

THE SLIMTONE SENSIBLE EATING GUIDE™

The SlimTone® range is the most effective thermogenic fat burners and stimulant free fat metabolisers available today. Top doctors from the **Department of Health** agree that to stay fit and healthy an individual should consume 3 moderate meals per day and take regular exercise. Weight management specialists like “**Weight Watchers**” recommend avoiding snacking between meals and late at night. There would be millions more successful slimmers if this was possible. Statistics reveal, however, that most diets fail. The sad reality is that the overwhelming majority of us simply don't have the will power to suppress those all too familiar between meal hunger pangs and late night cravings, that visit all of us after just a few weeks of any diet. **Starvation diets always fail** because in order to burn fat your body must have a carbohydrate energy source at all times, even if it is from your muscle tissue. Sure you will lose weight in the first 2 weeks but it is simply the high water content of your muscles, and because your metabolism will drastically slow down it will simply lead to weight gain above your starting level when normal eating patterns resume.

The SlimTone Easy Weight Loss System™ incorporating our **Sensible Eating Guide** is a successful way to diet because it's designed to help you stick to 3 moderate meals per day and will help prevent snacking late at night or between meals. **The SlimTone Easy Weight Loss System™** is a multi angle approach to weight loss. Complete with our sensible foods guide and two of the world's most advanced weight loss formulas: **SlimTone Original®** and **SlimTone Stimulant Free®**; when taken together these products are the most effective weight loss supplement combination ever created. The SlimTone® range of supplements work on one simple principle; your body can only burn fat in the presence of calories in the form of protein or carbohydrates. You must supply (consume) adequate energy (in the form of protein or carbohydrates which are converted to blood sugar) at regular 3-4 hourly intervals throughout the day in order to burn fat (or create a thermogenic response) effectively while taking the SlimTone Range. If you don't consume a small amount of food regularly you will still burn fat but your body will get the energy it needs to burn that fat from your muscles, resulting in metabolic slowdown and post diet weight gain.

- Eat 3 small/medium meals per day, evenly spaced out over a 10 – 12 hour period, of between 300 - 500 kcals and 1 fruit snack (e.g. 1 apple and 1 banana) or a cereal bar in the afternoon **Approx 20 calories per kg body weight. E.G. 60kg (8.5 stone) = 1200 kcals per day.**
- If your metabolism is slow and you eat very little but snack late evening or between meals, then slowly increase your calorie intake over a couple of weeks. Start by splitting your meals into 3-4 small ones per day. Your appetite may increase slightly but this is the only way for you to lose fat; your appetite will be under control by using the SlimTone range. If your appetite is very strong then simply stick to the plan and use extra SlimTone Stimulant Free to control your hunger pangs, if necessary.
- Choose meals high in protein moderate in carbohydrates & low in fat. A high protein, low carbohydrate diet has been scientifically proven to cause **rapid fat loss over a 3-week period** and is an effective short - term diet method. However, consuming an excessive amount of protein may negatively affect your kidneys, & due to adaptation, slow metabolic rate. We therefore recommend after this rapid weight loss period that a moderate amount of protein be consumed. Protein consumption should equal about 1 - 1.5g per kg lean body weight. E.G.: A 60kg (8.5 stone) woman needs 60 - 90 grams of protein per day. This = 240 -360 kcals per day. The remaining calorie intake (specific to individual needs) will come from complex carbohydrates and fat. To calculate your exact daily calorie need visit www.slimtonenow.com and view our online diet plan.
- Avoid junk foods containing fats and sugar together. Fats are easily stored in the presence of sugar, which raises insulin production. **(Hormone responsible for fat storage and sugar metabolism)**. Try to avoid (during program) cream cakes, butter, biscuits, chocolate, sweet wine and spirits.
- Avoid snacking after 7 pm. Most people are more active during the day than in the evening. When you are active your metabolic rate increases and it is therefore harder for your body to store excess calories as fat. After approximately 7 pm most people are much less active, and food consumed during this period is much more easily converted to fat. It is therefore *the golden rule* that you must not eat after your evening meal. **SlimTone Stimulant Free has a significant appetite suppression effect** and when taken with your early evening meal (see example daily diet for dosing details) has a direct effect on the brain allowing you to feel full and satisfied with less food than normal. It will also help to eliminate late evening hunger pangs and sugar cravings. **(See the frequently asked questions section in our product brochure for more details on the effects of the SlimTone range).**
- Water is the main deficiency of today's modern diet. Many people don't understand the importance of water. Water is involved in all chemical reactions in the body especially fat burning. Water is lost continually throughout the day by breathing, sweat and as urine. **At rest the body will suffer a net loss of 2 – 2.5 litres per day.** One hour of physical activity, depending on weather conditions, could be responsible for a further 1-2 litres of lost water per day. A general deficiency in water leads to: Reduction in metabolic rate, reduction in energy levels, tired muscles and a drop in blood pressure, which could lead to a lack of blood flow to the brain - leading to poor concentration and tiredness. Thirst is a poor indicator of water levels because you will already be dehydrated by the time you feel thirsty and the damage will be done. Consumption of at least 2-4 litres of water per day will naturally speed metabolism, remove water retention from fatty tissue via a healthy diuretic action and will dramatically increase your energy levels. **Drink 5-10 cups spaced evenly throughout the day.** Increase intake slowly over an extended period. Don't be put off by frequent visits to the toilet, your body will adapt in a few weeks.
- Avoid consuming high fat foods and alcohol together, your body cannot burn fat in the presence of alcohol. **(Alcohol contains 7 calories per gram and this must be burnt as energy before you can burn the fat)**. The most likely outcome is your body storing the fat present. This is why high alcohol consumption with food generally leads to gains in body fat.
- If lifestyle restrictions mean your consumption of brightly coloured fruits and vegetables is low, We recommend that you take a good quality multi vitamin and mineral complex that are high in the anti oxidant vitamins A. C. E. Zinc and useable amounts of Selenium. Apart from having an anti ageing effect, antioxidant will strengthen your immune system and help to detoxify the waste products that are produced during fat digestion and convert them back to energy.

EXAMPLE DAILY DIET!

CONSUME APPROXIMATELY 20-25 CALORIES PER KG BODYWEIGHT IF MODERATELY ACTIVE

BREAKFAST (E.G. 8AM)

- Your body cannot utilise fats for energy without the presence of carbohydrates or protein.
- Remember breakfast is the most important meal of the day; no matter how small, because you cannot burn fat until you wake up your metabolism. **SlimTone Original® will not work to its full potential if you do not consume a small portion of food during this period.**
- Eat breakfast as early as possible to start your body burning fat. It must be high carbohydrate but low calorie e.g: oats, cereal, 1 slice of toast bran or even plain fruit. This will give you a slow release of energy throughout the morning allowing SlimTone original to burn fat more effectively and help to prevent the all too familiar mid morning hunger pangs.
- E.g: 1/2 pint of skimmed milk, 1 shredded wheat or high fibre cereal, 4 oz of strawberries and 1 glass of fresh fruit juice.

MODERATE PACE: Take 1-2 SlimTone Original® capsules within 10 mins of breakfast, with 1-2 glasses of water.

FAST PACE: Take 1-2 capsules of SlimTone Stimulant Free® along with SlimTone Original® to further enhance the fat burning and appetite suppression effect.

DO NOT SNACK BETWEEN BREAKFAST AND LUNCH

LUNCH (E.G. 12 NOON)

- Consume lunch approximately 4 hours after breakfast. Approx 200 –500 calories.
- Choose high protein, low fat, and low carbohydrate during the first 3 weeks. Switch to equal protein, carbohydrate and low fat.
- E.g.: 1 medium jacket potato with tuna or cottage cheese and a side salad of lettuce, tomatoes, cucumber etc. (No mayo or oily salad dressing, try lemon juice)

MODERATE PACE: Take 1-2 SlimTone Original® capsules within 10 mins of lunch with 1-2 glasses of water.

FAST PACE: Take 1-2 capsules of SlimTone Stimulant Free® along with SlimTone Original® to further enhance the fat burning and appetite suppression effect.

MID AFTERNOON SNACK (E.G. 4PM)

If hunger is felt 2-3 hours after your lunch or if you can feel your blood sugar falling, it is recommended that a snack of up to 2 pieces of fruit or a small cereal bar be consumed (E.g.: 1 apple and 1 peach). Remember the consumption of small amounts of carbohydrate (cereal bars or fruit) or sticking to complex slow energy releasing carbohydrates for your main meals will make the SlimTone Range of dietary supplements burn fat significantly more effectively.

DINNER (E.G. 7PM)

- Consume dinner approximately 5-7 hours after lunch. Approx. 200 –500 calories.
- Choose high protein, low fat, and low carbohydrate during the first 3 weeks. Switch to equal protein, carbohydrate and low fat afterwards.
- E.g. 4 oz low fat chilli (2 oz ground beef, turkey, lamb or soya) 3-4 oz of brown rice (complex carbohydrate) side salad mixed with lemon juice or a lightly fruited squash.

MODERATE PACE: Take 1-2 SlimTone Stimulant Free® capsules within 10 mins of dinner with 1-2 glasses of water. This will help prevent late evening hunger pangs.

FAST PACE: Take 1-2 capsules of SlimTone Stimulant Free® on an empty stomach 1-2 hours before bed to further enhance the fat burning and speed up metabolism during sleep.

Easy Exercise Tips

Moderate exercise is very healthy and will also enable you to burn fat more effectively during your 12- week course of the SlimTone range. Here are some simple exercise tips.

- Get off one stop early when travelling on the tube or bus and walk the extra distance home. This will be easy after you experience the dramatic increase in energy levels that most SlimTone users have reported. When you convert fat to energy and burn it off you will lose weight much more efficiently and may achieve outstanding results.
- If you work near home, leave the car at home and walk. Use the stairs more often if you use a lift at work - get off a few stops below your floor and use the stairs. Stair climbing is an excellent form of aerobic exercise. Visit www.slimtonenow.com - members section to download a more detailed Diet and exercised plan; or call **0800 597 9577** and we will send you one for free.