

Bio Body Homeopathics and Ideal Weight programme guide

*Instructions for using Bio Body's comprehensive
weight alignment homeopathics
so you can reach and remain your Ideal Weight*



Weight Alignment Options

Bio Body has been working with New Zealanders just like you for nearly 20 years, offering homeopathic weight loss options (formulated by us in New Zealand) that are safe and provide lasting results. We have thousands of loyal and satisfied customers and we welcome you to our Bio Body and Ideal Weight family.

Our programmes

The **Bio Body 13-day** program is great to do a quick seasonal detox and lose a few kilos. It can be a good option for those who are active or those who are busy and who don't want to spend three weeks on the 26-day programme and still get great results.

The **Bio Body 26-day** program is a three-week programme to lose weight and reset your metabolism through clean eating the correct combination of foods. It is the recommended starting point for most of our clients, particularly if you haven't done the programme before.

The **Bio Body 40-day** option suits men best, but is a great option for men and women who need to get serious about realigning their weight, sometimes when they need to before surgery or in cases where they are keen to improve their mobility. (You can start on either the 13 or 26-day programmes and extend them to 40 days too.)

Other homeopathics

Our **Carb Craver PLUS+ Leptin** increases leptin sensitivity so the body doesn't immediately store fat. Ideal for use after dieting or when you know you'll be over indulging and don't want your eating to be reflected on the bathroom scales. (More information on Page 18)

Our **Diet Support Formulas** include 10 unique homeopathic combinations that tackle everything from curbing cravings to helping with stress associated within relationships. Addressing those challenges makes it easier to stick with your weight alignment programme and achieve the results you want to see on your scales. (More information on Page 19)

Daily Check-ins

To provide you with daily accountability we invite you to connect with us via WhatsApp. There, you can log your daily weight and ask questions about the programme.

If you need additional support or coaching, please speak to us about our comprehensive Advanced Coaching programme.

Advanced Coaching Programme

This will be the last weight alignment programme you'll ever need to do. Achieve your Ideal Weight - guaranteed. Our Advanced Coaching Programme helps you cut through, discover and overcome the reasons you haven't been able to reach and remain your Ideal Weight. It includes full homeopathic support and personalised coaching to ensure you reach and remain your Ideal Weight. We work alongside you, introducing the Nine Lean Life Skills that (permanently slim) people use on a daily basis.



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Before you start

- Buy a good quality set of digital scales to weigh yourself or borrow one from a friend or family member. Being able to record your accurate daily weight is important for overall success and to keep you motivated. Ordinary scales aren't precise enough.
- Make sure you use digital scales in the kitchen too. It is important that you weigh your meat portion – 100 grams raw is all that is allowed for lunch and dinner (200 grams total each day).
- Shop for your food and have it on hand before you start. Only use foods from the list of allowable foods on Page 24. Freestyle using that list, follow our menu planner and recipe book, or make up your own menu plans from the recipe book. *(Plan to rotate at least five different meals to ensure you don't get bored with the same food. TIP: variety improves weight alignment.*
- Clean out your pantry to remove any non-programme food temptations from easy reach.
- Search the app stores and download an app to your phone or desktop that records your weight and measurements. Some also allow you to take and record before and after photos, which are a great visual testimony to your results. *(If you prefer to go old school, grab a journal and record this information as you go along. Have one ready before you begin.)*

The Bio Body Programme

Refer to the calendars for each programme on Pages 21, 22 and 23 for a visual guide of each programme and phases.

There are three phases on each programme, which are completed together and are:

1. Loading (free eating, 4000-6000 calories per day - for two days)
2. Weight Alignment (low calorie - duration depends on which programme you're on)
3. Consolidation (completed for the same length of time you were on low calorie)

During LOADING take your Bio Body Slim, two sprays or three pillules, three times a day, ideally eight hours apart and before your high calorie meals.

During WEIGHT ALIGNMENT take you take your Bio Body Slim, two sprays or three pillules, three times a day, upon rising and at least five minutes before you eat your low calorie meals. You stop taking Bio Body Slim for the final three days of each programme. During this phase, typically people eat two meals a day, skipping either breakfast or dinner. (13-day Programme also takes **BOOST** - refer to Calendar on Page 21)

During CONSOLIDATION (13-day programme ONLY) take REINFORCE for 10 days. The 26 and 40 day programmes don't require additional homeopathics during Consolidation but you can optionally elect to take Carb Craver PLUS+ Leptin if you struggle to stabilise your weight during the Consolidation phase or have been a long-term dieter who would benefit from increased leptin sensitivity. More information on Pages 18.

How to take your spray or pillules

Before taking your spray (two sprays each dose) or pillules (three pillules each dose) 'activate' your bottle by holding the top firmly, making sure it is on and tight, and tapping the base of the bottle on the palm of your hand 10 times.

Spray or place pillules under your tongue in a clean mouth (one that has no taste in it, e.g. toothpaste, coffee etc) and hold for a minute or until dissolved.

Wait at least five minutes before eating.

Ideally space doses out approximately 8 hours apart, ensuring the homeopathic is active in your system throughout the day. Typically, upon rising, before lunch and before dinner.

Loading

FREE eating for the first two days

'Cleaner' options for **FREE Eating** foods include those lower in sugars and carbs. However, during this time absolutely anything goes. Letting yourself loose on yourself is a great way to examine the beliefs you've gathered about food and eating so you can do some work with them later when you work through the **SHIFT** Lean Life Skill in the Coaching material. If you've got problems with craving sugar and want to eat more 'cleanly' during **FREE Eating**, here's a list of suitable candidates:

- * Higher fat meat, bacon or lean meat with liberal butter or other fats.
- * Low carb veggies, with lots of butter/coconut oil/olive oil.
- * High fat items like avocados and sun-dried tomatoes (in oil).
- * Low carb homemade breads made with flax and chia seeds, lavished with lots of butter or oil-rich spreads.
- * Dairy: cheese, full-fat yoghurt, sour cream, heavy cream (higher fat dairy items have fewer carbs).
- * Low carb smoothies made with protein powder, a lavish amount of coconut milk, avocado, sugar-free almond milk, ice cubes and stevia.
- * Nuts: These have more carbs than you might think so make them an element rather than the main focus.



Important Guidelines





- 🔊 **START taking your homeopathics.**
- 🔊 **Eat as much as you can, ideally between 4000-6000 calories a day.**
- 🔊 **Focus on eating fats, and high fat foods.**
- 🔊 **Ideally avoid sugar - particularly if you have a sweet tooth and struggle with cravings.**
- 🔊 **If your appetite is low and you struggle to eat enough, just eat as much as you comfortably can during these two days. But more is better.**

Weight Alignment





Low Calorie Eating from allowable foods

The weight alignment part of our programme is intentionally simple. It is designed to give your body and digestive system a rest. And the low calorie eating, in conjunction with our specialised homeopathics, enable you to release weight at a greater rate than you would by just eating a low calorie plan alone.

Our programme is based around clean, easy to assimilate meals, combined in certain ways. For that reason, it is essential that you follow it exactly. Below are simple but essential guidelines that will ensure your success.

-  **Take your homeopathics regularly (ideally at 8 hour intervals) - as per the dosage instructions.**
-  **Eat only the meals suggested in the menu planner & use the recipes exactly. Or take advantage of our Ideal Weight Ready meals.**
-  **Reduce any exercise to light walking and stretching. The more sedentary you are the better. Use the time to exercise yourself mentally, not physically.**
-  **Drink 2-3 litres of water a day. Sipping gradually throughout the day is better than drinking larger volumes in one sitting.**

So to recap:

-  **Take your homeopathics as instructed.**
-  **Eat only what is suggested from the recipe guide.**
-  **Light exercise only.**
-  **Drink 2-3 litres of water a day during the detox.**

That's it. Simple, restful, and if you follow the programme eating exactly, you can genuinely expect to realign your weight by between 6-15kgs - more or less depending on your personal weight loss profile. However, always make the focus of the programme about clean eating and change, not deprivation.

Weight Alignment

Eating guidance - 500 calories a day ONLY

Two meals:

1. The mainstay of our programme (each day) is two 100 gram protein portions (raw weight) and two pieces of fruit; with the balance made up from allowable vegetables and one breadstick or grissini (good crumbled over your salad for crunch).

The total calories for this, however you choose to combine it, needs to add up to as close to 500 calories per day as possible. This is vital for success.

Eat or drink only from the list of allowable foods up to the 500 calories while taking your SLIM and your weight alignment is guaranteed. Stray from that, either by missing taking drops or eating too much or too little, eating or drinking foods or drink not allowed, and you won't enjoy the results that are possible.

2. For each meal you eat one 100gram serving of lean beef, veal, skinless chicken breast, white non-oily fish, tuna in spring water (well drained), or venison. The meat should be as lean as possible and grilled to remove as much fat as possible.

3. Season your meat with half a lemon, white or black pepper, sea salt, garlic, basil, parsley, thyme, marjoram or any other fresh herb – make herbs your friend.

4. If you use pre-packaged seasonings make sure you check the labels and stay clear of anything that includes a vegetable oil or other fats. Many also contain sugar.

5. If you are vegetarian, you are allowed one whole egg and three whites (1 yoke and 4 whites total) as your protein portion (all the fat is in the yoke).

6. 100grams of cottage cheese is also permitted as your protein portion if you're vegetarian, or a meat eater and you want a bit of variety. *We've found that even in small amounts, cottage cheese can stall or slow weight loss in some individuals, so only use it if it doesn't impact your average weight loss. Consider only introducing it in the second week of your weight alignment programme once you are more familiar with what your typical/average daily weight reduction is and can verify that cottage cheese isn't causing stalls or gains.*

7. One salad made of any or all of the following, spinach, chard, greens, lettuce of any kind, tomatoes, celery, fennel, onion, red radishes, cucumbers, asparagus, cabbage and broccoli. (No other vegetables.) Vegetables can be raw, steamed, grilled (without oil) or gently boiled.

8. Use a low salt, no sugar soy sauce, organic apple cider vinegar, a half a lemon, or yellow mustard for a dressing.

9. Apple cider vinegar can also be taken in water to assist with weight management.

10. Drink as much green or chamomile tea as you'd like. Black coffee is also allowed, and you are allowed up to 1 tbs of milk each day *Not much, but enough to save to have with your coffee, or if you want to use it to make a Spanish omelette.*

11. Absolutely NO oil, butter or dressings of any kind.

Fruit:

You have two helpings of fruit per day, which you can eat at any time during the day before meals or between meals as a snack. The fruits you are allowed are: one medium sized apple, one grapefruit or a handful of strawberries (other berries in season or frozen).

Melba Toast/Italian breadstick (grissini):

You are allowed one piece of Melba toast or Italian breadstick daily. You'll find them near the deli of your local supermarket or in the international section.

Consolidation

Avoid carbs/sugars for as long as your low calorie eating

Mindfulness is essential

The reason we eat with mindfulness during Consolidation is to ensure that we establish a new, permanent, lower weight set point; so we can honour the cleaner palette the detox has created for us; and we learn to eat what satisfies us without emotional or environmental triggers causing us to eat unintentionally.

This eating period is also coupled with relevant and practical coaching support from within the Ideal Weight Coaching Matrix©.

How the coaching is structured is intentional and will assist you greatly to make a complete success of the program and bring you into alignment with your personal weight and wellbeing goals.

Being able to choose your favourite tools from the Coaching Matrix©, means you'll connect with practical steps that are easy to incorporate into your daily life, ensuring a much freer and healthier approach to your body, food and eating.

It's not hard, it just requires a commitment to change.

Important guidelines for the first two weeks (at least) following the Weight Alignment phase of the programme:

- 🍷 **Continue to eat relatively low carb.**
- 🍷 **Complete our comprehensive metabolic typing questionnaire and begin to balance your plate according to your metabolic type.**
- 🍷 **If you're unsure what or how to eat - follow similar eating to that taken during the detox, but with fats incorporated slowly, and recognising your meals are no longer calorie controlled.**
- 🍷 **Increase your calories and portion sizes slowly during these two weeks.**
- 🍷 **You'll feel like eating less - so only eat until you're nearly satisfied - 70% full.**
- 🍷 **Continue to eat regular meals, or more frequent smaller meals - but schedule them and avoid temptation to eat outside these times.**
- 🍷 **Introduce dairy and nuts slowly, or wait till these two weeks are over if you suspect that you have an intolerance or sensitivity to them.**
- 🍷 **Introduce fats consistently but raise the amount slowly during these two weeks.**
- 🍷 **You will have a cleaner palate thanks to the detox - honour it. Take your time eating and really chew your food, listening to your body about whether or not you still like the food you've chosen, or would prefer to eat something else.**

Consolidation

Eating guidance - introduce fat, but still low carb & no sugar

Consolidation is for the same length of time as you were in Weight Alignment.

During this time you are no longer calorie restricted. However, you need to stay away from high GI carbs and sugars and continue to weigh yourself daily to keep your weight within 1kg of your finishing weight. When you do reintroduce carbs and sugars back into your diet after Consolidation, you need to introduce them one at a time and in small amounts. Your weight will stay stable if your body is now able to process them successfully.

To rule out any sensitivities and to balance your plate for success, complete the DIY Pulse Test and Metabolic Type Test (in our Coaching resources).

Why Consolidation?

During Consolidation you increase your calories back to your normal, with certain crucial restrictions. This eating is crucial because it represents the period when the fat metabolism that you established during the Weight Alignment phase of the programme is stabilised.

What do I do during Consolidation?

The two most important actions that you must take during this phase are:

- 1) Weigh yourself every day, just as you did during Weight Alignment; and,
- 2) Eat or drink anything you want except food and beverages that contain sugars or starches (carbs). *One exception to the above is a single glass of wine (dry style) each day.

Why is Consolidation important?

The importance of keeping track of your weight every day ensures that you are not gaining it back. The stabilising action of Consolidation is most effective when your weight doesn't vary by more than 1kg (2 pounds) from one day to the next. You need to take your finishing weight (once you finish the Weight Alignment phase and stay within 1kg of it).

This is a simple guideline, and the only one you need to focus on to make your weight loss a permanent success.

The most detrimental carbs during Consolidation are those that fill up your liver storage capacity too quickly (i.e. sugars and starches). If your liver takes in too many starches during Consolidation, it will convert the excess into triglycerides and shove them back out into the bloodstream, on the way to storage in fat cells. Elevating triglycerides and increasing fat storage are the opposite of what you want.

Simplistically, the foods and drink to avoid during Consolidation include potatoes, all breads, pastas, and other starchy products, rice and other grains, grapes, bananas, all fruit juices, soft drinks, and beer. This list could be much longer. Just be sensible.

If you eat no carbs at all, you can consume more fat without increasing weight. If you want to eat carbs with a lot of fat, then monitoring your weight on a daily basis is the only way to easily detect what change this may be causing. Everyone is quite different, but you need to establish what you (and your unique metabolism) can and can't do during Consolidation to keep your weight within 1kg of your finishing weight – which is the main goal to ensure lasting success.

However, nothing beats behavioural shifts in thinking. If you haven't already, check out our Coaching support and the Nine Lean Life Skills.

Also, consider joining us on the last day of each calendar month at 1.30pm via our Facebook page @idealweightcoaching as a form of accountability and to maintain the positive habits that will see you reach and remain your Ideal Weight for life.

Extra tips for success

Loading Days

Eat as many fattening foods as possible, including butter, bread, chocolate, avocado (good fat), oil, cake, etc. Eat until you're stuffed, and do it again several times a day. Even though it may be hard with the Bio Body SLIM in your system, you will be less hungry during the programme compared to those who don't gorge, plus your weight loss over the total programme will be greater.

Water

If you're not used to drinking plenty of water you will urinate a lot during the Weight Alignment phase, especially during the first couple of days. Remember, bright yellow urine means you are not drinking enough water. It should be clear-to-nearly clear. (You almost shouldn't notice it in the toilet.) It is recommended to drink between 2-3 litres of water per day. However, don't over-hydrate either. If you're hungry, drink water. Thirst is often mistaken for hunger, plus water fills you up.

Sleep/Insomnia

Mild insomnia can occur the first couple of nights or throughout the course of the Bio Body programme. This is in part due to the fact that your liver and kidneys are working overtime to process and expel the fat you are releasing to make up for the calorie shortfall.

DO NOT EAT PAST 8:00 PM. This can make easy sleep difficult. And is good advice whether you're on the programme or not.

Vitamins/Minerals

If you feel you need to, take a high-quality multi-vitamin with minerals including iron daily. Additionally, you can take Vitamin C, which helps with the overall detox and elimination.

However, no vitamin E capsules (oil), fish oil capsules, or any other types of oil capsules are allowed. If you are experiencing muscle twitches, you can try taking some extra magnesium.

Potassium can be used to keep your strength up during the low calorie Weight Management Phase. Head fog and muscle weakness can be helped by taking potassium until the feelings pass.

Weight loss is slow

If you're not losing as much weight as expected, 1 of 3 things is usually going on:

1. You're not drinking enough water. Bio Body SLIM frees up fat to make up the calorie shortfall and then the waste needs flushed. To do this you have to drink water. Rule of thumb: If your urine is not pale straw coloured or almost clear, you're not drinking enough water.
2. Dietary errors: Every day make sure you check your foods, seasonings, and sauces against the menu plan until you know exactly what you can and can't have. Your memory is not as good as you think. Make sure you are measuring correctly and counting your calories. Read ingredient labels.
3. Oils in beauty products: Make sure you are not using any oils, including those in moisturisers, sunscreen, etc. Read the labels on any beauty, household, and work products to make sure there are no oils in them. Mineral makeup offers excellent coverage while being all natural and oil-free.

Exercise?

It's ok to exercise moderately but - no heavy resistance training. Protein intake while on the programme is just above deficiency and when resistance training you need more protein. Your body will end up eating its own muscle, which defeats the whole purpose of working out, or you could injure yourself. As strange as this may sound, exercise causes your weight loss to slow down. Even the difference of walking 30 minutes or not can cause changes in your weight loss. From our experience, you will lose the most weight if you are relatively sedentary.

Exercise builds muscle mass, which weighs more than fat, so you still burn fat, but you stay at the same weight. Don't exert yourself while on the programme. Think of how much easier it will be to exercise on a leaner, lighter body when you come out the other side.

Timing – when to take your Bio Body SLIM

Try to weigh yourself and take your SLIM at the same time every day. You should ideally not vary this time more than ½ hour. In addition, try to eat your meals at the same time each day, too.

What to eat

- ✓ Memorise just what it is you need to eat. Use the list of allowable foods. The closer to 500 calories per day that you manage to eat, the greater and more consistent your weight loss will be while on the programme.
- ✓ Do not skip meals. You're only getting two a day – make the most of them.
- ✓ Weigh all your protein before cooking. It's amazing how much the weight changes after it's cooked. Acceptable methods for cooking your chicken breasts or steak: grill, broil, or bake.
- ✓ Avoid canned fruits and veggies. Frozen veggies are OK as long as there is no added salt.
- ✓ Keep salt to a minimum and try not to add salt when eating.
- ✓ Use no-calorie, salt-free seasonings for meat.

Other food tips

An apple cider vinegar cocktail can help digestion, alleviate hunger and help burn fat. Drink one before each meal. Use 1 tbsp. in ¼ glass of water with a few drops of Stevia.

To treat bad breath, you can munch on fresh parsley. As an added bonus, it has a mild diuretic effect.

If you are a gum chewer, buy some cinnamon sticks, break them in half & chew them. Once they are dry you can reuse them.

You could also use anise seeds as a breath freshener. However, be aware that spices have calories.

Typically 4 calories in 1/4 tsp. = 16 calories in 1 tsp. Account for every calorie, no matter how insignificant they may seem.

Losing concentration?

If your brain is used to so much glucose that you cannot concentrate well, try Glutamine, the amino acid, which acts just like sugar in the brain. Spinach, cabbage and parsley in their raw forms contain Glutamine. Other sources include eggs and chicken. Dairy is also a source, but is limited in its use on the programme.

Personal care products/hair care

Some personal care products will cause you to gain weight or stall your weight loss. For those who love to lavish themselves with potions, lotions and perfumes, you'll need to lock them in a cupboard and give the key to a friend.

It is recommended that you keep it simple while on the programme.

Avoid perfumes and use a natural mint-free toothpaste and crystal deodorant.

Constipation

If you are having trouble going to the toilet then your first port of call – **extra magnesium**. It draws water into the bowel and softens the stool making it easier to pass. Laxative teas are fine but can create a spasmodic effect on the bowel, which can then sulk, so don't overdo it. You want to help things, not cause cramping and additional discomfort.

Detox

If something strange suddenly appears while on our programme (like rashes, acne, etc), remember that fat cells store hormones, pesticides, and other toxins. When the body can't release the toxins through urine or sweat, it will lock the toxin into the fat cells to prevent the toxin from negatively impacting your body. When you lose weight the abnormal fat cells are released which means that the toxins are simultaneously released into the bloodstream. If you had an experience with something in the past that gave you a problem, like a rash, there is a chance that the release of fat may cause the problem to come back as the toxin (problem) is released. This is a good thing because it means the body is ridding itself of the stored toxins. Also, remember that many skin disorders have their root in the colon; therefore cleansing it can alleviate or eliminate the skin disorders.

Menstruation

It is safe for women to continue with the programme during menses. This should not hinder the weight loss process, but it can stall it at times, which can be frustrating. To avoid this, considering starting the programme immediately your period has finished, or at least before mid-cycle.

The Big Picture

To maximise weight loss you need to remember your entire well-being. Don't forget stress reduction, sleep, and toxin reduction – you might like to consider a full dietary cleanse before starting the programme to make the whole process easier physically. This is where working with a health practitioner to assess your health before you begin, is also of strong benefit. Plus, you build a lifelong relationship with someone who also has a vested interest in your health and well-being. Keep in mind that everyone loses weight at different rates. Let your body lose at the speed it needs to, and keep your eyes on your overall goal. You will get there.

Managing stalls/gains

If after three days you've had slow or no losses, complete an apple/steak day Page 17.

Watch what you're eating; record your foods and calories in a journal or phone app and you might find patterns of foods that cause you not to lose, or to lose well. A lot of people have had problems losing with tomatoes and red meat (but some people have no problem at all).

Everybody is different and you need to monitor your own body and see what works (and doesn't work) for you.

Again, check your water intake and make sure you are drinking enough water.

Those who stick with the programme and don't cheat will be rewarded with a large weight reduction when it finally drops. You will usually resume your previous average loss before the stall. Each time you stall, take your measurements; you have probably reduced your size.

For Women: You could gain some weight and not have cheated, depending on your menses, ovulation, and hormones. Many who have successfully completed one or more rounds on the programme have reported seeing the scales go up due to water retention or hormonally related issues. In women, menstrual periods increase water retention, and water weight shows on the scale. If you know you are following the plan and are not cheating, you just need to accept that the stall/gain is temporary and continue to follow the programme. The weight drop will happen once the menstrual cycle is complete. Remember you lose fat from the body cells but the cells do not disappear at the same time. The cell structure is still present for two to three days while the body breaks down the cellulose and fills the cell with water in order to release it (through urine). Once the fat cell is removed, the scale will drop. Sensitivity/allergies to foods may cause weight stalls. Listen to your body. The guru is you! Pay attention to weight gains, they usually signify a mishap in how you are approaching the programme, like not drinking enough water, eating too many or too few calories, too much salt, or eating foods not allowed.

It is important to know that what works for one person doesn't mean it will work for everyone; to prevent stalls/gains simply do not make changes to the programme just because someone else is losing with that modification.

We allow the mixing of allowable vegetables/greens. If things slow down, consider only having one veggie/green per meal.

Cravings

We've developed our Carb Craver PLUS+ Leptin spray to help with those all too frequent cravings. Know that you will occasionally be hungry, and that there will be times on the programme when you want to cheat. Knowing this will happen enables you to prepare yourself to control your response to those feelings.

Prepare yourself for these feelings, but know that the decision to deviate is yours. Stay strong and remember that only you are accountable for everything you put into your mouth.

When you feel a craving take your Carb Craver PLUS+ Leptin, or find an activity that you can engage in quickly that will help you forget the craving. Just make sure that whatever the activity entails, it involves you moving in the opposite direction to the kitchen. More information on Page 18.

Cheating

Do NOT cheat - you will regret it... but don't be afraid of cheating, either. You have complete control whether you give into temptation or not. Prepare yourself for the fact that you will "want" to cheat, but "acting" on the thought is your sole decision. Just because someone else has cheated does not mean you will cheat, as well. Many people have done the programme without cheating, and you can too!

Remember: Nothing tastes as good as thin feels!

To get your mind off wanting to cheat, focus your attention on something else. You can take a walk, go to the library, movie theatre (if you can resist the temptation of popcorn etc.), or visit with friends. It is also nice to find a support system, whether it is through an online group, a buddy who is following the programme with you, family member(s), etc. Just make sure you have someone you can turn to quickly to stop you from cheating.

Create a shelf in your kitchen that supports the programme. Store your teas, stevia, apple cider vinegar, grissini/melba toast and fruit.

Do not create your own food substitutions. The list of foods is very specific and early research studied their combined effects intensely. The programme becomes weaker and weaker with every substitution you make and does not then deliver the weight loss results it has the potential to deliver for you. You need to commit to the programme and stay with it!

If you do cheat, don't beat yourself up about it, just get back on board and chalk it up to experience.

If you are an emotional eater, then you also should plan to do another activity at the times you would normally find yourself reaching for comforting snacks.

Sometimes the simple act of walking away from the kitchen towards your garden, craft room or garage, will give you the space to think about what you are doing and to not eat unnecessarily.

TIP: Keep a kitchen timer within reach. If you feel the urge to eat something that isn't on the programme, set the timer for 5 minutes and wait till it rings. Use this time to reflect on what it is that you really want from life. When the timer goes off and you resist the urge to eat something then you are well on the path to breaking habits where eating for you isn't about hunger, but more about boredom or underlying emotional issues. If the timer rings and you still eat something, well you were always going to anyway. Don't beat yourself up, but reflect on why it happened, and think of ways that you can avoid a repeat performance.

If you feel sick/unwell

If you become unwell while on the programme, try a combination of antihistamine and Vitamin C (so long as you're not allergic to both or either) and you should feel better within a couple of days.

If you get congested or have a serious head cold, you can try to alleviate it with the combination of essential oils: one drop each of cinnamon, thyme & clove essential oils on top of a small amount (5cms) of boiling water in a small saucepan. Cover your head with a towel and try to breathe in and hold in sinuses and lungs several times during a period of 3-4 minutes. Use caution with all essential oils and only use them if it feels right and makes you feel better in the process. Complete this process away from when you would take your homeopathics.

An aspirin/Panadol or similar is fine to take if you have a headache.

As a home remedy, you can drink LOTS of water and hot teas to flush the sickness out of your system. For stomach troubles, ensure you are not de-hydrated or over-hydrated. Excess fluids can weaken your digestive enzymes, which, in turn, make it more difficult for your stomach to process food. Drinking too much coffee and/or tea (and not enough water) can also cause stomach problems due to the acids and tannins in them.

Even when you're not hungry you should always eat your two protein and two fruit portions. A minimum of 350 calories per day.

For back pain, you can start by doing some gentle stretching. You can also try warm compresses on your back, massages (gentle), acupuncture, or visit a chiropractor. If you need to use medications for pain, stick with the humble aspirin or Panadol.

When you have a cough, cover the bottoms of your feet with menthol, tiger balm or Vicks. If you have a cold or suffer from allergies or chronic sinus issues, you can use a sea salt saline sinus flush.

For a rash, you can dilute apple cider vinegar with water in a 1:4 ratio. Use a piece of sterile gauze and pat the solution directly on the rash without rubbing.

Consider joining our Advanced Coaching

If, when completing the programme, you realised that there are some deeper issues you need to address and you'd like to get off the weight loss treadmill for good, our Advanced Coaching Programme will ensure you easily remain Lean for Life.

Utilising almost 20 years experience in weight alignment, and having worked with thousands of clients, the Advanced Coaching Programme gives you access to our experienced coaches so you can permanently realign your weight with your health and wellbeing goals. Using proven techniques, you'll finally get off the weight loss treadmill for good - guaranteed.

Contact us for more information: support@hcgweightloss.co.nz



Stall Breaker - Steak or Apple Day



During Weight Alignment

If during the Weight Alignment phase of the programme, your weight stays the same or you only release a few hundred grams consecutively for three days, on the fourth day of slow or no change, complete either a steak or apple day, then return to the programme's recommended eating the following day.

APPLE DAY

1. On the fourth morning don't eat anything until midday.
 2. From midday eat up to six medium-sized apples, stopping by 8pm. Apples can be raw or cooked in a bit of water with cinnamon and stevia (to taste)
 3. Drink minimal water during the day, just sip enough to quench thirst or take medications.
 4. Using the BREATHE Lean Life Skill from our Coaching Support, set aside as much time as practical during the day to BREATHE deeply and fully. Most fat is expelled through the lungs.
 5. Rest as much as practical.
- *NB Apples are a natural diuretic and will help with any water retention.

STEAK DAY

1. On the fourth morning drink as much coffee, tea and water as you like all day.
2. Skip breakfast and lunch.
3. For your evening meal eat a 100gm portion of steak.
4. Using the BREATHE Lean Life Skill from our Coaching Support, set aside as much time as practical during the day to BREATHE deeply and fully. Most fat is expelled through the lungs.
5. Rest as much as practical.

During Consolidation

If during the Consolidation phase of the programme, when you continue to weigh yourself daily and your weight increases by more 1kg, you can complete a high protein day to realign your weight as follows:

1. Eat Nothing all day.
2. Drink as much coffee, tea and water as you like all day.
3. For your evening meal, eat a LARGE steak followed by an apple or raw tomato.
4. Using the BREATHE Lean Life Skill from our Coaching Support, set aside as much time as practical during the day to BREATHE deeply and fully. Most fat is expelled through the lungs.
5. Rest as much as practical.

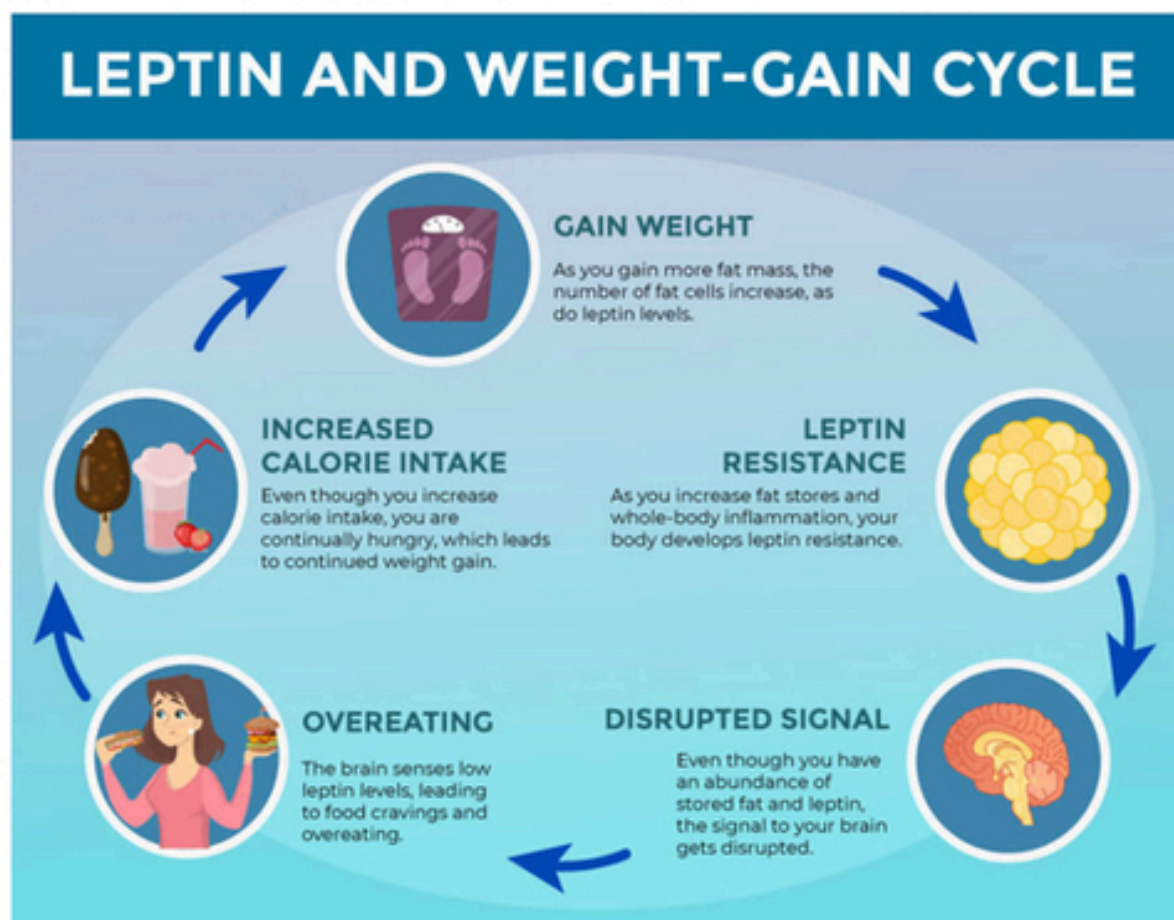
Carb Craver +PLUS Leptin

**Manages appetite & cravings * Balances fat storage*
(available for sale via our website)

About the innovation:

Carb Craver +Plus Leptin contains 13 homeopathics, minerals, amino acids and adaptogenic ingredients, used in Ayurvedic & complementary medicine, to manage appetite, ease cravings and balance how the body stores fat. The Carb Craver +PLUS Leptin is taken during Consolidation to stabilise your weight and prevent rapid gains once you come out of calorie restricted eating.

Leptin is a protein hormone that instructs the body how to store fat. When it is not present in the body in sufficient amounts, its role alongside insulin and amylin is disrupted, making it more likely that the body will store fat and experience cravings. The physiological effect of low Leptin levels is why many dieters report feeling ravenous, experiencing cravings, getting caught up in yoyo dieting and ultimately ending up with more body fat than they had before.



Bio Body Diet Support Formulas (DSF)

Each Bio Body Diet Support Formula (DSF) is tailored to meet individual needs and weight loss profiles. They are available for individual sale via our website, and are an excellent adjunct to support you while you address the physical and emotional hurdles that limit your success to Weight Alignment. The outline of each formula is detailed below.

FORMULA 1	The Formula 1 DSF has been formulated to support those individuals that struggle to stick to a weight loss plan due to cravings. This remedy works best for those that typically crave sweet and sugary foods and drinks.
FORMULA 2	The Formula 2 DSF has been formulated to support those individuals that suffer from constant cravings. (It also can help increase metabolism.) Those that will benefit most from this Bio Body remedy tend to be those who suffer from frequent anxiety, which usually plays a factor in their overeating, and tends to make it difficult to stick to a diet.
FORMULA 3	The Formula 3 DSF has been formulated to support those individuals that tend to suffer cravings for salty foods.
FORMULA 4	The Formula 4 DSF has been formulated to support those individuals that tend to diet for several days at a time, then suddenly binge on several days worth of calories, all within a short period of time. Those that will benefit most from this remedy often suffer from anxiety problems, or have a stressful lifestyle, which is believed to cause the sudden binging.
FORMULA 5	The Formula 5 DSF has been formulated to support those individuals that tend to overeat, in response to emotional distress that has to do with personal relationships. This includes friendships, family and romantic relationships. Those that will benefit from Formula 5 tend to suppress their emotions, which in turn is what leads to the overeating.
FORMULA 6	The Formula 6 DSF has been formulated to support those individuals that struggle to stick to diets, due to overeating that is in response to emotional distress. Those that will benefit from this DSF have a tendency to always overeat in reaction to their emotional distress, including grief, stress and anxiety.
FORMULA 7	The Formula 7 DSF has been formulated to support those individuals that struggle with weight loss and tend to suffer from digestive problems during their diet, such as diarrhoea, cramping or constipation.
FORMULA 8	The Formula 8 DSF has been formulated to support those individuals that struggle to stick to their diet and or exercise plan because of frequent fatigue or restlessness. Those that will benefit from Formula 8 often suffer from heartburn, which only occurs when trying to diet.
FORMULA 9	The Formula 9 DSF has been formulated to support those individuals that struggle with constant hunger pains during a diet, as well as women that are struggling with their weight during menopause. This homeopathic medicine also helps improve metabolism, especially in older women. Formula 9 works best when taken between meals when the sensation of hunger begins.
FORMULA 10	The Formula 10 DSF has been formulated to support those individuals that struggle with general anxiety or nervousness, which tends to stimulate overeating.



Options for using Bio Body Platinum and exercising

Bio Body Platinum is the broadest potency SLIM available and this means that it is possible for some individuals to exercise and increase calories while following our Weight Alignment programmes. It contains 297 potencies of HCG from 3x-300x.

It was formulated because with homeopathics there is not a one-size-fits-all and smaller numbered potencies work on the physical, while the others work at different mental and emotional levels. We describe it as being like a net, with the right sized holes to “catch” whatever your unique requirements are.

Accordingly, it gives greater flexibility, but it does not guarantee that everyone who uses it can exercise and still continue to realign their weight. (The programmes typically rely on people being sedentary while completing them.)

While some people can successfully “bend the rules” of the programme and still get the weight alignment results they are after, it is not possible for everyone. People have to approach it slowly to see if it will work for them individually.

To be able to evaluate whether you can or can't increase your calories and/or exercise while on the programme, the following is recommended:

1. Follow the programme EXACTLY for the first five days - that means exercise and unlimited food is possible on Days 1 & 2 (LOADING), then from Days 3-7, no exercise (or only light exercise – i.e. a 30 minute gentle walk) and only 500 calories per day.
2. On Day 8, you can increase your calories by having an additional protein portion (100grams raw weight of allowable protein) – typically by adding in a breakfast.
3. Wait and weigh yourself the next day – Day 9. If you continue to lose weight, then on Day 10, you can have an extra protein portion and introduce some exercise.
4. When you are on an exercise day off, reduce back down to the 500 calories.

**Because the programme is low protein, strength training is not advised or you may injure yourself. Low intensity cardio training is permissible.*

13-day Fast Track Calendar

(Using three products - SLIM, Boost & Reinforce - 15ml)



13-day Fast Track Calendar

Day 1 Loading	Day 2 Loading	Day 3 Low Calorie	Day 4 Low Calorie	Day 5 Low Calorie	Day 6 Low Calorie	Day 7 Low Calorie
SLIM & HIGH CALORIE EATING	SLIM & HIGH CALORIE EATING	SLIM & BOOST *VLCD	SLIM & BOOST VLCD	SLIM & BOOST VLCD	SLIM & BOOST VLCD	SLIM & BOOST VLCD
Day 8 Low Calorie	Day 9 Low Calorie	Day 10 Low Calorie	Day 11 Low Calorie	Day 12 Low Calorie	Day 13 Low Calorie	Day 14 CONSOLIDATION
SLIM & BOOST VLCD	SLIM & BOOST VLCD	SLIM & BOOST VLCD	(STOP SLIM) VLCD	BOOST VLCD	BOOST VLCD	START REINFORCE, KEEP TAKING BOOST
DAY 15-23 CONSOLIDATION	DAY 24-33 MAINTENANCE	FROM DAY 34, YOU CAN START ANOTHER PROGRAMME				
REINFORCE AND BOOST	REINFORCE, (AND BOOST TILL FINISHED)			*VLCD = very low calorie diet		



Bio Body Ideal Weight - www.iwc.co.nz

26-day Calendar

(Using One product – SLIM 30ml)



26-day Calendar

Day 1 Loading	Day 2 Loading	Day 3 Low Calorie	Day 4 Low Calorie	Day 5 Low Calorie	Day 6 Low Calorie	Day 7 Low Calorie
SLIM & HIGH CALORIE EATING	SLIM & HIGH CALORIE EATING	SLIM *VLCD	SLIM VLCD	SLIM VLCD	SLIM VLCD	SLIM VLCD
Day 8 Low Calorie	Day 9 Low Calorie	Day 10 Low Calorie	Day 11 Low Calorie	Day 12 Low Calorie	Day 13 Low Calorie	Day 14 Low Calorie
SLIM VLCD	SLIM VLCD	SLIM VLCD	SLIM VLCD	SLIM VLCD	SLIM VLCD	SLIM VLCD
DAY 15-23 Low Calorie	DAY 24-26 Low Calorie	Day 27-49 CONSOLIDATION	Day 50 - 77 MAINTENANCE	From Day 78 You can start another programme		
SLIM VLCD	Stop SLIM			*VLCD = very low calorie diet		



Bio Body Ideal Weight – www.iwc.co.nz

40-day Calendar

(Using One product - SLIM 50ml)



40-day Calendar

Day 1 Loading	Day 2 Loading	Day 3 Low Calorie	Day 4 Low Calorie	Day 5 Low Calorie	Day 6 Low Calorie	Day 7 Low Calorie
SLIM & HIGH CALORIE EATING	SLIM & HIGH CALORIE EATING	SLIM *VLCD (*very low calorie diet)	SLIM VLCD	SLIM VLCD	SLIM VLCD	SLIM VLCD
Day 8 Low Calorie	Day 9 Low Calorie	Day 10 Low Calorie	Day 11 Low Calorie	Day 12 Low Calorie	Day 13 Low Calorie	Day 14 Low Calorie
SLIM VLCD	SLIM VLCD	SLIM VLCD	SLIM VLCD	SLIM VLCD	SLIM VLCD	SLIM VLCD
DAY 15-37 Low Calorie	DAY 38-40 Low Calorie	Day 41-80 CONSOLIDATION	Day 81-108 MAINTENANCE	From Day 109 you can start another programme		
SLIM VLCD	Stop SLIM					

Bio Body Ideal Weight – www.iwc.co.nz

Foods	Cal.	Foods	Cal.
Vegetables		Fruit	
Asparagus (100gm)	20	Apple (small)	55
Broccoli (100gm)	34	Apple (medium)	72
Broccoli (1 cup -88gm)	30	Apple (large)	110
Celery (100gm)	15	Orange	69
Celery (medium stalk)	6	Strawberries (12 large)	72
Cabbage (100gm)	24	Strawberries (20 medium)	80
Cabbage (1 cup shredded)	17	Grapefruit	74
Cauliflower (100gm)	22	Bread	
Cauliflower (1 cup)	28	Grissini Breadstick (3gm)	12
Cucumber (100gm)	12	Melba Toast (3gm)	12
Cucumber (small)	19	Milk	
Cucumber (medium)	23	Milk - tbs whole	10
Cucumber (large)	34	Milk - tbs trim	8
Lettuce, all varieties (100gm)	20	Meat/Eggs	
Lettuce, all varieties (1 cup)	8	Beef - very lean (100gm)	165
Onion (1 tbs/chopped)	4	Chicken - breast (100gm)	87
Red radishes (100gm)	12	Fish - white, non-oily (100gm)	83
Spinach, raw (100gm)	20	*Lamb - very lean (100gm)	185
Spinach, raw (1 cup)	7	Veal (100gm)	114
Tomato (small)	16	Venison - lean (100gm)	150
Tomato (medium)	22	Egg - 1 whole egg, plus 3 whites	122
Tomato (large)	33	* Lamb is high in fat, so only use it if you can't use other meats for some health or allergic reason.	