

SOME SLIMMING THOUGHTS

1. **Protein: First 30-60 minutes after awakening (light hits retina of eye) give your metabolism a good jolt of digestible protein—with almost NO carbs. This tells your body, “You WILL eat today; there is NO famine. get into ‘Fed State’ and stop storing food in fat cells.”**
2. **Avoid drinking bottled water. If it has been in a hot car, a hot delivery truck, or a hot warehouse, the chemicals that have leaked into the water act as “xeno-estrogens”—they act like estrogens, but mostly in a damaging way: Estrogen encourages us to put our food energy into storage form—that means fat; Estrogen excess is one way to encourage breast cancer; etc.**

Water in rigid wall plastic containers is probably safe. Well and home-filtered water is best.

3. **Drink lots and lots of water. As your fat cells give up their extra fat, they give off the various toxins that have been dissolved in the fat. This will help the kidneys deal with the toxins that the liver turns into water-soluble compounds.**
4. **Because of #3, your liver and intestinal tract will be working overtime—especially for those who have more fat tissue to lose.**

Therefore, I strongly encourage:

- **Intestinal Cleanse: Paraway Pack—see separate sheet also.**
5. **Greatly limit your consumption of supermarket meat—that includes chicken! All agri-business producers of pork, beef, lamb and poultry provide their stock with estrogen hormones before bringing them to the auction block. This allows the animals to gain fat and water weight, thus weigh more and can be sold at a higher price. This estrogen is then passed on to YOU. See #2 above.**
 6. **Eat ZERO trans-fats!! Remember, if it says on the nutritional info, “Trans fats 0 grams”, that just means there is less than 1 gram/serving. Read the “ingredients” instead...if it lists “partially hydrogenated oil” ANYWHERE in the ingredients, DON’T buy it!!! Partially hydrogenated oils are man-made aberrations that increase shelf life, but are horrendous for our bodies. We do not have the natural enzyme systems to break them down and use them for energy => probably lifetime storage in fat cells, and insertion into cell membranes that distort the cell walls. Complicated. I’ll explain in person if you wish. In the meantime: Avoid ALL partially hydrogenated oils!!! See attached sheet with list of some of the places these oils hide, but have no labels.**

- 7. Increase lean muscle mass with simple exercise. Muscle uses food much more efficiently than fat. Biceps curls, arm lifts, semi-squats (careful of your knees) on alternate legs, stairs, walking ½ hour a day, etc, all help encourage slimming.**
- 8. DON'T weigh yourself the first month on BiosLife Slim!!! Measure yourself before starting, then every 7-14 days. Keep a record (see measurement chart). Notice the fit of your clothes, the greater ease of holding in your tummy, the spring in your step. See separate sheet, "Why the Scale Lies".**
- 9. Start slowly on BiosLife Slim if you have not been on a high fiber diet. You made need to begin with ½ a packet at a time.**