CREATE YOUR OWN SUCCESS

TLS HEALTH GUIDE

TLS WEIGHT MANAGEMENT SOLUTION

FIND YOUR FIT
START

TABLE OF CONTENTS

INTRODUCTION
TAKING CONTROL

7 About TLS™ Weight Management Solution and uk.tlsSlim.com
8 Why other diets have failed you
11 Goal setting
15 Detox information

CHAPTER 1
LOW-GLYCAEMIC IMPACT EATING 101

22 What is Low-Glycaemic?
24 Meal plans
27 Cooking tips

CHAPTER 2
HOW TO READ LABELS

34 Quick glance at a label
35 How to read a label
36 Label tips
36 Sweeteners

CHAPTER 3
IMPROVING METABOLISM

42 Hormones
42 Triad approach
44 Which supplements are right for you?

CHAPTER 4
EXERCISE & BODY COMPOSITION

50 Types of exercise
51 Blood pressure
51 Body composition

CHAPTER 5
PLANNING & DINING OUT

56 Tips
56 Alcohol
59 Dining out guide

CHAPTER 6
NUTRITION: PROTEINS, FATS & CARBS

64 Protein
65 Fats
65 Carbohydrates
66 Gluten sensitivity

CHAPTER 7
CREATING HEALTHY HABITS

72 Suggested healthy habits

CHAPTER 8
BELIEVING IN YOURSELF

78 Building a new you
79 Self-confidence

CHAPTER 9
OVERCOMING OBSTACLES

84 What type of eater are you?
85 Hunger and appetite
86 Food addiction / compulsive eating
88 Plateaus

CHAPTER 10
MANAGING STRESS

94 Stress and food consumption
94 Cortisol and adrenal fatigue
95 Ways to minimise stress

CHAPTER 11
ASSESSING RESULTS

101 Are you where you want to be?
101 Reflecting back
101 Daily wellness
101 New habits

CHAPTER 12
LIVING THE LIFESTYLE

107 Ensure your healthy behaviours last
107 Share your story

Disclaimer: You should consult your healthcare provider before beginning this or any other weight management programme. This presentation is not intended to diagnose, treat, cure, or prevent any disease. The income statements are testimonials from our UnFranchise Owners based on their own experience, and are not intended to represent or guarantee that anyone will achieve the same or similar results. Market United Kingdom does not necessarily endorse or support such statements. Individuals following the TLS Weight Management Solution as part of a healthy diet and exercise programme can expect to see results in their weight management. Individual results may vary.

CREATE YOUR OWN
SUCCESS

INTRODUCTION

TAKING CONTROL

What the mind conceives, the body can achieve
with commitment and dedication.

Congratulations! Making the decision to get healthy and lose those unwanted pounds for good takes courage and drive. We always put others first, making commitments to everyone but ourselves. It's time to stop neglecting our goals to get in shape and be healthy, fit and energetic. Making positive, healthy changes will not only affect you, but also your spouse, your kids and countless others. You should be proud of yourself for taking the first step, and proud of the changes that will take place around you!

THIS WILL BE THE LAST PROGRAMME
YOU WILL EVER NEED!

REAL FOOD, REAL MEALS
SIMPLICITY

WHAT IS TLS WEIGHT MANAGEMENT SOLUTION

WHY ARE WE DIFFERENT?
TLS is NOT a diet. It is a lifestyle, teaching behaviour modification based on a four-pronged approach to permanent results:

- *Low-Glycaemic-Impact Eating*
  Eat foods to assist your body to fuel your daily activities
- *Body Composition*
  Focus on body fat loss and preserving lean muscle
- *Science-Based Supplementation*
  Utilise customised supplementation to accelerate your results and support your body's needs
- *Education*
  Knowledge is power; learn how to eat for lasting weight management results

MUSCLE DICTATES METABOLISM
TLS Weight Management Solution is designed to meet your specific health and weight management goals. For some, that might mean losing 10 lbs (4.5 kg). For others, it may be losing 50-100 lbs (23-45 kg), managing cholesterol, improving energy, or just fitting into your favourite pair of jeans. You can even utilise TLS Weight Management Solution to maintain a healthier lifestyle for your entire family. No matter what your goal, TLS is customisable to help you achieve it. TLS is not a diet; it is a way of life. There is no calorie or point-counting, no weighing foods and no fat-counting. You will eat real foods and discover new food combinations that fuel your metabolism. With TLS, you'll learn why diets don't work and you'll never have to starve yourself again.

WHY LOW-GLYCAEMIC-IMPACT EATING?
TLS encompasses low-glycaemic-impact eating, which is superior for weight management. Through low-glycaemic-impact eating, TLS emphasises fat loss and lean muscle maintenance, key components to get your metabolism operating at optimal levels. TLS Weight Management Solution offers personalised low-glycaemic-impact menu plans designed to fit your personal weight management and lifestyle goals. When you create new, healthy behaviours, you won't feel deprived and hungry. Therefore, you will never need to diet again.

ACCELERATE YOUR WEIGHT MANAGEMENT WITH SUPPLEMENTATION
Making better food choices and exercising are key to managing weight — but many times that's not enough. Many of us need extra support to recover from years of dieting, stress, eating junk and inactivity. Our scientifically developed supplements address different processes in your body that have caused you to gain weight or have hindered your weight management efforts. Whether you struggle with cravings, overeating, a slow metabolism, chronic stress or stubborn belly fat, supplementation can accelerate your efforts while providing the platform for optimal performance.

WEBSITE SUPPORT with uk.tlsSlim.com
uk.tlsSlim.com is your all-encompassing interactive weight management tool. It offers support, resources and coaching tips. In addition to providing customised menu plans, the TLS website offers menu and recipe planners, educational videos, articles, full community support, a customised exercise plan, and so much more.

uk.tlsSlim.com provides all resources you need and this will ensure that you accelerate your weight management success.

THERE ARE NO LIMITATIONS WITH TLS

The only limits with TLS are those you put on yourself.

Anything is possible with TLS — especially results.

YOUR **UK.TLSSLIM.COM**
PROVIDES YOU ACCESS TO:

- Personalised weight management programme based on your goals and commitment level
- Printable list of "Power Foods" for your specific programme
- Low-GI recipes and quick meal options

WHAT GOT YOU TO THIS POINT?

Welcome to a new day. You have taken the first step to a healthier, energetic and more confident new you!

It doesn't matter how you found TLS Weight Management Solution. All that matters is you did. Whether you have already tried to manage weight through trendy diet programmes or are making the commitment for the first time, we are here to help.

The TLS Solution isn't a diet; it is a total lifestyle approach to weight management. TLS is not about restrictions or counting calories or carbs. It's about living the lifestyle, changing the way you look at food and at yourself.

Be sure to connect with us on social media:

facebook.com/TLSWeightLoss
facebook.com/marketunitedkingdom
Youtube.com/MarketUnitedKingdom
Twitter – @market_uk
Instagram – @marketunitedkingdom

WHY OTHER DIETS HAVE FAILED YOU

Other diet programmes can potentially help you manage weight, but are the requirements of that diet the best way to permanently keep the weight off? Is it something that you can continue to do for the rest of your life? Maintaining a healthy weight depends on eating right, exercising and making a daily commitment to changing unhealthy behaviours into better ones.

THAT'S WHY TLS IS DIFFERENT.

Other programmes tell you what they think works. TLS is all about what works for you. TLS is about education and implementation.

A LOOK AT POPULAR DIETS

HIGH-PROTEIN, LOW-CARB DIETS

Proponents of high-protein/low-carbohydrate diets talk about how protein-filled foods can leave you satisfied and satiated without adding carbohydrates. These programmes often eliminate fruits and vegetables as well as starches and grains. The problem is that most of the weight lost on these diets is water weight and muscle, not body fat. Your metabolism is fueled by muscle. Fat slows down your metabolism and lean muscle mass boosts your metabolism. Your fat-to-lean muscle ratio is what dictates how effectively your metabolism burns excess fat. The more lean muscle you have, the more your body can burn fat.

With TLS, you'll learn to balance your meals with the proper sources and amounts of protein, carbohydrates and fats. This will ensure your body gets the best sources of these foods plus the nutrients it needs to fuel your metabolism so you can manage your weight.

LOW-FAT DIETS

Fat gets a lot of attention for many good reasons. The wrong types of fats can raise cholesterol levels in the blood, increasing a person's risk for heart disease. While some people have found success using low-fat diets, there are many arguments as to whether low-fat is best.

Fat adds flavour, fullness and texture to foods. In order to make low-fat foods taste better, manufacturers compensate for the reduced fat by adding more sugar. This often raises your blood sugar levels and your body is more likely to store fat instead of burn it. TLS Weight Management Solution will help you understand the difference between good and bad fats, allowing you to make more informed decisions about your diet. You will learn all about the different types of fats in weeks to come.

LOW-CALORIE DIETS

Calories, calories, calories: they're all around us. Whether it's a cheeseburger, some bread, a blueberry muffin or an egg-white omelette, we can't escape them. That's why many believe a sure-fire method to weight management is cutting back on the number of calories consumed each day. This is not optimal because food provides the body with the energy and nutrients it needs to function properly. You cannot starve yourself thin. You need to eat to lose weight.

Calorie-restricted diets put the body in a state of controlled starvation, which ultimately slows your metabolism. Calories are not the enemy—they are simply a measure of the energy you are consuming, which your body then uses as fuel. Restricting your fuel can keep you from reaching your weight management goals. TLS Weight Management Solution is not about restriction, it is about learning which foods will keep you satiated, reduce cravings, and fuel your body in a healthy way.

CARBOHYDRATE-COUNTING DIETS

Carbohydrate-counting diets are not the same as low-carb diets. Carb-counting refers to a system of setting a maximum amount of carbohydrates consumed per meal or per day. The theory is that this will keep blood levels in a targeted range. While results may vary, the types of carbohydrates consumed may have a negative impact on weight management and general health.

Not all carbohydrates are created equal, which is why TLS focuses on eating quality carbohydrates that will provide sustained energy, fat loss, cardiovascular and blood sugar support.

TREND DIETS

There are many trend diets on the market, and more appear each year. Examples are hCG injections/drops with drastically low calorie intake (500 per day); or, drinking only shakes through the day. These and other trend diets perpetuate muscle loss, thus slowing your metabolism. The result is often quick weight loss, followed by swift and significant weight gain. Trend diets actually make it extremely difficult to maintain weight loss. With this type of quick weight loss, hormones will signal the body to store all calories as fat. Moreover, once you "go off" the diet, you will end up with more excess weight than before, in the form of fat, not muscle. By cutting calories or losing weight in a dramatic fashion you are also cutting the fuel your body needs to burn fat and stay energised. There are many trend diets that make their way to the mainstream. Most restrict the types of foods you eat, including all carbohydrates, starches, and fats, don't include education on how to eat for life, and can slow your metabolism 10-15 percent.

With the TLS Solution, the focus is on eating real foods. You will be able to shop at your local food market and dine out at restaurants. You will learn to make healthy weight management choices that can lead to long-lasting results. It's not a matter of how many calories you consume, but what type of calories you are consuming. TLS Weight Management Solution will be sustainable because you will create new habits with foods you enjoy.

CHOOSE THE PLAN THAT'S RIGHT FOR YOU

Everybody approaches weight management differently. Some people can dive headfirst into a really strict programme, while others need to ease their way into a new way of eating. With TLS, you can approach weight management in a way that's right for you. Customised TLS menu plans will help you achieve maximum success with different weight management goals. Here's a snapshot of each TLS menu plan:

RAPID RESULTS

You're motivated, dedicated and committed to do whatever it takes to reach your weight management goals. Get ready to break unhealthy habits.

- Protein and vegetable-rich meals
- Optional detox to jump-start weight management
- Supplements to support your goals
- Behaviour modification to break unhealthy habits
- Gradual workout plan designed to maintain lean muscle

SURE & STEADY

You're looking to make gradual changes to your lifestyle and reach your goal weight, one day at a time. With the TLS Sure & Steady programme it's not if you'll hit your goal, but when.

- Steady results with less dramatic lifestyle changes
- Quality whole grains, protein and vegetable-rich meals
- Supplements to support your goals
- Behaviour modification, setting you up for long-term success
- Recommended workout plan

14-DAY FAT SHREDDER (FAT BURNING)

You're extremely committed to achieving swift weight management goals through an effective programme. You'll shed fat and feel better, physically and emotionally, knowing you can do anything you set your mind to.

- 2-week, high-intensity programme
- Supplements to support your goals
- Full-body, high-intensity workouts

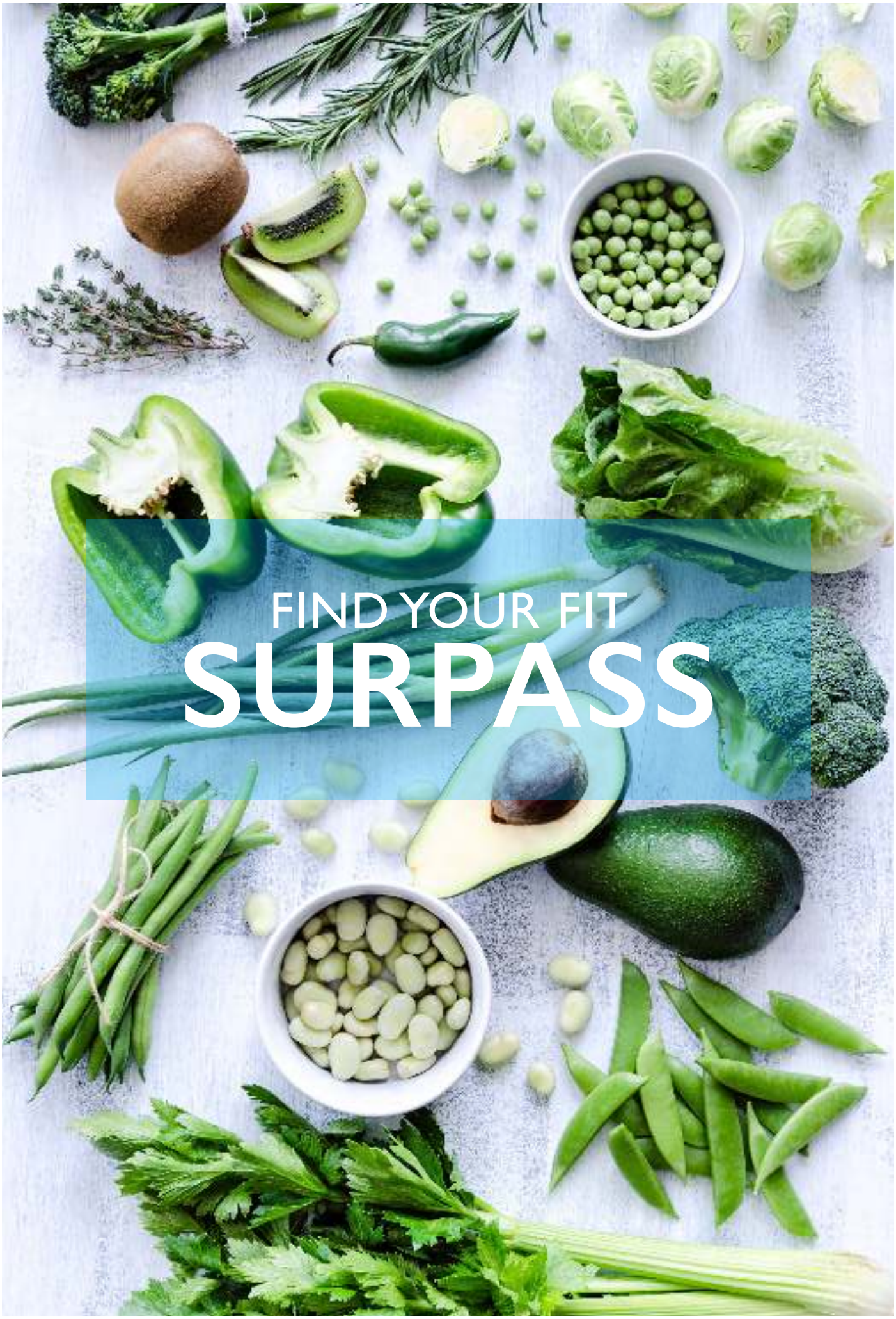
CONTINUED COMMITMENT

You're at a healthy weight and are looking to maintain a healthy lifestyle. You want to focus on maintaining optimal body composition but are looking for a plan with flexibility, allowing the occasional indulgence.

- Focus on maintaining optimal body composition
- Maintain your target weight
- Balanced meals consisting of quality whole grains, protein, dairy, good fats, low GI starches, fruits and vegetables
- Supplements to support your health
- Emphasises an active lifestyle

MAINTAIN A HEALTHY LIFESTYLE WITH TLS

Your life plan: once you've lost the weight with TLS, you'll keep it off because TLS teaches you healthy eating principles that you can carry with you throughout your life. For maintenance, follow the 80/20 rule: Eat 80% quality, low-GI meals, and you can enjoy 20% indulgence. TLS arms you with the tools to control your food, instead of letting food control you. With uk.tlsSlim.com, you can transition into a maintenance phase with low-GI menu plans. You can help maintain your new weight by continuing to journal, track your foods and keep up with your exercise.


FIND YOUR FIT
SURPASS

You can start your weight management journey with any plan. However, if you find that you're not meeting the expectations you've set for yourself, you can re-evaluate at the end of each month.

GOAL SETTING

You set goals and make commitments every day. Commitments to your family, school, loved ones — to just about everyone but yourself. Well, it's time to make the most important commitment, to YOU. Start this programme when you are ready. It may take you a few days to prepare. Clean the junk food out of your house. Get in the right mindset to achieve your goal of being a healthier and thinner you. YOU ARE WORTH IT!

WHAT ARE YOUR GOALS?

Check all the outcomes that are important to you.

- ○ Weight management
- ○ Increase energy
- ○ Decrease body fat
- ○ Eat healthier
- ○ Decrease medication
- ○ Improve complexion
- ○ Preparing foods
- ○ Not skipping meals
- ○ Improve blood sugar management
- ○ Other _____

_____

When setting goals, you should think long-term as well as short-term. Break these up into intervals. Your short-term goals will keep you on track on a daily basis, and your long-term goals will help you stay motivated on your journey. Remember, no one else can set your goals for you — this is something you have to do on your own.

The goals you set for your weight management journey will set you up for nothing but success. Goals provide a plan for you as you transition to a healthier lifestyle. Your short-term goals are the stepping stones to your ultimate long-term goal.

How many times have you started a "diet" on a Monday morning by saying "I am going to exercise every day, no matter what"? Or "I will never eat desserts again"? Often, dieters set unrealistic goals and expectations, which tend to lead to frustration and disappointment. Even though vowing to "never eat desserts again" may seem innocent, approaching goals this way can set you up for disappointment. Goals that contain words that leave no room for error, such as "always", "never", "every", and "must" can set you up to feel guilty by insisting on perfection. In addition, unrealistic and overly aggressive weight management goals — for example, losing 15 lbs (6.8 kg) a week — can set you up for frustration. It's okay to dream big. Just be smart about it and use these tips for creating weight management goals that will help you achieve your dreams.

Creating ***S.M.A.R.T.*** goals helps you focus your time and energy on the areas that count and sets you up for success. The key to setting weight management goals is to remember they need to be ***S***pecific, ***M***easurable, ***A***ttainable, ***R***elevant, and ***T***ime-bound. Make sure your goals are detailed (i.e. I will journal my meals; I will exercise three times per week; I will fit into my size 10 dress by the reunion in three months).

When planning your SMART goals, write down everything and go through all the details. When and where will you do it? How will you fit exercise into your busy schedule? What do you need to get started? This way you'll be able to track your progress and see if you're meeting your goals.

SPECIFIC

Specify exactly what you plan to do by tomorrow or next week. Say, "I'm going to walk 25 minutes after dinner Monday, Wednesday, Thursday and Friday evening this week," rather than "I'm going to exercise." Or "I am going to drink eight cups of water every day this week," rather than "I will drink more water."

A goal needs to be as specific as possible so you can work toward it and achieve it. "Manage weight" as a goal is too vague. What exactly do you want to achieve and how? Why do you want to do it?

MEASURABLE

For example, how far are you going to walk? For how long? How many days each week are you going to walk? Track your progress.

Be sure to review your progress each week. Were you able to successfully meet your goals last week? Think about what worked and what didn't. Then plan for how you will reach your goals next week.

Track your progress by writing down each milestone. Those victories build momentum, excitement and confidence to keep you motivated toward your overall goal.

ATTAINABLE

Set goals that are within your capabilities and that take into account your limitations. Consider your personal fitness level, health concerns, available time and motivation. Tailoring your expectations to your personal situation helps you set attainable goals.

A reasonable goal for many people is losing 5-10% of their current weight. It's a good idea to plan to lose 1-3 lbs (0.5-1.4 kg) a week, but keep track of the inches lost, too. Often inches will decrease before weight.

You can use the TLS Journal to journal and track your food and remain accountable for everything that you do to reach your goal!

RELEVANT

In order to achieve long-term success, you have to find goals you can live with and incorporate into your daily schedule.

Setbacks are a natural part of behaviour change. Everyone who successfully makes changes in his or her life has experienced setbacks. Identifying potential roadblocks — a big holiday meal or office barbeque, for example — and brainstorming specific strategies to overcome them can help you stay or get back on course.

TIME-BOUND

Timing is crucial toward your success. Choose a definite start date for your weight management programme and don't put that date off. Be sure to account for life circumstances that might hamper your efforts, such as work or school demands, vacations or relationship problems. You may need to resolve some issues before starting. Your daily behaviours and habits will make your goals tangible.

MY GOALS: (write out 1-3 short-term or long-term goals)

ACTIVITY
What commitments will you make to achieve your goals?

I, _____ promise to:

- Implement low-glycaemic-impact eating at each meal and snack. I will not starve my body. Instead, I will feed it with the right foods to fuel my metabolism.
- Rid my mind of negative self-talk and replace it with positive affirmations.
- Plan my meals ahead of time, preparing my body for successful weight management with each meal and snack.
- Take my supplements as scheduled, to support my weight management efforts.
- Journal daily to understand my weight management struggles and to implement new behaviour modification techniques.
- Forgive myself for the past and look forward. I will jump right back on track with the next meal. I cannot change the past so I will accept it and move on.

Potential challenges:

Plans to overcome:

Signed _____

REASSESS AND ADJUST YOUR GOALS AS NEEDED
Be willing to change your goals as you make progress in your weight management plan. If you started small, you might be ready to take on larger challenges. Or, you might find that you need to adjust your goals to better fit your new lifestyle.

Remember, you don't have to do it alone. Talk to your TLS Coach, doctor, family and friends for support. Anticipate how you'll handle challenging situations and the minor setbacks, or obstacles that may come your way.

But don't forget the bottom line: the key to successful weight management is being committed and consistent.

CHART YOUR PROGRESS

PHOTOS
Taking before photos will be the best motivation for achieving your weight management goals, and will also serve as a powerful reminder of where you never want to be again. A picture is worth a thousand words. You will be so proud when you reach your goal — especially if you have a tangible reminder of how far you have come.

WEIGHT
Weigh yourself weekly, not daily. The weight was not gained in one day and it will not be lost in one day either. You can lose 15 inches before you lose a pound! Weigh yourself on the same day, at the same time, each week while wearing the same type of clothing.

BEFORE

AFTER

Missi lost a total of 20 lbs†

FULL BODY BEFORE & AFTER PHOTOS	
Body Positioning	• Front and back photos: Place your hands on your hips • Side photos: Place your hands on or at your sides
What to Wear	• Wear form fitting clothes • Wear the same clothing in your before and after photos
Photo Setup	• Photograph with plain background • Take photos from the same direction each time, from approximately 6-12 feet (2-4 meters)

† Results shown above may not be typical. Individual results may vary.

DON'T RISK IT

A high body fat percentage can put you at risk for many serious diseases.

ACE* Body Fat Percentage Chart

Description	Women	Men
Essential Fat	10-13%	2-5%
Athletics	14-20%	6-31%
Fitness	21-24%	14-17%
Average	25-31%	18-24%
Obese	32% +	25% +

* American Council on Exercise

AGE: _____ HEIGHT: _____ DOB: _____

	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12
DATE	__/__/__	__/__/__	__/__/__	__/__/__	__/__/__	__/__/__	__/__/__	__/__/__	__/__/__	__/__/__	__/__/__	__/__/__
WEIGHT												
BODY FAT												
BMI												
CHEST												
WAIST												
HIPS												
NECK												
BICEP												
CALF												
SHIRT SIZE												
TROUSERS SIZE												

HEALTHY SUPPLEMENTS
SOLUTIONS

BODY FAT PERCENTAGE

If you have access, obtain your initial body fat percentage (the percent of fat mass vs. lean body mass). Your TLS coach, doctor, or local gym may have calipers or an Electrical Impedance Device (handheld or scale, like a Tanita) to record body fat percentage and other measurements. You may choose to invest in a scale or device that measures body fat as well. Remember, we are interested in fat loss, not just weight loss.

MEASUREMENTS

Take full-body measurements in four-week intervals, starting on the first day of your programme. You may choose to monitor your waist circumference weekly, and the TLS Journal will provide a place for you to document this measurement. Use a soft tape measure to record your waist circumference and other measurements (see chart on page 13). As you follow the TLS programme, you will be losing fat and inches while building muscle. One of the best ways to measure your progress without a scale is how your clothing fits you. Changes in body fat percentage and centimeters/inches are a better indicator of progress than weight alone.

SHARE YOUR PROGRESS!

At the end of your 12-week programme, take "after" photos to show off all your hard work on this journey. Submit your success story online at uk.tlsslim.com/success-stories/my-story/ or by emailing **findyourfit@marketunitedkingdom.com.uk** with your success story and before and after pictures. Also, be sure to post your results on the Market United Kingdom Facebook page facebook.com/marketunitedkingdom. Your success and your journey will inspire others. Mail a hard copy of your before and after photos to:

MARKET (UNITED KINGDOM) LTD.
ATTN: Product Department - TLS Weight Management Solution
Salibury House, 5 Cranmer Road
London SW9 6EJ

DETOX

The first step when starting your journey with TLS is to detoxify your body. Detox is not something to fear. It is common to be hesitant, but those who participate in a detox reap the greatest rewards. It is a systemised way of cleansing your body and your mind to prepare for a lifestyle change. Detoxing involves eating mostly vegetables and fruits for 4-7 days, with some proteins and oils, and drinking plenty of water while getting lots of rest. Your initial commitment to detox will enhance the results you achieve with TLS and help rid you of unhealthy habits right from the start.*

WHY DETOX?

The detox programme is optional but highly recommended for optimal results. This systemised detox is intended to:

- Cleanse your body of toxins and impurities
- Engage your digestive system and prepare your body to flush fat
- Jump-start your metabolism to burn fat
- Reset your palate to crave healthy, fat-burning foods and reduce cravings for salt, fat and sugar
- Help you mentally prepare for your new lifestyle and transformation
- Improve your body's ability to absorb nutrients

PREPARING TO DETOX

- **Set your detox goal** How many days will you detox? (4-7 days depending on your plan)
- **Get organised** Prepare a list of what you may eat for meals and snack times; create a grocery list.
- **Purge** Clean out your cabinets and refrigerator of junk food (cake, candy, processed foods, and chips) to mentally prepare yourself. Donate foods to the local food bank
- **Enlist support** from your family, friends, TLS Coach or roommates. If you have a buddy to participate with you it may be easier.
- **Read** the TLS 7-Day Detox menu plan for additional information and education on detox week.

RULES FOR OPTIMAL DETOX

Every morning, drink the juice of ½ a lemon in warm water to aid in emulsifying fat. Warm lemon water –

- Aids your gall bladder since it is responsible for fat digestion.
- Is a natural detoxifier and may help rid your body of toxins.
- May help to satisfy cravings.

Eliminate caffeine-containing beverages (coffee or other)

- Large quantities of caffeine can interfere with healthy detoxification
- One cup of black coffee per day is permitted if you are unwilling to remove it from your diet or are having unfavourable withdrawals. It is advised to refrain from caffeine during your detox period.
- Consider switching to organic coffee to minimise unwanted impurities; or, switch to tea like green tea or kombucha tea for their antioxidant properties and digestive support.

Eat as many vegetables as you like, with leafy greens as the base

- Mix it up and make your plate colourful, but be sure to include dark green leafy vegetables
- Use spices and herbs to add flavour to vegetables
- Raw is best, but vegetables may be steamed, grilled, or lightly sautéed in broth
- Avoid starchy vegetables like sweet potato

Eat two 85 grams (3 oz) servings of lean proteins daily

Eat two servings of healthy oils daily

Eat fruits each day, but limit them to three servings per day maximum

Drink plenty of liquids (filtered, purified, or mineral water, and decaffeinated herbal teas, and broths are okay)

- Proper hydration is required for all metabolic processes but will also help you to curb cravings and feel more satiated
- Proper hydration assists your body in flushing out the impurities

Remove these foods: dairy, artificial sweeteners, sugar, grains, beans, legumes, nuts, seeds and processed foods.

Refrain from alcohol for at least 21 days

Sleep as much as possible. The naturally occurring plant compounds in fruits and vegetables – staples of your detox menu – help accelerate the cleansing process. This may make you feel a little more tired than usual the first couple of days. Do not engage in strenuous physical activity even if it is a part of your normal routine – consider yoga, walking, gentle stretching or swimming.

* If you are currently under the supervision of a health care professional for an ongoing medical condition, please consult your health care provider prior to beginning a detox.

TIPS DURING DETOX

- Plan ahead; review recipes and get creative – preparation is key (make soups or veggie platters to have items at the ready)
- Food is food, so don't think of it as "breakfast," "lunch," or "dinner" — just eat foods at regular intervals. You may need to eat every two hours to stay full. As long as you're following the guidelines, you may eat all the vegetables you want!
- Don't skip meals or allow yourself to go hungry; there is plenty of food you can eat! The goal is to normalise your metabolism and release fat. To do this, you must feed your body regularly. Skipping meals will encourage fat storage.
- For flavour, add cucumber or mint leaves to water or fruit to unflavoured seltzer
- Seasonings help spice up your meals. These include garlic, lemon, dill, basil, mint, sea salt, pepper, yellow mustard or low sodium soy sauce along with other spices and herbs.
- Avoid store bought condiments or dressings which typically contain large amounts of hidden fats or sugars
- Use this time to meditate, read motivational books, listen to relaxing music and engage in other stress-reduction activities
- You may initially feel more tired due to the detoxification process, but by the end of your detox you should feel more energetic
- Refer to the detox recipes on uk.tlsSlim.com for dressings, marinades, soups and other interesting detox dishes
- Connect with the community on Facebook – tag @marketunitedkingdom for support and suggestions.

CONSTIPATED?

You may think that adding so many vegetables will make you run to the bathroom, but this is not true! You will not be tied to the bathroom during this detox! The goal is to become regular (not over or underactive). Because there is bulk in the fibrous vegetables you consume during detox, some people may feel constipated. Don't worry! Here are some things to consider:

- Are you drinking enough water?
- Are all your veggies raw? Cooking them may aid in their breakdown.
- Adding one or an extra spoonful of cooking oil when preparing meals
- Consider nutritional support. Supplements that may be helpful include:
  > Isotonix® Digestive Enzymes
  > Isotonix® Vitamin C
  > Ultimate Aloe® juice

Talk to your TLS coach to find the right supplement regimen for you!

MANAGING HUNGER

- Eat more vegetables
- Drink more water, tea, or low sodium vegetable broth
- Try to limit your exposure to triggers that make you think of eating (kitchen, watching TV at night)
- Engage in alternate activities when experiencing cravings (organise a closet or engage in an unstressful activity that may give you a sense of accomplishment)
- Get out of the house (walk or take a drive)

WHAT COULD A DAY LOOK LIKE?

WHAT WOULD I EAT?

Before starting detox, be sure to read through the TLS Detox Power Foods list available in the TLS 7-Day Detox menu plan. It is strongly recommended that you eat pure, organically grown foods to support the ideals of clean eating. If you cannot find organic foods or choose not to purchase them, please ensure you wash your fruits and vegetables thoroughly.

SUPPLEMENTS FOR DETOX

The recomended supplements combine four of our most popular products to support your health, wellness and weight management. Shed pounds and cleanse the digestive system with these supplements.

Nutriclean™ Advanced Fibre Powder delivers soluble fibre and beneficial probiotics which detoxify and cleanse the digestive tract. The probiotics support the intestinal tract's number of good bacteria.

This product can be consumed in a daily basis. Drink plenty of fluids while using this product. Rectal bleeding or failure to have bowel movement after using of a fibre product may indicate a serious condition. If you experience these effects, discontinue use immediately and consult your healthcare provider.

The TLS Detox Menu Plan is also paired with our all-star antioxidant, **Isotonix OPC-3™**, which helps fight free radicals. OPCs are among today's promising free-radical fighters and are effective in neutralising harmful free radicals and oxidants built up in the body. Thanks to the power of Pycnogenol®*, Isotonix OPC-3 helps fight oxidation and free radicals in the gut.

While following a detoxification plan, it's a good idea to take a multivitamin to supplement your body with essential nutrients. Containing 100 percent or more of the daily value of essential vitamins and minerals, multivitamins help promote the conversion of food into energy, maintains normal metabolic functioning, support a healthy immune system, and help maintain water and electrolyte balance in the body to help promote a healthy weight.

To help you manage your cravings while detoxing, **TLS™ CORE** guarantees you are receiving a quality multifunctional complex herbal supplement to support healthy weight management and more with four essential ingredients: LeptiCore®, White Kidney Bean Extract, Chromium and Bitter Melon Extract.

FOOD CAN EITHER BE
THE BEST FORM OF MEDICINE
OR THE SLOWEST FORM OF POISON.

* Pycnogenol is a registered trademark of Horphag Research Ltd.

SHED POUNDS AND CLEANSE THE DIGESTIVE SYSTEM
WITH THE RIGHT SUPPLEMENTATION

TLS WEIGHT MANAGEMENT SOLUTION

CHAPTER I

EAT SMARTER
SENSIBLE

CHAPTER 1

LOW-GLYCAEMIC-IMPACT EATING 101

"The adage goes: You are what you eat.
If that is true, then it is time to re-evaluate
what you put into your body."

THIS WILL BE THE LAST PROGRAMME
YOU WILL EVER NEED!

We understand: Sometimes life gets in the way. It's easier to pull into a drive-thru or order a delivery pizza than prepare a full meal when you're short on time.

But what is timely, convenient and cheap isn't always what's best. The quality of food you put into your body is going to determine how successful you are in achieving your weight management goals and good health for a lifetime. That's why TLS™ Weight Management Solution abides by the principles of low-glycaemic eating. A low-glycaemic diet consists of fruits, vegetables, beans and legumes, along with lean proteins from both meat and dairy sources. A low-glycaemic diet also consists of healthy fats from foods such as oils and nuts.

HEALTH TIP

BENEFITS OF LOW-GLYCAEMIC-IMPACT EATING

Switching to low-glycaemic-impact eating has many benefits, including:

- Low-glycaemic diets may support the body's sensitivity to insulin
- Low-glycaemic carbohydrates support normal blood sugar levels
- Low-glycaemic carbohydrates may support a healthy heart
- Low-glycaemic diets have been shown to help people lose and control weight
- Low-glycaemic carbohydrates may help maintain normal blood cholesterol levels
- Low-glycaemic diets may help minimise carbohydrate cravings
- Low-glycaemic carbohydrates could help manage hunger and keep you fuller for longer
- Low-glycaemic diets may help minimise energy crashes
- Low-glycemic carbohydrates might help prolong physical endurance

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While changing your eating habits isn't easy at first, all it takes are some simple changes to start living the low-glycaemic lifestyle and reaping its many benefits. Eating low glycaemic is not only helpful in weight management, but also in reducing a number of health risks that are elevated when we don't take care of our bodies.

Whether you're a professional on the go, a stay-at-home parent or a university student, low-glycaemic-impact eating is designed to fit into and benefit any lifestyle. In this section, you'll learn more about the combination of glycaemic index and glycaemic load, and how low-glycaemic-impact eating can help you achieve and maintain your weight management goals.

WHAT DOES LOW GLYCAEMIC MEAN?

Let's start with explaining how the glycaemic index evolved. In 1981, Dr. David J. Jenkins and a team of researchers at the University of Toronto created the glycaemic index to help diabetes patients manage their blood sugar levels. The glycaemic index (GI) is a ranking system for foods containing carbohydrates, which measures how quickly these foods will cause your blood sugar to rise.

Glycaemic index is measured on a scale of 1 to 100 (1 being low and 100 being high). While the glycaemic index was originally developed for diabetics, you do not have to be diabetic to reap the benefits of low-glycaemic eating.

GLYCAEMIC INDEX RATINGS

LOW	MEDIUM	HIGH
0-55	56-69	70 & ABOVE

Low-GI foods produce little to no fluctuations in blood sugar and insulin levels. Foods with a high GI (including things like white rice, potatoes, most breads, cake, candy, popcorn and cookies) rapidly raise blood sugar levels. Why is this important?

WHEN YOUR BLOOD SUGAR RISES QUICKLY, YOUR BODY INCREASES INSULIN PRODUCTION, TELLING THE BODY TO STORE FAT.

Have you ever eaten a food thinking it is healthy because it is low fat, "whole grain" or low calorie? This can be misleading because it may be all those things but it still BREAKS DOWN TO SUGAR quickly. If this is true, this food is considered HIGH GI and will raise the body's blood sugar rapidly, signaling it to store fat.

Controlling the GI of your foods promotes normal blood sugar levels and enables the body to stay in fat-burning mode. By changing your diet and eating low glycaemic impact, you will feel energised, alert, and productive.

WHAT IS GLYCAEMIC LOAD?

While the glycaemic index tells you how a food affects your blood sugar levels, it doesn't tell you how much of that particular food is in a serving. It is important to take both the glycaemic index and glycaemic load into consideration to understand the full effect a food has on your blood sugar.

Glycaemic load (GL) reflects not only the GI of a food, but also the amount ingested. Each number of the GL is equivalent to 1 gram of carbohydrates from pure glucose. The lower the GL, the smaller the amount of glucose, which is best.

GLYCAEMIC LOAD

LOW	MEDIUM	HIGH
0-10	11-19	20 & ABOVE

GL is very important because it helps explain some GI ratings that would otherwise be misleading. Let's look at carrots, for example. Raw carrots are considered a high-GI food even though they are relatively low in carbohydrate and have health benefits. However, carrots have a low GL because it would take almost 3 cups (506 g) of carrots to equal 50 grams of carbohydrates. Since most people do not eat 3 cups of carrots, enjoying them on your TLS journey is permitted.

Glycaemic load paints a more realistic picture of how a food can affect blood sugar/glucose levels by taking into account the glycaemic index of foods and their serving size.

When you put both the GI and GL together to come up with a meal plan, you're on your way to following low-glycaemic-impact eating, which helps you choose foods in appropriate amounts and in the correct combinations to support normal blood sugar levels for longer periods of time.

MAINTAIN NORMAL BLOOD SUGAR LEVELS

Dietitians and weight-management experts now use the glycaemic index as a tool to reduce cravings and appetite, and improve eating

GL = GLYCAEMIC INDEX / 100 X NET CARBS

NET CARBS = TOTAL CARBS - DIETARY FIBRE - SUGAR ALCOHOL - GLYCERINE

habits. Research shows that following a diet designed to keep blood sugar from rising after meals helps keep food from being stored as fat.

HYPOGLYCAEMIA

Hypoglycaemia relates to low blood glucose levels. When the level of glucose — the body's primary source of energy and fuel — falls too low, your body has insufficient amounts of fuel to function normally. Hypoglycaemia or low blood glucose may occur when a person is not eating frequently enough, exercised without the proper nutrient support, or when a diabetic has injected too much insulin. This can lead to extreme fatigue, sluggishness and sometimes damaging symptoms. Hypoglycaemia is most commonly treated with diet modification.

CAN I FOLLOW TLS IF I AM A VEGETARIAN OR VEGAN? YES!

VEGETARIANS

Being a vegetarian is an excellent way to stay healthy. There is a wealth of scientific evidence that shows being a vegetarian has a profound impact on promoting cardiovascular health, cellular health and healthy blood sugar levels. Eating a variety of fresh fruits, vegetables, legumes, nuts and whole grains is a great way to ensure that your body is getting what it needs to stay energised and healthy.

TLS Weight Management Solution fits perfectly into a vegetarian lifestyle. Many vegetarians and vegans eat a diet that is high in carbohydrates, so eating the right carbohydrates, in the right quantities, is essential to ensuring your body is getting adequate levels of protein, fibre and essential vitamins and minerals. Low-GI foods help to keep you full and satisfied longer than high-GI foods, and they help to maintain normal blood sugar levels, which burns more body fat to help keep your metabolic rate at an optimal level.

Because of their dietary restrictions, vegetarians need to be mindful of nutrient intake when planning meals. Certain nutrients frequently found in meat products, such as protein, B vitamins (especially B12), iron, zinc and calcium must be incorporated into meals through other sources. TLS Weight Management Solution will help you make smarter food choices that are rich in these nutrients and assist you in your weight management goals. Living a low-GI lifestyle is easy for vegetarians to follow since most vegetarians are already eating a diet rich in low-GI foods. Legumes like chickpeas, black beans, and kidney beans should be a regular part of a vegetarian diet. Vegetarians will naturally eat a diet higher in carbohydrates and lower in protein, so it is important for vegetarians to choose low-GI carbs like whole grains, which are also good sources of protein.

WHAT WILL I BE EATING?

TLS is customised for you. You are given different plans to help achieve your weight management goals with maximum success, you have basic guidelines to follow. Here is a quick glance at each of the meal plans. You may find you start in one place and switch to the menu plan that can help achieve your current weight management goal.

THE PLANS	14-DAY FAT BURNING	RAPID RESULTS	SURE & STEADY	CONTINUED COMMITMENT
WHY IT'S FOR YOU	You're extremely committed to achieving weight management goals through a high-intensity programme. You'll shed fat and feel better, physically and emotionally, knowing you can do anything to which you set your mind.	You're motivated, dedicated and committed to do whatever it takes to reach your weight management goals. Get ready to break unhealthy habits.	You're looking to make gradual changes to your lifestyle and reach your goal weight, one day at a time. With the TLS™ Sure & Steady programme it's not if you'll hit your goal, but when.	You're at a healthy weight and are looking to maintain a healthy lifestyle. You want to focus on maintaining optimal body composition but are looking for a plan with flexibility, allowing the occasional indulgence.
WHAT YOU'LL DO	• 2 week programme • Strict regimen for quick results • TLS supplements • Full body, high-intensity workouts	• 6 week programme • Protein and vegetable-rich meals • TLS supplements • Behaviour modification to break unhealthy habits • Gradual workout plan designed to maintain lean muscle	• 12 week programme • Steady results with less dramatic lifestyle changes • Quality whole grains, protein and vegetable-rich meals • TLS supplements • Behaviour modification, setting you up for long-term success	• Maintain your target weight • Balanced meals consisting of quality whole grains, protein, dairy, low-glycaemic starches, fruits and vegetables • TLS supplements • Emphasises an active lifestyle

MEAL PLANS

Food List: This list is for quick reference. Which foods you choose to eat and how many servings you eat per day will depend on your likes/dislikes and which plan was recommended for you. This Sure & Steady sample Menu Plan outlines which foods fall into which categories to help you navigate this process! It is certainly not all-inclusive.

SURE & STEADY POWER FOODS

BREAKFAST: 1 serving of protein, 2-4 servings of vegetables, 1 serving of whole grain
AM SNACK: 1 serving of snack protein, 1 serving of fruit, 1 serving of dairy
LUNCH: 1 serving of protein, 2-4 servings of vegetables, 1 serving of fruit, 1 serving of good fat
PM SNACK: 1 serving of snack protein, 1 serving of fruit, 1 serving of dairy
DINNER: 1 serving of protein, 2-4 servings of vegetables, 1 serving of starch, 1 serving of good fat

VEGETABLES: 6-12 SERVINGS PER DAY

1 SERVING: 1-2 CUPS, UNLESS OTHERWISE NOTED

- Asparagus
- Aubergine
- Bean sprouts
- Beet root
- Bok choy
- Broccoli
- Cabbage (red or white)
- Carrots
- Cauliflower
- Celery
- Courgette
- Cucumber
- Edamame
- Ginger
- Green beans
- Green peas
- Jicama (Mexican turnip)
- Kale
- Leeks
- Lettuce (any)
- Mushrooms
- Okra
- Olives
- Onions
- Parsley
- Peas (no sugar)
- Peppers (green, red, yellow)
- Radish
- Shanghai green
- Spinach
- Stir-fry vegetables (no sauce)
- Tomatoes (fresh)
- Tomato juice (no salt), ½ cup
- Tomato paste, 2 tbsp
- Tomato sauce, ½ cup
- Vegetable juice (no salt), ½ cup
- Vegetable soup (low-fat), ½ cup
- Water chestnuts
- Watercress

FRUIT: 3 SERVINGS PER DAY

1 SERVING: 1 MEDIUM FRUIT OR 1 CUP, UNLESS OTHERWISE NOTED

- Apple
- Banana
- Berries (blueberries, strawberries, raspberries, blackberries), ¾ cup
- Cherries, 12 large
- Figs (fresh), 2
- Grapefruit
- Grapes
- Guava
- Honeydew melon
- Kiwi
- Lemon
- Lime
- Lychees, 7
- Mango
- Melon
- Mulberries, ¾ cup
- Nectarine
- Orange
- Papaya, ½ medium
- Passion fruit
- Peach
- Pear
- Pineapple, ½ cup
- Plum
- Pomegranate, ½ small
- Raisins, 2 tbsp
- Sharon fruit (persimmon)
- Starfruit
- Tangerine
- Watermelon

PROTEIN: 5-6 SERVINGS PER DAY

28.35 GRAMS (1 OZ) CONTAINS 7 GRAMS OF PROTEIN

1 SERVING (WOMEN): 113-170 GRAMS (4-6 OZ) WITH BREAKFAST, LUNCH & DINNER
1 SERVING (MEN): 170-227 GRAMS (6-8 OZ) WITH BREAKFAST, LUNCH & DINNER
1 SNACK SERVING (MEN & WOMEN): 57-85 GRAMS (2-3 OZ)

- Canned tuna (packed in water)
- Chicken (without skin)
- Eggs or egg whites
- Fresh fish (salmon, trout, haddock, cod, brill, seabass, yellowtail, etc.)
- Red meat (limited to 1–2 servings per week) (beef, pork or lamb)
- Seafood (prawn, scallops, clams, lobster, squid, octopus, mussels, etc.)
- Tofu

Menu

CHOOSE HEALTHY FOOD
THAT DOES GOOD FOR YOU

WHOLE GRAINS: 1 SERVING PER DAY

1 SERVING: ½ CUP

- All-bran cereal
- Barley (pearled or hulled)
- Bean thread (Chinese noodles)
- Buckwheat
- Buckwheat (or other whole grain) noodles
- Bulgur wheat
- Couscous
- Egg noodles
- Muesli or granola, no added sugar
- Oatmeal (rolled or steel-cut)
- Pasta (whole grain, protein enriched)
- Quinoa
- Rice (authentic basmati, brown)
- Rye
- Sprouted grain bread

STARCHES: 1 SERVING PER DAY

1 SERVING: ½ CUP

- Baked beans (no sugar added)
- Beans (red, black, chickpea, lima, mung, pinto, black-eyed, soy)
- Lentils
- Winter squash (acorn, butternut, spaghetti)
- Yam/sweet potato (boiled, steamed, baked)
- Yellow squash

DAIRY: 2 SERVINGS PER DAY

THOSE ON A DAIRY-FREE DIET MAY OMIT

- Low-fat milk
- Low-fat cheese
- Low-fat yogurt
- Low-fat creamer
- Low-fat sour cream
- Plain Greek yogurt

GOOD FATS: 2 SERVINGS PER DAY

- Avocado, ½ medium
- Oils (olive, avocado, coconut, grapeseed), 1 tablespoon

OTHER RULES

- Detox (4-7 days, optional)
- No alcohol (for at least 21 days)
- Water (minimum of 8 cups per day)
- Supplementation (based on your weight management needs)
- Exercise (3-5 days per week)
- Daily Journaling

WHEN COOKING, REMEMBER

THE TRUTH ABOUT RICE

Rice is a staple food, especially in many Asian diets. Rice is not off limits with TLS Weight Management Solution, especially when it's mixed with good fats and low-glycaemic vegetables. The glycaemic index of rice can vary dramatically from very high to very low depending on the type and how it's cooked. When choosing rice, look for basmati. Most rice will fall into the medium- to high-glycaemic range, so it is important to keep rice portions small and to pair them with low-glycaemic vegetables and protein.

THE TRUTH ABOUT POTATOES

Potatoes vary on the GI scale from medium to high depending on the variety and how they are cooked. The highest GI values for potatoes are on freshly cooked and instant mashed potatoes. Potatoes aren't off limits with TLS Weight Management Solution; they should just be eaten in moderation. Sweet potatoes or yams are a better choice because they have more fibre than white potatoes. Try pairing potatoes with low-glycaemic vegetables and protein sources. If you are a meat and potatoes person, try adding some variety to your meals with sweet potatoes or yams, whole wheat pasta, legumes or basmati rice.

APPEALING ALTERNATIVES

Quinoa (pronounced KEEN-wah) is a wonderful source of protein, cultivated for thousands of years in South America. Look for quinoa pastas for a healthful alternative to wheat pastas. Millet, another ancient grain, is high in vitamins and minerals. This small yellow grain can be a nice change of pace, especially when cooked as porridge for breakfast and topped with nuts and fruits. Corn tortillas are a hearty change from the wheat variety, and tasty bean and lentil-based products from India, like papadums, make an exciting alternative to gluten-based breads.

COOKING LOW GI

Grilling, steaming and baking are fast and nutritious ways to cook your food. Recommended cooking tools include an indoor/outdoor grill, salad crisper and steamer. When stir-frying, use vegetable sprays or rub the bottom of the pan with oil on a napkin or paper towel. Extra virgin olive oil and pure coconut oil are great healthy oils to cook with. You can also flavour dishes with lemon juice, vinegar, natural extracts (vanilla, banana, strawberry, almond and orange), chicken boullion (low salt, low fat) and soy sauce or tamari (low salt). Changing your eating habits doesn't have to be boring — use spices to give your food that extra zing!

7-DAY DETOX SAMPLE MENU (ONE DAY)

Serving sizes are consistent with your menu plan

BREAKFAST	AM SNACK	LUNCH	PM SNACK	DINNER	SNACK (OPTIONAL)
Warm Lemon Water and Greens-On-The-Go ½ lemon ½ cucumber 1 green apple ½ inch fresh ginger 2 celery stalks 1 cup water Squeeze lemon in 1 cup warm water; drink on empty stomach. Blend all ingredients (except lemon) until a smooth consistency is reached.	**Spicy Gazpacho** ½ cup diced tomatoes ¼ cup chopped green and red peppers ¼ cup chopped cucumber and celery ¼ cup onions 1 garlic clove ⅛ tsp freshly squeezed lemon juice ¼ cup no added salt tomato juice ⅛ tsp balsamic vinegar, fresh basil, parsley, salt (each) ¼ tsp pepper 1/16 tsp ground cumin and hot sauce Mix all ingredients together. Season with fresh basil, parsley, salt, pepper, ground cumin and hot sauce.	**Salmon Salad** 3 oz salmon 1 cup spinach Handful water chestnuts 2 tbsp scallions ¼ cup brussel sprouts 1 sliced grilled pear Sauté salmon in a skillet for 10 minutes. Plate with pear. Sauté remaining ingredients for 5 minutes. Dress with rice vinegar.	**Vegetable Medley** 2 cups raw vegetables (carrots, cucumbers and celery) 1 cup fresh tomatoes 1 tbsp fresh lemon juice ½ cup fresh basil leaves 1½ garlic cloves ½ tsp sea salt To make sauce, blend all ingredients (except raw vegetables). Dip cut vegetables in tomato basil sauce.	**Spicy Carrot Soup** 1 cup carrots ½ cup celery ½ tbsp garlic & lemon juice (each) ½ tsp low sodium soya sauce ⅛ tsp cayenne pepper & cinnamon (each) Blend all ingredients until a smooth consistency is reached. Pour into a pot and bring to boil.	**Vanilla Banana Cream** 1 banana ½ pitted date ¼ tsp pure vanilla extract ¼ cup water Blend all ingredients until a smooth consistency is reached.

14-DAY FAT BURNING SAMPLE MENU (ONE DAY)

Serving sizes are consistent with your menu plan

BREAKFAST	AM SNACK	LUNCH	PM SNACK	DINNER
Veggie & Salsa Omelette 3 egg whites ⅓ tsp olive oil 2 cups sautéed spinach 1 cup asparagus ½ cup onions ½ cup fresh salsa Add olive oil to a skillet or stir-fry pan and sauté all ingrediends (except egg whites) over medium heat until desired doneness. Add egg whites. Cook until a golden yellow colour. Top with salsa.	**Mint Chocolate Shake** 2 scoops TLS™ Nutrition Shake - Chocolate Delight 8-10 pieces mint leaves 1 cup water Chop or tear mint leaves into smaller pieces. Blend all ingredients until a smooth consistency is reached.	**Mixed Vegetable Chicken Salad** 1 cup diced chicken breast 1 tsp olive oil 2-3 cups assorted favourite vegetables (sliced tomatoes, cucumber, carrot, cooked asparagus, romaine) ½ tbsp extra virgin olive oil Stir-fry the chicken with olive oil in the preheated stir-fry pan. Put all ingredients into a salad bowl and pour extra virgin olive oil and a pinch of pepper to complete the salad.	**Strawberry & Spinach Shake** 2 scoops TLS™ Nutrition Shake - Creamy Vanilla 1 cup strawberries 1 cup spinach 1 cup of water Blend all ingredients until a smooth consistency is reached.	**Sauté Salmon with Steamed Vegetables** ½ tsp olive oil ¼ cup onion dash of crushed red peppers 1 garlic clove ½ cup chopped tomato ½ tbsp cumin 1 medium salmon fillet 1 cup steamed broccoli and cauliflower florets Heat olive oil in a sauté pan over medium-high heat. Add onion, garlic clove and sauté for 2 minutes. Add tomato, red peppers, and cumin; cook over medium-high heat for 5 minutes, stirring occasionally. Add salmon fillet to sauté pan, spooning sauce over fish. Cover and cook until desired doneness. Season with pinch of salt. Serve with steamed broccoli and cauliflower.

RAPID RESULTS SAMPLE MENU (ONE DAY)

Serving sizes are consistent with your menu plan

BREAKFAST	AM SNACK	LUNCH	PM SNACK	DINNER
Veggie Omelette 3 egg whites ½ cup spinach ⅓ cup tomato ⅓ cup asparagus ½ cup mushrooms 1 tsp olive oil ⅛ tsp salt & pepper (each) Preheat stir-fry pan with olive oil. Stir fry all sliced or cube cut vegetables. Season with salt and pepper. Pour in egg whites when all vegetables are cooked. Wait for the bottom surface of egg white to settle and turn to other side.	**Chocolate Blueberry Shake** 2 scoops TLS™ Nutrition Shake - Chocolate Delight 1 cup blueberries ½ cup spinach 1 cup water or low-fat milk Blend all ingredients until a smooth consistency is reached.	**Grilled Chicken Salad** 3 cups romaine lettuce 2 cups spinach ½ cup cherry tomato ¼ cup onion 1 cup cubed chicken breast 1 tsp olive oil ¼ tbsp balsamic vinegar Season cubed-cut chicken breast with salt and pepper. Preheat stir-fry pan with olive oil. Stir fry cubed cut chicken breast until well-cooked. Chop romaine lettuce and spinach and place in a bowl. Add to bowl with cherry tomato, onion and cooked cubed chicken breast. Dress with balsamic vinegar.	**Lettuce Wraps** 4 slices Butterhead lettuce ½ cup red and yellow peppers ⅓ cup carrots 1 lime juice Place long sliced red and yellow peppers, and thin sliced carrot on top of Butterhead lettuce. Roll it up. Taste can be enhanced with lime juice.	**Grilled Codfish with Assorted Vegetables** 1 codfish fillet ½ tbsp olive oil ¼ cup onion ½ cup courgette ⅓ cup green beans Marinate codfish with salt and pepper. Preheat stir-fry pan with olive oil. Grill codfish until cooked. Place cooked codfish on plate. Add courgette, onion and green beans, stir-fry until cooked. Season with salt and pepper. Place cooked assorted vegetables on top of grilled codfish.

SURE & STEADY SAMPLE MENU (ONE DAY)

Serving sizes are consistent with your menu plan

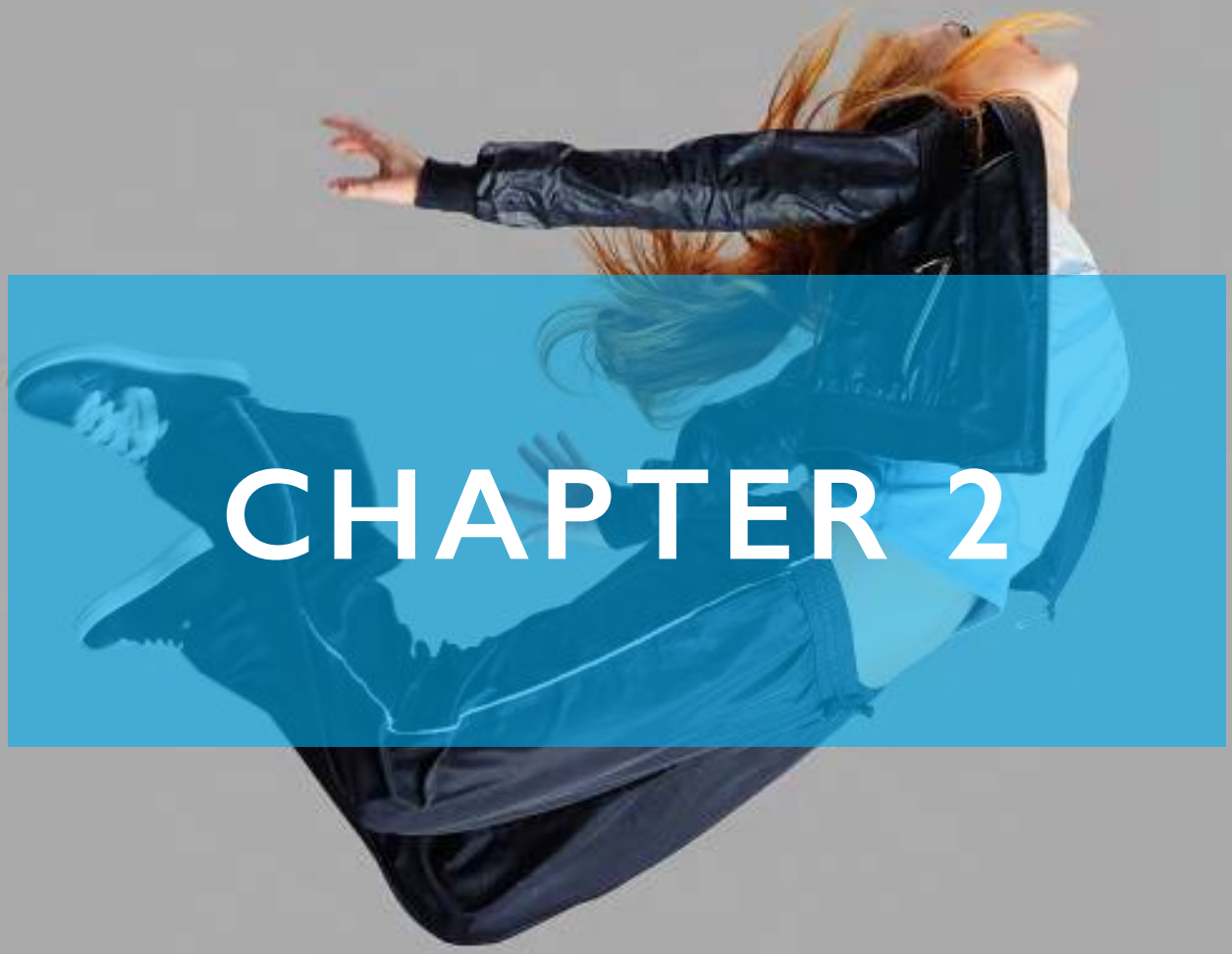
BREAKFAST	AM SNACK	LUNCH	PM SNACK	DINNER
Hard Boiled Egg with Assorted Vegetables 1 egg 1 tsp olive oil 1 portobello mushroom ½ cup cherry tomatoes ½ cup spinach Place whole egg into the boiling water and let it boil for 3 minutes when the egg has turned solid. Peel the egg shell off and cut the hard-boiled egg into 6 parts. Preheat stir-fry pan with olive oil. Grill portobello mushroom until cooked. Place spinach, cooked portobello mushroom, cut hard-boiled egg and cherry tomatoes on plate.	**Vegetable Sticks** ½ cup carrots ½ cup cucumber ½ cup beet root Cut all vegetables to stick form. Drip vegetable sticks with low-fat yogurt (optional).	**Grilled Chicken Breast with Quinoa Salad** 1 cup cubed chicken breast ½ tbsp olive oil ½ cup quinoa ½ cup romaine lettuce 4 asparagus sticks ¼ lemon juice and zest Cook ½ cup quinoa following the pack instructions until quinoa is well-cooked, then rinse in cold water and drain thoroughly. Preheat stir-fry pan with olive oil. Stir-fry cubed cut chicken breast until cooked and add cut asparagus sticks until cooked through. Season with salt and pepper. Tip in the small teared pieces of romaine lettuce, cooked cubed chicken breast and asparagus into a bowl. Toss in the cooked quinoa. Stir through the lemon juice and zest.	**Go Green Shake** 2 scoops TLS™ Nutrition Shake - Creamy Vanilla 1 cup water or low-fat milk 1 apple ½ cup celery and spinach Blend all ingredients until a smooth consistency is reached.	**Grilled Beef with Assorted Vegetables** 1 piece medium size steak 1 tbsp olive oil 1 tsp reduced sodium soy sauce ½ cup finely chopped onion 1 cup peppers ½ cup tomato ½ cup romaine lettuce Combine olive oil, soy sauce, onion, a pinch of salt and pepper in medium bowl. Rub the mixture on both sides of steak; set aside. Toss peppers and tomato with remaining mixture. Let steak and vegetables marinate 30 mintues before cooking. Grill steak and vegetables until desired doneness. Enjoy with medium slice romaine lettuce on plate.

CONTINUED COMMITMENT SAMPLE MENU (ONE DAY)

Serving sizes are consistent with your menu plan

BREAKFAST	AM SNACK	LUNCH	PM SNACK	DINNER
Egg Scramble 2 eggs ½ tbsp olive oil 1 cup assorted vegetables (peppers, tomato, mushroom) Preheat the stir-fry pan with olive oil. Beat 2 eggs with 2 tbsp water in a bowl; season with salt and pepper. Stir-fry the assorted vegetables until cooked. Pour the eggs into the pan; scraping bottom frequently with a flexible spatula or wooden ladle until just set.	**Chocolate Coconut Shake** 2 scoops TLS™ Nutrition Shake - Chocolate Delight 1 cup water or low-fat milk 1 tbsp coconut oil Blend all ingredients until a smooth consistency is reached.	**Stir Fried Chicken with Assorted Vegetables** 1 cup thick sliced chicken ½ tbsp olive oil 2 cloves garlic 1 cup cauliflower and broccoli florets ½ cup mushroom and peppers Marinate chicken with a pinch of salt and pepper for 30 minutes before cooking. Boil cauliflower and broccoli florets in boiling water until desired doneness. Stir fry finely chopped garlic, marinated chicken meat and boiled cauliflower and broccoli florets in the preheated stir-fry pan with olive oil. Season with a pinch of salt. Serve with half bowl of basmati or brown rice.	**Apple Wedges** 1 apple dash of cinnamon Slice apple and sprinkle with cinnamon.	**Baked Pork Chops with Apple Topping** 1 boneless pork loin chop (remove excess fat) 2 tbsp olive oil 1 peeled and sliced apple ¼ cup honey In a nonstick pan, brown pork chop on both sides in oil with 1 tsp olive oil. Place baking dish coated with olive oil cooking spray. Cover and bake at 350°F for 10-15 minutes. In the same pan, sauté apple with 1 tsp olive oil for 3 minutes. Add ¼ cup honey and ½ cup water; cook for 1-2 minutes. Spoon over pork chop. Bake, uncovered, for 5 minutes or until heated through.

TLS WEIGHT MANAGEMENT SOLUTION



CHAPTER 2

READING LABELS SMART

CHAPTER 2

HOW TO READ LABELS

"It is not about what foods you cannot eat,

but what you CAN eat with TLS Weight Management Solution.

Choosing the best food options begins with reading labels effectively."

THIS WILL BE THE LAST PROGRAMME

YOU WILL EVER NEED!

A QUICK GLANCE AT HOW TO READ LABELS

Reading food labels is the best way to determine if a food is "TLS™ friendly" or not. Most people already read labels, but unfortunately they're not looking for the right things. Reading labels does not have to be tricky, but there are some common mistakes that people make when they turn over a package to read the label.

Look at the serving size and how many servings in the entire container. A rule of thumb is to only eat the serving size.

Remember, we don't count kilojoules on TLS!

Look for 5 or more grams of protein.

Look for Total Fat of 5 grams or less except for the good fats.

Try to keep net carbs under 10 grams.

Choose foods with 5 grams of sugar or less. Beware of added sugars. Keep in mind: dairy products have natural sugar in them.

Fibre should be at least 5 grams.

Nutrition Information

Servings Per Container: 14
Serving Size: 57.9 g (2 Rounded Scoops)

	Per Serving	% Daily Intake*	Per 100g
Energy	875 kJ	10%	1513.8 kJ
Protein	18 g	36%	31 g
Fat, Total	5.8 g	9%	10 g
Saturated Fat	0.9 g	4%	1.6 g
Carbohydrates, Total	26 g	8%	45 g
Sugars	1 g	1%	1.7 g
Dietary Fibre, Total	11 g	37%	19 g
Sodium	314 mg	14%	543.2 mg
Vitamin A	300 mcg RE	40%	519 mcg RE
Vitamin C	20 mg	50%	34.6 mg
Vitamin D3	3.5 mcg	35%	6 mcg
Vitamin E	5 mg	50%	8.7 mg
Thiamin	0.5 mg	46%	0.87 mg
Riboflavin	0.6 mg	35%	1 mg
Niacin	5 mg	50%	8.7 mg
Vitamin B6	0.7 mg	44%	1.2 mg
Folic Acid	100 mcg	50%	173 mcg
Vitamin B12	1 mcg	50%	1.7 mcg
Biotin	5 mcg	17%	8.7 mcg
Pantothenic Acid	0.8 mg	16%	1.4 mg
Calcium	267 mg	33%	461.9 mg
Phosphorus	481 mg	48%	832 mg
Iodine	60 mcg	40%	103.8 mcg
Magnesium	160 mg	50%	276.8 mg
Iron	4.8 mg	40%	8.3 mg
Zinc	4.8 mg	40%	8.3 mg
Selenium	17.5 mcg	25%	30.3 mcg
Copper	0.5 mg	17%	0.87 mg
Manganese	0.7 mg	14%	1.2 mg
Molybdenum	27 mcg	11%	46.7 mcg
Potassium	774 mg	–	1339 mg

* Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Always look at the ingredients for preservatives, sugars and high fructose corn syrup. The fewer ingredients the better! Beware of ingredients you cannot pronounce.

Ingredients: Soy protein isolate, maltodextrin (Fibersol 2™**), maltodextrin, sunflower oil creamer, cocoa powder, potassium citrate, magnesium phosphate, vegetable gum blend (cellulose gum, xanthan gum, carrageenan), dicalcium phosphate, natural vanilla flavour, sodium chloride, natural chocolate flavour, silicon dioxide, sucralose, ascorbic acid, ferrous fumarate, d-alpha tocopheryl acetate, zinc oxide, niacinamide, retinyl palmitate, manganese sulfate, sodium selenite, cholecalciferol, copper citrate, calcium pantothenate, pyridoxine HCl, riboflavin, thiamin mononitrate, biotin, chromium picolinate, cyanocobalamin, folic acid, potassium iodide, sodium molybdate and magnesium stearate.

** Fibersol 2™ is a trademark of Matsutani Chemical Industry Co. Ltd.

REMEMBER:

"PROTEIN AND FIBRE AT EVERY MEAL MAKES LOSING WEIGHT NO BIG DEAL."

HOW TO READ LABELS:

All labels have a uniform layout. Here are some tips on how to read each section:

SERVING SIZE

You don't need to weigh and measure your food, but try paying close attention to serving sizes to ensure you only eat one serving.
For example:

- Do you eat just the recommended serving size of almond or nut butter?
- Have you ever eaten only ½ cup of cereal?
- Did you know that some companies alter serving sizes to market for higher protein or lower fat?
- Do you use more than 1-2 tablespoons of salad dressing when you dress your salad?

CALORIES

- A calorie is not a calorie, and TLS doesn't advocate counting calories. It is the quality of foods you eat that are important for fat loss efforts.
- So when is it important to pay attention to calories?
  - > Did you know that one piece of cheesecake is typically about 1,400 calories?
  - > Did you know that a tuna grinder at a sandwich shop can have upwards of 2,000 calories?
  - > Being aware of calories can help you navigate making healthier choices, especially when you are eating out.

FAT

- A good rule of thumb is to stay under 5 grams of fat.
- The exception is for healthy fats, such as olive oil and nuts, as a reasonable excess amount of good fats is fine.
- Refer to CHAPTER 6: NUTRITION for a more in-depth look at fats.

CHOLESTEROL

Many people think eating low fat and low cholesterol will automatically ensure that their own cholesterol levels will be managed. This, however, is not the whole picture. Sugar, and foods that break down to sugar, have a large role in your body synthesising cholesterol, which is why TLS Weight Management Solution can have positive effects on a person's blood lipid profile.

SODIUM

- Unless your healthcare provider has specifically put you on a salt restricted diet, it is important to know salt is not the enemy! Your body needs a healthy amount of salt to help maintain the right balance of fluid in your body, help transmit nerve impulses and help your muscles contract and relax.
- With TLS Weight Management Solution, you are not eating processed foods, so adding a serving size or less of salt to your food is okay (sea, kosher, or Himalayan salts are recommended over iodised or processed salt).
- Foods with high sodium content are those which are canned, prepared and processed foods.
- Consumption of high-sodium foods can put you at risk of fluid retention, kidney disease, high blood pressure or stroke.

TOTAL CARBOHYDRATES

The total carbohydrates found in a food are broken into subcategories. Once you learn how to calculate the net carbs of a food, you will have a better picture of whether or not that food is TLS-friendly.

- Fibre – the higher the fibre content, the slower that food will break down, keeping you full longer. Look for 5 or more grams.
- Sugar – this will negatively affect your blood sugar. Look for fewer than 5 grams.
- Added sugar – this element on nutrition labels will help you discern whether there is naturally occurring sugar in a food (like milk sugar in dairy products) or whether there are added grams of sugar to sweeten food.
- Sugar alcohols or glycerine – does not affect your blood sugar level, but be aware that if eaten in large quantities, many people experience gastrointestinal discomfort.
- Other carbs – these may or may not have an effect on blood sugar.

PROTEIN

- Stick to your meal plan for suggested serving sizes of protein and see CHAPTER 6: NUTRITION section of this health guide for more information on protein.
- A general rule is that 28.35 grams (1 oz) of cooked meat contains 7 grams of protein.
- As a general rule, women should consume 28-42 grams of protein for a meal, which can be found in 113-170 grams of cooked meat.
- As a general rule, men should consume 42-56 grams of protein for a meal, which can be found in 170-227 grams of cooked meat.
- Both men and women should have 14-21 grams of protein with snacks, which can be found in 57-85 grams of cooked meat.
- Keep in mind that some proteins (like eggs and dairy) tend to have fewer grams of protein per serving than things like chicken or fish.

CALCULATING NET CARBOHYDRATES

(How much of the total carbohydrate content will affect my blood sugar?)

Net Carbs = Total Carbs – Dietary Fibre – Sugar Alcohols

Look for 9 or fewer grams of net carbs if you are not already aware this is a low-GI food

LABEL READING TIPS

"Fat free" foods typically have a higher sugar content and often contain artificial ingredients.

Labels that read "fat free," "no fat", or "trans-fat free" actually still have one-half gram or less per serving and can therefore be misleading.

A food labelled as "lite" means that the food contains one-third of the calories or half the fat of the original product, but doesn't mean that it is a low-fat food or that it is healthy.

Organic or gluten-free foods (see CHAPTER 6: NUTRITION - GRAIN SECTION) do not automatically indicate a healthy low-GI food.

Low-fat foods are actually better for you than fat-free foods, usually containing less sodium and fewer than 3 grams of fat per serving.

Reduced sodium is not the same as low sodium (<140 mg of sodium per serving) or no sodium (<5 mg per serving). The term reduced means that the food has 25% less sodium than the original food. For example if a can of soup had 1,000 milligrams of sodium, the reduced food would still be high sodium with 750 milligrams of sodium. Eating fresh foods that are naturally low in salt and deciding not to buy processed foods will help your body stay in healthy balance.

Ingredients on labels are listed from highest quantity to lowest quantity.

Look for small ingredient lists and ingredients you can pronounce!

There are multiple names for sugar (see below) — don't be fooled! Sometimes there could be up to five types of sugars in one ingredient list so that it doesn't appear as the first ingredient on the list!

The best foods are the ones that don't require a label! (e.g. lean, fresh proteins and produce)

A WORD ABOUT ARTIFICIAL SWEETENERS

Using any kind of sweetener (artificial or low-GI), can impact your cravings for carbohydrates or sweets, so be careful if you are trying to replace sugar with sweeteners, even ones that have a minimal effect on your blood sugar. We want to change our taste for foods that are sweet and that can only be done by reducing or eliminating sweets from our diet.

Some studies show that the introduction of sweeteners, even if calorie-free, can yield an insulin response because it tricks the body. Some research has also shown that your body's ability to know it is satiated can be negatively impacted from using artificial sweeteners.

Here is a quick guide to sweeteners, including our best picks. Just use them in moderation.

RED LIGHT SWEETENERS

Avoid these for their potential detrimental health effects.

- Aspartame – (also branded as Nutrasweet® or Equal®); documented to exacerbate headaches and potentially can affect mood, anxiety, hunger/satiety mechanism and more.
- Saccharin – (also branded as Sweet-n-Low®); carcinogenic in larger amounts.

YELLOW LIGHT SWEETENERS

Should be used in moderation, they may not be top picks, but can work well if baking or used in smaller amounts in foods like shakes or bars as a better alternative to sugar.

- Sucralose – (also branded as Splenda®); studies have demonstrated safety with use despite rumours.
- Whey Low® – derived from milk sugar, fruit sugar and table sugar, but lower glycaemic impact.
- Sugar alcohols – higher amounts may yield discomfort (gas pains or gastrointestinal discomfort), but have virtually no effect on blood sugar (xylitol – found in gum with dental benefit, sorbitol, maltitol, erythritol).

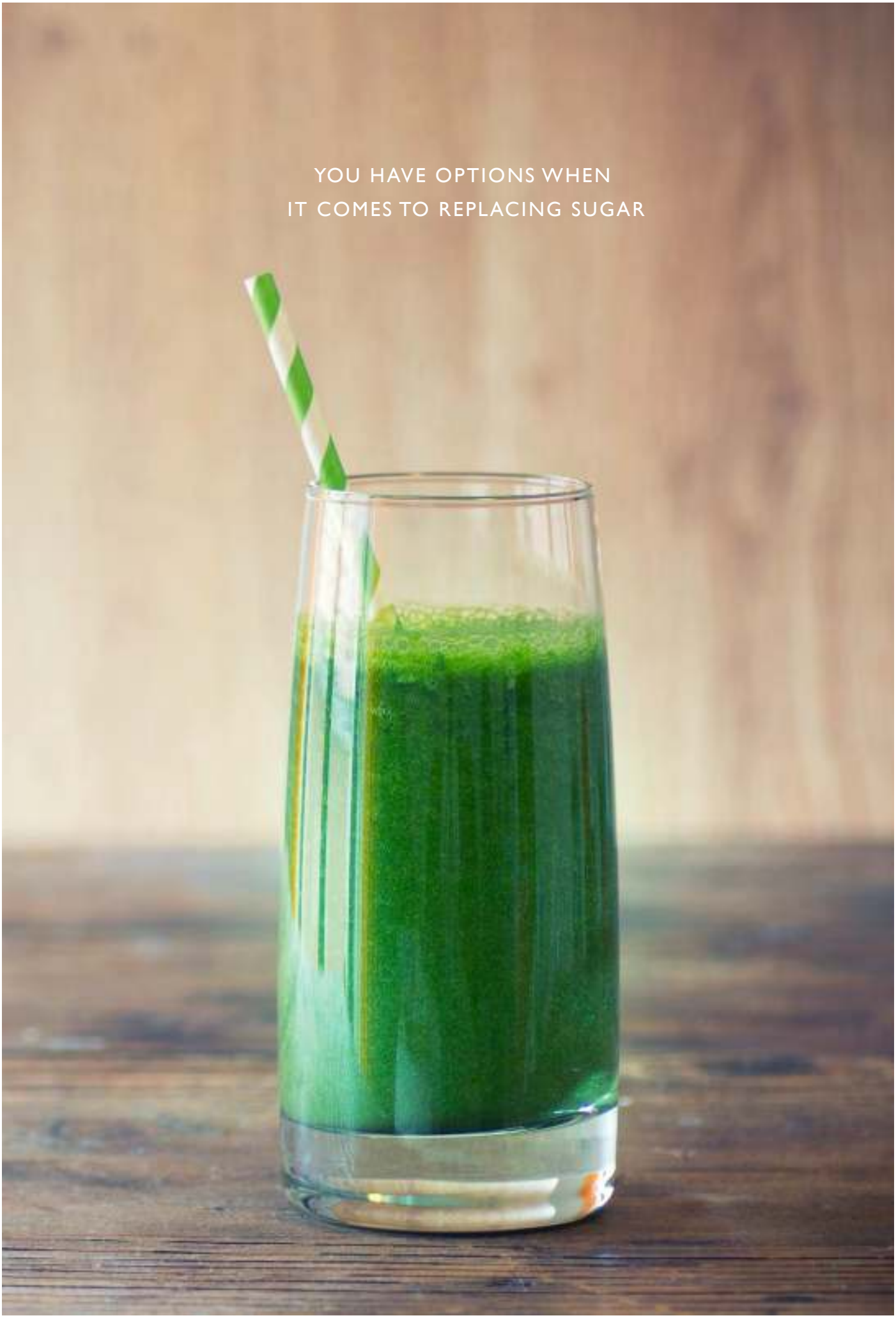
GREEN LIGHT SWEETENERS

These sweeteners are derived from preferred sources and should not impact your blood sugar negatively. Use in moderation.

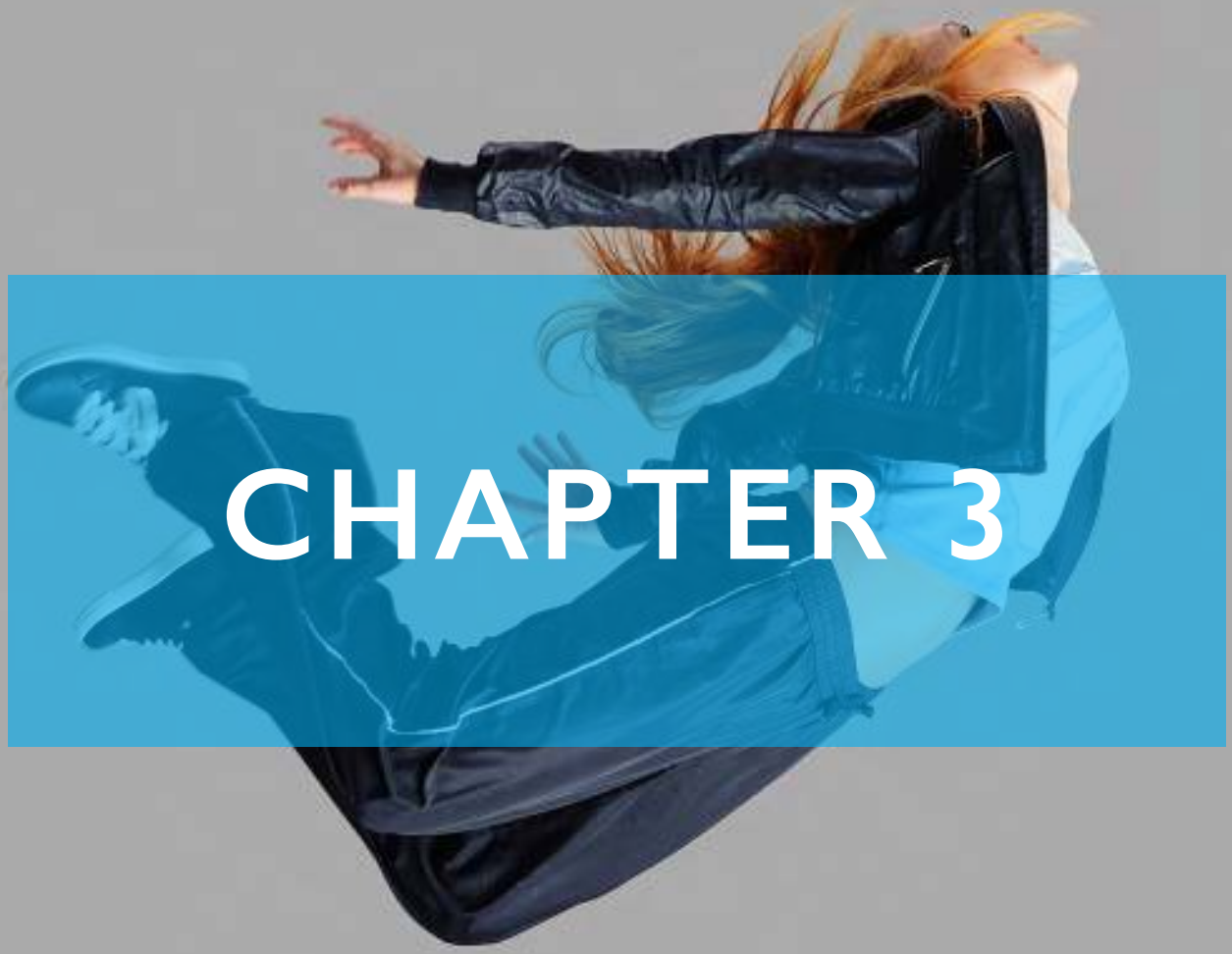
- Monk fruit/Luo Han Guo – derived from the actual monk fruit in Asia; found in grocery stores in packets.
- Stevia – derived from a Peruvian plant, this herb is up to 500 times as sweet as sugar, so very little is needed.
- LoQuat – not as widely seen in stores; also derived from Asian fruit
- Agave (if good quality) – pours like honey but if not processed, will be low GI; look for raw certified and organic with a low-GI seal.

ALTERNATE NAMES FOR SUGAR

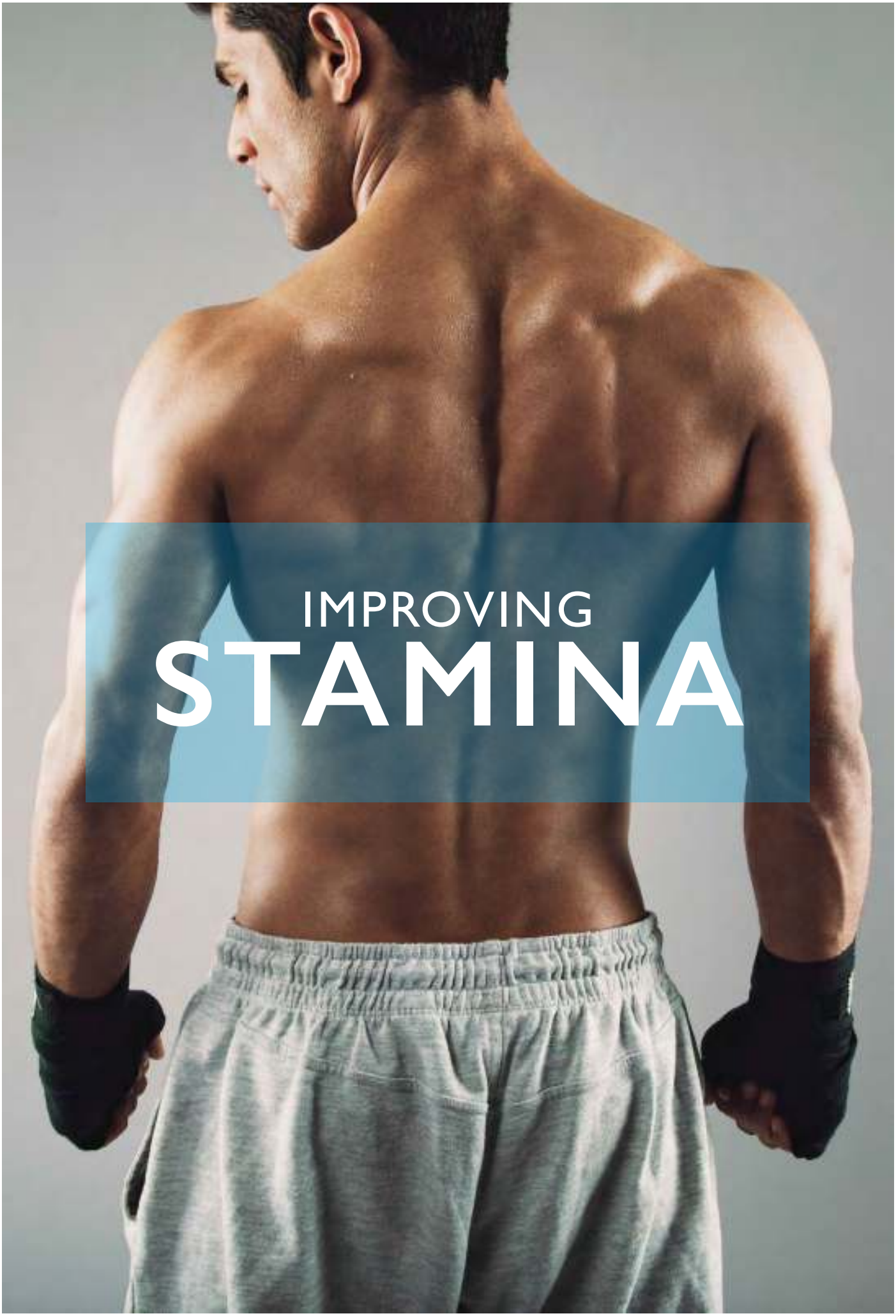
- Turbinado (raw sugar)
- Malt syrup, corn syrup, brown rice syrup, sorghum syrup
- Barley malt
- Maltodextrin, dextrose
- Maple syrup
- Molasses
- Treacle
- Cane sugar or cane juice, fruit juice concentrate
- Glucose, sucrose, fructose, maltose, xylose
- Honey
- Lactose (milk sugar)


YOU HAVE OPTIONS WHEN
IT COMES TO REPLACING SUGAR

TLS WEIGHT MANAGEMENT SOLUTION



CHAPTER 3



IMPROVING STAMINA

CHAPTER 3

IMPROVING METABOLISM

"Improving your metabolism takes time.
It is a process to retrain your body
to work more efficiently."

THIS WILL BE THE LAST PROGRAMME
YOU WILL EVER NEED!

GHRELIN AND LEPTIN

Hormones impact your metabolism and weight no matter your age, gender or race. Specifically, there are three main hormones — leptin, ghrelin and cortisol — and two hormone-secreting glands — the thyroid and adrenal glands — that play major roles in weight management. When you are hungry, ghrelin is released, telling the body you are hungry and need food. Until you satisfy your body's need for nutrients, ghrelin levels remain high, so you remain hungry. When you start eating, your body's fat cells release leptin, which tells your brain you are satisfied and no longer hungry. Research suggests that people who are overweight have high levels of leptin, which causes them to be leptin resistant. People with leptin resistance have high levels of circulating leptin, causing them to not feel full when they should. People with a body fat percentage higher than normal and people who do not get adequate sleep are also at risk for leptin resistance. When you lose weight, you will become more sensitive to leptin and actually stop eating when you're full.

WHAT CAN CAUSE LEPTIN RESISTANCE?

- Poor eating habits
- Lack of sleep
- Chronic stress
- Nutrient deficiencies

CORTISOL

Cortisol is the hormone released when you're stressed. There are many different types of stress you can experience.

- Emotional stress (which is relative to the person experiencing it)
- Physical stress (being overweight, having chronic inflammation, lack of sleep, reduced hydration)
- Chemical stress (medications, environmental toxins)

Elevated cortisol levels may lead to:

- Visceral (abdominal) fat
- Difficulty sleeping
- Weakened muscles and bones
- Suppressed immune system
- Elevated blood pressure
- Reduced thyroid function

THYROID AND ADRENAL FUNCTION

Your thyroid and adrenal glands are imperative to metabolism. Any imbalance to the hormones can lead to metabolic changes. Having reduced thyroid function or adrenal fatigue may cause weight gain, sluggish metabolism, dry skin, low energy levels, poor sleep, joint discomfort and mood fluctuations. Having an imbalance to any of your hormones stresses your body further. So there may be times you are eating healthily and exercising yet you are not seeing results.

THE TRIAD APPROACH FOR IMPROVING METABOLISM

So, how can you rev up your metabolism and become leptin sensitive? The best way is to increase your body's need for energy and provide nutritional support. This allows your body to work optimally. To do this, use the triad approach to repair, maintain and boost metabolism:

1. Eat a healthy low-glycaemic-impact diet and avoid alcohol for at least 21 days
2. Exercise, including cardiovascular, strength training and flexibility
3. Supplement to provide nutrient balance and support

By following the TLS menu plans, you will automatically be following this approach!

EATING

Avoid blood sugar crashes or low calorie intake (no skipping meals or "eating like a bird!")

- Remember — TLS is not about calorie restriction! You need to eat to lose so fuel the fire!
- Eating a low-calorie diet can be extremely detrimental for metabolic repair because it backfires, causing you to lose muscle and slowing your metabolism.

Replace high-GI foods with lean protein-rich foods

- Your body burns twice as many calories digesting protein as it does carbs or fat.
- Good sources of protein are lean grass-fed beef, turkey, fish, chicken, tofu, eggs and low-fat dairy products.
- A higher protein diet, coupled with lots of vegetables as suggested in your TLS menu plan, can help boost your metabolism and ensure your body stays in a fat-burning mode.

Spice up your foods

- Spicy foods have natural chemicals that can kick your metabolism into a higher gear.
- Cooking foods with a tablespoon of chopped red or green chili pepper can boost your metabolic rate.
- The effect is probably temporary, but if you eat spicy foods often, the benefits may add up.
- For a quick boost, spice up high-fibre dishes with red pepper flakes.

Eat more frequently

- When you eat large meals with many hours in between, your metabolism slows down between meals.
- Having a small meal or snack every three to four hours keeps your metabolism cranking, so you burn more calories over the course of a day.
- Several studies have also shown that people who snack regularly eat less at mealtime.
- You should never go more than four hours, while you're awake, without eating!

Hydrate!

- Your body requires water to process calories.
- If you are even mildly dehydrated, your metabolism may slow down.
- In one study, adults who drank eight or more glasses of water a day burned more calories than those who drank four.
- To stay hydrated, drink a glass of water before every meal and snack.
- Snack on fresh fruits and vegetables, which naturally contain water.
- Some studies suggest sipping cold water throughout the day can increase your metabolism by up to 30 percent for that day as your body regulates its temperature and warms you up.

EXERCISE

- The best way to burn additional fat is through exercise — both during and after a workout!
- Even walking after meals will improve your metabolic rate.
- Exercise can help to boost muscle, which increases your body's energy needs.

See more on exercise in CHAPTER 4!

YOU CAN'T OUT-EXERCISE AN UNHEALTHY DIET

WHICH SUPPLEMENTS ARE RIGHT FOR YOU?

TARGETED SUPPLEMENTATION

TLS™ Weight Management Solution offers science-based supplementation that can be customised or recommended just for you. Supplementation is something that can be used short- or long-term, depending on your needs. Years of unhealthy eating, lack of exercise, and attempting unhealthy diets can all cause severe damage to your metabolism. Supporting your body with the right nutrients through targeted supplementation can provide great benefits and accelerate your results.

TLS Weight Management Solution offers a range of supplements that can best fit your weight management needs.

TLS CORE

Do you feel like you're always hungry, crave carbohydrates and find it difficult to stop eating?

- Leptin is the hormone that tells us when we are full.
- One key ingredient, Lepticore, helps overcome leptin resistance, supporting the ability of leptin to enter the brain and signal the stomach that it is full.
- The higher our body fat, the more leptin resistant we are, causing us to overeat.
- We want our bodies to be leptin sensitive, so that we can recognise when we are full and stop eating at that point.
- Chromium, another ingredient in TLS CORE, helps support normal blood sugar levels (healthy glucose metabolism).
- The ingredient white kidney bean extract helps inhibit the unnecessary absorption of carbohydrates and fats.

TLS NUTRITION SHAKE

Do you tend to skip meals or are looking for a quick snack?

- TLS Nutrition Shakes are a great meal replacement or occasional snack.
- With 18 grams of protein, 10 grams of fibre, only less than 4 grams of sugar and 25 vitamins and minerals, these tasty and creamy shakes really satisfy.
- In today's on-the-go culture, skipping meals is fairly common. The problem is that when we skip meals, we are not giving our body the fuel it needs to reach our weight management goals. In an ideal world, we would always prepare fresh meals and snacks, packed with protein and fibre.

Unfortunately, there are going to be times that you just do not have time to prepare a meal or snack, yet you want to nourish your body. This is where TLS Nutrition Shakes really come in handy!

TLS ACTS (ADRENAL, CORTISOL, THYROID AND STRESS SUPPORT FORMULA)

(available from global.shop.com)*

Do you feel your metabolism is sluggish? Are you stressed? Long history of dieting?

- *Adrenal and cortisol support* — The body's adrenal glands naturally release hormones when we are faced with stress. One such hormone, cortisol, has been shown to increase blood sugar, suppress the immune system and hinder proper metabolism. If stress levels don't subside, the body can produce excess glucose, and this will often lead to binge eating and the body's storage of fat. This product can help your body modulate cortisol levels.
- *Thyroid support* — If increased cortisol levels are present, the thyroid can be negatively impacted, which can lead to lethargy, which can affect your interest in activity or exercise. The combination of being sedentary, having less energy, and craving or eating more makes it seemingly impossible to lose weight. ACTS has a blend of ingredients to support a healthy thyroid
- *Stress support* — Stress, in any form, can affect your best efforts to lose weight. When your body senses stress it will remain in "flight mode" and conserve fat/energy. When in this state, it doesn't matter how well you eat or how much you exercise, your body will fight you every step of the way. ACTS supports the body's ability to cope with stress and has adaptogenic properties, which means it will adapt to your body's specific response to stress and help to bring you back to balance.
    - Ever notice how, when stressed, some people become more anxious, others binge eat, and others become lethargic and oversleep? An adaptogenic blend of ingredients will help your body restore balance. Specially formulated with holy basil, rhodiola, and ashwaganda, TLS ACTS helps your body deal with the impact of stress.

TLS GREEN COFFEE PLUS GARCINIA CAMBOGIA

(available from global.shop.com)*

Do you want to accelerate fat burning? Do you prefer a decaffeinated fat burning product?

- By using stored fat as a source of energy, fat burning is accelerated, which leads to reduced BMI (height-to-weight ratio).
- TLS Green Coffee Plus Garcinia Cambogia uses Svetol® green coffee extract, the most clinically researched brand, proven for healthy weight management and blood sugar control, making it superior to competitors.

*Many TLS and other Market America branded products are available on global.shop.com. Please note that restrictions may apply. Products sold on global.shop.com are according to US laws and regulations and the company makes no representation it complies with EU laws and/or regulations. Please see global.shop.com Terms and Conditions to learn more.

- The addition of garcinia cambogia helps to suppress appetite and promote a feeling of fullness.
- All TLS products can be used together, but TLS Green Coffee Plus Garcinia Cambogia and TLS CLA are a great pair for enhanced fat burning.

TLS THERMOCHROME WITH ADVANTRA Z
(available from global.shop.com)*
Do you want an energy boost? Do you feel like your metabolism needs a kick?

- Contains key ingredients that support normal metabolic function and healthy blood sugar levels
- Contains an energy-boosting blend of ingredients that also enhance weight loss and may help with appetite suppression
- Formulated to alleviate occasional fatigue and promote thermogenesis and lipolysis (fat breakdown)
- Contains natural caffeine ingredients (guarana seed and green tea extract); if you are caffeine sensitive, we recommend TLS Green Coffee Plus Garcinia Cambogia, which is decaffeinated

TLS TONALIN™ CLA (CONJUGATED LINOLEIC ACID)
(available from global.shop.com)*
Do you want to target belly fat? Do you want to promote lean muscle mass?

- Conjugated Linoleic Acid is recommended for those looking to reduce overall body fat, including that stubborn belly fat, while promoting lean muscle mass.
- Tonalin CLA is ideal for those who have lost weight, or are losing weight, and want the extra support to keep it off.
- Enhances fat breakdown (lipolysis) within the muscle tissue and helps preserve lean muscle.
- The effects will be amplifed with moderate exercise and consistency over time.

LEPTIN RESISTANCE

Think of it like this: If your finger touches a hot stove, you want your fingertip and brain to recognise that it is hot, immediately causing you to pull your finger away. With leptin resistance, it is like your fingertip is stuck on that stove and burning the skin off; you just keep overeating because your body is resistant to leptin, the hormone that tells you to stop eating because you are full.

TLS WEIGHT MANAGEMENT SOLUTION

CHAPTER 4

WHAT MOVES YOU?
STRENGTH

CHAPTER 4

EXERCISE AND BODY COMPOSITION

"It's not about pounds, it is about inches.

You have build muscle to burn fat."

THIS WILL BE THE LAST PROGRAMME

YOU WILL EVER NEED!

Exercise is a key factor in achieving and maintaining weight management. Choosing the right type of exercise is very important. The most effective exercise programmes contain a combination of cardiovascular, strength and flexibility training. TLS™ Weight Management Solution helps you discover how to begin a balanced exercise programme, and the importance of fitting in these three types of training each week. When you exercise, you are burning stored fat to build and preserve lean body mass. Lean body mass fuels your metabolism.

PLEASE NOTE: You should always check with your healthcare provider before starting any exercise programme.

CARDIOVASCULAR EXERCISE

One of the most effective ways to burn stored body fat is to engage in cardiovascular exercise. It changes body composition and lowers body fat and over time it improves your ability to utilise carbohydrates. Cardiovascular exercise boosts metabolism, burns calories, reduces body fat and is a cornerstone of good health. It is also marvelous for stress reduction. There is no replacement for cardiovascular exercise!

Cardiovascular exercise is also commonly referred to as aerobic exercise. They're interchangeable terms.

Cardiovascular exercise involves continuous movement without stopping, such as:

- Bicycling or stationary biking
- Walking or jogging
- Using a treadmill, cross-trainer, stair-stepper or elliptical machine
- Swimming
- Engaging in low-impact aerobics
- Dancing

If you haven't been exercising, you should build up slowly:

- Start with five minutes, three to five times each week.
- Each week, add one to two minutes to your routine until you reach the goal of 30 minutes of continuous cardiovascular exercise.
- Keep the intensity moderate and don't overdo it.
- Rotate the cardiovascular exercise you do — walk briskly one day, try a low-impact exercise video another day, and give a stair-stepper a try on another.

Cardiovascular activity three days a week will produce results. However, you may experience more dramatic results if you are able to allot 30-60 minutes per day, five days a week.

England's Department of Health recommends at least 150 minutes of moderate-intensity aerobic activity every week, combined with muscle-strengthening activities 2 days a week.†

STRENGTH TRAINING

For the purpose of reducing body fat, strength training is every bit as important as cardiovascular exercise. It is also an important part of achieving and maintaining overall health and fitness. Losing weight quickly without engaging in strength training often means that much of the weight loss experienced comes from healthy, lean muscle instead of body fat. If you have lost and regained weight through yo-yo dieting, calorie restriction or other trend diets, you've most likely lost quite a bit of muscle and gained it back as body fat.

With a regular strength-training programme, you can reduce body fat, increase lean muscle mass and burn calories more efficiently. As you gain muscle, your body increases its energy demands and burns more calories at a much higher rate. The more you exercise your muscles, the easier it becomes to manage your weight. This is known as the "Recomposition Effect."

In the absence of strength training, muscle mass naturally diminishes with age. Over time, this decrease in muscle tissue will also result in a higher relative amount of body fat. Strength training, however, can help you preserve, regenerate and enhance your muscles, no matter your age.

Strength training will also help you:

- Develop strong bones. Strength training increases bone density and reduces the risk of osteoporosis.
- Reduce your risk of injury. Exercising your muscles regularly helps to protect your joints from injury and helps prevent muscle pulls.
- Boost your stamina. As you get stronger, you won't become fatigued as easily when engaging in other forms of exercise, in or out of the gym.
- Manage chronic conditions. Strength training can help reduce the risks and symptoms of many chronic conditions, including arthritis, back pain, depression, diabetes, obesity and osteoporosis.
- Sharpen your focus. Some research suggests that regular strength training helps improve mental clarity and attention span.

For all these reasons, strength training should be a part of your exercise programme. Best of all, though, strength training is fun. A productive session will tone, tighten and trim in as little as 20 or 30 minutes. Unlike cardiovascular exercise, you do not need to do strength training daily. Two to four strength training workouts a week, performed on nonconsecutive days, are enough to make great progress.

HEALTH TIP

When you have more muscle mass than body fat your body is in fat burning mode. When body fat is greater than muscle mass your metabolism slows down and fat is stored.

There are many ways to strength train, and all of them are effective:

- Perform three to five movements that exercise all the major muscles, and combine them into a 20- to 30-minute workout routine, and perform this routine three times weekly.
- Over time, add more exercises to this fundamental routine. As you become more accustomed to strength training, alternate the movements used for each session. Eventually build up to five or six of these routines that you can rotate between for fun and variety.
- As with cardiovascular workouts, try to make each strength training workout just a little bit better than the one before, either by working a little longer, working a little harder, using a little more weight, or resting a little bit less. Doing any of these means improvement.
- If possible, go to a gym and utilise trainers from time to time. They can provide additional instruction, opinions and advice.
- For a little more variety, try training for strength in a group setting, like a boot-camp style exercise class.
- Try exercising during commercial breaks while watching television. During each commercial break, try a 20/20/20 set (20 sit-ups, 20 pushups, 20 squats) or any other exercise combination you enjoy (front kicks, overhead press, high knees, etc.). All exercises can be modified to meet your fitness level.

† http://www.nhs.uk/Livewell/fitness/Pages/physical-activityguidelines-for-adults.aspx

FLEXIBILITY TRAINING

Flexibility has been defined as the range of motion of a joint and its surrounding muscles. Flexibility training will help to improve circulation, range of motion, posture, balance and endurance, and decrease stress and tension. Flexibility training can be done anytime and anywhere. Flexibility training can dramatically improve your sense of well-being, helping you focus by clearing your mind and reducing stress.

THE BENEFITS OF FLEXIBILITY TRAINING

An examination of the reported research and empirical evidence supports the following benefits of stretching:

1. Increases functional range of motion
2. Reduces lower back pain and injury
3. Improves posture
4. Increases blood flow and nutrients to soft tissues
5. Promotes mental relaxation

A very effective way to incorporate flexibility training into your overall fitness routine is to use it as part of your cool-down after your cardiovascular and strength training sessions. This helps increase blood flow and limbers you up to help prevent injury.

Stretching after a good workout also helps to start the recovery process and slowly relaxes the body after the higher intensity state experienced during exercise.

It is important to remember the following when engaging in flexibility training:

- Evenly stretch the muscles on both sides of our body. Do not stretch one side more than the other.
- Never stretch to the point of feeling pain or discomfort.
- Always stretch slowly and evenly.
- Never bounce or jerk while stretching (this can cause injury to the muscle).
- Flexibility exercises should be relaxing. Consistent breathing is the key to feeling relaxed. Do not hold your breath while you stretch.

Having a baseline physical fitness assessment will help you make realistic, achievable goals. Once those goals are reached, you can re-assess your physical condition and make new ones. Here are some of the important things to keep in mind when conducting your physical fitness assessment:

BLOOD PRESSURE

It is important to determine your blood pressure before starting a physical fitness programme. Blood pressure is the force of blood against the arteries. It is created by the heart as it pumps blood though the circulatory system. Like all muscles, the heart cycles between contracting and relaxing; blood pressure varies accordingly. Systolic blood pressure refers to the pressure when the heart contracts. Diastolic pressure refers to the pressure when the heart relaxes.

Blood pressure is expressed by these two figures, with the systolic reading listed over the diastolic figure.

Many pharmacies are equipped with machines that allow customers to measure their own blood pressure. This can serve as a quick way to generally measure baseline blood pressure, but a trained professional can give you the most reliable reading. Make sure that you write down your blood pressure.

BODY COMPOSITION

The body functions best when it consists of the proper proportion of muscle, fat, organs and bone. Your body composition is determined by the ratio of these elements against the body's mass. While bone and organ weight remain relatively constant, everyone's fat and muscle weight varies. The percent of body weight that is made up of fat and muscle is an important indicator of body composition and overall health. Fat is essential to many body functions, but a ratio of high body fat to low muscle mass puts you at higher risk for cardiovascular disease, strokes, diabetes and other health problems. If you have excess fat, your body will fail to work at the optimal level.

Focusing on your body fat percentage is much more important than focusing on your weight. Weight can be deceiving because muscle is very dense and takes up less space than fat. Remember that muscle weighs more than fat.

Your weight should not be your health and fitness indicator. Instead, use your muscle-to-fat ratio to determine your health and fitness level. Simply put — don't be fooled! There is such a thing as "skinny fat" — a person who appears thin may still have a high body fat percentage, and therefore be unhealthy. Remember, skinny people suffer from heart attacks every day.

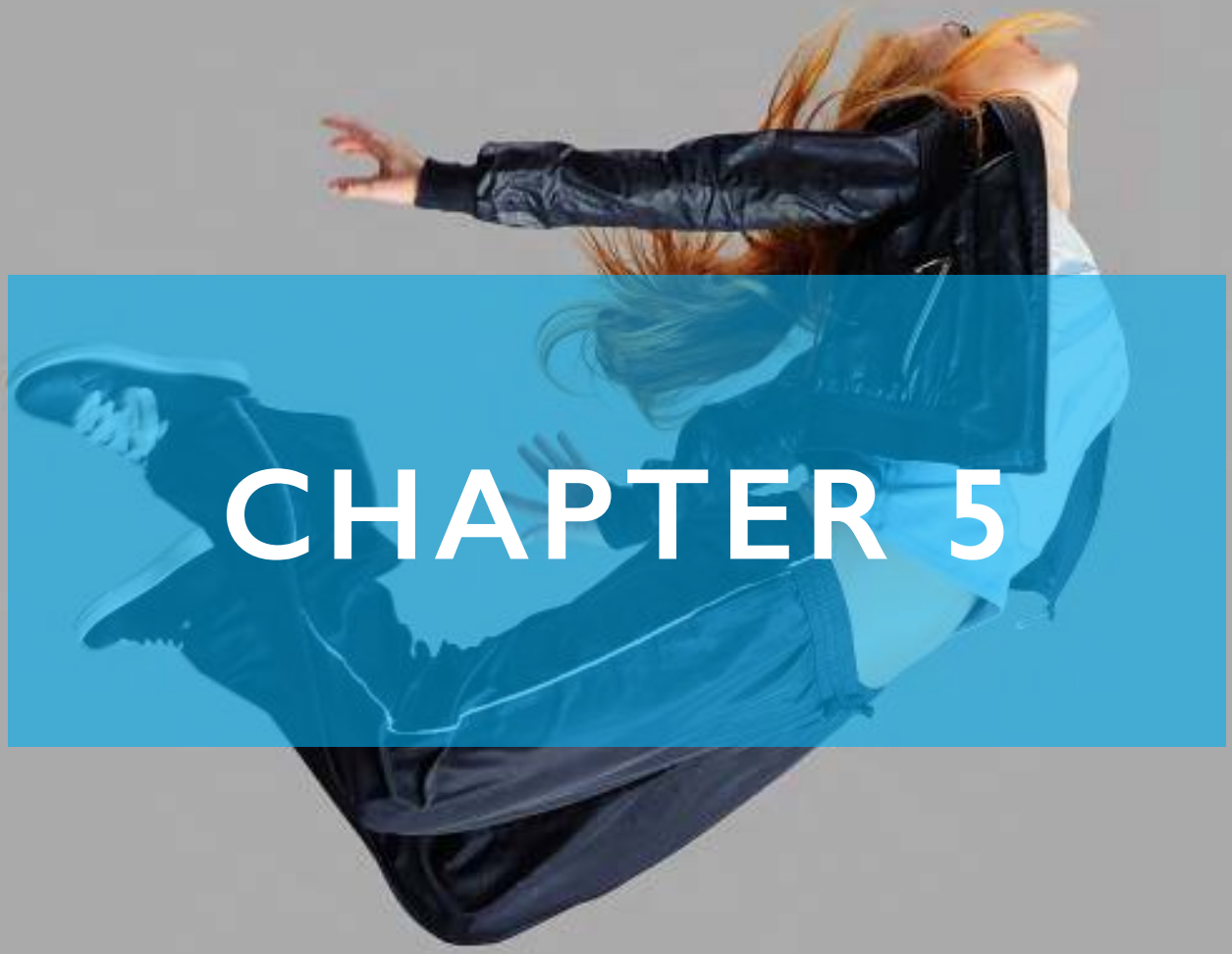
If you have tried to lose weight by cutting calories or a diet that does not involve exercising, your lean muscle may have decreased, resulting in an increased body fat percentage. Low-glycaemic-impact eating along with exercise will prevent that from happening, and you will be able to improve your health and reverse the damage that has been done because of dieting.

Your body composition can be determined in numerous ways:

- Hydrostatic weighing is the most accurate form of measurement. However, it is not practical due to the equipment needed and the complexity of the procedure.
- Bioelectrical Impedance Analysis is a computerised examination that is noninvasive. This measurement may also be called BIA. It is conducted by your health professional. This examination will determine your fat-to-muscle ratio, and will detect disease, nutrient and water deficiency, oxidative damage and more.
- ***ALERT:*** Don't confuse this with the Bioelectrical Impedance Scale that can be purchased online and in stores. Bioelectrical impedance scales can measure body fat, body weight, hydration levels, metabolic age and more. They vary in cost and accuracy. This type of scale can be used at home to track your health and fitness improvements. A recommended bioelectrical scale is the Tanita Inner Scan. Another option of bioelectricial impedance method measuring is the Omron Body Fat Loss Monitor. This monitor will provide you with your body fat percentage and body mass index.
- Caliper test is a relatively accurate method for measuring body fat. It is also known as the skin fold test. Using an instrument called a caliper, the person conducting the test pinches folds of the skin on various locations throughout the body. Most personal trainers are able to conduct this.
- Body Mass Index (BMI) test uses a person's height and weight to determine an approximate fat percentage. It doesn't take into account an individual's muscle mass with their weight, so it's not as accurate as measuring true body fat.

For the most accurate reading: Measure yourself every day for a week at the same time of the day. Then take those numbers and average them out.

TLS WEIGHT MANAGEMENT SOLUTION



CHAPTER 5

MEAL CHOICES SMART

CHAPTER 5

PLANNING AND DINING OUT

"People do not plan to fail, they fail to plan."

THIS WILL BE THE LAST PROGRAMME
YOU WILL EVER NEED!

PLANNING AND DINING OUT

You have heard the old saying, "People do not plan to fail, they fail to plan." As you're working towards making those small daily changes that lead to long-lasting healthy habits, you will still need to live your life. That means it is unrealistic to avoid social gatherings, restaurants or other activities because you are fearful of unhealthy choices sabotaging your weight management. TLS™ Weight Management Solution is a lifestyle programme, so it is important to work towards your goal while still enjoying social time.

EATING OUT

Eating out shouldn't stress you out. Sometimes you have to eat out because of travel, hectic schedules, or maybe you just hate to cook. TLS Weight Management Solution is not a restrictive diet; it's a practical, simple to follow, easy-to-incorporate lifestyle. It's about eating certain foods in moderation, substituting one type of food for another, and making smarter choices — such as adding good fats, vegetables, or protein — to lower the glycaemic impact of a meal.

TIPS FOR EATING OUT

- Look at restaurants' online menus first and make choices ahead of time. Most restaurants publish their menu/nutrition information.
- Have a healthy snack before you leave (i.e. almonds, raw veggies, TLS Nutrition Shake).
- Going to a restaurant hungry is like grocery shopping hungry!
- TLS Nutrition Shakes will provide the protein and fibre to offset hunger pangs.
- Don't wear elastic-waist pants!
- Start your meal with a healthy soup, clear broth or consommé or side salad.
  > Starting with a clear soup or salad increases your body's awareness and will expedite satiation.
  > You will be less likely to overeat when your meal comes.
- Drink water before your meal.
- Ask the server to refrain from putting "starter" items on the table like bread, chips, or popcorn.
- Even if you end up ordering healthy foods, the higher-GI foods will spike your blood sugar beforehand.

Be the first person to order so you are not tempted by other less healthy dishes that may be ordered. If you can't order first, make your healthy decision, close your menu and know that you are making the right choice for a healthier you!

Order items that are roasted, braised, steamed, grilled, broiled or pan seared. Fried foods are not just high in fat; they are usually breaded in high GI carbohydrates.

Don't be afraid to ask for things that are not shown on the menu.

- Often you can create your own meals if you see some of the ingredients on the menu.
- Don't be afraid to ask for healthier substitutions.

Be salad savvy.

- Pile on fresh greens, beans and veggies but don't drown it with high-fat dressings or toppings like cheese, bacon or croutons.
- Pick healthier dressings (olive oil and vinegar, even a generous squeeze of lemon).
- Ask for dressings on the side and dip your fork into the dressing before taking a bite of salad.

Beware of these words: buttery, sautéed, pan-fried, au gratin, Newburg, Parmesan, cheese sauce, scalloped, au lait, a la mode or au fromage (with milk, ice cream or cheese).

Avoid buffets whenever possible; if you are at a buffet, stick to proteins and vegetables.

Be careful of portion sizes.

- Restaurants typically serve 2-3 times the portion we should be eating.
- Ask for a to-go container with your meal so you can fill it as soon as you are satisfied, or immediately put half of the meal aside.

Be patient. It gets easier! As you continue on the programme, your taste buds will change. Items that were sweet before will taste too sweet. You will also crave healthier foods that naturally fuel your metabolism.

Manage dessert.

- Ask yourself if this is supporting your goal. Are you still hungry? How will you feel after eating it?
- Order hot beverages like coffee or tea to participate and distract you.
- If you do decide to partake, stick to the three-bite rule (aren't the first, middle and last bites the best anyway?) — then don't feel guilty just stay on track and move forward.

WHAT ABOUT ALCOHOL CONSUMPTION?

While you are on TLS Weight Management Solution, you may wonder about alcohol. Can you lose weight and consume alcohol at the same time? If you want to lose weight quickly, then the answer is no, you should avoid alcohol. You gave it up during your first 21 days, and we recommend refraining from alcohol for as long as possible. Once you reach your weight management goal, exceeding a few drinks weekly could sabotage your weight management.

ALCOHOL METABOLISM

Alcohol is metabolised differently than other foods and beverages. Normally, your body creates energy by using calories to digest and convert the food you eat into energy. Alcohol needs no digestion, meaning alcohol jumps to the head of the line for absorption.
In essence, your liver makes alcohol its priority. As a result, the carbohydrates (glucose) and dietary fats are just changed into body fat, waiting to be carried away for permanent fat storage in the body. Those empty calories can wreak havoc on your metabolism, causing you to continue the weight-gain cycle.

Knowing that consuming alcohol entails extra calories, it may be tempting to "hoard" some calories by skipping a meal or two, which just makes the struggle with weight worse. If you go out for a few drinks on an empty stomach, you are more likely to munch on snacks, adding to the unwanted calories you're trying to eliminate. Alcohol also causes your blood sugar to drop, which is why people tend to binge eat when they drink.

If you plan to have a drink, eat a healthy meal first! You'll feel fuller, which will help keep you from excess drinking. You will also help to offset the sharp rise in blood sugar. You should never consume alcohol on an empty stomach. If you are worried about a looming night out with friends, include an extra 30 minutes of exercise to help balance your calories — instead of skipping a meal.

Alcohol affects your body in other negative ways.

- Sleep
  You may think that having a glass of wine before bed is relaxing. In reality, alcohol before bed is counterproductive for weight management, since lack of sleep stimulates appetite.
- Appetite
  Wait to order a drink until you are done with your meal. To avoid overdrinking, sip a glass of water in between each alcoholic beverage.
- Health
  Over time, excessive alcohol use can lead to serious health problems, including stomach ulcers, liver disease and heart troubles.

LIQUOR VS. BEER/WINE: THE FACTS

You might think that drinking liquor is a better option because it has fewer carbohydrates, compared to wine and beer. But it is important to watch the empty calories we consume, and liquor only has a few less calories than beer or wine. Plus, it is often mixed with other ingredients, adding even more empty calories. Hard liquor contains around 100 calories per shot, so adding a mixer increases calories even more. If you are going to mix liquor with anything, opt for seltzer water or club soda, instead of fruit juice or regular/diet soda. Sweeter drinks, whether liquor or wine, tend to have more sugar, and therefore more calories. Dry wines usually have fewer calories than sweet wines.

Remember — you get slimmer each day that you keep the alcohol away. You can do it. Your social life and sanity will survive.

THE COST OF EATING HEALTHY

Eating healthy doesn't have to be costly. Some people think it is more expensive to eat healthier. Though it is true that organic veggies may cost a bit more than nonorganic, eating healthy doesn't have to hurt your budget. Consider these quick tips and thoughts on the cost of eating healthy:

- Plan your meals so you don't have waste (just buy the produce you need instead of allowing it to go bad).
- Visit local farmers' markets or join local co-ops to greatly reduce the cost of fresh produce and meats.
- Refrain from one night of eating out to add dollars to your monthly food budget.
- Refrain from buying processed or prepackaged foods — these carry the biggest costs in your grocery cart.
  > One box of high-GI cereal can cost £2 to £3.
  > That same money can buy you salad ingredients for two separate meals or one to two dozen eggs!
- When it comes to your health, pay now…or pay later. Invest in your health so you won't have to pay for sick care. Medications, time off from work, and doctor's bills cost much more. You are worth the investment in healthy foods.

DINING OUT QUICK GUIDE

You can maintain a low-glycaemic diet when eating out, it just takes commitment to achieving your goals. Don't be intimidated by a new menu; simply bear in mind that you have two main goals: To keep both the GI rating and the fat content (particularly the saturated fat content) of your meal as low as possible.

Rest assured that you can achieve these goals no matter where you are by applying a few simple guidelines. The information to follow will help you make your menu choice in specialised restaurants.

ITALIAN

Italian food gets a bad rap because people think of it as fattening. In reality, Italian food can be the basis of a healthy diet.

Look for	Avoid
• Salads with vinegar dressing • Tomato-based sauces • Olives • Spinach • Grilled lean meats • Fish • Spaghetti squash	• Breads • Cream sauces • Cheese sauces • Too much oil • Low-fibre pastas

FRENCH

French food can be very low-GI friendly. Be careful of rich breads, cheeses and sauces.

Look for	Avoid
• Tomato- or wine-based sauces • Mediterranean-style dishes • Broiled dishes • Steamed dishes • Poached dishes • Salads or vegetables • Broth-based soups	• Bread • High-fat sauces • Cheese

INDIAN

Indian cuisine is generall low-GI friendly. It features legumes, chicken, fish, vegetables and yogurt.

Look for	Avoid
• Dhansak and dhal • Vegetable-based sauces • Milk • Tandoori-style meat • Tikkas • Side salad • Vegetable side dish	• Butter or coconut sauces • Kormas or masala • Rice • Papadums and breads • Fried foods

GREEK

Greek food is also known as healthy diet food. However, when eating out a Greek restaurant, you may have to be careful.

Look for	Avoid
• Roasted lamb or chicken • Baked fish or chicken • Greek salads without feta • Hummus with vegetables • Kalavia soup • Melit janosalata	• Filo dough • Feta cheese • Excessive olive oil

JAPANESE

Practically anything in an authentic Japanese restaurant works into a low-GI meal plan, even sushi.

Look for	Avoid
• Miso soup • Soy beans • Sushi, sashimi • Yakitori, teriyaki and sukiyaki • Grilled dishes • Steamed or grilled vegetables	• Rice • Tempura

FAST FOOD

Fast-food restaurants can spell trouble. Most fast foods are very high in fat and sodium.

Look for	Avoid
• Grilled items • Small portions • Side salads • Wraps • Sandwiches without the bread	• Fried foods • Fries • Diet soda • Dressing

MEXICAN

Most Mexican restaurants in the United Kingdom serve high starch, high-fat foods (including chips).

Look for	Avoid
• Salsa • Tomato-based sauces • Grilled meats • Whole wheat tortillas • Low-fat cheese • Light sour cream • Fresh guacamole	• Sour cream • Cheese • Nachos • Refried beans

CHINESE & THAI

Asian food is normally a good low-GI option. It contains lots of vegetables and is low in fat.

Look for	Avoid
• Vegetables or lean proteins • Steamed or stir-fried dishes • Thai salads • Clear broth soups • Chili, basil and lime sauces	• Rice-based dishes • Sweet and sour sauces • Fried foods • Duck • Coconut milk or cream • Noodle-based dishes • White rice

TLS WEIGHT MANAGEMENT SOLUTION

CHAPTER 6

EAT RIGHT, STAY
STRONG

CHAPTER 6

NUTRITION: PROTEINS, FATS AND CARBS

(PLUS GRAINS AND SENSITIVITIES)

"Many people are overfed and undernourished.

Proper nutrition helps you live a long and healthy life."

THIS WILL BE THE LAST PROGRAMME

YOU WILL EVER NEED!

It is important to remember that TLS™ Weight Management Solution does not restrict food groups. In order to repair, improve, and rebalance your metabolism and stay healthy, your body needs a healthy amount of proteins, fats, and carbohydrates in your daily diet. In this chapter, we will look more closely at these three macronutrients. We will also explore good and bad versions of both fats and carbs. Once you fully understand these distinctions, you will be able to make choices better about which foods you incorporate long-term into your new lifestyle.

PROTEIN

Protein is important for metabolism and building muscle mass, and plays critical roles in your body. Your body has trillions of cells, which make up your muscles, organs and bones. Protein is required in each of these cells to ensure they perform at their best. Without adequate protein consumption, your body starts to find ways that it can get protein — or it will start breaking down existing muscle mass for protein. Here are a few reasons why we need protein to function optimally:

- Required for recovery after workout, injury or illness.
- Disease-fighting antibodies are made up of protein.
- Protein aids in energy production, blood sugar stabilisation and metabolism.
- Without protein, you would be malnourished.
- Without enough protein, your muscles turn to fat and you will be prone to frequent injuries.
- Without adequate protein your hair will thin and fall out and your bones and nails become brittle.
- Protein makes you feel full longer and offers the highest thermic burn — meaning your calorie burn is higher if you take in proper amounts of lean protein.

HOW DO I KNOW HOW MUCH PROTEIN I REQUIRE?

If you follow your customised TLS plan, you should be consuming adequate amounts of protein, but everyone is different. Requirements can increase if you are a man versus a woman or are extremely active (an athlete, or you endure strenuous exercise daily). Here is one method to calculate the right amount of protein for your body:

Take your weight in kilograms (divide pounds of weight by 2.2 to get this number) and multiply by 1.3 (2 if you are extremely active). Example: if you weigh 180 lbs (82 kg), you would need about 106 grams of protein daily.

CALCULATING PROTEIN INTAKE

WEIGHT (lbs) ÷ 2.2 = WEIGHT (kg)

WEIGHT (kg) x 1.3 (normal activity) = PROTEIN (g)

WEIGHT (kg) x 2.0 (extremely active) = PROTEIN (g)

In Chapter 2, we discussed how 28-56 grams of protein per serving (28-42 grams for women and 42-56 grams for men) is a good target for meals while 14-21 grams of protein are a target for snacks. You can see that if you had three meals with 28-56 grams of protein in each meal and another 14-21 grams in a snack, you would be between 98-189 grams of protein. When in doubt, add a little bit more protein, as most people do not consume enough. Remember, to reach these values, cooked meat has an average of 7 grams of protein for every 28.35 grams (1 oz) of weight.

COMPLETE VS. INCOMPLETE PROTEINS

Protein sources are labelled according to how many amino acids they provide. Amino acids are the building blocks of protein. They are essential and play a key role in the structure of a cell, the transport and storage of nutrients, and healing the body.

COMPLETE PROTEINS

- Provide all the essential amino acids.
- Meat, poultry, fish, soy and select grains like quinoa are all complete proteins.

INCOMPLETE PROTEINS

- Missing one or more of the essential amino acids.
- To derive all the amino acids required to make a complete protein, two or more incomplete proteins must be mixed together —these are called complementary proteins.

You will always hear your TLS Coach say "protein and fibre at every meal makes losing weight no big deal."

Because it may be unrealistic to eat complete proteins at every meal, or you may be a vegetarian, we suggest combining complementary proteins when needed. If you are NOT a vegetarian, however, be careful how many servings of carbohydrates you are consuming when trying to achieve a complete protein.

If you are vested in being sure you preferentially lose fat, you will want to be sure you take in enough protein to ensure you maintain the muscle you have and have the building blocks for creating new muscle. Muscle will make you stronger and more toned, and will help you burn calories, even when you are inactive.

Remember — muscle dictates metabolism!

FATS

There are three main groups — saturated fats, unsaturated fats and trans fats.

SATURATED FATS

- Solid at room temperature (think butter or hardened bacon fat).
- These are generally known as bad fats and are found in processed foods.
- Some saturated fats, like coconut oil, have health benefits; these are okay to consume in moderation.

UNSATURATED FATS

- Generally regarded as good fats and are found in nuts, plants and plant oils.
- These are liquid at room temperature; some are healthier picks than others.
- Monounsaturated fats — help lower LDL (bad) cholesterol and increase HDL (good) cholesterol (think extra virgin olive oil, sunflower oil and fish oil).
- Polyunsaturated fats — help lower bad cholesterol, but too much can lower good cholesterol (think corn oil, safflower oil and soybean oil).

TRANS FATS

- The worst of the bad fats, these are chemically modified fats that are created by adding hydrogen to liquid vegetable oils, which makes them more solid.
- These fats are added to foods to make them more shelf-stable.
- They will appear as modified, fractionated or hydrogenated oils in the ingredient lists.

BEST PICKS FOR HEALTHIEST FATS INCLUDE

- Extra virgin olive oil (be sure it is real 100% olive oil and has an expiration date to avoid food fraud)
- Avocado
- Salmon and other fish
- Grape seed or avocado oil
- Nuts (almonds, Brazil nuts)
- Coconut oil (a saturated fat, but okay in small quantities and a great alternative to butter)

CARBOHYDRATES

In the past years, the reputation of carbohydrates has swung wildly. Carbs have been touted as the feared food in fad diets, yet carbohydrates are your body's main source of energy and dictate how full you feel, how mentally alert you are, and how much energy you have throughout the day. Some carbs have also been promoted as a healthful nutrient associated with lower risk of chronic disease. You can reap the health benefits of good carbohydrates and minimise your health risk of bad carbs if you know which ones to choose.

Carbohydrates are found in almost every food. People usually refer to "carbs" as starchy foods like breads, cereals, and potatoes, but carbohydrates are found in everything from vegetables to ice cream (in the form of sugar).

SO WHICH IS IT? ARE CARBS GOOD OR BAD?
BOTH!

GOOD CARBS

(slow absorption and provide sustained energy — complex carbohydrates):

- Fibre-filled carbs that get absorbed slowly in your system, avoiding sugar spikes in blood sugar.
- Plant foods that deliver fibre, vitamins, minerals, and phytochemicals:
  > Vegetables
  > Fruits
  > Beans
  > Low-GI whole grain foods

BAD CARBS

(spike your blood sugar and contribute to cravings and fat storage — simple carbohydrates):

- Refined and processed carbohydrates that strip away beneficial fibre
- Rice
- White bread or some "whole wheat," "stone ground," and "multigrain" breads
- Many of these use marketing tactics to make you think they are healthful and beneficial to your health or weight management efforts, but are really high-GI, less-healthy grains.
- Cereals (even if they tout "whole grain" — it takes 8 grams of "whole grain" to make up 1 gram of fibre)
- Potatoes

THE IMPORTANCE OF FIBRE

You cannot judge a carb as "good" or "bad" without considering its fibre content. While adults should be consuming at least 25 grams of fibre daily, most eat less than 10 grams. Our ancestors consumed upwards of 100 grams of fibre daily!

Unlike most nutrients, fibre is not digested or absorbed into the bloodstream, and therefore doesn't get used for energy. Instead, fibre is excreted from our bodies. It passes quickly through your digestive tract mostly intact, and is not broken down.

The fact that fibre is mostly left intact is a good thing, as it creates bulk that aids in moving stool and harmful carcinogens through your digestive tract. The bulk also helps to keep you full longer. Insufficient amounts of fibre in your diet may cause irregularity, constipation and sluggishness. Fibre deficits can also increase the risk of colon cancer, as well as other serious health issues.

TWO TYPES OF FIBRE: SOLUBLE AND INSOLUBLE

According to the Mayo Clinic, "Soluble fibre dissolves with water and creates a gel-like substance that helps to lower blood cholesterol and glucose levels." Insoluble fibre, on the other hand, "absorbs water which adds bulk to your digestive tract and helps to move things through quickly."

- Soluble — examples: oats, oat bran, peas, rice bran, legumes, beans, apples and citrus fruits
- Insoluble — examples: whole wheat flour, wheat bran, rye, cabbage, carrots, Brussels sprouts and nuts

AN IMPORTANT DISCUSSION ON GRAINS: HOW DO GRAINS AFFECT YOUR WEIGHT MANAGEMENT EFFORTS?

WHAT IS A GRAIN?

- A grain is a carbohydrate.
- Grains are the seeds or fruits of various food plants including cereal grasses.
- Benefits of grains may include:
  - > Good source of energy
  - > Add fibre to aid in digestion
  - > Keep you lean
  - > Provide nourishment for your brain and nervous system (within limits)

WHAT IS A WHOLE GRAIN?

- If you are to eat grains, they should always be whole grains that include all the essential parts, and naturally occurring nutrients of the entire grain seed.
- Just because a food is whole grain, or made with whole grains, doesn't mean it is low GI.
- Labels will include these words if they are truly "whole grain"
  - > Whole wheat
  - > Whole oats or oatmeal
  - > Brown rice or wild rice
  - > Bulgur
  - > Graham flour
  - > Whole rye
  - > Sprouted grains

How will I know if something is NOT made with whole grain?
Look for these words:

- Cracked, crushed, rolled, extruded or cooked wheat/oats/grains
- 100% wheat (remember, this is NOT the same as 100% whole wheat)
- Multigrain
- Seven-grain or 12-grain
- Stone-ground
- Bran
- Cracker wheat

Important note:
Are you following the RAPID RESULTS programme? Remember that you will be eliminating grains. If you are following the SURE & STEADY plan, stick to the allotted servings of grains per day to achieve best results.

GRAIN SENSITIVITY

Grain sensitivity occurs when you have an excess of insulin and glucose in the body. If you've yo-yo dieted, you're more than likely grain-sensitive. What does that mean? Your body does not properly respond to break down grains (even whole grains). As a result, you can develop inflammation that will further hinder your weight management efforts and may have a negative long-term impact on your health.

It may seem grim, but it's not. You can retrain your body through healthy eating habits, proper supplementation, and exercise programmes to help your body metabolise grains efficiently.

ARE YOU GRAIN-SENSITIVE?

- Do you retain water easily, especially around the mid-section?
- Do your fingers and feet swell?
- Do you feel bloated after you've eaten carbs or foods containing small amounts of carbs?
- Do you feel fatigued after eating a quality meal containing carbs?
- Do you have stomach issues?
- Do you have skin disturbances like acne, eczema, or psoriasis?
- Are you finding your weight management slow?

Here's an easy test to find out if you're carb-sensitive:

- Measure your waist
  - > Eliminate grains for three complete days (72 hours straight) consuming lean proteins and vegetables (a majority of which should be green)
  - > Do not consume starchy carbs or carbs containing grains
- After 72 hours, measure your waist again
  - > If you see a reduction, it's pretty safe to say you're grain-sensitive
- While this is not 100% foolproof, it's a good indicator that grains are not your friend

GLUTEN SENSITIVITY

Gluten sensitivity is becoming more common. Gluten-sensitive individuals often struggle to get the full nutritional benefit of the foods they eat, and their immune systems may be weakened by foods containing gluten. Suboptimal health and illness can follow, with a myriad of possible symptoms. Fatigue, depression, abdominal and bowel complaints, joint aches and bone pain are some of the more common symptoms associated with gluten sensitivity.

Gluten sensitivity has been linked to gluten intolerance. Don't confuse this with celiac disease, which is an autoimmune deficiency. When gluten is digested by someone who has been diagnosed with celiac disease by a doctor, the body produces antibodies that attack the small intestine.

What is gluten, anyway?
Gluten is the elastic protein in grains like wheat, rye and barley. Its elasticity is why French bread holds together, why angel food cakes rise so high, and why New York bagels are so doughy. Gluten is the glue that holds together baked goods and pasta. In fact, gluten comes from the same Latin root as glue. Think of gluten as the glue of wheat, rye and barley. Gluten is also part of the genetic structure of spelt, durum, semolina, kamut, couscous and triticale.

Genuine whole grains — the kind that haven't been processed, stripped of fibre, and depleted of nutrients — provide a steady supply of energy. Whether you have been tested for gluten issues or not, a wider variety of grains means a wider variety of the vitamins, minerals, phytochemicals and fibres that promote overall health.

Some individuals even have increased food cravings as a reaction to consuming gluten, but are unaware of the reason they have the desire to eat continuously.

Are gluten-free alternatives good for me?
There are a lot of gluten-free alternatives to your favourite foods. However, not all of them are going to help you meet your weight management goals. Many of these gluten-free foods are marketed as healthy alternatives, but don't be fooled — gluten-free junk food is still junk food. In addition, you have to consider which grains they are using to make up for the gluten they have omitted. Many gluten-free products have corn, GMO soy, and rice (all high GI) as a substitute for gluten. The healthiest way to eat gluten free is to eliminate grains or stick to non-gluten-containing whole grains, like quinoa.

I have eliminated grains. Do I want to add grains back in?
You are the only one who can answer this question, but you can talk to your TLS Coach about it too. Here are a few questions to ask yourself before you add them back:

- How long have you eliminated them for?
- Do you feel better since eliminating grains?
- You may sleep better, have fewer headaches, feel less bloated, or be losing weight at optimal speed.
- Do you miss them?
- Are they a trigger for cravings or overeating?

TLS is about living a healthy lifestyle, so if adding grains into your life is how you can maintain this lifestyle, then adding them back in may be your best option. When you do, be careful to pay attention to any signs or symptoms that a particular grain may not bode well with you or hinder your weight management efforts. It is always important to remember serving size while consuming grains. Often times a serving size of bread is only one slice.

How do I add grains back in?

- Choose low GI, whole grains.
- Add one back at a time and journal your intake and your response — you could have a negative response from a food up to 72 hours after eating it. If a new grain is the only thing added, and you respond negatively, you will know that perhaps that was not the best grain to try.
- Don't over-consume grains — once you figure out which ones work best for you, add them in just a few times a week or not more than once per day to be sure you are supporting your weight management goals.
- Is your weight management slowing down? You may consider going back to a grain-free lifestyle until you get closer to your goal and achieve better health or a more repaired metabolism.
- Remember: Your body can be fully energised from the carbohydrates that vegetables and fruits offer.

Don't forget what you learned earlier to calculate net carbs to determine if it is low-GI.

Net Carbs = Total Carbs – Dietary Fibre – Sugar Alcohols – Glycerine

GL = Glycaemic Index / 100 x Net Carbs

Ideally, you want to have the net carbs of the foods you eat in the single digits to help prevent your blood sugar from spiking. The importance of net carbs and weight management is that you stay in a fat-burning zone.

GRAINS ARE THE SEEDS OR FRUITS OF VARIOUS FOOD PLANTS INCLUDING CEREAL GRASSES

TLS WEIGHT MANAGEMENT SOLUTION

CHAPTER 7

HEALTHY HABITS
SMART

CHAPTER 7

CREATING HEALTHY HABITS

"You CAN teach an old dog new tricks.

It just takes time, patience and commitment."

THIS WILL BE THE LAST PROGRAMME

YOU WILL EVER NEED!

ACTIONS DICTATE OUTCOMES

CHANGE YOUR WAYS TO CHANGE YOUR HEALTH

You are on your way to better health through a new lifestyle. Habits that you create today can last you a lifetime. A habit is a routine of behaviour that is repeated regularly and tends to occur subconsciously. We all have habits that we would like to change. Now is the time to focus on the unhealthy habits that are holding you back from reaching your weight management goals. TLS™ is about living a healthy lifestyle and that includes building on small victories throughout your journey. Repetition is key. Small, consistent changes will add up to great results. Start by becoming aware of positive habits you can continue or create, and identify unhealthy habits that you would like to replace to support your new healthy lifestyle.

CAN YOU RELATE TO THESE UNHEALTHY HABITS?
ARE ANY OF THEM HOLDING YOU BACK?

- Skipping breakfast/skipping meals — you probably always plan to have your mobile phone charged before you leave the house or you bring your charger with you. Do you do the same thing to be sure your body is fueled?
- Impulse-buying at the grocery store
- Eating mindlessly while watching TV, reading, or when bored, even if you are not hungry
- Deciding what to eat at the last minute — instead of planning ahead to be prepared

Here are some suggested healthy habits you may want to implement:

1. Plan — don't set yourself up to fail.
   - You will need a strategy for meals and snacks. You had favourites before and quick things you used to grab. Identify new favourites and plan ahead to have these readily available.
   - TLS Nutrition Shakes are great items to have with you in case you are in situations where you cannot cook.

2. Shop with a full stomach.
   - Grocery shopping on an empty stomach is a recipe for disaster.
   - Prepare a grocery list to avoid impulse-buying, or try using an online shopping service if available in your area. The key to healthy eating starts with stocking healthy food in your pantry and refrigerator.

3. Eat at regular intervals.
   - It is important to not go without food for more than four hours when you are awake. If you're hungry every three hours, eat! That means your metabolism is working!
   - Your body will respond better to knowing that it is receiving energy at regular intervals and will keep your metabolism operating efficiently. It will also help prevent binge eating.

4. Practice mindful eating.
   - Eat sitting down at a table and eat from a plate. Be conscious and grateful for your meal.
   - If you eat while distracted (in front of the TV or on the go) or if you eat without consciously putting food on a plate or in a

bowl (nuts, tortilla chips) you may underestimate the amount consumed.

5. Serve food on individual plates during family meals.
   - Bowls or plates of food on the table beg to be eaten, and will encourage second helpings.
   - It takes 20 minutes for your brain to receive the signal that you are full.
   - TLS CORE, taken as directed, is a great way to assist with overeating.

6. Eat slowly, chew more, savour food.
   - Try resting your fork in between bites; some people try to rest it three times for three minutes during each meal.
   - Drink plenty of water with your meal.

7. Don't eat after dinner.
   - Many people can consume large amounts of food after dinner.
   - If you are truly hungry, choose a snack that will support your efforts (frozen TLS Nutrition Shakes in small cups are a great dessert; berry bowl; veggies with a small dollop of hummus).
   - Try brushing your teeth after dinner, which may reduce the temptation to eat again, or chew gum.

8. Treat snacks like mini-meals.
   - The most nutritious snacks contain protein and fibre (lettuce wraps with turkey, apple slices with nut butter, egg cups with spinach, small serving of homemade chicken salad with celery).
   - Remember, protein and fibre at every meal make losing weight no big deal!
   - Try this favourite: Mix one scoop of TLS Nutrition Shake, one egg or egg white, with one tablespoon of natural nut butter in a small muffin-sized dish. Microwave for one minute. Voila!

9. Protein-pack your breakfast.
   - Breakfast should never be skipped; it is the most important meal of the day.
   - Be sure to include plenty of protein as it will help reduce cravings during the day:
     > If you are eating eggs, don't just eat one egg. Eat one egg and three to four egg whites.
     > If you don't have time, blend a quick TLS Shake with a handful of spinach.

10. Schedule your exercise.
If you don't schedule your exercise, something will come up and you may not follow through.

TO CHANGE AN EXISTING HABIT, IT MAY BE EASIER IF YOU HAVE A SOLUTION OR REPLACEMENT. WRITE DOWN UNHEALTHY HABITS YOU WOULD LIKE TO REPLACE WITH NEW HABITS YOU WOULD LIKE TO ADOPT.

UNHEALTHY HABIT I WOULD LIKE TO CHANGE	REPLACEMENT

TLS WEIGHT MANAGEMENT SOLUTION

CHAPTER 8

BELIEVE IN YOURSELF
SHINE ON

CHAPTER 8

BELIEVING IN YOURSELF

"You have had accomplishments and devastations in your life,
and are a stronger person because of them."

THIS WILL BE THE LAST PROGRAMME
YOU WILL EVER NEED!

BUILDING A NEW YOU INSIDE AND OUT

You can achieve anything if you first believe that you can. Self-image is the way you see yourself, your attitude toward yourself, and what you think of yourself. We form our self-image from experiences. From those experiences, we make decisions. From those decisions, we create beliefs. Our actions are based on those beliefs.

For example, if as a child you are teased for being overweight, you will start to adopt the belief that your weight is part of your identity. Your choices and your decisions — with food and with life — support that identity. Despite any weight management efforts, it's hard to be successful because you may believe being overweight is who you are.

Changes in life can reshape your identity, too. For example, if you've been thin all your life, and then have your first child, your health may take a backseat to caring for your family. Over time, you may believe that you are less of a priority than your children, your spouse, or your job. Soon, you aren't taking time for yourself and may gain weight. The simplest things like going to the gym, getting a haircut, or taking "me" time can make you feel guilty about not putting others first.

It's important to recondition your thoughts about yourself to achieve long-term weight management and success. This is accomplished by changing your self-image. How you view yourself is going to determine your success with TLS™.

Here are the steps to begin changing and improving your self-esteem.

1. Journal

   Make sure you journal. Several studies have shown that people who journal report having significantly less distress (i.e. suffering, sorrow, pain), feel less depressed, and have an overall better mood. Additionally, individuals also report that journaling changes the way they behave towards and around other people.

   Remember to continue reading the daily affirmations on each page of your journal. They will help guide you and motivate you in your weight management journey. Remember: You have to motivate and believe in yourself before anyone else will believe in you.

2. Try New Things

   Sometimes doing the same things over and over can make you feel like you're stuck in a rut. By stepping outside of your comfort zone and trying new things, you will feel like a new person. When you're busy having fun, it can actually help you manage weight because you aren't always sitting at home trying to keep yourself from eating things that you shouldn't! Focus on a new experience, like completing a 5K walk or run, to help you create a sense of accomplishment and belief in yourself that you can achieve more.

3. Self-Talk

   Healthy self-talk is like exercise for your brain. We are bombarded with so much negativity on a daily basis. It has been estimated that 75 percent of the thoughts we think about ourselves are negative. You have to learn to be your biggest fan. If you want to improve your self-image, it is important that you believe in yourself.

   Just about any time of day, whether you are getting ready for work, driving to work, or cooking dinner, say positive things about what you'd like to see happen. When you map out your day with positive words, good things will start to happen in your life. Surround yourself with positive people. Their positive energy and support will help you treat yourself in a more positive way.

   Take a moment to identify and write down the top three negative messages that you tell yourself on a daily basis. Transform those negative messages into positive messages below.

   Negative self-talk:
   "I will never lose weight, I've tried before and failed."
   Transform into positive self-talk:
   "I am so excited about my progress. I am proving to myself that I can and am doing this. This is a journey and I will take it day by day."

   Negative view:
   "I can't have that food."
   Positive view that gives you control:
   "I can have that food; I am just choosing not to today."

NEGATIVE SELF-TALK	POSITIVE SELF-TALK

PRACTICE FOR THE WEEK

Write out a few positive affirmations and post them where you will see them daily (bathroom mirror, car, mobile phone). Over the next week, read aloud your positive self-affirmations. You may feel silly at first, but your thoughts create your beliefs. If you believe in yourself, you can achieve your goals. Over the next couple of weeks, repeat this exercise until you notice your negative self-doubt is replaced with positive self-confidence.

Do you relate to any of these common self-confidence busters? Here are 4 proven methods of increasing belief in you:

1. Lack of Support
   Find a person who believes in you. Even when you don't believe in yourself, you can find people who will support you. They may be family, friends, or coworkers. Start by acknowledging the good you see in others, then ask for the support you need.

2. Lack of Positive Experiences
   Learn to transfer your experience. If you've never done something, how are you supposed to believe you can do it? It begins with visualisation. See yourself do something before you do it. Start with the end in mind and picture the positive results you desire. Transfer the experience of visualisation into reality.

   List something you accomplished that was difficult, but you were able to complete. It may be earning a degree, completing job training, giving a speech, learning to play a musical instrument, completing a fitness event, or sticking to a budget. When you remind yourself of your past success stories, it can help you feel more confident about your ability to change your eating habits or lifestyle.

3. Lack of Confidence
   Build your self-confidence muscles. It's true: Some people are born with more innate self-confidence than others. But even if you weren't lucky enough to have been born with natural self-confidence, you can build your confidence by working on it, just like a muscle.

   What builds self-confidence? Use questions like: "Why do I believe in myself? Why do I trust my intuition?" These empowering questions focus your mind on why you are, in fact, confident.

4. Lack of Structure and Discipline
   Install empowering habits. We each perform activities each day that are habitual. Most are unconscious; many are disempowering. When you exchange your disempowering habits of thought and behaviour to empowering ones, your self-belief will naturally increase. The health guide and journal are preparing you to perform a number of healthy habits daily, such as using food as fuel and making exercise a priority.

   Identify your disempowering habits and create action plans to overcome them. For example, if you tend to fall off the wagon due to stress, build simple stress management techniques into each day, such as calling a friend, deep breathing, listening to music, etc. Or if you get derailed by social eating situations, start spending time with friends in ways that do not revolve around eating and drinking.

BELIEVE IN YOURSELF

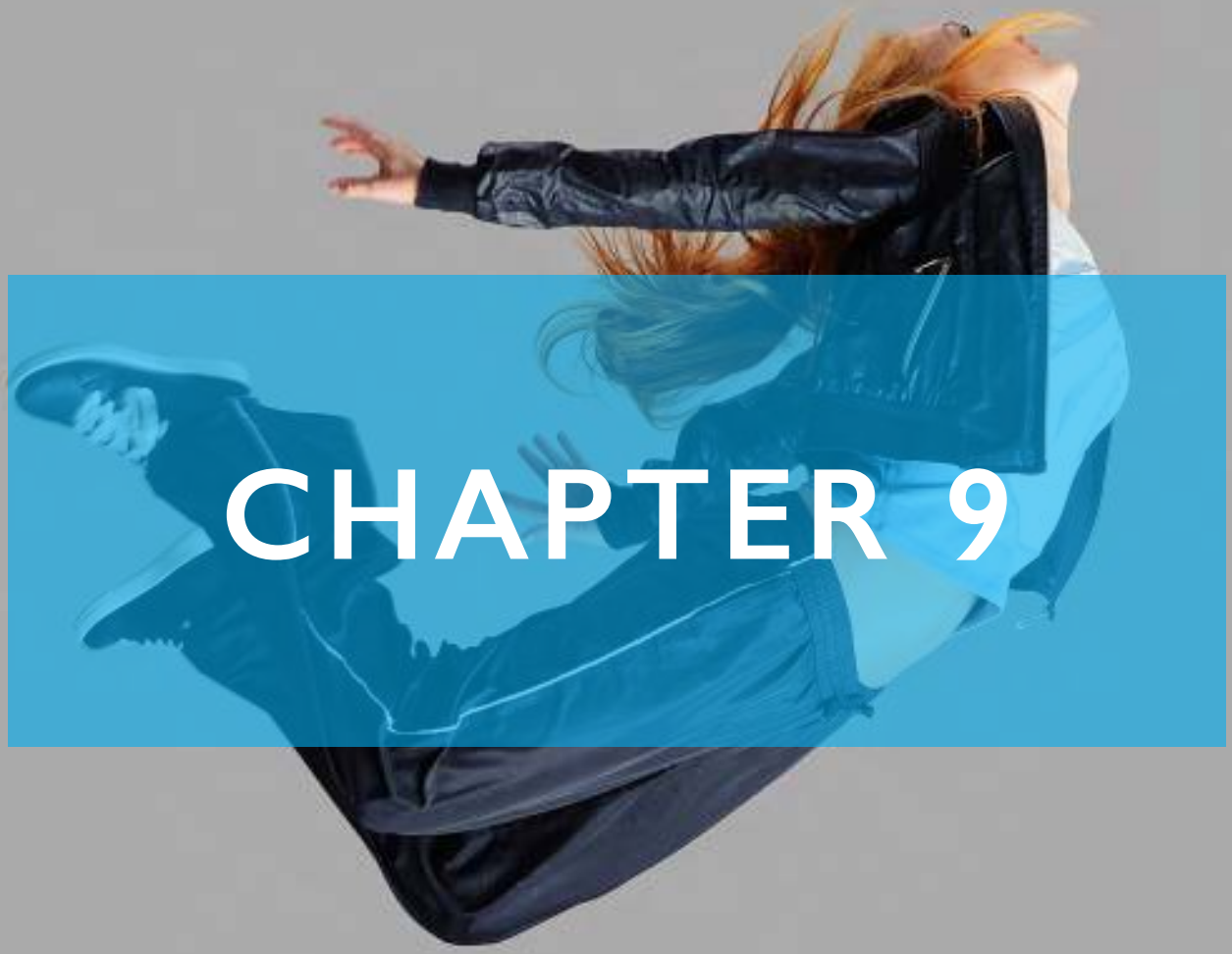
Each person has their own time and pace when it comes to working out, managing weight or adopting healthy cooking styles. That doesn't mean you can't do it, though!

NO MORE MENTAL GAMES…

Your body knows it can do it, but sometimes it takes your brain a little longer to process the information.

WHEN YOU THINK ABOUT GIVING UP OR GIVING IN, REMEMBER WHY YOU STARTED.

TLS WEIGHT MANAGEMENT SOLUTION



CHAPTER 9

OVERCOMING OBSTACLES
SOLUTIONS

CHAPTER 9

OVERCOMING OBSTACLES

"Obstacles are what you see when you
take your eyes off the goal."

THIS WILL BE THE LAST PROGRAMME
YOU WILL EVER NEED!

No matter what you try to achieve in life, you will likely run into obstacles. In this chapter, we will explore common weight management obstacles and suggest strategies to overcome these obstacles. But first we will explore common eating behaviours that can run you off track. First, identify the type of eater you are (below), and see if you relate to some of the behaviours outlined in this chapter.

Do you believe that once you reach a certain size or weight, you'll be happy? When you say to yourself, "I'll be happy when I reach ___ kilograms," one of two outcomes can occur. The first is that you never reach that weight and, therefore, you will never be happy. The second outcome is that you reach that magical weight and realise after a while that it has absolutely nothing to do with your happiness. This chapter will help you identify different eating triggers and learn behaviour modification techniques to begin your journey to a thinner and healthier you.

WHAT TYPE OF EATER ARE YOU?

It's important to identify the type of eater you are. As you implement some of the different techniques outlined in this chapter, you will uncover which type of eater you are. You will also discover what triggers you to overeat or make unhealthy food choices.

The ideal eater, of course, exists only in the abstract. Yet the description can serve as a baseline against which we can measure our own eating habits. What kind of eater are you? You may be more than one type. Recognise your own tendencies so you can spot problems and create new behaviours to achieve your weight management goals.

FOOD CONSUMPTION TRIGGERS

Choosing to live a healthier lifestyle is a mental decision that you must make each day to be successful. Weight management is 95% mental; the messages you tell yourself consciously or subconsciously determine your outcome. Transforming your body and mind is a difficult task and takes commitment every day with every meal and every snack. Studies show that your self-talk can influence the choices you make regarding both exercise and food. Your mind is a powerful tool. Use it to help you create new habits, new self-talk and a new you.

DO THESE SCENARIOS SOUND FAMILIAR?

Scenario one: You had a bad day at work, got into an argument with your partner over the phone and then got stuck in traffic on the way home. Now that you're finally home, you can hardly wait to put on your sweats and dig into that carton of peanut butter cup ice cream or that bag of chips. (By the way, neither should be in your house!)

Scenario two: You're sitting at home with nothing particular to do, so you go rooting around your kitchen cupboards, just to see what's there. Before you know it, you find yourself sitting at the kitchen table with an empty bag of crackers in front of you.

This is known as "mindless" eating. It's eating in response to factors other than actual hunger. This term defines all of the other reasons that we eat. Do you fall prey to mindless eating? Have you noticed that when you order a super-size meal, you typically eat all of it? It's important to identify certain situations, such as watching TV or talking on the phone, that might trigger overeating.

This is not an uncommon habit. There are a whole host of reasons, aside from hunger, that prompt people to eat, including boredom, sadness, nervousness, anxiety, stress, even happiness.

These things are all emotions, not signals conveying your body's need for nourishment. Before you take that bite, think about why you are eating.

We are programmed to eat as a result of feeling hungry, but many people also feel an urge to eat certain foods in certain situations, or when they experience certain emotions. Often, the foods of choice in these cases are unhealthy foods. How do you break the habit of mindless eating? The first step to overcoming this problem is to learn the difference between emotional and physical hunger. Do you know the difference between your body telling you it's hungry and your emotions driving you to eat?

MAJOR TYPES OF EATERS	
STRESS EATER	Eats to relieve or avoid uncomfortable feelings. Food functions as a self-medication to relieve stress and lift mood.
EMOTIONAL EATER	Eats whenever they experience strong emotions of any kind — happiness, sadness, anger or frustration. Food is an escape from emotional intensity.
GRAZER	Snacks throughout the day. Each portion is small, so it's easy to underestimate the total calories consumed.
UNCONSCIOUS EATER	Eats while doing other things, like watching TV or reading. Distracted brains do not know what the mouth is doing, so excess food is often ingested.
FEAST-OR-FAMINE EATER	Fasts all day and eats everything in sight in the evening.
FRUGAL EATER	Does not want to waste any food. They clean their plate at every meal, often forcing themselves to overeat.
STEALTH EATER	Cleverly hides cookies, candies and other treats in pockets, drawers and the car so that others will not see the food consumed.
IDEAL EATER	Listens to their body's cues and uses food for fuel, not feelings. They are flexible with food choices, and eat a variety healthy foods.

HUNGER

The physical sensation that you need to eat. Think about the rumbling in your stomach. Numerous studies have looked at how hormones initiate and resolve hunger, and how they play a role in determining body weight. The hormone ghrelin triggers the need to eat while leptin reduces the sensation. The physical sensation of hunger — or its absence — is tied to these hormones. The time of day, the timing of meals, emotions, and even the types of food you eat all affect these hormones. This is why low-glycaemic-impact eating with TLS™ Solution is so powerful. TLS supports normal blood sugar and insulin levels, directly affecting your hormone levels.

APPETITE

The desire to eat. This is what you experience when you think, "Oh, that looks delicious!" Appetite is a sensory response that provokes the desire to eat based on sight, smell or taste. Identifying the difference between hunger and appetite will help you achieve your weight management goals.

SATIETY

The condition of physically feeling full. When you think, "I couldn't eat another bite," you are satiated. Research has shown that feeling full turns off hunger and appetite. You can feel satisfied longer by eating solids over liquids, not skipping meals, choosing low-GI instead of high-GI foods and substituting quality over quantity products.

A NOTE ON FOOD ADDICTION AND COMPULSIVE EATING

"Strength does not come from what you can do. It comes from overcoming the things you once thought you could not."

Food addiction or compulsive eating affect a large percentage of people, especially people who have dieted in the past. Much of this compulsion stems from bad habits that have been successively reinforced over the years. In addition, our neurological pathways are changed with the taste of salt, fat and sugar. We are programmed, in a way, to crave these foods. The pull to these foods can be likened to drug addiction. The problem is that you need to eat and cannot abstain from food the way you can with other addictive substances. You can't avoid it.

You may feel that you get into the habit of eating food when you are not physically hungry but emotionally hungry. You may find yourself eating when you are stressed, bored, frustrated, sad or tired. To work with an addiction may require the assistance of a professional, but awareness is the first step. The goal will then be to start breaking the emotional attachment to foods and create indifference. When food doesn't consume your thoughts constantly you will feel more in control and develop a healthy relationship with food.

WHAT ARE THE SIGNS OF FOOD ADDICTION OR COMPULSIVE EATING?

- Do you often crave certain foods even though you feel full or have just finished a satisfying, healthy meal?
- Do you eat to the point of feeling overly stuffed?
- Do you justify bad food choices so you can indulge in something that you are craving?
- Do you hide unhealthy food or hide empty packages of unhealthy foods from others?
- Do you feel unable to control your eating, even with the knowledge that a food is not healthy?
- Do you feel guilty eating particular foods, but repeat the process over and over?

Now that you understand the difference between hunger, appetite and satiety, it's time to make changes.
Ask yourself the questions below in the True Hunger Test.

TRUE HUNGER TEST

ARE YOU CRAVING SOMETHING SPECIFIC?

If you are really hungry, you'll likely find a host of foods to be satisfying. If it's a craving, only specific foods will fill the void.

DOES THE CRAVING PASS?

Hunger doesn't go away until you've had something to eat, while cravings sometimes (but not always) pass. Start by drinking a glass of water. If you still feel the need to eat in 15 minutes, you may be experiencing actual hunger.

HOW HUNGRY ARE YOU REALLY?

Next time you are tempted to overindulge, stop and rate your hunger on a scale of 1 to 10. Force yourself to stop and think about how hungry you actually are, so you can learn to identify instances where you are eating emotionally instead of in response to hunger. You should be eating every few hours.

WHEN WAS THE LAST TIME YOU ATE?

If it has been a few hours, there is a good chance you truly are hungry. If you just finished dinner, it may be a case of emotional eating.

TURN OBSTACLES INTO OPPORTUNITIES

TIPS FOR OVERCOMING FOOD ADDICTION / COMPULSIVE EATING

1. Abstain from "trigger foods." When you abstain from sugary, high-carb, processed foods, you will notice that your cravings for these types of foods diminish greatly over time.

2. Write down your reasons why you don't want to eat these types of foods anymore. For example, "I will lose weight; I'll live longer; I will increase my energy and feel healthier every day."

3. Journal. We cannot emphasise enough how important it is to not only write down what foods you are eating but how you feel. Your feelings toward food are very important, and when you are aware of your emotions around food, you can consciously make good choices.

4. Eat mindfully. Choosing a wide variety of healthy foods, temperatures, seasonings and spices will help you to evaluate what you are eating rather than tuning out by eating.

Overcoming a food addiction can seem impossible because you are surrounded by food every day. However, being aware of your feelings around food and taking small steps in changing your attitude toward food can help you break the cycle. You can do this! You are worth it!

Turn obstacles into opportunities. By addressing only the symptom (your weight), you'll never permanently solve anything. The weight gain cycle will continue. When you identify and deal with the underlying problem or issue, you will have learned to value yourself. You will take time to take care of yourself, empowering you to be better each day.

Change takes action. Dedication, commitment and effort are needed to accomplish anything worthwhile. You work hard to achieve success when it comes to raising your family, succeeding in your career, and maintaining a successful, loving relationship. Managing weight and taking care of yourself should not be exceptions to this rule.

When you are counting on your health, fitness and weight management goals to be accomplished by the latest fad, you are really looking for something to take the place of hard work and difficult choices. Don't be tempted by quick fixes.

Remember, the effort you put into changing your lifestyle is proportional to the results you will enjoy.

COMMON OBSTACLES

Do you frequently use excuses?

- "I don't have time."
- "I don't like to sweat."
- "I don't have the money to reorder my supplements or buy healthy foods."
- "I feel claustrophobic in an exercise class."
- "The rest of my family would never eat that."
- "I have to travel a lot in my line of work."
- "I'll start Monday."
- "I'll start the first of the year." "I'll do it next year."
- "I'll start after..."

So many people just want to talk about making a change. When it comes right down to doing the hard work or making the tough decisions, many people prefer to offer excuses instead of taking action. If you keep doing the same thing, you'll keep getting the same results. Don't be a victim of your own excuses. If you are using excuses, you're not ready, plain and simple.

DO YOU SET YOURSELF UP FOR FAILURE?

It's amazing how someone can gain weight over a period of five, 10 or even 30 years, yet expect dramatic weight management results in a week or two. It just doesn't work that way! Managing weight the right way — through healthy eating habits, strengthening your body, boosting your metabolism, and creating new life habits and behaviours — takes time. Powerful results in any area of your life are always best accomplished over time.

DO YOU LET MINOR SETBACKS STOP YOU FROM ACHIEVING YOUR GOALS?

Many people use setbacks to let themselves off the hook consciously and unconsciously. Setbacks are a part of life; everyone experiences them. The best way to look at setbacks is to see them as opportunities for improvement next time, and a natural part of progress and life. When you overcome your setbacks and reach your goals, you develop strength, character, discipline and determination.

DO YOU PROCRASTINATE?

We've all been guilty of procrastination at one time or another. However, if this is a frequent pattern of behaviour for you, it will have to be broken if you want lasting results.

Let's be honest: Procrastination is often really fear masked by laziness. Anytime you say you want something and don't take the proper steps to accomplish it or act in direct opposition to it, you are procrastinating. You may be afraid of failure, afraid of change, afraid of success or afraid of the unknown. Anything that holds you back can be directly traced back to the feeling of fear. It's time to break that personal cycle of procrastination.

ARE YOU AFRAID OF DISAPPOINTING OTHERS?

Whether you realise it or not, the fact that you're taking care of yourself will affect other people in your life. Some will be thrilled, others won't be so thrilled. If you're overly concerned about disappointing someone else, you're opening yourself up to failure. There are at least three emotions that can come into play here: guilt, fear of disapproval, and fear that a relationship will be damaged or lost. These emotions can wreak havoc on your new lifestyle changes.

If you feel the least bit guilty about taking the time to exercise, eat healthy foods or do things for your overall health and happiness, there is only one thing to say: "Get over it. You're worth it."

Those who you hold in the highest regard should value you just as much and be proud of you for choosing to be healthy. They want the best for you and will support your decision instead of making you feel guilty about it. The fact is, when you are choosing to be a healthier, better you, there is nothing to feel guilty about.

Caring about yourself and doing good things for yourself is not only your right, it's your responsibility.

ARE YOU AFRAID OF CHANGE?

Change takes you outside your comfort zone into the unknown. Change requires you to overcome fear. While fear is not always an easy thing to overcome, once you do, your life will change for the better. Fear of change can be paralysing. It can freeze you in your tracks and delay you from getting what you want and deserve to have in your life. Holding on to extra weight may often serve as a person's unconscious anesthetic against stress, hurt, disappointment, pain, failure, success, love and romantic attention from their partner or potential partner.

Positive changes are the result of positive actions. Many of the actions we end up taking in life are a product of what actions we envision for ourselves — the things we can see ourselves doing as a natural part of who we are.

DO YOU USE FOOD AS A REWARD?

Rewarding yourself too frequently with unhealthy meals defeats the purpose of changing habits and living a lifestyle. Do you use alcohol, dessert or other unhealthy foods or "cheat" foods as a reward for hitting a milestone?

This type of thinking causes setbacks because it doesn't reinforce healthy eating habits. Once you get closer to your goal, use the 80/20 rule and structure a healthier dessert option into your existing diet instead of using these foods as a reward. Otherwise, you may feel guilt and start associating negative feelings around eating, which we want to avoid. Food is fuel, should be enjoyed and should support your health goals.

Better rewards for goals you achieve can include:

- "I will buy myself those new sneakers I have been wanting when I hit my first goal of losing 10 pounds."
- "Once I exercise five days this week, I will take time to get my nails done on the weekend."
- "I will post my next 10 pounds of success on social media to keep me on track and inspire others."
- "I will buy those expensive season tickets to my favourite football team when I reach my goal and keep it off for four additional months."

WHAT OTHER POSITIVE REWARDS CAN YOU THINK OF?

People who still have a "dieter" mentality may start playing mental games which can be detrimental. Have you ever told yourself you will eat well all week and exercise daily to save up for a weekend of "cheat" foods? This thought pattern does not support a lifestyle of healthy eating. When the emphasis is placed on unhealthy foods, you actually are assigning it a higher reward value.

It is unrealistic to think you will never enjoy a food that is unhealthy again. TLS is a lifestyle. In the beginning of your journey, it is important to create new habits and establish a pattern of healthy food consumption. The first six weeks are crucial to allow your body to adapt to your new food pattern, regulate your blood sugar, and rebalance or repair your metabolism. You will also be learning which foods make you feel energetic and which ones may not bode well for your goals. This level of customisation is how you will create the menu plan that fits your lifestyle for years to come.

Remember that you can always make a better choice in an unhealthy situation:

- Are you out for ice cream with your family and don't want to abstain?
- Try a small portion in a cup to avoid the unhealthy high-GI cone.
- Try a sugar-free option.
- Avoid toppings like sprinkles or candy and try it plain or with fresh fruit.

Each time you demonstrate control, you will feel proud instead of guilty, and can build on each successive "win."

DO YOU FEEL LIKE YOU HAVE HIT A PLATEAU?

First, determine whether or not you have TRULY reached a plateau. If you are only judging how fast you believe the scale should move, you may not be looking at the whole picture. Your body can lose 15 inches before it loses a pound and everyone loses weight, inches, and body fat at varying paces. The weight didn't go on overnight and will not come off overnight. Trust in the programme: When you are following your TLS plan, the results will come.

Plateau defined: four consecutive weeks without losing any weight, inches, or body fat.

WAYS TO BREAK THROUGH A PLATEAU

1. Journal for at least three months, or until your habits are instilled and you have reached your goal. Take an honest look at your food and water intake plus your consistency with exercise and supplementation to be sure your actions meet your expected results. Your TLS Coach can help you assess your journal.

2. Supplements can help ensure your body has the right nutrients to support optimal metabolism. Are you being consistent? Do you need to switch your regime?

3. Are you exercising? Exercise should include cross-training. Maybe you need to increase the frequency or duration of your workout. Maybe you have solely focused on aerobic exercise and need to add in simple strength-training to your regime. Be careful not to overtrain. Consider finding a workout buddy.

4. Detox, again. Fat holds toxins and detoxing releases these toxins. Detoxing also helps cleanse your palate. If you don't want to do another 4- to 7-day detox, you might consider the 14-Day Fat Burning programme (Fat Shredder) to accelerate your results.

5. Take inventory of your initial goal. What is your original reason for managing weight or starting on this healthy-eating journey? The plateau you feel may be a perception that you should get quicker results. What successes have you experienced so far? Build on these success and set new goals.

ARE YOU BORED?

Variety is the spice of life. Many diets often teach you to eat boring, plain "diet foods" to manage weight. With TLS Weight Management Solution, you can eat many varieties of foods that are tasty, eclectic and fulfilling. Focus on all the foods you can eat, rather than dwell on the foods you should avoid. Let's face it, we know an egg white omelette with fresh vegetables is a healthy breakfast, but if that is all you eat for breakfast, you will be so bored that you can't even look at an egg white, let alone eat it!

TIPS TO OVERCOME BOREDOM:

- Try one new recipe each week. There are a lot of tasty, easy and satisfying low-glycaemic-impact recipes. Once you try a new recipe, it may become a staple.
- Access the TLS support page on Facebook to get ideas from other people living the TLS lifestyle.
- Take your favourite foods and use different spices or variations to change the flavour. For example, try a favourite in a lettuce wrap and create variations to your existing recipe:
  > Chicken salad made with olive oil, celery and dijon mustard
  > Chicken salad with dill and avocado — no mayonaise
  > Chicken salad with lemon, parsley and water chestnuts
  > Curry chicken salad using non-fat Greek yogurt as your "mayo"
- Do food swaps with your friends or fellow TLS buddies to try new foods.
- Take a break from your favourite foods for a week — you will look forward to them next week!
- Vacations are all about having fun and spending time with loved ones. It shouldn't be a time of stress regarding food choices and it doesn't have to be.

TIPS TO MANAGE HOLIDAYS, VACATIONS, AND PARTIES

Staying at a hotel or eating out frequently while away?

- Follow the guidelines in the Planning and Dining Out section of this guide.
- Look at the situation as if you have a personal chef. Ask for your food to be prepared as if you were cooking it yourself without you being the one to have to do the dishes!
- Ask for a mini-fridge and keep some healthy snacks in your hotel room; visit the nearest grocery store to stock up on a few essentials to keep you on track.
- Always pack your TLS Shakes.

HOLIDAYS AND PARTIES?

- Use the ONE PLATE rule at gatherings. When appetisers are served buffet style, use one small appetiser plate to put some items on it and do not return for more; use one plate to eat your main dish as well.

- Bring healthy side dishes to BBQs, holiday events or other parties and include the recipe. Most people would PREFER to eat healthy but get pulled into eating typical snack foods. They will be thrilled to have some healthy options and will love to take home the recipe if you leave extras.

- Don't fall into the tradition pitfall. Just because you ALWAYS serve a certain dish at the holidays doesn't mean that has to be served to enjoy the holiday. While you can serve some healthier alternatives or keep one staple dish, break free from tradition and create a new menu that will make everyone feel better after they eat it!

- Take a family walk. There is nothing worse than eating a huge meal and sitting around all day. After a large family meal, encourage activity like a walk through the neighbourhood, or a game of golf, tennis, cricket, football or other game to liven up the party and work off those extra helpings!

WHAT IS THE NEXT EVENT OR PARTY ON YOUR CALENDAR?

WHAT STRATEGIES CAN YOU IMPLEMENT TO PLAN AHEAD TO INCREASE YOUR SUCCESS AND COMFORT AT THAT EVENT?

TLS WEIGHT MANAGEMENT SOLUTION

CHAPTER 10

MANAGING STRESS SOLVED

CHAPTER 10

MANAGING STRESS

"You cannot live in a bubble to avoid stress, but by stabilising your blood sugar levels. with healthy foods, you will manage your stress better."

THIS WILL BE THE LAST PROGRAMME
YOU WILL EVER NEED!

Stress. Everyone experiences it and everyone copes in their own way. As reviewed earlier, stress can be emotional, physical and chemical. How much stress you experience and how you cope with it will directly affect your health and eating behaviours.

HOW STRESS AFFECTS YOUR WAISTLINE AND YOUR HEALTH
Stress has a direct correlation to the foods you crave and consume. It is also one of the biggest contributors to excess fat, especially around the midsection. Your best efforts at eating properly will be undermined if you are under high levels of stress — you will still have adipose (fat tissue) around your midsection.

STRESS AND FOOD CONSUMPTION
It isn't a mystery that when you are stressed out, you typically don't crave broccoli! Research has shown that while under stress, individuals select high fat, salty, and sweet foods. These food choices increase perceived stress, depressive symptoms and weight gain.

WHAT HAPPENS IN YOUR BODY WHEN IT IS STRESSED?
Physiological changes occur in the brain and body that encourage weight gain during periods of stress. The amygdala is an almond-shaped set of neurons deep in the brain's temporal lobe. It is part of the limbic system that is involved in many of our emotions and motivations, particularly those related to survival. You may have heard of the "fight or flight" response. Our bodies respond to all stress in the same way. If our body perceives danger or stress of any sort, the brain releases potent hormones (adrenalin, cortisol) that help release sugar into the bloodstream for instant energy. This spikes your blood sugar, which we know we are trying to avoid.

CORTISOL
Cortisol, when released, doesn't just increase blood sugar: It also raises blood pressure, inhibits insulin production and lowers immune response. Excess levels of cortisol in the bloodstream will spark cravings and promote fat storage, especially around the midsection. Research from Yale University shows that fat cells around the stomach have the most cortisol receptors, meaning they attract cortisol, giving you a layer of toxic fat in your abdominal area.

During this time of stress, the body also becomes less sensitive to leptin, which affects our body's ability to manage hunger and satiety. To make matters worse, our brain may magnify the pleasure we obtain from high carbohydrate foods and sweets because they are a source of quick energy that the brain looks for when we are stressed.

EFFECTS OF CHRONIC STRESS ON YOUR HEALTH
Chronic stress creates a health risk. Continual release of cortisol can affect digestion and metabolism because your body no longer processes the food into fuel efficiently. High levels of stress may cause high levels of cortisol which are linked to higher levels of abdominal fat, which is linked to greater health risks like diabetes, cardiovascular disease and suboptimal thyroid function.

ADRENAL FATIGUE
Adrenal fatigue occurs when the adrenal glands are not capable of producing the healthy amount of hormones the body needs. When exposed to prolonged stress, the adrenal glands simply cannot keep up. It is often the result of chronic stress, which can be caused by infections, smoking, poor eating habits, financial pressures or emotional stress. People suffering from adrenal fatigue can feel like they are on an energy roller coaster — they can go from exhaustion to energised and back again within just a few hours.

WHAT ARE POTENTIAL SIGNS OF ADRENAL FATIGUE?

- Cravings for salt or sweets
- Heightened symptoms from PMS, moodiness
- Feelings of unhappiness or depression
- Decreased energy or chronic fatigue
- Fatigue, even after a full night's sleep
- Inability to deal with stress or make decisions easily
- Muscle weakness
- Decreased sex drive
- Mild constipation
- Sleep disturbances
- Sensitivity to light or cold
- Decreased memory/retrieval of information
- Slow recovery from illness or injury
- Irritability, anxiety or panic attacks

The only way to send the correct signal to your body so it will release extra fat and weight is to:

- Lower your stress burden
- Change your response to stress
- Give your adrenals more support

Foods we crave that can actually heighten the stress response:

- Candy
- Processed foods
- Coffee
- Alcohol
- High-glycaemic grains
- Chips

Foods that can alleviate the stress response:

- Berries
- Green vegetables
- Turkey
- Sweet potatoes
- Avocados
- Nuts

Ways to minimise stress:

- Identify your stressors or triggers for stress and attempt to reduce them.
- Time management — prioritise responsibilities and commitments; and schedule your time accordingly.
- Explore new ways of thinking — are you a problem-solver or problem-seeker?
- Avoid overworking yourself.
- Get to sleep by 9:00 or 10:00 p.m.
- Express yourself — practice assertive communication.
- Share your feelings.
- Identify your support system and use it.
- Stay goal-oriented to stay on track.
- Shut your mobile phone off at a designated time each night.
- Designate only certain times to scroll through social media.

Stress-reducing activities:

- Walking or spending time outside and in nature
- Talking to friends
- Writing in a journal or blog
- Meditation
- Yoga
- Listening to music
- Massage
- Taking a long bath
- Using scents, like candles, that have calming effects
- Herbal teas, some of which are designed for their calming effects
- Playing with a pet
- Working in a garden or with your hands
- Watching comedy
- Reading
- Exercising — which is also a healthy replacement to distract from stress eating and will lower cortisol levels

WRITE DOWN ACTIVITIES YOU USE OR WOULD LIKE TO IMPLEMENT FOR STRESS MANAGEMENT:

TLS WEIGHT MANAGEMENT SOLUTION

CHAPTER 11

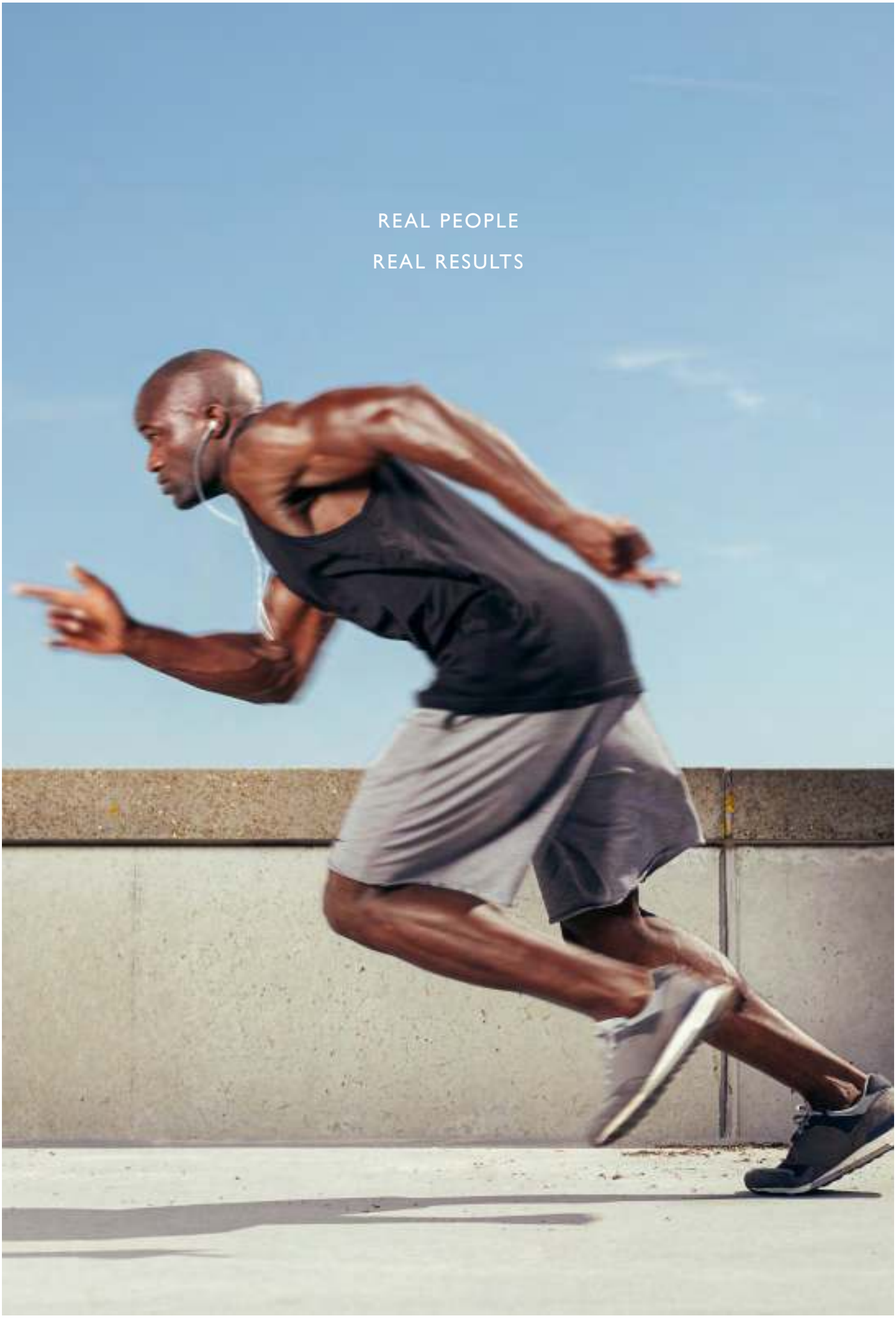
ASSESSING RESULTS
SUCCESS

CHAPTER 11

ASSESSING RESULTS

"Track your habits and watch your progress."

THIS WILL BE THE LAST PROGRAMME
YOU WILL EVER NEED!


REAL PEOPLE
REAL RESULTS

With TLS™, you have realised that you are able to overcome negative beliefs and habits regarding your health and put forth all that you've learned to reach your optimal health.

LOOK AT WHAT YOU HAVE ALREADY ACHIEVED!

You are now thinking, behaving and acting differently. Although it may have been hard at first, you have discovered that with each passing day, as you eat for health and nourishment, you are starting to love your body and live in it comfortably. But more importantly, as your waistline decreases, you will take on a renewed, more enjoyable way of life. You should be proud of your progress and may want to think about updating your goals to continue moving forward. Remember, this is a journey, not a destination.

ARE YOU WHERE YOU WANT TO BE?

If you are not as pleased with your results as you thought you would be, ask yourself a few questions:

- Do you journal regularly?
- Are you ensuring you are eating at least every four hours, while awake?
- Are you eating protein and fibre at every meal, including snacks?
- Are you eating all your vegetables? (6-12 cups)
- Are you eating fruits?
- Are you eating two servings of good fats?
- If you eat dairy, are you consuming only two serving sizes?
- If you are eating low-GI starches or grains, are you consuming only the serving size?
- How often do you exercise?
- Are you reading labels?
- Do you drink a minimum of eight glasses of water each day?
- Do you take your supplements consistently?
- How often do you make choices that don't support your goal?
- If you go off track, are you able to get right back on track and forgive yourself?

As you reflect, it is important to recognise areas where you can improve so that you can continue your weight management success.

Write down 1-2 areas where you can make improvements moving forward:

_____

_____

_____

_____

LOOK BACK AT YOUR JOURNAL

Look back on your journal and reread how you felt in the beginning of this journey and how you feel now. You have most likely taken notice of trends and patterns that you have changed to help you reach, or move closer to, your goals. Continuing to journal until you achieve your goal is a sure way to stay on track. On top of your food journaling, we suggest you record other wellness measurements on a daily basis.

Assess other areas of wellness on a daily basis:
Using a scale of 1-5, 5 being the highest, circle how you rate yourself in these important areas of wellness. You may be able to detect patterns that correlate between foods you eat, or events in your life that could be affecting your overall results.

You have new habits and favourite go-to foods that you eat now. Assess how well you have replaced old habits with new ones:

HOW IS YOUR ENERGY LEVEL / HOW ENERGETIC DO YOU FEEL TODAY?	1 2 3 4 5
HOW IS YOUR STRESS LEVEL / HOW IS YOUR STRESS LEVEL TODAY?	1 2 3 4 5
HOW IS YOUR SLEEP QUALITY / HOW WELL DID YOU SLEEP LAST NIGHT?	1 2 3 4 5
HOW IS YOUR SELF-ESTEEM / HOW GOOD DO YOU FEEL ABOUT YOURSELF TODAY?	1 2 3 4 5

List your two favourite breakfasts, lunches, dinners or snacks that are part of your new TLS-friendly lifestyle:

BREAKFASTS	1. 2.
LUNCHES	1. 2.
DINNERS	1. 2.
SNACKS	1. 2.

TLS WEIGHT MANAGEMENT SOLUTION

CHAPTER 12

LIVING THE LIFESTYLE

STRUCTURE

CHAPTER 12

LIVING THE LIFESTYLE

"You have all the tools and education you need to continue living the TLS lifestyle."

THIS WILL BE THE LAST PROGRAMME YOU WILL EVER NEED!

ENSURE YOUR HEALTHY BEHAVIOURS LAST

Achieving results that last a lifetime is about embracing this new lifestyle. This is the life you now know and love, and are committed to making it second nature, like brushing your teeth. Making small, deliberate modifications to the way you live your life ensures that you will create healthier behaviours. You have changed your life from the inside out so that you stopped turning to food to mask your feelings or medicate emotional distress.

In overcoming weight challenges, you need to remember exactly where you started. You've thought about your weight a million times. You may have tried a dozen diets. Then you were introduced to TLS™. Now you realise that your history does not dictate your future and you are able to break the cycle.

11 TIPS TO ENSURE YOUR HEALTHY BEHAVIOURS LAST

1. DON'T MAKE EXCUSES
   Fully understand the consequences of how you intend to live your life from here on out. There are not many choices we have in life, but we do have the choice every day to eat healthy and add in exercise. Deep down, you will know if you're letting an excuse get in the way of your continued commitment.

2. MAKE A CONTINUED COMMITMENT
   Permanent weight management takes time, effort and a lifelong commitment. Make sure you are ready to keep up with all the changes that you've made over the last 12 weeks. No one else can make you lose weight or gain weight … except you!

3. SET YOUR GOALS
   Revisit your goals on an ongoing basis. Continue to make SMART goals and continue to make short- and long-term goals. Nothing is better than checking a goal you've achieved off your list.

4. JOURNAL
   Continue to journal. Many overlook the importance of journaling for accountability. According to studies, people who journal lose more weight and have a heightened awareness of their nutrient intake. TLS recommends you journal until you achieve your goals, and even after if it helps keep you on track. A two-year study proved that individuals who journal and kept food logs lost twice the weight than those who did not.

5. REWARD YOURSELF — BUT NOT WITH FOOD!
   As you reach your goals, give yourself a pat on the back and celebrate your success. Get a massage, get a makeover, go on a shopping spree or book a vacation. Do something for yourself that you wouldn't normally do unless you hit a milestone.

6. CHOOSE THE RIGHT INFLUENCES
   By now, most of your friends and family probably know that you've adopted a healthier lifestyle. Beware of those people who insist that since you are at or near your goal weight, you owe it to yourself to indulge a bit. The reality is that you owe it to yourself to remain healthy and not let your hard work be undone. Nothing tastes as good as fit feels!

7. DO A CLOSET CLEANUP
   Throw out or donate the "fat" wardrobe. Keeping those clothes around means you are thinking of keeping them for "just in case." If you hang on to those larger size clothes, subconsciously you are expecting to fit back into them some day. Having no "fat" clothes around to return to is a motivating factor in reaching your new goals. Throw out your past.

8. DON'T GET DISCOURAGED
   If you have a bad day or are not getting results as fast as you would like, don't use this setback to stop progress entirely, whether consciously or subconsciously. You will experience setbacks; everyone does. They are a natural part of progress. Do not let a bad choice turn into a bad day, which turns into a bad week, then a bad month and then a bad year; before you know it you're back where you started. Have your TLS Coach and community give you the support you need to stay on track.

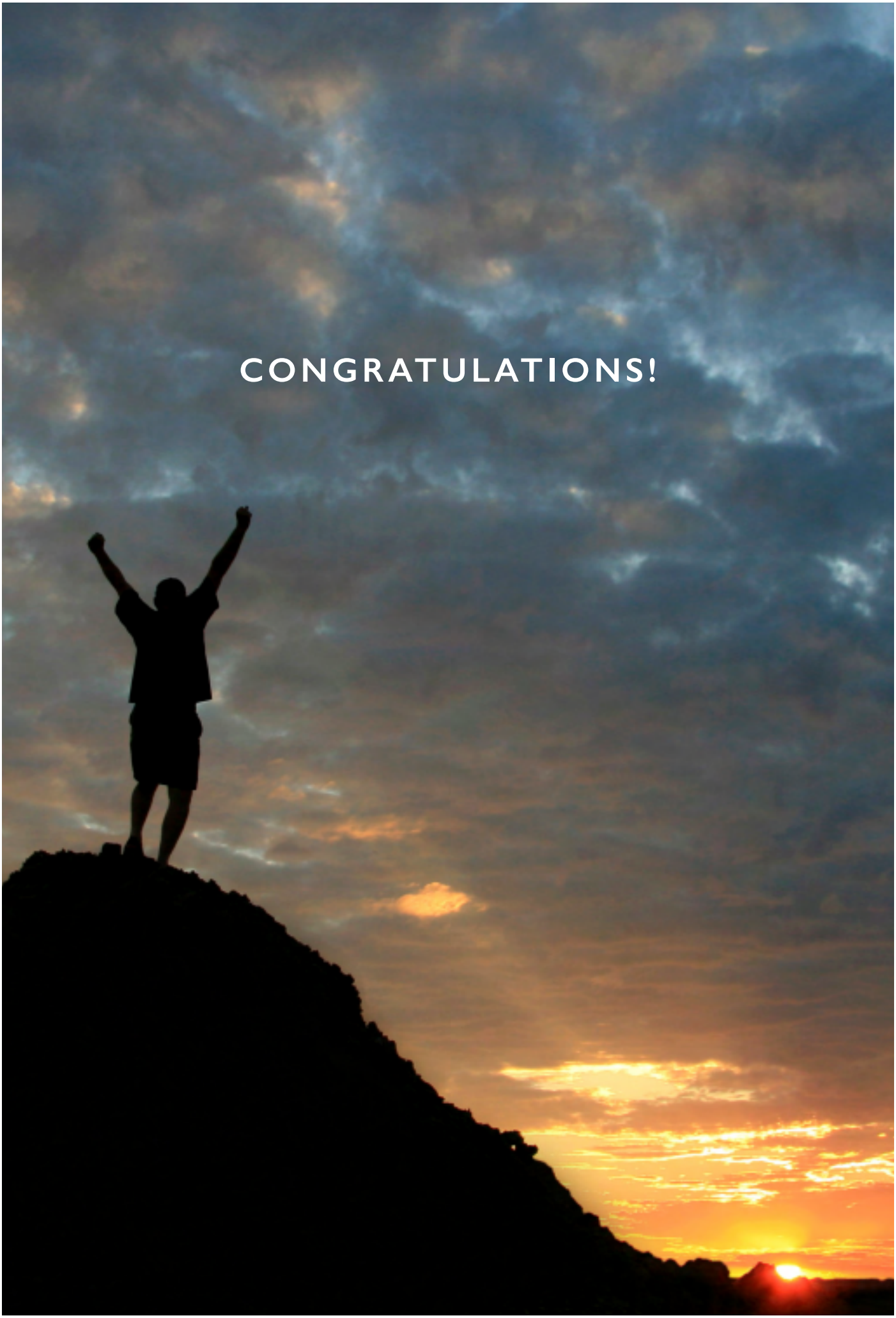
9. FAIL-PROOF YOUR ENVIRONMENT
   Have strategies in place to overcome potential challenges and temptations. For most of us it is eating out, eating away from home or eating too much while you are on vacation or traveling. Take some time to think ahead and plan on overcoming those situations.
   - Eat dinner before you go to the party or wedding.
   - Choose a restaurant that you know has a variety of good choices.
   - Be confident and assertive with the wait staff and let them know you want your food prepared a certain way, such as dressing on the side, no sauce or baked instead of fried.

10. KEEP YOUR FOCUS ON LONG TERM HEALTH
    Your body is a complex machine. To keep it running optimally in a toxic environment you need to give your body a fighting chance. This includes supplementation for optimal health, not just for weight management. Are you eating 12 servings of vegetables every day? Are you eating a majority of your foods organic? Do you ever consume things that deplete your vitamin stores like alcohol or coffee? We live in a world where getting the bare minimum of nutrients to offset disease and perform optimally is difficult to do with our regular diet. In addition to targeted supplementation, consult your TLS Coach about recommendations for optimising your health.

11. SHARE YOUR STORY AND PAY IT FORWARD
    Share your story with others and on uk.tlsSlim.com and on social media.
    - The best way to stay on track is to share your story, about where you started and the experiences you had. Share with your coworkers, your friends, family and on social media.
    - You will excite others to a better lifestyle, just as someone did for you.
    - You will empower others, which will also help you to stay on track. Make the decision each and every day of who you will be and what you will become.

Become a TLS™ Coach.

- YOU are the architect of your life! Many people will start asking you to tell them what you have done or share the foods you have eaten.
- TLS is an educational programme that focuses on low-glycaemic-impact eating, weight management, and helps improve and rebalance metabolism through science-based supplementation.
- It is impossible to help people just by telling them what you eat
- You now have the ability to impact someone else's life by becoming a TLS coach.
- Nothing is more powerful than being able to help people achieve their health and weight management goals.


CONGRATULATIONS!

TLS WEIGHT MANAGEMENT SOLUTION

Think of yourself as on the threshold
of unparalleled success.
A whole, clear, glorious life
lies before you.

ACHIEVE! ACHIEVE!

– Andrew Carnegie

YOU ARE ON YOUR WAY!

Congratulations for completing the first 12 weeks of your TLS Weight Management Solution Programme.

TLS™ CORPORATE TEAM

TLS WEIGHT MANAGEMENT SOLUTION

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