



Lifeplus

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BODYSMART SOLUTIONS

Lifestyle Management Program





Program Highlights:



You will be following a program that provides your body with all the important nutrients to support health, energy, and metabolism, while eliminating and greatly reducing the foods that are responsible for the over-weight and obesity epidemic. Exercise is encouraged but not necessary to begin re-shaping your body.

This is accomplished through following the LOGI® food pyramid in conjunction with the Lifeplus Bodysmart Solutions nutritional supplements.

LOGI® was developed at Harvard University, the world's most influential research institution in the field of health, by metabolic experts and based on the latest scientific evidence. LOGI® stands for "Low Glycemic and Insulinemic." This method of eating focuses on a low glycemic load not index and minimizes blood sugar fluctuations, keeps insulin levels low, leads to less stored calories, increases fat burning, and leads to a more consistent level of energy.

The program phases are designed to help you begin losing weight rapidly as you learn to implement the LOGI® eating method. The supplemental nutrients are an essential key to this transition and to reducing weight. Most people find it very easy to comply with.

Avoid the following foods in phase 1 & 2

- 01. Sugar
- 02. Grains
- 03. Potatoes
- 04. Rice

FAST RESULTS

- ✓ No Yo-Yo
- ✓ No drugs
- ✓ No prepackaged processed foods
- ✓ Easy to follow
- ✓ Affordable
- ✓ Healthy
- ✓ High energy
- ✓ No hunger
- ✓ No cravings
- ✓ Flexible

What You Will Need To Get Started:

From Lifeplus:



Bodysmart Gold Women's or Men's Package (on ASAP for discount) & 2-3 additional Protein Shakes (Chocolate, Vanilla, or Unsweet).

From Store:



Unsweetened Coconut Milk or Unsweetened Almond Milk (unless you prefer water with your shakes), and coconut oil (unrefined organic) or flax oil.

** Coconut oil is solid at room temperature. Heat it on a stove and pour it in the shaker cup on top of the powder which should be added after the liquid. Then shake. This will disperse the oil. You will have tiny oil beads that are quite tasty throughout the shake.

Two-Day Start Phase (optional):

These two days are designed to jump-start your program.

You may consume up to 5 Protein/Nutrition Shakes (with oil) each day. You should not consume solid food during these two days, but drink a large amount of liquids: a minimum of 2 to 3 liters of water, in addition to tea, coffee and broth. You should not let more than 3 hours pass between consumption of the shakes, otherwise you run the risk of consuming too few calories and your metabolism will switch to starvation mode instead of fat-burning and weight reduction mode.

DIRECTIONS:

MIX
01
SCOOP

(20 g) of the Protein Shake in at least 500 – 700 ml of liquid (water or unsweetened almond milk or unsweetened coconut milk). Add 1-2 teaspoons of flax oil or coconut oil.



TAKE
02
TABLETS

Bodysmart Gold (Women or Men) and 2 tablets EnerXan with your first shake.



This start phase is very useful for those with aggressive weight loss goals. Those with less aggressive goals can either reduce the number of shakes to 3 or immediately start with the Reduction Phase.

Reduction Phase:

In this phase you eat one main meal per day **(from the first two levels of the LOGI[®] Pyramid)** and two additional meals which consists of a protein shake.

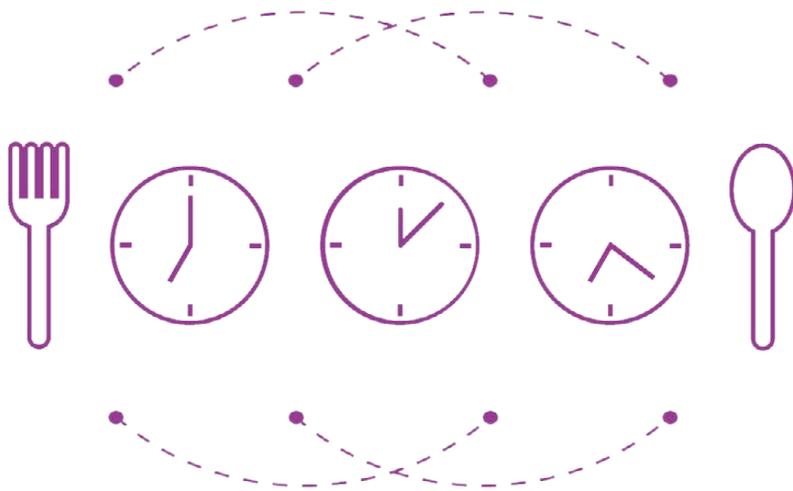
The nutritional supplements should be taken in the morning. Ideally, the main meal will be lunch. If it has to be dinner, then you shouldn't eat too late. The composition of the high-quality protein concentrate will prevent your body from depleting your muscle protein even with high weight loss and a longer reduction phase.

WEIGHT LOSS OF UP TO
80%
of body fat is possible in this phase.

If you find yourself hungry during this phase check that you are drinking enough water. If you're drinking three liters of water a day and you're still hungry, add an afternoon snack of a protein, ie. hard-boiled egg.

Stabilization Phase:

Once you reach your target weight, you can switch back to 3 normal meals per day.



A diet according to the LOGI® Pyramid is highly suitable: Carb-reduced, modified fat intake, optimal protein intake. However, it is advisable to occasionally replace a meal with a protein shake. The most suitable meal is dinner as it will boost fat burning during the night.

You will only continue to lose a minimal amount of weight during the Stabilization Phase as the goal during this phase is stabilizing your target weight.

Maintenance Phase:

LOGI[®] Pyramid

With the diet according to the LOGI[®] Pyramid you are able to follow a balanced diet and keep your weight in the “ideal range.” During times of increased nutrient requirements (exercise, stress, pregnancy, smoking), the nutritional balance can be easily maintained with concentrated micro nutrients.

Understanding Bodysmart

About the **Lifeplus Bodysmart** Solutions Program

One reason many diets fail is hunger. The Lifeplus Bodysmart Solutions program is designed to avoid hunger. You'll get the right amount of protein and healthy fats to help you control hunger naturally, while feeling full, satisfied and energized.

In fact, you **MUST** avoid getting hungry in order to keep your body from storing fat. Sugars, starches and fat all provide energy. The Lifeplus Bodysmart Solutions program eliminates refined sugars and starches from the diet, causing your body to burn fat to get the energy it needs.

A Little More About LOGI[®] Eating:

From a prevention and wellness perspective, eating LOGI[®] leads to improved vitality and energy with a significant reduction in the potential for health issues. Furthermore, fitness levels are greatly enhanced through eating LOGI[®].

On the LOGI[®] menu you will find lots of vegetables and fruits as well as protein rich foods such as meat, poultry, dairy and fish, and nuts and legumes. You will also enjoy quality fats and oils. What you will not find as staples are grains, potatoes, and sugar. A diet of these foods is a significant contributor to the health care issues that have arisen in the past 30 years.

You are not forbidden to eat high carb foods, they should just be consumed sparingly. Although most people feel so good after establishing a LOGI[®] eating style they have little desire for those foods and notice how poorly they make them feel when they do consume them.

How Lifeplus Bodysmart Solutions Products Help You

Lifeplus Bodysmart Solutions Protein Shake is **a great addition to your daily diet** that provides 20 grams of high-quality protein.

This means you will receive the full spectrum of amino acids, bioavailable calcium, magnesium and potassium in a readily useable form.

Lifeplus Bodysmart Solutions Men's and Women's Gold Formula Multi-vitamins contain essential vitamins, minerals and herbs to support wellness.[∅] These Multivitamins are specifically formulated to be synergistic with the shake to help support special needs, which are determined by your gender and body in order to maintain lean muscle and to burn fat.

EnerXan[®] chromium and herbal tablets help promote energy and will provide metabolic support for your program.[∅] EnerXan contains many potent metabolism chargers that have been concentrated from green teas, yerba mate, guarana, damiana, cinnamon, chromium and cocoa, plus the amino acid L-tyrosine.

[∅]These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure or prevent any disease.

Welcome to Bodysmart

Bodysmart should be the **last weight loss program*** you ever do.

Because what you will learn will last forever! You can lose the weight quickly, lose the right weight, and keep it off.



CONGRATULATIONS
on your decision to become
Bodysmart!

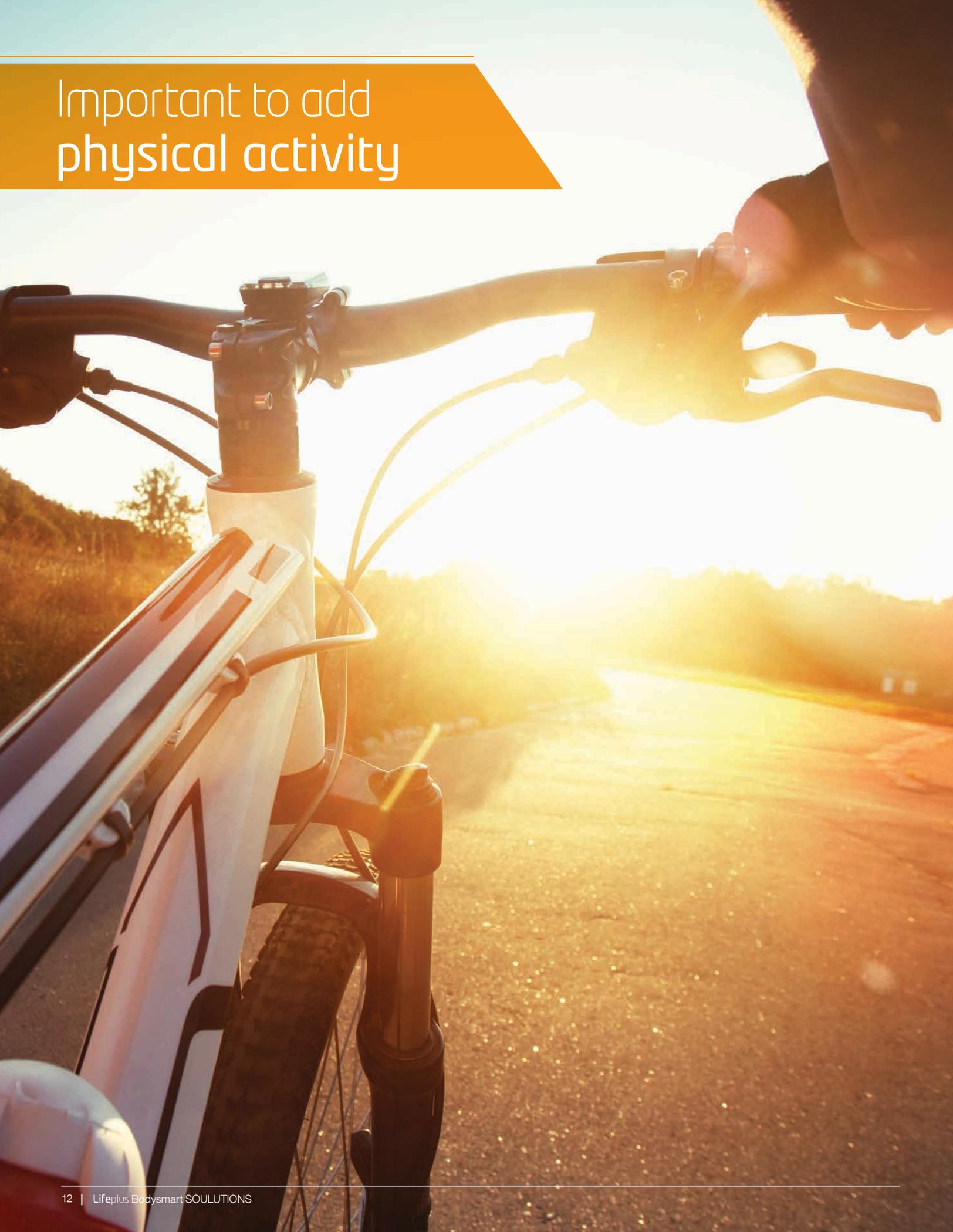
We're a Health Company

And weight management is a key component of health, whether you need to lose or maintain weight. That is why we've designed the Bodysmart program.

The program is simple to follow, and takes you through four easy phases. Whether you are trying to lose 10 pounds, a hundred pounds, or shape and hone your body, **this program will allow you to accomplish your weight and health goals.** You will experience high energy, vibrant health, and no hunger. The results are astonishing. Through the guidance and support of this program you can eliminate dieting forever.

Since not all exercise and diet programs are suitable for everyone, prior to beginning ANY exercise and/or diet program, you should consult your physician.

Important to add
physical activity



Physical Activity Is Very Important for Your Body

Aerobic activity builds your heart, increases your endurance, gives you more energy and improves your breathing.

Resistance training builds muscle strength and defines and shapes your body. Both activities improve your mood and ability to handle stress.

If you are not currently active, it is important to add physical activity to your daily routine. Start by adding small increments such as five or ten minutes of walking and/or resistance training five days a week, and you won't be as likely to get discouraged. The most important thing is simply to get started.

Work up to a 45-minute aerobic activity as many times a week as you can. This may include a brisk walk or a bike ride. A study in Sweden proved that along with proper diet, 45 minutes of aerobic activity will cause your body to increase its fat-burning rate for as long as 12 hours. It's also desirable to do resistance training three times a week as this type of exercising creates muscle.

Muscle burns fat even when your body is at rest. Remember, this program is about losing fat, not weight.



Food Pyramid

Processed Grains
(white flour), Sweets.

Rarely



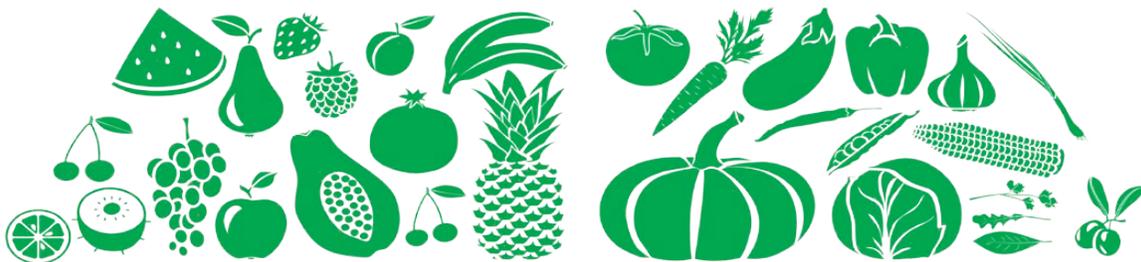
Whole Grain Products,
Potatoes, Pasta
and Rice.

Sparsely



Milk Products, Eggs,
Lean Meats, Fish,
Nuts und Legumes.

Frequently



Most Often

Fruit and starch-free
vegetables, prepared
with healthy oil.

Learning What to Eat



About Meats and Proteins

Protein: The Building Block of the Body

One of the most important nutrients we need is protein. Protein is essential for proper function of muscles, internal organs, and immune and digestive systems, and it helps keep skin, hair, blood and bones healthy. The Lifeplus Bodysmart Solutions Protein Shakes are designed to supply high-quality protein and should be used to supplement a diet that includes various proteins. It has also been proven that increased intake of proper proteins shortly after activity helps speed the process of muscle growth.



Nuts

Nuts are rich in healthy monounsaturated fats, but they are calorie dense. Unless you're physically active enough to burn these extra calories, you should limit your intake of nuts to one ounce or less per day. If you're physically active for at least an hour per day, then eat as much as you want as long as your weight is where you want it to be.



Milk and Yogurt

(Avoid in phases 1 and 2)

In phases 1 and 2 cow's milk and yogurt are not recommended due to the sugar content. Unsweetened coconut milk and almond milk are healthy alternatives.



Dried Fruits

(Avoid in phases 1 and 2)

Dried fruits are excellent snacks but must be consumed in low quantities because they are highly concentrated. Remember that fruits are mostly water, which is calorie-free, and dried fruits have had most of the water removed.

All that remains are small, flavorful and calorie-dense shells of the original! Because of the lack of water, which occupies space in your digestive system and aids the feeling of fullness, you may consume large amounts of dried fruits without getting full. So use caution; a day's worth of calories can be consumed very quickly with these snacks. Also, whenever you eat dried foods of any sort, be sure to drink plenty of water, as the dried foods will absorb water from your intestinal tract.



White or Refined Sugar

(Avoid in phases 1 and 2)

White sugar has the same origin and many of the same problems as white flour. So the question is, why is white, or refined sugar bad for you?

White sugar has none of the natural minerals that are present in the sugar beet or cane. It provides only "empty" or nutrition-less calories from sugars, which flood the body too quickly and get stored as fat.

Besides the obvious weight challenge, the reason white sugar is bad for you is that it raises the insulin level in your blood. Raised insulin levels depress the immune system and hurt your ability to fight diseases. They also cause weight gain, inflammation, and promote the storage of fat.

Refined sugar, like white flour, contains little or no vitamins and minerals. Therefore, in order for it to be metabolized by the body, it must draw on the body's reserve of vitamins and minerals. This lowers the nutrients available to the body to metabolize cholesterol and fatty acids, which contributes to a host of health issues.



About Fruits and Vegetables

By now everyone knows that we should all eat at least five servings of fruits and vegetables every day. The importance of vegetables has been known for quite some time, but many people still do not eat the right amount for a healthy diet. This fact, along with the declining nutritional content in foods, led Lifeplus to the development of Daily BioBasics.

Consuming fruits and vegetables regularly has been shown to decrease the risks of cancer, heart disease, and other chronic illnesses and conditions. There are also studies that attribute as much as 35 percent of cancer deaths to diets high in fats and low in fruits and vegetables.

Fruits and vegetables will be key building blocks to the success of your weight loss/management program. They are important sources of numerous vitamins and minerals, as well as dietary fiber, while providing relatively little fat and few calories.

Make these items the cornerstone of your eating and your chances of gaining healthy dividends will increase dramatically.



Good Fats

Good fats are an essential part of any healthy diet, and there are readily available sources of good fats. Nuts and seeds; coconut, flax, avocado, olive and almond oils; and mayonnaise are generally good sources of fats.

For those who aren't getting enough good fats, or who wish to obtain the very best without the high calories, Lifeplus OmeGold® is our proprietary Omega-3 oil blend, rich in DHA and EPA. You will find no higher-quality source of fatty acids.



About Breads, Pasta and More...

White or Enriched Flour (Avoid in phases 1 and 2)

White flour became adopted by many cultures because it was recognized as being healthier than dark flours during the late Middle Ages. What was not known at the time is that due to the storage techniques of the era, the process used to make white flour prevented growth of the mold and fungus that were present in the grains.

Enriching was developed after it was learned that the processing used to make white flour destroys most of the nutrients present in the whole grains. In the 1920s, the lost nutrients began to be documented and, in the 1940s, an international effort to enrich the stripped flour was launched, primarily to aid in improving the nutrition of wartime rations when alternative sources of nutrients were scarce. Today we know much more about white flour, enriched or not.

White flour has had most of the natural vitamins and minerals, all the fatty acids and all the fiber removed. This continues to be done today to give breads a finer texture, increase the shelf life of products and prevent bugs from eating it.

When the bran and germ (the parts that contain the vitamins, minerals, fats and fiber) are eliminated, however, your body absorbs the sugars from the digested flour too quickly, flooding the bloodstream with sugars. Your body must work hard to absorb this, so it stores the excess as fat. This causes sugar-level highs and lows that can lead to fatigue, inflammation, obesity and type 2 diabetes.

Beverages, Seasonings, Dressings, Etc.

Balsamic vinaigrette dressing
Citrus peels
Flavoring extracts
Gelatin (sugar-free)
Ginger root
Gum (sugar-free)

Lemon and lemon-lime juice
Mayonnaise
Mustard
Olive oil
Salad dressing (low-sugar)
Vinegar

All low- and no-calorie drinks may be consumed. Cold drinks take more calories for the body to digest. Coffee, tea and herbal teas may also be consumed (If you're monitoring your intake of caffeine, please know that each two-tablet serving of EnerXan® contains caffeine similar to the amount you would consume in a cup of coffee).

All dry seasonings that contain little or no sugar may be used.

Read the label and be careful with all beverages, dressings and condiments not listed to see that they are low in sugar.

Olive oil spray, butter-flavored spray and other sprays (without hydrogenated oils).

Fruit juices are generally high in calories and natural sugar (fructose) and should be avoided in phases 1 and 2.

The Absolute Necessity of Water

We've all heard that we need to drink eight 8-ounce glasses of water every day. While this may be true, many of us simply underestimate the impact of water on our good health. Water is a natural appetite suppressant that promotes weight loss and helps activate efficient digestion. Simply put, your body needs water to cleanse itself.

There certainly is no bad time to drink it, but a pint or more of water at least 20 to 30 minutes before eating produces many natural advantages by supplying the extra fluids needed to aid digestion. There are also benefits to drinking water before and after physical activity.

One thing is certain—if you're serious about a healthy lifestyle, you **MUST** drink enough water.



Ideal Foods



Proteins:

Portion Sizes: 3-4 ounces for women, 5-6 ounces for men
Lean meat (grass-fed when possible or lean cuts)
Poultry (pasture raised or organic when possible)
Fish and seafood (wild-caught)
Eggs

Legumes
Dairy (with little to no sugar is okay, for example cheese (not processed) is fine, but milk generally has sugar and should be avoided, but cream is okay.)
Tofu and tempeh (non-GMO)

Vegetables:

Artichoke
Arugula
Asparagus
Bean sprouts
Beet greens
Bell peppers
Broccoli
Brussels sprouts
Cabbage
Cauliflower

Celery
Chives
Collard greens
Dandelion greens
Eggplant
Endive
Fennel
Garlic
Gingerroot
Green beans

Hearts of palm
Jalapeno peppers
Kale
Lettuces (not iceberg)
Mushrooms
Mustard greens
Onions
Parsley
Radicchio
Radishes

Shallots
Snap beans
Snow peas
Spinach
Summer squash
Swiss chard
Tomatoes
Turnip greens
Watercress
Zucchini

Legumes:

Adzuki Beans
Black Beans
Black-eyed Peas
Broad Beans (Fava)
Butter Beans
Calico Beans

Cannellini Beans
Chickpeas
Edamame
Great Northern Beans
Italian Beans
Kidney Beans

Lentils
Lima Beans
Mung Beans
Navy Beans
Pinto Beans
Soy Beans

Split Peas
Avoid: Canned Beans with sugar added.

FATS: (healthy choices)

To cook with:

Avocado Oil Coconut Oil Ghee (clarified butter) Butter (Grass Fed)

To use with salads or to add after cooking: Extra Virgin olive oil, Flax seed oil.

Fruits:

Avocado
Pineapple
Apple
Apricot
Pear
Blackberry
Strawberry

Grapefruit
Raspberry
Honey Dew
Cherries
Kiwi
Mandarin
Mango

Yellow plum
Nectarine
Olives
Orange
Papaya
Passion Fruit
Peach

Plum
Cranberry
Rhubarb
Watermelon
Red grapes
White Grapes

If you do not see a fruit listed that you enjoy, check an online resource to find the glycemic load; if it is 10 or less it is fine.

Independent associate

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