

GET HEALTHY & TRIM THE FAT!

How to Stop Storing Fat and Start Burning Fat!

Weight gain doesn't magically appear overnight. Those extra pounds accumulate through the years and may contribute to substantial weight gain. It's time to get serious about trimming the fat and shedding extra pounds.

Everyday I hear from or talk with people who want to lose weight, have tremendous sugar cravings and are frustrated because they cannot shed the extra pounds. People are searching for an answer to weight loss because they are fed up with diets. Diets don't work. Diets are temporary. Only 5% of all Americans who start "fad" diets actually lose weight and keep the weight off! As we age, our bodies change and our metabolism slows down, causing the body to burn less calories. It gets increasingly difficult to keep the weight off . . . especially for women!

We must be conscious of how we treat our bodies. It's all about creating good habits that we implement everyday. **To stay fit takes discipline, sacrifice and personal responsibility. Start with small steps.** Over time, the little things you do – or don't do – will add up in a big way. Cutting just 100 calories (a slice of bread) a day can lead to a 10-pound loss over a year!

The goal is to improve your health and achieve permanent weight loss. We must create energy in the body to stop storing fat and start burning fat. The body needs fuel to burn off excess fat. Foods that are full of life and energy are found in nature, not "created" in factories. Potato chips are not harvested. There are no fields flowing with white bread. When you feed your body foods that are high in energy and nutrients, your body will naturally begin to burn unwanted fat and lose excess weight. If you fill up on empty calories, you are actually starving your body of energy. Most of us don't eat enough "live" foods and we consume too much "dead" food. Dead food depletes energy. **Sunrider foods are live whole foods loaded with energy and nutrients.**



10 TIPS FOR POWERFUL HEALTH & FAT LOSS!

1. MAKE A COMMITMENT. Make the commitment to get healthy. The decision to get healthy is your first and most important step towards achieving your goals. **Behind every healthy body is a strong mind.**

2. HYDRATE YOURSELF. Water is the single most important nutrient your body needs. Next to oxygen, water is the most important element to sustaining life. Hydrate yourself with at least 2 quarts of water daily. A good way to measure your needed water intake is half your body weight in ounces. Calli and Fortune Delight count as water, but it is important to also include pure water. **When your body gets enough water it works more efficiently. The liver releases more fat and digestion and elimination work better.** The best way to drink water, Calli and Fortune Delight is 4 oz at a time, as your body cannot absorb more. Drink every 15 to 30 minutes. This insures delivery to the cells – otherwise the water goes right through you!

3. EAT THE SUNRIDER FOODS. Sunrider foods "fill in the gaps" nutritionally. Our bodies need **healthy fuel** for fat burn. The Sunrider foods are **KEY** to making a difference in getting healthy and shedding excess fat. **Sunrider foods are perfect nutrition for the body to regenerate itself, create balance and lasting good health.**

SUNRIDER BENEFITS: Enhanced Energy, Stamina, Vitality, Fat Loss, Decreased Cravings, Quality Sleep, Mental Alertness, Radiant Skin and Nutritional Balance.

4. EXERCISE. Exercise every day. There are numerous healthy benefits. Movement cleanses the blood and strengthens your heart. Exercise is good for regulating the elimination of waste, helping control cholesterol and blood sugar, increasing the blood flow to the brain and strengthening skeletal muscles. Exercise helps you burn calories and lose weight, especially FAT weight.

You cannot effectively or efficiently lose weight without exercising. A comment I hear frequently is, "I don't have time to exercise." You can always find time for the things you want to do. Even a 20 minute walk has benefits.

Exercise makes your feelings of self-value and self-esteem soar. When you feel better about yourself, when you feel empowered and energetic, you make healthier choices in your eating and lifestyle habits. There are all kinds of exercise and sport activities. Walking is the simplest and has the lowest drop-out rate. Even if you start with walking around the block – **just get started**. Brisk walking will burn excess calories – almost the same as jogging. Combine aerobic exercise with weight training and you have a dynamic combination. Weight training also gives your metabolism a boost by burning calories throughout the day and night.

5. CUT SUGAR. Sugar is devastating to your body. Sugar is addictive. Sugar turns to fat. Sugar can make it difficult to lose weight because of constant high insulin levels, which causes the body to store excess carbs as fat. The average American now consumes approximately 135 pounds of sugar per year – sadly this includes children. Examine the foods in the supermarket and read the labels. You'll find sugar everywhere – in cereals, crackers, processed foods, breads, fruit drinks, soups, ketchup and even peanut butter.

6. PORTION CONTROL. Eat smaller portions. Eat in moderation. Use a smaller plate. Eat ½ baked potato, 4 oz. of fish or chicken and, more salad or vegetables. You can't eat what's not on your plate! **Chew Slowly.** By chewing slowly you break down the nutrients for easy digestion. **Undigested food putrefies in the colon and turns to fat.** You will fill up and feel more satisfied when you chew slowly. Put your fork down after every bite and savor what you are chewing!

7. CUT PROCESSED FOODS & FAST FOODS. They are a nutritional nightmare, loaded with unhealthy fat and sugars. If you eat a fast food meal consisting of a double patty cheeseburger, extra-large fries and a 24 oz soft drink – at 1500 calories – you would have to run 2/12 hours at a 10-minute mile just to burn those calories. And that's not even taking into account the damage to your arteries and organs.

8. BALANCED DIET. Eat a balanced diet of complex carbohydrates and healthy fats. You need healthy fat in your diet as a source of calories to fuel your body – like olive oil, avocados and flax seed oil. Excess unhealthy animal fat is linked to health problems such as hardening of the arteries and heart disease. We must have healthy carbs in our diet. Whole grains, nuts, fruits and vegetables are ideal. Healthy carbs are essential for energy and brain function! **The more balanced nutrition you give your body, the better it will perform in shedding the fat and toxic waste.**

9. BE PREPARED. Be prepared with healthy food at home. Buy smart. If you buy chips – you'll eat the chips. If you buy cookies – you'll eat the cookies. If they are not in your kitchen – you'll find something healthy to snack on – like an apple, a nutritious filling Sunbar, a bag of crunchy NuPuffs (containing 1½ pkgs of NuPlus) or sweet NuPlus pudding. **You are responsible for the food you bring into your home.**

10. BE AWARE OF WHAT YOU EAT. Avoid "mindless eating"– be conscious of everything you put in your mouth. I love what JW Emerson says:

"When you eat, you participate in your own destiny!"
J.W. Emerson



10 SUNRIDER® FOODS FOR FAT TRIMMING & FAT LOSS!

There are many Sunrider support foods especially designed to trim the fat, increase metabolism, decrease cravings and tame the appetite. They will truly make a difference! The key to your success is to eat the Sunrider foods on a consistent basis and enjoy the many benefits. Make them part of your daily life – enjoy them throughout the day. Package up your favorites and take them with you.

Decide which formulas address your needs and add them to your daily program. Don't start them all at once – gradually add them to your Basic Program of NuPlus, Quinary and Calli, then decide what works best for you. If you are not getting the results you want – double or triple the amount of Sunrider foods you are eating.

1. ACTION CAPS®

Action Caps enhance the metabolic processes, allowing fat to be efficiently burned as energy and help increase the metabolism. Action Caps help alleviate hunger and fatigue. Action caps assist the body in its natural process of breaking down fat and burning calories. Have 3 to 6 or even 9 Action Caps 30 minutes before every meal. You can also take them in between meals. Be consistent. They work! Action Caps are great. Many people take them just for the energy.

2. SUNTRIM®

Wish you could turn off the urge to overeat? SunTrim controls the appetite and gives you a sense of fullness. No more overeating! SunTrim works in the stomach, releasing herbs which send a signal to the digestive system that you are full. They work as a "food blocker" and are also excellent for blood sugar irregularities. You will still want to eat, but not as much. Be sure to put less on your plate so you are not tempted to eat more. Your body will quickly feel satisfied. Take 3 to 5 SunTrim caps 30 minutes before every meal. You may also take them in between meals.

3. SUNFIT™

Helps reduce and slow down carbohydrate and fat absorption. SunFit assists in adjusting the body's metabolism with no side effects. You should have less nervous eating. Many people have commented that SunFit elevates their mood and keeps them feeling good while on their fat loss program. Take 2 to 3 caps 30 minutes before every meal. Drink 16 ounces of Fortune Delight with Sunectar (or SunnyDew) within the hour for carbohydrate and fat flushing.

4. FORTUNE DELIGHT®

Light refreshing and cleansing beverage – a healthy alternative to sodas and essential to your fat loss program. In addition to removing toxic residue as you burn fat, Fortune Delight helps to establish and maintain energy and alertness. Drink at least 1-2 quarts of Fortune Delight daily in order to flush out the toxic waste material. You do not want these toxins recirculating in your body and getting stored as fat. I've often heard Dr. Chen say, "For fat loss, you must drink Fortune Delight – and plenty of it – at least 2 quarts daily."

5. SUNECTAR® & SUNNYDEW™

A stevia based herbal concentrate with a natural sweet taste. Stevia is known to be 300 times sweeter than sugar and without the calories. SunnyDew is the clear version of Sunectar with a lighter taste. Put several drops (start with 5-10) in Fortune Delight, Calli, NuPlus and VitaShake for healthy flavor enhancement. Stevia helps in balancing blood sugar and reducing food cravings. Stevia helps burn glucose, which is essential for fat loss.

Sunrider exclusive formulas do not contain stimulants, caffeine, ephedra or MaHuang.

These products are not intended to diagnose, treat, or prevent any disease.

6. VITATASTE®

A unique herb-food that decreases sugar cravings. It blocks the assimilation of sugar in the body. Many people notice their cravings for sugar and other unhealthy foods are dramatically lessened or completely eliminated by adding VitaTaste to their daily program. Always take 2 caps 30 minutes before enjoying a sweet treat. **You will not absorb calories from the sugar or experience blood sugar side effects.** Dr. Chen says if you take 2 VitaTaste caps 3 x daily for two months, your sugar cravings will be greatly diminished or even gone! Experiment – open up the capsule and sprinkle the herbs on your tongue, then eat a piece of chocolate. The sweetness of the sugar is blocked, and the chocolate will be tasteless! Ice cream will taste like milk, a donut will taste like grease, and an M&M will taste like wax! Most people swallow the caps, but if you have an uncontrollable sugar addiction, then open up the cap and sprinkle the herbs on your tongue.

7. SLIM CAPS™

SlimCaps are for fat and waste cleansing. The colon is the largest “trashcan” in the body, and needs to be emptied daily. The average person carries up to 15 pounds of old impacted waste on the bowel wall. SlimCaps help clean the colon. Start with 2 caps in the morning and 2 caps in the afternoon. Take at least 6 hours apart. Gradually increase the caps to 3 and 3, 4 and 4, on up to 6 twice daily. If you can only do 3 twice daily – that’s fine. Take the SlimCaps with a bite of the Vitalite Sunbar, NuPlus, VitaShake or a meal. Do not overeat. You won’t be very hungry, so take advantage of this and let the products work their magic. Because this is an intense total body cleanse, the SlimCaps are designed to be consumed for only two weeks at a time. To give the body a rest, take 1 week off before starting the program again.

8. SUNBAR®

This delicious snack sized bar is filling and loaded with fiber and available in fruit and chocolate flavors. You can eat 2 bars as a meal replacement, or simply snack on the bar throughout the day. It is **essential** to eat the bar daily if you are doing the SlimCaps, as it provides nutrition and the fiber aids in eliminating waste material. Fiber acts as biochemical sponges, absorbing impurities, gases and toxins. The bar contains 4 grams of fiber in a blend of herbs, nuts, grains, and freeze-dried fruits. There are no fillers or preservatives – only nutritious and delicious tasting ingredients.

9. FIBERTONE®

Fiber is known as a natural cleanser and cholesterol fighter. In addition to all the other health benefits, fiber reduces cravings for between meal snacks. That’s because when you consume fiber, it absorbs water-forming bulk in the digestive system, leaving you feeling full and satisfied long after eating. Better eating habits can lead to weight loss, lowered cholesterol levels and more energy! Fiber helps move food through your digestive system to keep it from putrefying in the colon. Have 2-3 Fibertone caps with every meal and 2-3 caps before bed with a glass of water. You will be happy with the results. **If you are stuck at a weight loss plateau – add 5 Fibertone caps to every meal.**

10. ENERGY PLUS™

Energy Plus contains the essential powerful antioxidant and all-important Vitamin E in a whole food base of lecithin, bee pollen, Korean White Gingseng and wheat germ oil. You must have Vitamin E for heart protection and fat burn. **You will burn 50% less fat if you do not have Vitamin E in your daily diet.** Take 2 caps daily.

Add a few of these formulas for fat loss to your Basic Program. Don’t be in a rush. Take a day at a time. Enjoy the process and stay with it long enough so it becomes a natural habit to eat healthy. Eat the Sunrider foods every day. Your desired weight loss will naturally result. You will feel good about yourself for taking such good care of your body. This is not just about losing weight; it is about lasting and powerful health. Every day I hear from people who are grateful for the Sunrider foods and how great they feel. The power of the Sunrider foods is tremendous. Add them to your daily life and enjoy the many benefits!

**THE VALUE OF WELLNESS MAKES ALL THE OTHER
VALUES OF LIFE POSSIBLE!**

