



Crystal Star™

whole herbs for the whole person™

Burn More Fat™

Weight Loss Kit #1



NUTRITION PLAN

Dr. Linda Page's Suggested Whole Herb Weight Loss Program

This program is designed to help you jump-start your weight loss results with all natural, whole herbs. Whole herbs are foods, and considered nature's natural body balancers. My herbal formulas have been specifically formulated to give your body the vitamins, minerals and special nutrients you need to lose weight. Congratulations, you have taken the first step forward, with a targeted herbal supplement program to maximize your health. Dr. Linda Page's Whole Herb Weight Loss program coupled with a low fat diet will help you lose weight and maintain a fit body, NATURALLY!!

Weight Loss Kit #1 Includes:

- **Thyroid Meta Max™ Caps** – A combination with natural iodine and other minerals to strengthen and balance the thyroid gland. Helps to enhance and strengthen kidney, gallbladder, and pancreatic function.
- **Thin After 40™ Caps** – Activates slow metabolism and boosts the thermogenesis for maximum fat burning activity. Helps control cortisol production.
- **Ocean Minerals™ Caps** – Iodine, potassium and silica from the sea for thyroid support, and beautiful skin, hair, and nails.

Weight loss is not easy in today's lifestyle. Reaching your ideal weight is a victory. Keeping it requires vigilance. The following nutritional therapy plan and exercise suggestions are intended to help you put together a diet program that helps you lose weight and, ultimately, be healthier.

Nutritional therapy plan:

- Don't skip meals, especially breakfast. Breakfast is the worst meal to skip if you want to raise metabolism. It sends a temporary fasting signal to the brain that food is going to be scarce. As a result, stress hormones increase, and the body begins shedding lean muscle tissue in order to decrease its need for food.
- Drink plenty of water! Expert dieters drink eight glasses of water a day. Water naturally suppresses appetite, helps maintain a high metabolic rate, and promotes good digestion.
- Add sea vegetables to your diet like kelp, dulse and nori, rich in natural iodine.
- Eat fat burning foods that raise metabolism, like fresh fruits and vegetables (full of enzymes), whole grains and legumes. Eat fruits for breakfast or between meals.
- Add thermogenic fat burning spices like cinnamon, cayenne, mustard, and ginger to speed up your fat burning process.
- Try dipping raw veggies in mustard throughout the day. One teaspoon of mustard can increase metabolism 25% for up to 3 hours!
- Add ice to your drinks to boost calorie burning.... up to 25 more calories per drink!
- Avoid breads and pastries; if you have any wheat or gluten sensitivities you'll bloat when you eat them.
- Limit alcohol consumption, even wine, to two glasses or less a day. With seven calories per gram, alcohol sugars shift metabolism in favor of fat depositing.

You need to change your diet composition to lose weight. The importance of cutting back on saturated fat cannot be overstated. Saturated fats are hard for the liver to metabolize. Focusing on healthy fats from seafood, sea greens, nuts and seeds can curb cravings by initiating a satiety response. Fat isn't all bad. It's your body's chief energy source. Most overweight people have too high blood sugar and too low fat levels. This causes constant hunger, the delicate balance between fat storage and fat utilization is upset, and

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your ability to use fat for energy decreases. Eating fast, fried, or junk foods particularly aggravates this imbalance. You wind up with empty calories and more cravings.

Exercise/Bodywork:

Daily exercise releases fat from the cells. A brisk walk burns calories and cuts cravings. Exercising early in the day raises metabolism as much as 25%! Exercising before breakfast helps the body dip into its fat stores for quick energy and curbs the munchies all day.

- Even if eating habits are just slightly changed, you can still lose weight with a brisk hour's walk, or 15 minutes of aerobic exercise.
- One pound of fat represents 3500 calories. A 3-mile walk burns up 250 calories. In about 2 weeks you'll lose a pound of real extra fat. That's 3 pounds a month and 30 pounds a year without changing your diet. It's easy to see how cutting down even moderately on fatty, sugary foods in combination with exercise can still provide the look and body tone you want.
- Weight training exercise increases lean muscle mass, replacing fat-marbled muscle with lean muscles.

Bonus Diet

Dr. Linda Page's Sample Low Fat Diet to Help You Lower and Maintain a Healthy Weight

Here is my sample step-by-step, low fat diet that you can follow with your Whole Herb Weight Loss Program. Making a healing diet change and losing excess weight is one of the best things you can do for your health. The rewards are high - a longer, healthier life - and control of your life.

- *On rising:* Squeeze 2 lemons in a glass of water, and drink for a quick liver flush.
- *Breakfast:* Have a poached or baked egg with bran muffins or whole grain toast with unsalted butter; or have low fat yogurt and some whole grain cereal. Now is a good time to take your Crystal Star® Weight Loss Supplements.
- *Mid-morning:* Have a green veggie drink, or natural low sodium V-8 juice or peppermint tea; or a cup of miso soup with sea greens snipped on top; or crunchy raw veggies with yogurt cheese dip.
- *Lunch:* Have fresh leafy green salad with a lemon/oil or yogurt dressing with baked tofu, or a baked potato, or brown rice with a low fat sauce or dressing; or have a light vegetable, black bean, lentil or miso soup, with steamed veggies and a light sauce. Now is a good time to take your Crystal Star® Weight Loss Supplements.
- *Mid-afternoon:* Have a bottle of mineral water, or a cup of peppermint tea, or apple or cranberry juice; or have a veggie green drink, V-8 juice, or carrot juice; or have crunchy raw veggies or whole grain crackers with kefir cheese or yogurt dip.
- *Dinner:* Have large dinner salad with seafood and veggies, nuts and seeds, and a cup of light soup; or a Chinese stir-fry with lots of greens, onions, mushrooms, with clear soup and brown rice; or baked/broiled fish or seafood with some steamed veggies, brown rice or millet. Or have some roast turkey with light corn bead, and a salad with poppy seed dressing; or a whole grain or veggie pasta dish with vegetables and a light sauce, and a cup of soup. A little white wine with your main meal will improve digestion, and make dieting more pleasant.
- *TV - Evening snack:* Have some un-buttered spicy popcorn. It's good for you and its airiness will fill you up and keep you from wanting heavier or "habit" foods.

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