

# WELCOME TO THE SLIMSTYLES™ PROGRAM

The meal replacement product you have purchased is an important part of a revolutionary weight loss program – the SlimStyles™ Program. This program is a safe, highly effective and clinically proven weight loss and weight maintenance system, developed through intensive university based research. This program will make weight loss simple, comfortable and maintainable for life.

## What You Really Need to Know About this Program

In its simplest form this program consists of taking a full serving of the SlimStyles™ Meal Replacement with PGX™ drink twice per day (usually breakfast and lunch); a small snack such as an apple or a couple of carrots between meals and a light, low calorie meal for supper. If you are still hungry between meals or you find it hard to keep your intake down in the evening, we recommend that you take the (near zero calorie) SlimStyles™ Appetite Control Fibre Blend with PGX™ before supper, and at other times (with or without a small snack) to greatly reduce hunger pangs without having to snack on high calorie foods. If you get a reasonable amount of regular exercise and avoid overeating, it is very likely you will be successful at your weight loss goals, because these SlimStyles™ products are proven to control appetite and prevent hypoglycemic food cravings.

## Why are People Overweight?

With few exceptions, 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 people have little tolerance for a gnawing pit in their stomach. This makes typical diet programs very tough because they all leave you feeling so hungry. The first thing that will impress you with the SlimStyles™ Program is how satisfied you feel while you cut back significantly on your food intake. The reason for this remarkable effect is that the SlimStyles™ Program takes advantage of breakthrough discoveries in the science of satiety – this is the science that seeks to understand all of the factors that lead to appetite control and a sense of fullness and satisfaction after eating.

## PGX™ (PolyGlycopleX™), the Weight 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 as well as the SlimStyles™ Appetite Control Fibre Blend with PGX™. PGX™ is the result of many years of intensive clinical and laboratory research at the University of Toronto in collaboration with Canadian Center for Functional Medicine. PGX™ is an exacting

blend of several naturally occurring water soluble indigestible polysaccharides (fibres) that together have highly unique and desirable properties. Firstly, when added to liquid, PGX™ absorbs over 600 times its weight in water. When 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. As long as you are careful to take adequate amounts of liquid with PGX™ it will expand 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. 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!

## What to Expect from PGX™

Although PGX™ is highly beneficial to the health, it is a powerful natural health product. 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 these symptoms are too disturbing, simply cut back to 1/2 the recommended dose until symptoms subside and then gradually increase the dose. In most cases bowel symptoms will diminish and then resolve over a few days as your body becomes accustomed to such a large volume of fibre. Almost all of us need more fibre so your body will benefit greatly from PGX™ and it can be safely used by most people for their whole life.

It is also very important to never neglect drinking plenty of water while you are taking PGX™. Remember PGX™ absorbs large quantities of water and it will dehydrate you if you don't drink plenty of water.

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 people who are overweight have a condition known as insulin resistance. If you are insulin resistant, your pancreas has to release excessive amounts of insulin after meals because insulin is not working as well as it should. It is now known that insulin resistance, and its accompanying elevated insulin levels contribute to hypoglycemic food cravings, excessive fat storage, as well as an elevated risk for the development of high blood pressure, high cholesterol and triglycerides, diabetes and cardiovascular disease.

Other diets (such as the Atkins

and the South Beach diets) attempt to lower insulin levels by severe carbohydrate restriction. Severe carbohydrate restriction can indeed lower insulin levels, which may result in diminished cravings and more efficient short term fat burning. However, severe carbohydrate restriction is not a healthy long term weight management solution because most people eventually develop unmanageable carbohydrate cravings, and they end up gaining back more weight than they lost. As well, fruits, vegetables and whole grains all contain valuable nutrients that should be part of a healthy diet.

In contrast, the SlimStyles™ Program takes advantage of the many healthful effects of PGX™, a healthy soluble fibre that can be taken every day for life to greatly reduce appetite, eliminate hypoglycemic cravings and promote efficient fat burning by diminishing insulin resistance and lowering insulin levels. As well, PGX™ lowers the level of other important appetite hormones while lowering cholesterol and providing healthy fibre for better colon health.

## SlimStyles™ Meal Replacement with PGX™

Achieving your weight loss goal is now simple and thoroughly enjoyable thanks to SlimStyles™ Meal Replacement with PGX™, the most important component of the SlimStyles™ Program. Years of careful research and development have gone into this breakthrough meal replacement product. 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 the overall weight loss effects.

Each serving of the meal replacement product 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 people with big appetites.

SlimStyles™ Meal Replacement with PGX™ comes in six completely natural flavours, each flavour 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 to making this product highly desirable as part of a long-term weight loss strategy. Other products with, only 2 or 3 flavours, become intolerably boring after just a few weeks and people tend to stop using them. Please be sure that you try every flavour during your weight loss program and keep a minimum of three flavours on hand, at any given time, to avoid boredom which will increase your chances of cheating on your diet.

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 it can be used during low carbohydrate dieting if desired. If higher amounts of carbohydrates are preferred, simply adding a bit of fruit for snacks is all that is needed.

As well, the SlimStyles™ Meal Replacement with PGX™ contains a carefully chosen, high quality whey protein made from undenatured (undamaged) whey to retain its high nutritional value and other diverse health benefits. This product also contains high amounts of vitamins and minerals, lecithin and medium triglycerides, a special type of fat revered by athletes for its ability to provide quick and lasting energy.

## Preparing and Using SlimStyles™ Meal Replacement with PGX™

While losing weight on the SlimStyles™ Program the SlimStyles™ Meal Replacement with PGX™ is usually taken twice per day and a lower calorie regular meal is eaten once per day. Most people choose to take the product for breakfast and lunch, and then eat a normal (but lower calorie) supper but those who tend to overeat in the evening may be best to take the meal replacement for the evening meal and have a normal (but lower calorie meal) for lunch. Snacks and regular meals are eaten as suggested in the menu plan outlined later in this booklet.

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). Once mixed, the meal replacement product thickens fairly quickly. Therefore, the product should be consumed quickly or it should be made up as two half servings and consumed separately if you are unable to drink it quickly.

Alternatively, SlimStyles™ Meal Replacement with PGX™ can be mixed and placed in the refrigerator for thirty to sixty minutes to form a delicious appetite quenching pudding. Some people find that the pudding has an even greater appetite reducing effect than taking it as a drink.

SlimStyles™ Meal Replacement with PGX™ tastes even better when made up with a mixture of water and skim milk or soy milk (rice milk is not recommended because of its high sugar content) but just be aware that weight loss may be slower because of the extra calories consumed. Half a serving of SlimStyles™ Meal Replacement with PGX™ can also be added to plain yogurt to make a delicious treat or to oatmeal for a fantastic breakfast. These variations are acceptable if extra calories are to be burned through vigorous exercise.

Once weight loss goals have been achieved, SlimStyles™ Meal Replacement

with PGX™ should be used at least once per day as part of your long-term weight management strategy.

## SlimStyles™ Appetite Control Fibre Blend with PGX™

Another breakthrough product in the SlimStyles™ Program is the SlimStyles™ Appetite Control Fibre Blend with PGX™. This is not a meal replacement drink.

Instead, this is an almost zero calorie, naturally flavoured and sweetened drink mix that provides all of the benefits of PGX™ when additional nutrients and calories are not desired. This product contains 5 grams of PGX™ per serving, the same amount found in a serving of the meal replacement product. In order to maximize the success of your weight loss program, it is strongly

recommended that you purchase the SlimStyles™ Appetite Control Fibre Blend with PGX™. One serving of this product should be mixed as directed and followed by another 350-500 ml of water just prior to every regular meal. As well, SlimStyles™ Appetite Control Fibre Blend with PGX™ should be consumed whenever cravings occur instead of eating high calorie snacks. Alternatively, SlimStyles™ Appetite

Control Fibre Blend with PGX™ can be taken along with a healthy, low calorie snack. In this way appetite will be dramatically curbed and the temptation to keep nibbling and snacking will be greatly diminished.

# 7 DAY SLIMSTYLES™ WEIGHT MANAGEMENT MEAL MENU PLAN

	Breakfast	Snack	Lunch	Snack	Dinner	Snack
<b>Monday and Thursday</b>	SlimStyles™ meal replacement shake with 350-400 ml of water; followed by a large glass (350-500 ml) of water within 1 hour	1 medium apple or orange; 1-2 tbsp. of raw nuts or seeds; 1 cup or more of water or herbal tea (fennel)	SlimStyles™ meal replacement shake with 350-400 ml of water; followed by a large glass (350-500 ml) of water within 1 hour	non starch vegetables (ie. broccoli, spinach, etc.) with SlimStyles™ dip delight (see below)	50-100g of baked chicken breast; boiled brown rice (1/2 cup); 1 cup or medium sized bowl of spinach salad; 1/2 cup of pears with 3/4 cup (175 g) of plain non-fat yogurt	1-2 tbsp of raw nuts or seeds; herbal tea or green tea
<b>Tuesday and Friday</b>	SlimStyles™ meal replacement shake with 350-400 ml of water; followed by a large glass (350-500 ml) of water within 1 hour	1/2 cup of blueberries, raspberries or blackberries; 1-2 tbsp. of raw nuts or seeds; 1 cup or more of herbal tea or green tea	SlimStyles™ meal replacement shake with 350-400 ml of water; followed by a large glass (350-500 ml) of water within 1 hour	non starch vegetables with SlimStyles™ taste-satisfying hummus dip (see below)	50-100g of baked salmon; 1 small baked potato with skin; 1 slice rye bread; 1 cup or medium sized bowl of romaine lettuce; 1/2 cup or medium sized kiwi with 3/4 (175 g) cup non fat plain yogurt	Up to 1 tbsp of raw nut butter on 1 slice of low carbohydrate bread or whole rye bread; herbal tea or black tea
<b>Wednesday and Saturday</b>	SlimStyles™ meal replacement shake with 350-400 ml of water; followed by a large glass (350-500 ml) of water within 1 hour	1/2 cup of grapes or cherries; 1-2 tbsp. of raw nuts or seeds; 1 cup or more of herbal tea or green tea	SlimStyles™ meal replacement shake with 350-400 ml of water; followed by a large glass (350-500 ml) of water within 1 hour	non starch vegetables with SlimStyles™ Italian vinaigrette delight (see below)	50-100g of broiled lean steak; 1/2 cup of whole wheat pasta with tomato basil sauce; 1/2 cup of cauliflower; 1 medium apple with 50 g skim milk mozzarella	1-2 tbsp. of raw nuts or seeds; herbal tea or green tea
<b>Sunday</b>	SlimStyles™ meal replacement shake with 350-400 ml of water; followed by a large glass (350-500 ml) of water within 1 hour	1/2 cup of mixed fruit (ie., strawberry, orange, cantaloupe); 1-2 tbsp. of raw nuts or seeds; 1 cup or more of herbal tea or black tea	SlimStyles™ meal replacement shake with 350-400 ml of water; followed by a large glass (350-500 ml) of water within 1 hour	non starch vegetables with SlimStyles™ lemon oil delight (see below)	1/2 cup of beans with 1/2 cup of boiled wild rice; 1/2 cup of green beans; 1 cup of mixed greens salad; 1/2 cup of cottage cheese 1% m.f.; 1/2 cup or medium sized grapefruit	Up to 1 tbsp. of raw nut butter on 1 slice of low carbohydrate bread or whole rye bread; herbal tea or black tea

Drink at least 8 cups of water while on the meal plan, this will help with regularity and satiety. Use healthy oils in moderation for cooking and as dressings for vegetables (ie., extra virgin olive oil, flaxseed oil, organic canola oil, etc.). Keep consumption of fat/oils to no more than 4-6 teaspoons per day. If still hungry SlimStyles™ Appetite Control Fibre Blend with PGX™ should also be used.

<b>SlimStyles™ Yogurt Dip Delight</b> 3/4 cup Plain non fat yogurt Sea salt (to taste) Garlic powder (to taste) Curry powder (to taste) 1 tsp. Honey  Mix plain yogurt and add salt, garlic powder, curry powder and honey to desired taste. Excellent as a dip for raw vegetables.	<b>SlimStyles™ Hummus Dip</b> 1-2 cloves of garlic finely minced 4 tbsp. fresh lemon juice 2 cups cooked chic peas 2 tbsp. extra virgin olive oil 1/2 tsp. Sea salt (to taste)  Blend all the ingredients in a food processor or blender until you reach a smooth consistency. Use immediately and refrigerate after use. This dip is very tasty with vegetables or whole wheat crackers, pita or bread.	<b>Italian Vinaigrette Delight</b> 2-4 tbsp. Extra virgin olive oil 1-2 tbsp. Balsamic vinegar or red wine vinegar Sea salt (to taste) Black pepper (to taste)  Combine in a bowl 2 parts of olive oil to one part balsamic vinegar. Add salt and black pepper to taste and mix ingredients thoroughly. This dressing is very healthy and is ideal for use on green salads and or cooked vegetable dishes. Use in moderation (1-2 tsp. per serving of vegetables).	<b>Lemon Oil Delight</b> 2-4 tbsp. Extra virgin olive oil 2-4 tbsp. Fresh lemon juice 1/2 - 1/4 tsp. Sea salt  Combine ingredients in a small bowl and mix well. This oil blend is very healthy and refreshing, and is ideal with any vegetable dish. Use in moderation (1-2 tsp. per serving of vegetables).
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