFAST

I'm sure you've been told hundreds of times by now that breakfast is the most important meal of the day... well, for the 101<sup>st</sup> time ... it is! Don't wait until lunch to eat. Eat something, preferably high in protein, before you leave in the morning. Or take it to go and have it on the way.

Some practical suggestions, alone or in combination:

#### **Bacon & Eggs:**

2 or 3 eggs. Use only fat-free turkey bacon, or very lean regular bacon, and have 2 bacon strips. Add a small glass of juice (diluted 50% with water) or better yet, some low-fat or non-fat milk.



#### **Hard-Boiled Eggs:**

2 or 3 eggs and a toasted slice of bread, or vegetables.

#### **Scrambled Eggs:**

Use just a drop of olive oil in a non-stick pan. Add one slice of toast, or better yet, vegetables of your choice.



**Fat-Free Turkey Sausage with vegetables (or toast, if you must) :**

Just the way it sounds. Simple.

**Fat-free deli slices:**

These are great if you're running late. Grab a package and eat while you're walking to your destination. Add a carrot or celery stick or small piece of bread, and you've got a balanced meal!

**High-protein cereal:**

This is a new kind of product, made to look and taste like cereal, but with lower carbs. If you can find it, it can be a good choice. Have it with some eggs, or turkey sausage, and some sliced vegetables, like tomato and cucumber.



**Additional items:**

**Fruit**

Any whole fruit is ok, in moderation. Fruit juice is NOT ok. If you must have some juice, dilute it 50% with water.

**Salad**

Just avoid the high-fat oily dressings, too much cheese, and croutons . Use a fat-free dressing. Add salt and/or lemon juice to flavor.

**If at a fast food restaurant try ordering:**

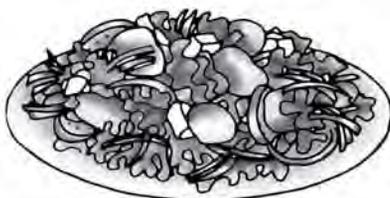
Scrambled eggs (no cheese), meat (as you like) and dry cracker (no butter or margarine); or Breakfast Burrito with eggs, vegetables (bell peppers, onions & tomatoes), or chicken (if you like) but no cheese or rice.

**AVOID fattening filler foods like:**

French toast, pancakes, muffins, pastries, donuts, etc.

## LUNCH

**Note:** Cafeteria food may be convenient, but unfortunately it's also sometimes the source of some of the worst food you can buy. You are always better off packing a lunch and saving your money. You may even be better off going to a fast food restaurant and customizing your order. (We'll show you how at the end of this chapter).



### SUGGESTIONS FOR LUNCH:

**Tuna salad** on low-fat crackers:

You can also have it on one *thin* slice of whole-grain bread instead of crackers. Do NOT use any regular mayonnaise—try one of the fat-free varieties.

**Fat-free deli slices (chicken, turkey, beef, ham, soy, etc.):**

These are great if you're running late. Grab a package and eat them anywhere. They can be found very low in fat, plus they contain zero carbs, and they're very high in protein. Always an excellent choice. Add some veggies for a great meal!

**Protein sandwich:**

Use lean chicken, turkey, fat-free bologna, or veggie/soy slices—on one slice of thin whole grain bread, or high-protein bread, plus lettuce and tomato, and fat-free mayonnaise plus as much mustard as you want.



**Chicken:**

Chicken is great hot or cold. Just make extra for dinner and have the leftovers with some vegetables or salad anytime.

**Soup:**

Avoid creamy soups (like chowders), and avoid soups with too many noodles or other high-starch flour products. Stick to clean vegetable and/or meat soups and stews.



**Additional side items:**

**Fruit**

Any whole fruit, in moderation. Avoid the kind that comes packed in syrup, because the syrup is full of sugar.

### **Salad**

Avoid fattening dressings, croutons and cheese. Use a fat-free dressing. The best is simple vinegar, salt and pepper!

### **If in a fast food restaurant, try ordering:**

**A sub** with the extra inner bread scooped out, with turkey, chicken, tuna or just veggies, and **NO** cheese, mayo or oil. Lay on all the mustard, vinegar, salt and pepper and all the veggies and salsa you want.

**A chicken sandwich** (grilled, not breaded-and-fried) with lettuce & tomato and a salad. (Easy on the bread, and **NO** fries with that!)

**Hamburger** - If you're going to order a burger, try one without cheese, without mayo and without one whole half of the bun. It'll taste just as good with ketchup and/or mustard, plus lettuce and tomato, and you'll be cutting your carbs in half and your fat by about 75%. Also, eat a salad with that—**NOT** fries!

**Pizza, if you must** - this is always a poor choice, but if you find yourself at a pizza joint with your friends, order *thin* crust (= less carbs) and very easy on the cheese (the cheese is usually high-fat), with some vegetables on top like green peppers, mushrooms and olives. You can have chicken on top if it's available. **Limit the number of slices to one or two, and don't do this too often!**



**Absolutely AVOID:**

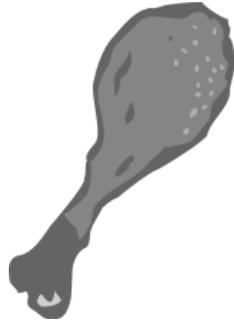
Soda, chips, candy, milkshakes, fries and just about any snack you find in a vending machine.

**DINNER**

Dinner should be your *lightest* meal of the day, not the largest. You need food during the day, not while you sleep. Food eaten too close to bedtime turns quickly into body fat.

**Chicken:**

Grilled chicken with little or no oil is best. Be careful with BBQ sauce—it's *loaded* with sugar.



**Steak:**

Use lean meat, and don't smother it in sugary sauce.

**Hamburger:**

Use lean meat, and do NOT add cheese. Try it without a bun or open face on half a bun; or use thinly sliced whole grain bread.

**Fish:**

Marinated salmon, with some pepper added, grilled for a few minutes, or fried in a pan with just a little olive oil.

**Be creative!**  
**Try new foods, like broiled  
salmon or grilled veggies**

**Hot dog:**

Low fat lean hot dogs, or veggie (soy) dogs. The soy varieties usually contain zero fat, minimal carbs, lots of protein, and even some fiber— so those are your best choices, and they taste great too! Especially with lots of mustard. Easy on the bun—try the dog on *half* a bun, or *none* with just some veggies.

**Meatloaf & potatoes:**

Keep your portion of potatoes a lot smaller than the meatloaf (just eyeball the portion sizes).

**Meatballs & Spaghetti:**

Pasta is not a good idea, in general. But if you're going to have it, instead of thinking "spaghetti & meatballs", REVERSE it. Do NOT have a big plate of pasta with one lonely meatball on it. Have a little spaghetti with LOTS of meatballs. That way you'll have more protein than carbs, and you'll stay in balance.



**Veggies:**

Have 'em on the BBQ, or oven-grilled, or steamed, or boiled, or tossed in a frying pan with a little soy sauce— have it any way you like it! Try asparagus, bell peppers, onions, zucchini, Brussels sprouts, spinach, cauliflower, broccoli, even artichoke hearts in a can—they're easy to cook and taste great! **Note:** see the Appendix for a list of "*Best vegetables to eat when losing weight*".

**Quick Veggies:**

When I'm in a rush, I'll open a can of asparagus and/or a can of artichoke hearts and/or hearts of palm. Asparagus I'll have by itself, or with egg white or some deli slices. The artichoke hearts are great with salsa (oil-free, please)! It's all very filling and great for you.

**FAST FOOD SOLUTIONS**

Fast food restaurants are a part of almost everyone's diet. Especially for young people, stopping off at McDonald's or Burger King with your friends is almost a ritual of teenage life. It's understandably hard to sit with your friends and have salad while everyone else is chowing down on fatty burgers and fries and milkshakes.

**Fast food is often loaded  
with extra fat and sugar**

Well, there is a way to eat at fast food restaurants without sacrificing your healthy lifestyle. We already know why many fast food choices are not OK—because they're greasy, fried and dripping in oil or mayonnaise or just plain fat, and usually also loaded with empty carbs. But did you know that all fast food places have some choices that are really not that bad, and that they can actually be pretty healthful?

Let's look at some contrasts. Burger King's Original Double Whopper with Cheese is just *loaded* with fat. It's so big that a normal person could split it up into two or three meals! Instead of that nightmare of a "meal", you can choose BK's Veggie Burger or Chicken Whopper. These sandwiches have all the tasty Burger King spices but the meat is much leaner, and

they contain far less fat than the “Double Whopper”. Even the infamous Double Whopper itself can be greatly improved by simply eliminating the cheese and the mayo! Then, if you can remember to eat just half (or less) of the bun, you’ll actually be eating pretty close to the BioSlim way!

It’s all about the choices you make. **You can choose to eat a terribly fattening meal, or make that same meal lean and healthful.** It’s your choice. Make it!

Fast food can often be terrible, but with a little practice you will find many ways to make it much less fattening. You just have to know what to ask for when you get to the counter. Be ready. Be smart. Be healthy.

### **SOME BEST CHOICES IN FAST FOOD:**

- 1. Burger King** – Chicken Whopper Jr. without the mayo and half the bun or a BK Veggie.
- 2. Domino’s** – Classic Hand Tossed Cheese Pizza with fresh vegetables (one medium slice, easy on the cheese)
- 3. Hardee’s** – Hamburger with half the bun plus a salad
- 4. Jack in the Box** – Hamburger with half the bun (or no bun), or Chicken Fajita Pita
- 5. Kentucky Fried Chicken** – Tender Roast Sandwich, half the bread
- 6. McDonald’s** – Grilled Chicken Caesar Salad with fat-free herb vinaigrette dressing, or Chicken Pita Sandwich (no cheese)
- 7. Pizza Hut** – the Edge Veggie Lover’s Pizza (one slice)
- 8. Subway** – Any of the “Under 6” low fat sandwiches or salads; or turkey sub on whole wheat sub with no cheese, no mayo, and the inside bread scooped out (yummm!)
- 9. Taco Bell** – Chicken soft taco, no cheese or oil added
- 10. Wendy’s** – Chili (no cheese)

## THE BAD AND THE BETTER IN FAST FOOD

### 1. Hardee's

#### **The Bad - Monster Burger**

This is a bucket of trouble, with 3 pieces of fatty cheese, four strips of fatty bacon and just too much of everything!

#### **The Better - Regular Roast Beef sandwich.**

This is made with leaner meat and no fatty cheese.

### 2. Wendy's

#### **The Bad - Big Bacon Classic**

Like Hardee's Monster Burger, this is loaded with fatty cheese and bacon.

#### **The Better - Jr. Hamburger**

– or a large bowl of chili without the cheese.



### 3. Domino's Pizza

#### **The Bad - Hand Tossed MeatZZa Feast Pizza**

This is just overloaded with bread and cheese and fatty meats.

#### **The Better - Classic Hand Tossed pizza with ham**

This has a lot less calories and fat, with lean ham that is a good protein source.

### 4. Burger King

#### **The Bad - BK Big Fish Sandwich**

710 calories, 39 grams of fat. Just because it's fish doesn't mean it's OK. This is no different than french fries, soaked in oil.

**The Better - The BK Veggie Burger**, which is very tasty and can curb your hunger and cravings without the big calories and fat.

## 5. Jack in the Box

### The Bad - Bacon Ultimate Cheeseburger

This has two jumbo patties, two kinds of cheese, bacon and mayo and is very fattening.



**The Better - the basic Hamburger or the Chicken Fajita Pita** with grilled chicken strips.

*Remember, it's always best to eat smaller meals a bit more frequently, as opposed to one or two large, overstuffed meals. Resist the temptation to get the "super large size" of ANYTHING!*

## 6. Kentucky Fried Chicken

### The Bad – Blazin' Twister

This is a wrap and sounds healthful, until you see that it's stuffed with fatty fried chicken, three blended fatty cheeses and a creamy (that's fat-filled) sauce.

### The Good - Tender Roast Sandwich

...without the sauce. This has good protein and it is really low in calories and fat. Cutting the bread in half helps even more!

## 7. Subway

### The Bad - 12 inch Meatball Classic Sub

Although Subway has lots of healthy stuff, this is just one of the choices to stay away from. The lesson is: you can go to a healthy-sounding place and still get the wrong thing!

### The Better - The 6-inch Turkey Breast Sandwich

There are at least eight Subway sandwiches that are excellent low-



fat meals. Just be sure to skip the added oil, mayo and cheese, and say “no” to the potato chips, too. Other suggestions: have them scoop out the extra inner bread from the sub (if you’re having a sub), and get whole wheat when you can.

## 8. Pizza Hut

### **The Bad - Ultimate Pizza Lover’s Personal Pan Pizza**

Pizza may be a favorite for many people, but “ultimate” is the *worst* way to go in an individual pizza. This one will really make you gain *lots* of weight.

### **Pizza Hut’s Somewhat Better - the Ham Personal Pan Pizza**

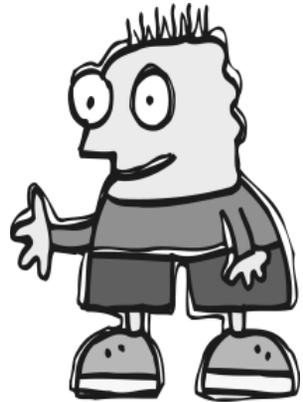
– but eat less than half of it! Remember: Pizza *always* has too many carbs, and almost always too much fat!

## 9. Taco Bell

### **The Bad - Mucho Grande Nachos**

This monstrosity of a dish is jam-packed with sour cream, the cheese is layered on top and soaking in fat and the whole thing contains enough food to cover your entire day!

Yikes! Stay away!



### **The Better – A chicken burrito, no cheese**

Skip the sour cream and instead add gobs and gobs of salsa! Salsa is generally fat-free, but loaded with veggies and flavor!

## 10. McDonald’s

### **The Bad - Big N’ Tasty with Cheese**

Although this is less fattening than the Big Mac, it is still very heavily laden with cheese. But if you pass on

the cheese, the mayo and half the bun, and add lettuce and tomato, you will be OK.

### **The Better - Chicken McGrill**

Just pass on the mayo and eat only half the bun. Of course you can also choose the Basic Hamburger, with half the bun and no added fats from mayo, etc. Also good is their Chicken Pita sandwich, without the cheese!

## **MORE INSIDE TIPS ON HOW TO EAT THE BIOSLIM WAY WHEN AT A FAST FOOD RESTAURANT**

### **JUST SAY NO to the FRENCH FRIES!**

Remember to eliminate the fries completely! French fries are more fattening than any burger. Loaded with BOTH unhealthy, usually rancid fat AND carbohydrates, **fries are deadly!**



### **SKIP the SODAS WITH SUGAR**

Soda pop is full of sugar and is just about the worst thing you can drink, so if you must have soda, make sure it's diet/sugar-free. (Best drink, as you know by now, is WATER!) But what's even worse than sugared soda is the Burger King Old Fashioned Ice Cream Shake, which has more calories and fat than a whole meal! Remember what I said about desserts? Well,

a milkshake like this is a bombshell of a dessert that you drink DURING your meal! How much worse can food get?

### **SALADS ARE GREAT!**

The only thing to be aware of are the dressings, which are loaded with fat—unless you get the “non-fat” or “light” dressing options. Creamy, ranch and Caesar dressings are full of fat and calories and any of these can transform your salad from lean and good to fattening and bad. Of course, if you don’t care for dressing in the first place, you should just eat the fresh veggies and use salsa and lemon juice as a way to give it more flavor. Remember, anything with cream or oil is going to be loaded with fat, by definition.



## Eleven

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# **SUPER BIOSLIM**

## **A tougher program for difficult cases**

### **BASICS**

There are going to be some of you who are impatient and seek faster results, and some other few may find it difficult to lose weight in the beginning. Sometimes, after years of gaining weight, change takes a while to start happening. For these reasons, for those of you who need extra help in the beginning, I have designed the *Super BioSlim* program.



Super BioSlim is a more rigorous version of the regular BioSlim program, meant to be used for a limited time whenever the standard program is not enough, or when you are highly motivated to get faster results. It's not particularly easy to do. It takes lots of motivation and will power. But it works, and it's *fast*.

### **THE BASICS OF SUPER BIOSLIM:**

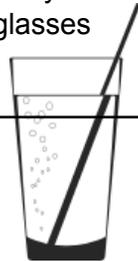
- ▶ Continue your regular doses of the BioSlim Formulas
- ▶ Eliminate ALL possible fats from the food you eat. This means you must avoid not only the added fats (oil, butter, cream, etc.), but *all* foods that naturally contain significant amounts of fat, such as nuts, most beef, cheese, etc.

► Minimize all added carbohydrates. This means cutting out *entirely*: all grain products (including anything made with flour, rice and corn), most fruit, all sweets, all potatoes, etc. This means: NO bread, crackers, pasta, rice, sweets, or any other high-carb food allowed. And no fruit juice or sugared soda pop, of course.

The idea is similar to regular BioSlim, except that where regular BioSlim advises moderation, Super BioSlim requires elimination. The concepts are the same—there’s just no leeway with Super BioSlim. That’s the point. You do it perfectly, and you get great results. It’s that simple. No cheating allowed.

**IMPORTANT NOTE ABOUT WATER:**

You’ll be eating lots of protein, so you **ABSOLUTELY MUST DRINK LOTS OF WATER**, to keep your kidneys properly flushed. This means at least 4-6 tall glasses spread through the day.



Your diet will consist of eggs, chicken, turkey, fish, and **VERY LEAN** red meat, plus vegetables. Fat-free deli slices are an excellent, crucial choice. Note also that soy deli slices are excellent here, because they contain zero fat and near-zero carbs. The same is true for egg whites, which are pure protein.

You should also eat **lots of green vegetables**. There’s no real limit (within reason). But avoid carrots, potatoes, yams, and all other starchy vegetables.

So for example, breakfast could be 2 or 3 scrambled eggs with spinach or salad. Lunch could be a sliced half-chicken breast

on a salad, dressed with balsamic vinegar and salt (NOT vinaigrette, which has added oil). Dinner could be baked or grilled fish with steamed broccoli and string beans. You may mix up your meals—an omelet for lunch or meat for breakfast is just fine.



Certain foods can be eaten in any amounts. You can have green vegetables, or salads, anytime in any amounts, provided there are no added fats (dressings) or starches (croutons). And you may have as many egg whites and fat-free deli slices as you wish (within reason, of course).



Snacks are minimal, but if needed, a hard-boiled egg (or egg whites) should work well, or a piece of chicken (without the skin), or one of my favorites, artichoke hearts with salsa plus some deli slices. Canned asparagus is also particularly useful and quick, so you might want to stock up on those.



As promised, this is not easy, but the point is that it's *temporary*. It's a way to *kick-start* your body's transformation and get results as quickly as possible. Super BioSlim can overcome virtually any sticking points you may be having. You may also find it useful if you hit a plateau in your weight loss program later on.



## ACTIVITY LEVEL

You **MUST** increase your activity level significantly. The more, the better. One of the best ways to do that is through resistance strength training, using weights. That builds muscle tissue that will *continue* to burn off calories *even when you're not working out*. Plus, of course, it makes you look better. Slow repetitions are usually much better than quick, jerky ones. Whatever you do, don't overdo it when lifting weights, especially in the beginning, and always warm up and cool down. You do *not* want to hurt yourself in the middle of your BioSlim program—that could force you to stop *all* your activities, and set you back weeks. Be careful.



Note about weight training: If you do your reps *slowly*—lift those weights slowly rather than jerking them—you'll get much better, faster results.



## TRANSITIONING TO REGULAR BIOSLIM

You can stay on Super BioSlim for up to 10 days. After that time, you should begin moving toward the (much easier) regular BioSlim plan by adding more of the foods allowed under that regular plan. Do this until you find the best balance of food that works for you.

### IMPORTANT NOTE:

If you find that you are losing energy, dragging around all day and not thinking as sharply as usual, then you should begin to eat some extra carbs right away. Have an extra half a piece of fruit, or more vegetables, or a slice of thin cut whole-grain bread with your meal. Everyone will react differently to Super BioSlim, so **PAY ATTENTION TO YOUR BODY'S SIGNALS.**

## MEDICAL CONSIDERATIONS

Regardless of whether you are using regular BioSlim or Super BioSlim, ask and make sure that you have been tested for **hypothyroidism**, which is a malfunctioning of your thyroid gland, and all other medical problems of metabolism. Your doctor will know what to do. Reason: if there is a *medical* issue causing you to gain weight, it's not likely that anything will help you until it's fixed. Also, if you have any medical condition under a doctor's care, make sure that doctor is aware of what you are doing to shape up.



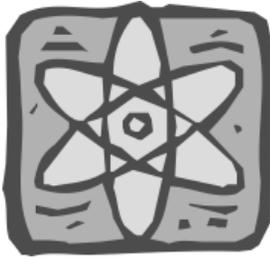
## SPIRULINA: OPTIONAL POWER TOOL

If you really want amazing results and don't mind a little suffering, try *spirulina* for breakfast. Spirulina is a blue-green algae that is sold as a green powder (and in tablet form, but that is useless for our purposes). It's extremely healthful, loaded with protein, vitamins, minerals, fiber and other nutrients. It kills hunger very effectively, by providing excellent nutrition, but also because it tastes.... well.... bad. That's the suffering part. If you don't mind the taste, then by all means, eat spirulina for breakfast! Limit: twice daily.

If you choose to use spirulina, here's how to prepare it: Add water and a bit of juice (for flavor) into a blender. While the blender is running, add approximately 1 to 1½ tablespoons of Spirulina powder into it. (Do not try just taking spirulina tablets, they won't do the job.) Add about a teaspoon of pure psyllium seed husks (fiber). Let it blend, then drink it all down immediately. You cannot let this blend sit around to be downed later. It must be taken immediately. Follow the spirulina



blend with a glass of water and a bit of juice to kill the flavor. And you might want to brush your teeth.



After the Spirulina, take your Formulas, and if you want more food, you may have any protein food (like eggs or egg whites, low-fat deli slices, turkey breast, etc.) and/or a vegetable or two. For your veggie, choose from: asparagus, artichoke hearts, celery, hearts of palm, lettuce, broccoli, spinach, Brussels sprouts, cauliflower, or any green, non-starchy vegetable, plus non-fat salsa. **Note:** See the "*Best vegetables to eat when losing weight*" list, in the Appendix, for more suggestions.

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This intense Super BioSlim program is hard to follow, to be sure. But if you really want to lose weight *fast*, this is the way to do it, healthfully. Super BioSlim is especially useful for highly motivated individuals who want the best possible results quickly.

As mentioned earlier, when you're done with the Super BioSlim program, transition to regular BioSlim by gradually adding back foods like beef, soy products, whole chicken or turkey, a little potato, tofu, thin-sliced whole grain bread, corn, etc.—but always in moderation, so that you remain within the BioSlim program's basic guidelines.

If necessary, keep some of the restrictions of Super BioSlim in your regular program. Your body may need that intensity in order to keep losing weight. Find the right *balance*, then, between Super BioSlim and regular BioSlim—a balance between the strictness of one program and the ease and simplicity of the other. For example, you may find that you

can add meat and other sources of fat, but that you have to leave bread and starches (including potatoes) out. The only way to know exactly what's right for you is to try it. It is during the transition period between Super BioSlim and regular BioSlim that you can experiment to find what works best for you—and what you're most comfortable with.



## Twelve

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# THE FUTURE

As you begin the BioSlim program, you are going to be making huge changes in your life. You are taking control of one of the most personal aspects of who you are. In a very real sense, you are becoming a unique individual.

You are discovering that food is a powerful tool. You're realizing that being in control of yourself means having true individualism. You now understand that your weight was always a reflection of your *choices*, not a reflection of you. You see now, finally, that *knowledge* is ultimately the key to having a great, healthy life.

Don't forget to share your knowledge with your family (and friends too). Doing BioSlim together is one of the most powerful, most effective ways to ensure *everyone's* success!

Enjoy the process, and the results!

Be sure to visit our websites:

**[www.bioslim.com](http://www.bioslim.com)**

and

**[www.bioslimforkids.com](http://www.bioslimforkids.com)**



APPENDIX

# APPENDIX

## FAT PERCENTAGES IN COMMON PROTEIN SOURCES (as % of total calories)

<u>Food Item</u>	<u>% of total calories</u>
Beef, lean ground	63%
Beef, regular ground	64%
Beef, Sirloin steak	69%
Cheese, cheddar	74%
Cheese, mozzarella	68%
Cheese, mozzarella, part skim	56%
Chicken white meat, roasted, with skin	44%
Chicken white meat, roasted, without skin	23%
Chicken dark meat, roasted, with skin	56%
Chicken dark meat, roasted, without skin	42%
Fish, salmon	38%
Fish, whitefish	39%
Fish, tuna, oil packed	37%
Fish, tuna, water-packed	3%
Milk, whole	60%
Milk, "2%" ("low-fat")	30%
Milk, "1%" ("skim")	15%

**FAT PERCENTAGES IN  
COMMON PROTEIN SOURCES** (continued)

<u>Food Item</u>	<u>% of total calories</u>
Nuts:	
Almonds, dry roasted	78%
Peanuts, dry roasted	76%
Sunflower seeds	78%
Walnuts, English	86%
 Tofu, fresh	 40%
 Turkey, white meat, roasted, with skin	 38%
Turkey, white meat, roasted, without skin	18%
 Turkey, dark meat, roasted, with skin	 47%
Turkey, dark meat, roasted, without skin	34%

## **BEST VEGETABLES TO EAT WHEN LOSING WEIGHT**

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	chard, swiss	onion
artichokes	chives	palm, hearts of
asparagus	cucumber	peppers
beet greens	eggplant	radishes
broccoli	endive	seaweeds
Brussels sprouts	garlic	spinach
cabbage	kale	tomato
cauliflower	lettuce	turnip greens
celery	mushrooms	water chestnuts

INDEX

# Index

## A

Abdominal roller 61–63  
Activity 26, **54–57**, 86  
Added fat 16, 28, **30–32**, 41, 44, 81, 83, 85  
Addiction 18, 21, 30, 46, 51  
Advertising 65–68  
Aerobics 13  
Aging 23  
Almonds 94  
Amino acids 23–24  
Ancestors 8, 10, 20, 31  
Animal food 15  
Animal product 17, 20, 27, 28–29  
Appetite 24, 46  
Appetite suppressant 63  
Artichoke 34, 36, 75–76, 85, 88  
Artificial food 9  
Asparagus 34, 75–76, 85, 88  
Avocados 15

## B

Bacon 15, 31, 69, 78, 79  
Balance 21, **35**, 39, 40, 41–43, 44, 45, 48, 49, 75, 86  
Bean 34, **40**, 85  
Beef 15, 24, 28, 31, 34, 35, 48, 71, 78, 83, 88, 93  
Bell peppers 75  
BioSlim Food Plan **33–38**, 55  
BioSlim Formulas 25, **26–27**, 38, 55, 83  
BioSlim program 1, **26**, 36  
Bloodstream 17–19, 21, 23  
Blue-green algae 87  
Body fat 8, **14**, 16, 29, 33, 74  
Boredom 1, 38, 51–52  
Bowel habits 38  
Brain chemistry 51  
Brain food 16  
Brain function 15  
Brain tissue 14

Bread 9, **19–21**, 29, 35–36, 43, 45, 47–49, 69–74, 77–80, 84, 86, 88, 89  
Breading 31  
Breakfast 26, 27, 38, **47–48**, **69–71**, 84, 85, 87  
Broccoli 34, 75, 85, 88  
Brown sugar 22  
Brussels sprouts 36, 75, 88  
Building blocks 23  
Burrito 48, 71, 80  
Butter 16, 28, 29, 30–31, 33, 40, 44, 47, 71, 83

## **C**

Cake 45  
Calorie 10, 12, 15, 19, 21, 22, 25, 27–29, 32, 35, 42, 46, 56, 62, 63, 78, 79, 81, 86, **95**  
Cancer 13, 30, 67  
Candy 18, 20, 40, **44**, 46, 65, 74  
Cane sugar 19, 22  
Carbohydrate 14–15, **17–25**, 28–36, 40–41, 42–50, 71, 73, 75, 76, 80, 81, 84, 86  
Carrot 34, 50, 70, 84  
Cauliflower 88  
Cavities 18  
Celery 34, 50, 70, 88  
Cell 4, 14, 21, **23–24**, 63  
Cell structure 15–16  
Cereal 20, 29, 35, 44–45, 47, 65  
Cereal, high protein 70  
Cereal, low-carb 44  
Cheddar 93  
Cheese 24, 28, 31, 42, 48, 70–74, 77–82, 83, 93  
Cheeseburger 31, 32, 48  
Cheese puffs 30, 45  
Chemicals 34, 37, 44  
Chewing gum 40  
Chicken 15, 22, 24, 28, 31, 34–36, 42, 48–49, 69, 71–74, 76, 77–81, 84–85, 88, 93  
Chicken salad 30  
Chicken skin 31  
Chili 77  
Chitin 61, 64  
Chitosan 64  
Collard greens 34  
Complex carbohydrate 17–20

Computer 65  
Concentrated carbohydrate 35, 42, **47**  
Concentrated fat 16, 33  
Constipation 42  
Cookies 20, 40, 45, 53  
Corn 17, 19, 29, 31, 35, 42, 84, 88  
Corn chips 30  
Corn oil 15, 16, 31  
Corn syrup 19, 22  
Cracker 20, 71, 84  
Craving 1, 46, 49, **51–53**, 78  
Cream 31  
Cream cheese 16, 31, 44  
Croutons 70, 73, 85  
Cucumber 70

## **D**

Dark meat **24**, 93, 94  
Deep-fried foods 33  
Dehydration 51, 60, **62**  
Deli slices 24, **41**, 49, 70, 71, 84, 85, 88  
Depression 51  
Dessert **45–46**, 48–49, 81, 82  
Dextrose 22  
Diabetes 21  
Diet 4, 6, 13, 33, 46, 61, 63, 84  
Dietary fat **15–16**, 28  
Diet scams 61  
Digestion **17–19**, 21, 23, 29, 35, 39, 46–47  
Dinner 20, 26, 27, 42, 46, 48, 53, 56, 72, 74, 85  
Dinosaurs 8  
Drugs 18, 27, 51  
Dry hair 42

## **E**

Eating too quickly 39  
Egg, scrambled 69, 71  
Eggs 15, 24, 28, **41**, 47, 69–71, 84, 88  
Eggs, fried 41  
Eggs, poached 41  
Eggs, scrambled 41  
Egg white 28, **41**, 76, 84–85, 88  
Egg yolks 30–32, 41

Electrical stimulator 61–62  
Energy 14, **18**, 20, 21, 25, 26, 29, 38, 39, 46, 61, 63, 86  
English Muffin 47  
Essential nutrients 26  
Evolution 8, 20  
Exercise 54, 55, 56, 62

## **F**

Fast food 32, 37, 44, 65, 71, 73, **76–78**, 81  
Fat 8–10, 11, 12, **14–17**, 18, 20–25, 27, 28–33, 34, 38, 40–50, 51, 61, 62, 64, 69, 70–82, 83, 84, 89  
Fat-burning 26  
Fat-free 84, 85  
Fat-free turkey 49, 69–70  
Fat percentages 93  
Fat storage 12  
Fiber **19–20**, 28, 35, 75, 87  
Fish **15–16**, 24, 28, 31, 34, 41, 74, 78, 84, 85, 93  
Flavor of food 33  
Flour 9, 19–20, 29, 45–46, 72, 84  
Fowl 24  
French fries 16, 20, 29–32, 45, 73, 78, **81**  
Fried chicken 31, 77, 79  
Fried snack foods 30  
Frozen fruit bars 45  
Fructose 22  
Fruit 17, 20, 34, **37**, 40, 43, 44, 45, 46, 70, 72, 84, 86  
Fruit juice 70, 84  
Fruit roll-ups 34  
Fuel 29  
Fuel, for body 11, 12

## **G**

Genes **4**, 13  
Glucose 22  
Grain 17–20, **29**, 35, 43, 44, 47, 49, 71, 72, 74, 84, 88  
Grapefruit diet 61  
Green beans 34  
Green pepper 34, 73  
Green vegetable **22–24**, 29–30, 35, 36, 85

## H

Hair 23, 28, 42  
Ham 24, 71, 78, 80  
Hamburger 24, 31, 32, 36, 48, 73, 74, 77–78, 79, 81  
Health 10, 13, 14, 23, 26, 38, 41, 46, 54, 58, 67  
Healthy looking 13  
Healthy weight 5  
Hearts of palm 76, 88  
Heart disease 21, 67  
Herbal formula 26  
Herbal tea 49  
High-carb 35, 43, 48, 84  
High-protein cereal 70  
High school 5  
Honey 17, 22, 44  
Hormones 14, 18, **21**, 23, 24, 29, 40, 46  
Hot dog 9, 24, 75  
Hunger 21, 24, 25, 36, 38, 40, 49, 51, 52, 60, 78, 87  
Hydrogenated oil 30  
Hypothyroidism 87

## I

Ice cream 29, 31, 34, **45**, 46, 48, 81  
Ice cream pops 44  
Indigestible carb 19–20  
Injury 57  
Insulin 18, **21–24**, 29, 40, 46  
Invert sugar 22

## J

Jelly 47  
Joint pain 38, 42  
Juice 20, **37–38**, 42, 49, 52, 63, 69, 70, 84, 87, 88  
Juice diet 61

## K

Kale 36  
Ketchup 9, 49, 73  
Kidney beans 40

## **L**

Labeling regulations 15  
Labels 22, 50  
Lamb 28  
Lard 28  
Lemon juice 70  
Lettuce 48, 49, 72, 73, 81, 88  
Lima beans 40  
Lipids 14  
Lollypops 44  
Low blood sugar 51  
Low fat milk 42  
Lunch 20, 26, 27, 32, 37, 38, 42, **48**, 69, **71**, 84, 85

## **M**

Magic pill 26  
Maltodextrine 22  
Maple syrup 17, 22  
Margarine 16, 28, 29, 33, 44, 71  
Mashed potatoes 30, 36  
Mayonnaise 16, 28, 29, **30–31**, 33, 44, 71–73, 76–81  
Meal size 38  
Meal timing 38  
Meat 6, 15, **24**, 41, 42, 71, 72, 74, 76, 78, 84, 85, 89  
Meatballs 75  
Metabolic rate **25**, 26  
Metabolism **25**, 26, 27, 87  
Milk **15**, 24, 28, 42, 44, 47, 69, 93  
Minerals 14, **25**, 26, 34, 87  
Mistakes 11, 40  
Molasses 22  
Mozzarella 93  
Muscle 4, 6, **11–13**, 21, 23, 28, 46, 56, 62, 63, 86  
Mushrooms 73  
Mustard 49, 72, 73, 75

## **N**

Nachos 29, 80  
Naturally thin 13  
Natural fat 15, **28**, 30  
Nature 16, 20, 31, **34**  
Nerves 14, 28

Normal 4, 12, 19, 33  
Normal weight 5  
Not eating 63  
Nutrients **23–25**, 26, 43  
Nutrition **16**, 25, 45, 51, 55  
Nuts 15, 28, 34, **43**, 50, 83, 94

## O

Obesity 21  
Oil 15, 16, 28, **29–34**, 40, 41, 43, 44, 50, 73, 74, 76, 77, 78, 80, 82, 83, 85  
Olive oil 15, 69, 74  
Omega-3 essential fatty acids 41  
Onions 75  
Onion rings 45  
Overeating **9**, 24, 39, 63  
Overweight **10**, 21, 67

## P

Parent 68  
Pasta 9, **17**, 19–21, 29, 34–36, 43, 45, 75, 84  
Peaches 44  
Peanut 15, **43**, 94  
Peanut oil 15  
Peas 34  
Pepper 73, 74  
Percentage fat 15  
Phyto-nutrients 23  
Pie 46  
Pizza 9, 73, **77–80**  
Plants 14, 17, **23**, 28  
Pop tarts 34, 47  
Pork 24, 28  
Pork rinds 45  
Portion 35, **38–39**, 42, 43, 45, 48, 50, 53, 75  
Potatoes 17, 19, 20, 29–30, 31, 34, 35–36, **42–43**, 75, 84  
Potato chips 20, 28, 29, 30, 34, 45, 80  
Potato salad 30  
Poultry 41  
Prehistoric 8, 10  
Pretzels 40, 45  
Processed food 9  
Protein 14, 15, 17, **23–25**, 28–30, 31, 35–36, 41–42, 43, 44, 45, 46, 48,

50, 69, 71, 72, 75, 78, 79, 84, 87, 93, 94

## **R**

Real food 16, 28, 33–35, 49  
Refined sugar **18**, 20, 34  
Rice 6, **17**, 19, 20, 29, 35, 42, 48, 71, 84

## **S**

Salad 32, 48, 72, 73, 76, 77, 82, 84, 85  
Salad dressing 28  
Salmon 15, 74, 93  
Salsa 48, 73, 76, 80, 82, 85, 88  
Salt 70, 73, 85  
Sandwich 30, 43, 48, 49, 60, 72, 73, 76–81  
Seafood 28  
Seeds **43**, 50, 87  
Seeds, sunflower 94  
Simple sugars 17  
Sirloin steak 93  
Six pack abs 6  
Skin 23, 24, 28, 31, 42, 63, 85  
Skin tone 38  
Sleep 38  
SlimTone Formula 27  
Small changes, making 33  
Snacks 10, 30, 40, 43, **44–46**, 49, 85  
Soda pop 18, 20, 38, 42, **44**, 65–66, 81, 84  
Soft drink 32, 37, **44**, 65  
Soup 41, 42, 72  
Soy 14, **24**, 48, 49, 71–72, 75, 84  
Soybeans 40–41  
Soy milk 44  
Soy burger 24, 48  
Soy deli slices 24  
Soy hot dogs 24  
Spaghetti 75  
Spaghetti and meatballs 48  
Spaghetti sauce 22  
Spinach 34, 36, 75, 84, 88  
Spirulina 87–88  
Squash 34  
Starch 17, **19–20**, 22, 28, 29, 32, 35, 42–43, 44, 45, 72, 84, 85, 89  
Starvation 8, **11–13**, 63

Starvation reflex **11**, 63  
Stimulants 27, 63  
Strength training 56, 86  
Sucrose 22  
Sugar 9, **17–22**, 29–30, 34, 35, 37, 38, 40, 42, 43–47, 49, 50, 51, 72, 74, 81  
Sugar-free gum 49, 52  
Sugar-free soft drinks 37  
Super BioSlim 83–89  
    transitioning from 86, 89  
Supper 38  
Survival mechanism 8  
Sweets 18, 20, 29, **45**, 46, 52, 84  
Sweet potatoes 42  
Swiss chard 34

## T

Table sugar 17  
Taste buds 33, 42, 46  
Teenagers 6  
Television 45, 55, 60, 61, 65–66, 68  
Thin 5, 13, 26, 66  
Thin people 4  
Thirst **38**, 40, 42, 49, 52  
Thyroid 87  
Toast 20, 47, 69, 70  
Tofu **24**, 41, 88, 94  
Tomato 47, 70  
Transitioning from Super BioSlim **86**, 89  
Trigger 9, 46, **51–52**, 66  
Tuna 93  
Tuna salad 30, 71  
Turkey 24, 28, 48–49, 70–74, 77, 79, 84, 88, 94  
Twinkies 20

## V

Vegetable **17–23**, 29, 34–35, 40, 41, 42, 47, 48, 49, 69, 70, 71, 72, 73, 75–76, 77, 84, 86, 88  
Vegetarianism 24, 41, 49  
Video games 55  
Vinegar 73, 85  
Vita/Min Plus 26–27  
Vitamins 14, **25**, 26, 34, 37, 87

## **W**

Walking 54–56

Walnuts 94

Water 15, 37, **38**, 40, 42, 44, 45, 49, 52, 60, 62, 63, 69, 70, 81, 84, 87, 88

Weight training 13, **86**

Whitefish 93

White bread 9, 20, 43

White meat **24**, 93, 94

Whole grain 17–20, 43, 47, 49, 72, 74, 88

Whole milk **15**, 24, 42, 47

## **Y**

Yams 19, 84

Yogurt 42

## **Z**

Zucchini 75

