

ARE YOU EXPERIENCING DIETARY CHANGE?

Symptoms:

1. Constipation
2. Diarrhoea
3. Nausea
4. Bad Breath
5. Wind
6. Skin Changes
7. Headaches
8. Vomiting
9. Mood Changes
10. Hungry
11. Frequency @ toilet
12. Slow Weight Loss

Useful Articles:

1. Weight Loss Plateau is a Good Sign
2. Fabulous Fibre <http://www.herbalife.com/au/distributor/today/today06.pdf> (pg 10)
3. Simply Water <http://www.herbalife.com/au/distributor/today/today06.pdf> (pg 11)
4. Water – 8 Glasses A Day Keeps The Fat Away
5. What Symptoms To Expect When You Change Your Diet
6. Milk – <http://www.afpafitness.com/DAIRYINT.HTM>
7. Weight Loss Through Thermogenesis

CONSTIPATION

Possible Causes

- Not Enough Water?
- Not enough fibre?
- Cows Milk – not used to large quantities?
- Stopped drinking tea / coffee?

Possible Solutions

- Drink a minimum of 8 glasses (2 litres) of water per day. If exercising, drink more during exercise to replenish lost fluids.
- Replenish lost fluids
- Increase fibre –
 - Kiwi fruit in Formula 1
 - Apple & orange per day
 - If used to having high fibre breakfast, maybe try adding a slice of wholegrain / multigrain toast (without condiments) to your morning regime.
- Take fibre supplement for extra fibre (Formula 6)
- Remove dairy from regime
- Cut back, don't cut out.

REFERENCE ARTICLE:

- What Symptoms To Expect When You Change Your Diet
 - Simply Water
 - Water – 8 Glasses A Day Keeps The Fat Away
 - Fabulous Fibre
 - Milk
- <http://www.afpafitness.com/DAIRYINT.HTM>

DIAHORREA

Possible Causes

- Too much fibre ?
- De – toxication (a good sign)
refer to : What symptoms to expect
- Milk / dairy products
- not used to large quantities.
- Changed diet radically
- Eating diet sweets / carbohydrate
modified sweets / food

Possible Solutions

- Very important to keep fluid intake up ie 8 glasses of water per day
- Remove dairy products from regime
- Keep up fibre intake – body is adjusting
- Detox – drink more water to minimise detox effects – should last 3 days
- Cut back, don't cut out

REFERENCE ARTICLE:

- What Symptoms To Expect When You Change Your Diet
- Milk
<http://www.afpafitness.com/DAIRYINT.HTM>

NAUSEA

Possible Causes

- Cows Milk – not used to large quantities.
- Possible flu / sickness – do you know anyone who is sick
- Changed your diet radically ?
Eating foods you normally don't.
- Tablets on an empty stomach.

Possible Solutions

- Cut out cows milk. Try juice as an alternative.
- Cut back on your foods – don't cut out.
- Have tablets with shake (Formula 1) or slice of toast “with no gooey condiments!”

REFERENCE ARTICLE:

- What Symptoms To Expect When You Change Your Diet
- Simply Water
- Water – 8 Glasses A Day Keeps The Fat Away
- Milk
<http://www.afpafitness.com/DAIRYINT.HTM>

BAD BREATH

Possible Causes

- Detoxification

Possible Solutions

- Drink more water

REFERENCE ARTICLE:

- What Symptoms To Expect When You Change Your Diet
- Simply Water
- Water – 8 Glasses A Day Keeps The Fat Away

WIND

Possible Causes

- Detoxification
- Change of diet – eating foods you don't normally eat
- Not enough water – 8 glasses per day
- Eating diet sweets / carbohydrate modified sweets / food
- Cows milk

Possible Solutions

- Drink more water – 8 glasses per day (2 litres)
- Cut back, don't cut out
- Don't eat diet sweets / restrict intake of them
- Stop milk intake

REFERENCE ARTICLES:

- Fabulous Fibre
- Simply Water
- Water – 8 Glasses A Day Keeps The Fat Away
- What Symptoms To Expect When You Change Your Diet
- Milk
<http://www.afpafitness.com/DAIRYINT.HTM>

SKIN CHANGES

Possible Causes

- Dietary change – eating foods you would not normally eat.
- Cows milk / dairy products
- Detoxification
- Not enough water – 8 glasses per day

Possible Solutions

- Drink more water – 8 glasses per day (2 litres).
- Stop / minimise cows milk intake
- Cut back, don't cut out.

REFERENCE ARTICLES:

- Simply Water
- Water – 8 Glasses A Day Keeps The Fat Away
- What Symptoms To Expect When You Change Your Diet
- Milk
<http://www.afpafitness.com/DAIRYINT.HTM>

HEADACHES

Possible Causes

- Detoxification
- Dietary change – eating foods that you would not normally eat
- Withdrawal / cutting out foods / beverages containing caffeine – ie coffee / tea / chocolate.
- Not drinking enough water – 8 glasses per day.
- Cows milk / dairy products

Possible Solutions

- Drink more water – 8 glasses per day (2 litres)
- Cut back, don't cut out
- Slowly cut back on caffeine – don't cut out straight away
- Cut out / cut back on dairy products

REFERENCE ARTICLES:

- Simply Water
- Water – 8 Glasses A Day Keeps The Fat Away
- What Symptoms To Expect When You Change Your Diet
- Milk
<http://www.afpafitness.com/DAIRYINT.HTM>
-

VOMITING

Possible Causes

- Food poisoning from other foods you are eating
- Sensitivity / allergy to some components of the products
- Milk / dairy products
- Radical change of diet
- Possible sickness – do you know anyone else who has been sick lately?

Possible Solutions

- Introduce products one at a time over a few days, to rule out possible allergies
- Cut out or cut back milk / dairy products
- Eat normally for main meal – cut back not cut out
- Drink more water to replace lost fluid – very important.

REFERENCE ARTICLES:

- Simply Water
- Water – 8 Glasses A Day Keeps The Fat Away
- Milk
<http://www.afpafitness.com/DAIRYINT.HTM>

MOOD CHANGES

Possible Causes

- Detoxification – not drinking enough water to carry waste / toxins out of the body effectively.
- Radical change of diet
- Low blood sugar levels
- Menstruation / hormonal activity

Possible Solutions

- Drink 8 glasses of water per day (2 litres)
- Cut back, don't cut out
- Split the Formula 1 shakes – ie 1 level dessert spoon x 2 shakes ie for weight loss – 4 x small shakes per day with 1 x level dessert spoon of Formula 1

REFERENCE ARTICLES:

- Simply Water
- Water – 8 Glasses A Day Keeps The Fat Away
- What Symptoms To Expect When You Change Your Diet

HUNGRY

Possible Causes

- Low blood sugar
- Too much acidity in beverage / diet – what you mix the Formula 1 in.
- Not eating main meal
- Radically changing diet in main meal
- Not drinking enough water – 8 glasses per day

Possible Solutions

- Split the Formula 1 shakes – ie 1 level dessert spoon x 2 shakes ie for weight loss – 4 x small shakes per day with 1 x level dessert spoon of Formula 1
- Increase water intake – 8 glasses per day (2 litres)
- Increase your fibre – more Formula 6 and fruit / vegetables
- Cut back, don't cut out
- Try a low fat milk / soy / rice drink – not juice for Formula 1 Beverage
- Eat fruit as a snack – don't go overboard!

REFERENCE ARTICLES:

- Fabulous Fibre
- Simply Water
- Water – 8 Glasses A Day Keeps The Fat Away
- What Symptoms To Expect When You Change Your Diet

FREQUENCY – TOILET

Possible Causes

- Detoxification
- Increase in water consumption
- Return to regularity

Possible Solutions

- Keep fluid intake to required levels – 2 to 3 litres per day. Body will normalise once it gets used to this correct water intake.
- It is a good sign of detoxification, keep fluid intake as above.
- Upto three times per day is normal and healthy bowel movement function.

REFERENCE ARTICLES:

- [Simply Water](#)
- [Water – 8 Glasses A Day Keeps The Fat Away](#)
- [What Symptoms To Expect When You Change Your Diet](#)

SLUGGISH WEIGHT LOSS

Possible Causes

- Not enough water intake to carry toxins etc from body
- Eating too many snack foods that don't count. Acceptable snacks include apples, oranges, etc, which help with healthy fibre intake.
- Nibbling while you are making dinner.
- Justifying sweets after dinner for "being good".
- Eating large servings of pasta or white rice in the evenings when you are most sedentary, as these are high carbohydrate foods and if the energy is not used, it is readily convert to fat.
- Eating too many calories.
- Eating high fat content foods.
- Due for your monthly cycle (extra fluid weight in body)
- Constipated.
- Eating foods / diet drinks that contain too much sodium which causes fluid retention.
- Not exercise at all or not enough – this will burn the calories that you are consuming and to help with normal healthy elimination functions
- Not taking the products as directed - Formula #1 is essential

Possible Solutions

- Drink more water
- Consume the correct amount of calories and fat grams recommended for your body mass
- Keep going! You might be going through a detox or normal weight loss plateau (refer to article)
- Cut back on calories / snacks
- Exercise more
- Look at what you are eating and when you eat it. (Take into account your energy expenditure and what you are eating).
- Refer to page on constipation.
- Cut out diet drinks and cut back on added salt.
- Take products as directed, especially Formula #1.
- Check inch loss! You may be losing inches before you lose weight.

REFERENCE ARTICLES:

- Simply Water
- Water – 8 Glasses A Day Keeps The Fat Away
- What Symptoms To Expect When You Change Your Diet

WHAT SYMPTOMS TO EXPECT WHEN YOU IMPROVE YOUR DIET

By Dr. Stanley S. Basse N.D., D.C., Ph C.

If I were asked which is the area of greatest misunderstanding and confusion in the field on nutrition, I would definitely be forced to reply, it is the failure to properly understand and interpret the symptoms and changes which follow the beginning of a better programme.

A better nutritional programme is the introduction of foods of higher quality in place of lower quality ones. The quality of a nutritional programme is also improved by omitting toxic substances such as coffee, tea, chocolate tobacco, salt, pepper, etc.

Remarkable things begin to happen to the body as well as the mind. When the quality of the food coming into the body is of higher quality than the tissues which the body is made up of, the body begins to discard the lower grade materials and tissues to make room for the superior which it uses to make the newer and healthier tissues.

What are the symptoms or signs which become evident when we first begin to omit the lower grade foods and instead introduce superior foods? When the use of a toxin is suddenly stopped, headaches are common and letdown occurs. This is due to the discard by the body of toxins which are transported by the bloodstream during its many bodily rounds. Before the noxious agents reach their final destination for elimination, these irritants register in our consciousness as pain -- headache. Usually, within three days, the symptoms vanish and we feel stronger due to the recuperation which follows.

As one continues on the improved diet and gradually raises the quality, interesting symptoms begin to appear. The body begins a process called "retracing". The cellular intelligence has a chance to get rid of old garbage and build a beautiful new house. The accent is on elimination and the body begins to move garbage deposited in the tissues.

People may experience skin rashes or eruptions due to elimination of poisons and harmful drugs through the skin. If they go to the doctor not familiar with this aspect of nutrition, he might diagnose it as an allergy and suggest the diet be discontinued. They don't understand that the body is "retracing". The skin is becoming more alive and active. These toxins being discarded are saving you from more serious disease which will result if you keep them in your body too much longer. Possibility: Hepatitis, Kidney Disorders, Blood Disease, Heart Disease, Arthritis, Nerve Degeneration, or even Cancer. Be happy you're paying your bills now in an easy payment plan. With some, colds may occur, or even fever. THIS IS NATURE'S WAY OF HOUSE CLEANING. Understand that those actions are constructive, even though unpleasant at the moment. DON'T try to stop these symptoms by the use of certain drugs. These symptoms are part of a curing process. These are not deficiency conditions or allergic reactions.

Symptoms then may include headaches at the beginning, fever and/or colds, skin breakouts, bowel sluggishness, occasional diarrhoea, tiredness, nervousness, irritability, negativity, etc... BEAR WITH IT!

Water

8 Glasses A Day Keeps The Fat Away

WATER: The transparent, colourless liquid (H₂O) which falls from the sky as rain, issues from the ground as springs and composes $\frac{3}{4}$ of the earth's surface in the form of rivers lakes etc. (Webster's New Lexicon Dictionary)

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

Studies show that an increase in water intake can actually reduce fat deposits. The kidneys do not function properly without enough water. When this occurs, some of the load is passed on to the liver has to aid the kidneys, it cannot function efficiently. Consequently, the liver metabolises less fat, thus fat remains stored in the body and weight loss ceases.

Many people, whose bodies retain water, drink less water, hoping to eliminate the problem. The body sees this action as a threat to its survival, so it attempts to hold on to every drop. Water is then stored in spaces outside the body's cells. This causes swollen feet, hands and legs. Diuretics offer only temporary relief. The best way to overcome excess water retention is to give the body what it needs, which is plenty of water! Only then can stored water be released.

Overweight people need more water than thin people. Larger people have a large metabolic load. Water also helps to maintain proper muscle tone by giving muscles their natural ability to contract and by preventing dehydration. It helps prevent sagging skin that usually follows weight loss. Shrinking cells are plumped up by water. The complexion then appears clean, healthy and resilient. Water also flushes wastes from the body and thus eliminates constipation. The endocrine gland function improves, thus the entire system functions more efficiently.

Water not only accomplishes all of the things listed above, but it also works with fibre to create a satisfied feeling and help subdue hunger pangs. At least 6 – 8 glasses of water per day is recommended.

*** REMEMBER ***

**"WHAT GOES THROUGH THE LIPS, MUST GO ON THE HIPS"
BE HONEST WITH YOURSELF.**

WEIGHT LOSS PLATEAU IS A GOOD SIGN

The first week of a calorie-controlled weight loss diet is easy. The second and third weeks are generally not too hard either... BUT, around the fourth or fifth week, it seems that the scales will not budge for some people!!!

YOU HAVE REACHED YOUR FIRST WEIGHT LOSS PLATEAU! Plateaus (the times when your weight stubbornly stays put) are NORMAL. Of course, plateaus are frustrating - so much so that many people abandon their weight loss efforts.

Surprisingly, however, a plateau is a positive sign. It is a signal from your body that you have lost body fat, but not body weight.

That last statement may sound contradictory. How can someone lose body fat and not lose body weight? Basically, the answer is that in place of the fat you lost, your body now retains water (even though you lost some earlier.) Until the retained water is lost, the scale WILL NOT register your total achievement.

Scales can not tell the difference between weight that is FAT and weight that is WATER. Unfortunately, you can't see inside of yourself either, but, you can learn what is going on and why.

The human body, like the food we eat, is composed of nutrients: protein, carbohydrates, fat, vitamins, minerals and water. If you were a trim 150 pounds, your body would contain about 90 pounds of water, 30 pounds of fat and 30 pounds of all other nutrients. As you can see, you (and everyone else) are mostly "ALL WET". Water is not just in blood, much of the body's water is part of the chemical configuration of cells, tissues and organs.

Muscles, for example, hold considerable water within their structure. Generally, one pound of muscle tissue in the body is associated with four pounds of water. Even fat tissue is about 15% water; so seven pounds of body fat contains about one pound of water.

When you're eating fewer calories than you are burning up, your body must get the energy it needs from somewhere, that somewhere is you. When you lose weight, you are in fact consuming your own fat and protein to get the energy (calories) you need. In effect, you are "eating" yourself.

* During the first few weeks of any weight loss programme, your body tends to use up more body protein in the form of muscle and organ tissue than in later weeks of dieting. As time goes on, your body becomes more selective and relies mainly on fat stores for energy and LESS on the protein tissues essential to body functioning.

When body protein and fat tissues are used for energy, the water associated with those tissues generally hangs around for a while. In other words, you remain "water-logged". THIS IS WHAT ACCOUNTS FOR THE PLATEAU PERIODS. It's like the body resting before it goes down to the next lower weight.

To see the pounds disappear, you may want to assist your body in losing its excess water weight; you can do so by reducing your sodium intake. Try to keep from adding much salt in cooking and don't put a salt shaker on the table. Cut down on condiments, such as: pickles, mustard, ketchup and soy sauce. Instead of salt condiments, try apple sauce, spiced peaches and other fruits to perk up meats. Use lemon, spices and herbs for flavours, but avoid monosodium glutamate (flavour enhancer). Avoid foods canned with salt. Avoid drinking soda water also.

While water fluctuations are frustrating, they are temporary. The true test of dieting success is in the "pinch test", not the scale's numbers game. It is how much real fat you lose, not how much protein and water you lose, that makes for a healthier you!!!

** NOTE ** This does not occur when using a balanced nutritional programme such as Herbalife's Cellular Nutrition range, with all 22 essential Amino Acids.

"THERMOGENESIS"

The New Development in Weight Management!

Reprinted from "Nine to Five Magazine -- December 6, 1993"

Scientists believe the concept of thermogenesis is the most exciting news from Weight management research in fifty years.

Thermogenesis, meaning the generation of heat, is a normal process, like Digestion, in which the body's brown adipose tissue (BAT) burns up the calories your body doesn't need. Being over fat, or obese, occurs primarily when BAT is not functioning properly, and the body must deal with excess calories by storing them as white fat.

For years, scientists have been trying to discover what goes wrong with the thermogenetic process, why some people stay thin by burning off excess calories and why some people lack this capacity and hence put on unwanted kilos and centimetres.

Middle age spread is now considered the result of the body's BAT function shutting down. For some young people their BAT ceased to function properly from an early age.

Scientists have discovered that by combining specific amounts of certain totally natural thermogenetic substances, it is possible to create a basically new compound with an amazingly safe thermogenetic action! Yes, it is possible to shed that unwanted weight without strenuous exercise, without drastic changes in your eating habits and without the depressing failures of fad diets.

Brown Adipose Tissue thermogenesis will do the following:

- * Prevent dietary lipids from being stored as white fat
- * Convert current white fat back into soluble lipids to be burned off
- * Burn off the soluble lipids
- * Increase the body's energy by increasing the flow of blood, oxygen and nutrients to muscle tissue and;
- * Remove the craving for the foods high in calories that cause the problem in the first place.