



# SLIMSTYLES™

The Revolutionary SlimStyles™ Diet!

There are two primary reasons why other diets fail. First, the dieter can't stand the hunger pangs. Secondly, the foods are boring, leaving one feeling deprived of foods they like and want. The revolutionary new SlimStyles™ Meal Replacement Program is a safe, highly effective and clinically proven weight loss and weight maintenance system, developed through intensive university-based research to make weight loss simple, comfortable and maintainable for life, providing the solution to these and other dieting problems. Why has it proven successful where others fail? How can it stop hunger?

## OVERWEIGHT AND HUNGRY - WHY?

The body stores fat when you eat more food than your body can use for energy. People tend to eat until they feel satisfied because feeling hungry is very unpleasant and most have little tolerance for a gnawing pit in their stomach. Typical diet programs all leave you feeling hungry. The SlimStyles™ Program leaves you feeling satisfied while cutting back significantly on your food intake. Why? The SlimStyles™ Program takes advantage of breakthrough discoveries in the science of satiety – the science that seeks to understand all of the factors leading to appetite control, a sense of fullness, and satisfaction after eating.

## PGX™, THE APPETITE CONTROL BREAKTHROUGH!

The most important advantage of the SlimStyles™ Program over every other diet and weight loss plan comes through the breakthrough product known as PGX™ (short for PolyGlycopleX™) the key active ingredient in the SlimStyles™ Meal Replacement. PGX™ is the result of many years of intensive clinical and laboratory research at the University of Toronto in collaboration with the Canadian Center for Functional Medicine. PGX™ is an exacting blend of highly purified naturally-occurring water-soluble indigestible polysaccharides (fibres) that together have highly unique and desirable properties. These fibres are processed using advanced

proprietary technology. Added to liquid, PGX™ absorbs over 600 times its weight in water. Used in a meal replacement shake or drink mix, PGX™ initially creates a nice smooth texture suitable for a pleasant drink. However, over the next 2 hours PGX™ continues to thicken and expand as it absorbs water. By taking adequate amounts of liquid with PGX™ it expands in the stomach and intestine, keeping appetite under control for several hours by providing a sense of fullness. The viscosity (thickness) and expansion achieved by PGX™ is greater than any other fibre or fibre blend ever studied.

Each serving of this meal replacement has five full grams of PGX™, the dose that was found to control appetite and reduce cravings for several hours in the majority of heavy persons with large appetites. With higher doses of PGX™ many very heavy and even morbidly obese people report that PGX™ reduces appetite so successfully that they consider it a natural alternative to stomach stapling!

Besides its amazing volumetric (stomach-and intestine-filling) properties, PGX™ has been studied by world-renowned scientists and found to dramatically improve blood sugar regulation and the release of insulin. Most overweight persons have a condition known as insulin resistance, a condition that occurs as insulin begins to work less efficiently with every pound of excessive fat. This results in your pancreas having to release excessive amounts of insulin after meals to keep you from developing high blood sugar (diabetes). This insulin resistance with accompanying elevated insulin levels contribute to hypoglycemic food cravings, excessive fat storage, elevated risk for the development of high blood pressure, high cholesterol and triglycerides, cardiovascular disease, and diabetes.

SlimStyles™ Meal Replacement with PGX™ does the opposite. By slowing the digestion of starch and the absorption of sugar, hypoglycemic cravings are eliminated, appetite is controlled, efficient fat burning is promoted, insulin sensitivity is restored,

and weight loss becomes progressive. As well, levels of other important appetite hormones and cholesterol are normalized while providing healthy fibre for better colon health.

Other diets (such as the Atkins and the South Beach diets) attempt to lower insulin levels by severe carbohydrate restriction, which can indeed lower insulin levels, and may result in diminished cravings with more efficient short term fat burning. However, it is not a healthy long-term weight management solution because most people eventually develop unmanageable carbohydrate cravings, ending up gaining back more weight than they lost. As well, fruits, vegetables and whole grains all contain valuable nutrients required for healthy diet.

### **EXCITING VARIETY USING SLIMSTYLES™ MEAL REPLACEMENT**

Unlike most weight loss meal replacements that use cheap ingredients with questionable health effects, every ingredient in the SlimStyles™ Meal Replacement with PGX™ has been carefully researched and chosen only if it is completely healthy, natural and beneficial to overall weight loss.

SlimStyles™ Meal Replacement with PGX™ comes in six completely natural flavours, each painstakingly developed in conjunction with extensive taste testing. According to clinical research on this product, having access to six fantastic flavours is a key element since it prevents dropout due to boredom. Try every flavour during your weight loss program keeping a minimum of three flavours on hand for variety.

Each flavour is naturally sweetened with a combination of xylitol (a natural sweetener found in fruits and vegetables, and even manufactured in the cells of your own body) and the herb stevia (which has been used safely for centuries), along with very small quantities of fructose (often called 'fruit sugar'), a natural sweetener

safe in small quantities for diabetics or anyone with blood sugar control problems. Every flavour of SlimStyles™ Meal Replacement with PGX™ contains less than 10 grams of available carbohydrates so is ideal for low carbohydrate dieting if desired. If higher amounts of carbohydrates are preferred, simply add a small amount fruit for snacks.

As well, SlimStyles™ meal replacement utilizes a carefully chosen, high quality whey protein made from undenatured (undamaged) whey to retain its high nutritional value and other diverse health benefits. This meal replacement also provides over 32 other nutrients, including vitamins and minerals, lecithin and medium chain triglycerides (used by athletes for its ability to provide quick and lasting energy).

### **PREPARING AND USING SLIMSTYLES™ MEAL REPLACEMENT WITH PGX™**

To successfully lose weight, use the SlimStyles™ Meal Replacement with PGX™ for two meals each day and eat a lower calorie or low carbohydrate regular meal once a day along with plenty of vegetables and moderate amounts of fresh fruit. Most use SlimStyles™ for breakfast and lunch, and then eat a normal (but lower calorie) supper. Those who tend to overeat in the evening prefer take the meal replacement for the evening meal and have a normal (but lower calorie meal) for lunch.

SlimStyles™ Meal Replacement with PGX™ is usually made up with water as directed (followed by additional water to ensure proper expansion of the PGX™ occurs in the gut and to avoid dehydration since it thickens quickly). Alternatively, you can mix SlimStyles™ Meal Replacement and place it in the refrigerator for 20 to 30 minutes to form a delicious, pudding that may have an even greater appetite reducing effect. For variety, some add half a serving of SlimStyles™ Meal Replacement with PGX™ to plain yogurt or sprinkle on oatmeal.

### **WHAT TO EXPECT FROM PGX™**

Although PGX™ is highly beneficial to the health, because it has such volumetric (expanding) effects in the digestive tract, it will take a few days for most people to fully adjust to this large amount of fibre. Initially, a few people will experience some degree of gas, loose stools or diarrhea. If too disturbing, simply cut back to 1/2 the recommended dose until symptoms subside and then gradually increase the dose. Usually bowel symptoms will diminish and resolve over a few days as your body becomes accustomed to the increased volume of fiber.

### **THE DIET, SNACKS AND VARIETY**

Inside each container of the SlimStyles™ Meal Replacement with PGX™ is a packet with a practical diet and other suggestions. This meal replacement complements any of the currently popular diets. Using the meal replacement for two meals each day provides the appetite control foundation for any low-fat, low-calorie, or low-carbohydrate program.

If still hungry between meals or finding it hard to curb food intake in the evening, try taking the (near zero-calorie) SlimStyles™ Appetite Control Fibre Blend with PGX™ as a drink before supper, and at other times (with or without a small snack) to greatly reduce hunger pangs. Get a reasonable amount of regular exercise and avoid overeating to succeed in reaching your weight loss goal.

### **SLIMSTYLES™ FOR LONG TERM WEIGHT MAINTENANCE**

Once weight loss goals have been achieved, the SlimStyles™ Meal Replacement with PGX™ should be used at least once a day for long-term weight management strategy. SlimStyles™ Appetite Control Fibre Blend with PGX™ can also be of great benefit in long term appetite control and weight management. By preventing hunger pangs and being able to eat enjoyable foods, SlimStyles™ products can help you keep your weight goals for a life of good health.