

The Ultimate Downsize

Weight Management System

Your information booklet

The Ultimate Downsize tackles weight loss on several levels at once. Your program begins with a mini detox, followed by a unique combination of herbal appetite suppressants, multi-mineral/vitamin supplements, Omega3 fish oils with CoQ10, metabolism boosters, herbal teas (including Yerba Mate) and a great tasting protein/calcium shake.



 **Health House**

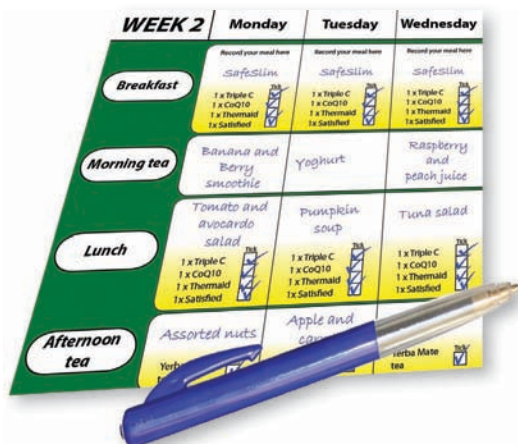


“Instead of giving myself reasons why I can’t, I give myself reasons why I can.”

Anon

MEASUREMENTS	INITIAL	FINAL
	Start of Program	End of program
DATE	___/___/___	___/___/___
Weight (kgs)		
Chest (cms)		
Waist (cms)		
Hips (cms)		
Body fat (percentage) *		
Body Water (percentage) *		
Muscle Mass (kgs) *		
Muscle Mass (rating) *		
Daily Resting Calorie Need (KCal) *		
Daily Resting Calorie Need (Kjoules) *		
Metabolic Age (years) *		
Bone Mass (kgs) *		
Organ Fat (rating) *		

* Use a Tanita Inner Scan Scale. Refer to [www.healthhouse.co.nz/Tanita scales.html](http://www.healthhouse.co.nz/Tanita_scales.html)



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Introduction

There are many weight loss products on the market, however nothing is quite like **The Ultimate Downsize**. This product uses powerful, natural herbs and minerals to assist you with your weight loss goals without drastic dieting. **The Ultimate Downsize** is safe, easy and enjoyable. Simply read this book, set your target and make the personal commitment.

As with any weight loss product it requires a personal commitment from you and also diet and exercise. The supplements will assist you by providing nutrients, protein and appetite suppression aids, however a reduction in food intake and some exercise is needed to help with weight loss.

The Program

The program involves four separate stages, over seven weeks:

Week 1 - A mini detox to clear your body of toxins and faecal matter. Your intestines are supported by herbal tea and a course of multi probiotics. Some weight loss normally occurs at this stage.

Week 2 to Week 4 - **The Ultimate Downsize** main program - a combination of herbs, minerals, Yerba Mate tea and a protein shake will help you manage your food intake.

Week 5 to Week 6 - **The Ultimate Downsize** lean down program - during these two weeks your intake of herbs and supplements is partially reduced to help your body slowly adjust to your new lifestyle.

Week 7 - A final detox to ensure that your intestines are in good shape.

The Product

The kit contains the following:

Cleansa Plus - a mild herbal laxative to encourage regular movements.

Satisfied - mineral/herbal combination to help appetite suppression.

Thermaid - a herbal supplement to increase energy and metabolism.

CoQ10 Fish Oil - an Omega3 rich fish oil high in Vitamin A, D and E and CoQ10.

Coral CAA - a multi vitamin/mineral supplement with added calcium.

Probiotic Multi 8 - 8 strains of live 'good' bacteria for your intestines.

SafeSlim - a low calorie protein powder that suppresses appetite.

Organic Green herbal tea bags (14) - to support your mini detox.

Yerba Mate tea bags (21) - the secret to Argentinean weight loss now available in New Zealand.

Information booklet and progress recorder

Capsule cases (2)



The products in **The Ultimate Downsize** have been designed to work together in combination with the recommended dietary advice and daily exercise.

Please read this book fully before beginning your program.

The Mini Detox

Our intestines absorb nutrients from food and eliminate waste. However meats, refined grains and processed foods can leave a sticky glutinous residue on our intestinal walls and gradually a plaque builds up, just as it does on our teeth.

Over the years we can accumulate a putrid toxic mass in the intestines. This is often compacted and caught in the folds of the colon. Before undertaking the main stage of **The Ultimate Downsize** it is important to clean out the bowel of this build up.

What to take

For the first week you will take the following

Morning with breakfast	1 x Cleansa Plus
Midday with lunch	1 x Cleansa Plus
Afternoon tea	1 x Green herbal tea
Before going to bed	2 x Probiotic Multi 8

What foods am I allowed?


During this detox week it is important that you follow a very strict diet regime to enable the body to cleanse itself.

This diet is restricted to most fruit and vegetables, fish, yoghurt, vegetable soups, fruit and vegetable juices, fruit and vegetable salads, avocados, cold pressed oils (olive oil), brown rice, herbal teas, natural spices and herbs.

Foods to completely avoid are all refined, processed and packaged foods. All breads, pasta, and other wheat-containing products. All grains, seeds, crackers and snack bars. All meats, including chicken but fish is allowed.

All fried foods, eggs, nuts and baked beans. All sweets, chocolate and soft drinks. Also avoid bananas and potatoes. We appreciate this may be challenging, but it will enable the detox to work and help prepare you for the less strict diet of **The Ultimate Downsize** program.

During this cleansing stage it is essential to keep your water intake high. Although you will be sticking to a strict diet for this week, you must keep your food intake up. We suggest 5 small meals/snacks per day.

On the recipe pages (23-30) you will see this symbol . This means the recipes are ok when doing the detox stage of the program.

What can I expect?

Over the first few days your bowel motions should become more frequent and darker. Some people may find that they have a bowel evacuation towards the end of the week. The actual day will vary but this is normal due to clearing out of the bowel.

Usually you will also lose a desire for unhealthy foods and sweets and enjoy natural wholesome foods.

Once the detox week is over you are ready to begin **The Ultimate Downsize** program. Do not be surprised if your weight loss has already started.

WEEK 1

Monday

Tuesday

Wednesday

Record your meal here

Record your meal here

Record your meal here

Breakfast

1 x Cleansa Plus
Glass water

1 x Cleansa Plus
Glass water

1 x Cleansa Plus
Glass water

Morning tea

Lunch

1 x Cleansa Plus
Glass water

1 x Cleansa Plus
Glass water

1 x Cleansa Plus
Glass water

Afternoon tea

Green tea

Green tea

Green tea

Dinner

Supper

2 x Probiotic
Multi 8

2 x Probiotic
Multi 8

2 x Probiotic
Multi 8

Exercise

Record your exercise here

Light exercise
this week

Record your exercise here

Light exercise
this week

Record your exercise here

Light exercise
this week

Measurements

Weight (kg) _____

Chest (cms) _____

Waist (cms) _____

Hip (cms) _____

If using Tanita Scales

Body Fat (%) _____

Body Water (%) _____

Muscle Mass (kg) _____

Muscle Mass (rating) _____

Thursday

Friday

Saturday

Sunday

Record your meal here

Record your meal here

Record your meal here

Record your meal here

1 x Cleansa Plus Tick
Glass water

1 x Cleansa Plus Tick
Glass water

1 x Cleansa Plus Tick
Glass water

1 x Cleansa Plus Tick
Glass water

1 x Cleansa Plus Tick
Glass water

1 x Cleansa Plus Tick
Glass water

1 x Cleansa Plus Tick
Glass water

1 x Cleansa Plus Tick
Glass water

Green tea Tick

Green tea Tick

Green tea Tick

Green tea Tick

2 x Probiotic Tick
Multi 8

2 x Probiotic Tick
Multi 8

2 x Probiotic Tick
Multi 8

2 x Probiotic Tick
Multi 8

Record your exercise here

Record your exercise here

Record your exercise here

Record your exercise here

Light exercise
this week

Light exercise
this week

Light exercise
this week

Light exercise
this week

If using Tanita Scales

Resting Calorie (kcal) (kJ)

Metabolic Age (yrs) _____

Bone Mass (kg) _____

Organ Fat (rating) _____

Comments:

Starting your main program

Congratulations you have completed the first stage in **The Ultimate Downsize** program and you are now ready to proceed. This next stage is the main part of your program and you may wish to use the capsule cases to assist you with taking the correct capsules.

If you forget or miss a capsule, don't worry, you can either skip it or catch up. However, it is important that you do not take the **Probiotic Multi 8** and the **Cleansa Plus** together, as the **Cleansa Plus** will minimise the effectiveness of the **Probiotic Multi 8**. Other than that, do not be concerned if you make a mistake.

SafeSlim

The best time to take **SafeSlim** is in the morning or at lunch. Add two rounded teaspoons of **SafeSlim** to 200 ml of water or low fat milk and stir vigorously.

Generally this should be sufficient to get you through to your next meal. It can also be used for those times when you are feeling hungry and want something low in calories. In this case we suggest one rounded teaspoon of **SafeSlim**. If you should run out, you can purchase more **SafeSlim** at www.healthhouse.co.nz or by phone on 0800 140 141.

What to take

For the next three weeks take the following capsules every day:

Morning with breakfast	1 each of Coral CAA, CoQ10-Omega3, Thermaid, Satisfied
Midday with lunch	1 each of Coral CAA, CoQ10-Omega3, Thermaid, Satisfied
Afternoon tea	1 x Yerba Mate tea
Evening with dinner	1 x Cleansa Plus
Before going to bed	1 x Probiotic Multi 8

You should make your Yerba Mate tea with hot water not boiling water. If you find that the Yerba Mate is stopping you from sleeping then we suggest you take it for morning tea instead.

You may also find it convenient to set up your week's worth of capsules in the provided capsule cases. Use one case for breakfast and the other for lunch.

What foods am I allowed?

The Ultimate Downsize is not a diet that excludes or limits food groups (with the exception of dead, processed and junk foods). Recipes and food ideas are provided but the focus is on key principles and not a fussy or specific diet.

Fresh fruit, vegetables and foods low in fat and carbohydrates should be on your shopping list. We recommend five small meals a day rather than starving yourself. Recipes and shopping suggestions are on pages 23-30. We also recommend that you avoid sugar, alcohol, drugs and other toxins.

It is important, after the detox week to slowly introduce grains and meat into your diet so as to avoid constipation. Start by maybe adding a bit of chicken to your salad. You can take an additional **Cleansa Plus** if bowel movements do not remain regular.

Remember to include a high intake of water as part of your diet.

Exercise

Exercise is the key to burning stored fat and toning your body. Dieting without exercise means you are more likely to lose muscle mass than fat.

We strongly recommend daily exercise to help you lose fat and convert calories to muscle. The whey protein in the **SafeSlim** can be converted to muscle (the chromium can also help this) provided you exercise.

Exercise should be something you enjoy, it does not need to cost a lot of money or take a lot of time. Provided you get your blood pumping for at least 20 minutes, it should be effective.

A balanced exercise program should include both cardio (fitness) and resistance (weights).

Weight and body fat percentages can change depending on time of day and other factors - do not place too much reliance on the electronic equipment.

Cardio Exercise

This can be as simple as a brisk walk, or even doing chores energetically. You might include jogging, brisk walking, cycling, sport, aerobics or working out to a fitness video.

It is important to ensure your body has nutrients before exercising, so you do not burn muscle mass. Exercise can also stop you from feeling hungry. Remember to take water with you and keep hydrated. Even strolling around on your feet, burns three times as many calories as sitting, or lying down.

Resistance Exercise

This involves working your muscle against a load, like press ups, lunges, weights, Swiss ball exercises, Pilates or Yoga.

A simple way is to wear wrist or ankle weights while walking. But it can be as easy as walking up stairs, raking the leaves, pushing a mower, or going for a swim.

Both cardio and resistance exercise will increase your metabolic rate and increase the levels of calories you burn at rest. When you increase this rate you will burn fat at a greater rate while doing nothing.

We recommend varying your exercise between cardio and resistance, with periods of rest and relaxation between them.

Try 20-30 minutes of cardio one day, and then 15-20 minutes of resistance the next day, and alternate. Ensure that at least one day per week you fully rest the body.

Sleep is an important part of a weight loss/exercise program



WEEK 2

Monday

Tuesday

Wednesday

Breakfast

Record your meal here
SafeSlim

1 x Coral CAA Tick
1 x CoQ10
1 x Thermaid
1 x Satisfied

Record your meal here
SafeSlim

1 x Coral CAA Tick
1 x CoQ10
1 x Thermaid
1 x Satisfied

Record your meal here
SafeSlim

1 x Coral CAA Tick
1 x CoQ10
1 x Thermaid
1 x Satisfied

Morning tea

Lunch

1 x Coral CAA Tick
1 x CoQ10
1 x Thermaid
1 x Satisfied

1 x Coral CAA Tick
1 x CoQ10
1 x Thermaid
1 x Satisfied

1 x Coral CAA Tick
1 x CoQ10
1 x Thermaid
1 x Satisfied

Afternoon tea

Yerba Mate tea Tick

Yerba Mate tea Tick

Yerba Mate tea Tick

Dinner

1 x Cleansa Plus Tick
Glass water

1 x Cleansa Plus Tick
Glass water

1 x Cleansa Plus Tick
Glass water

Supper

1 x Probiotic Multi 8 Tick

1 x Probiotic Multi 8 Tick

1 x Probiotic Multi 8 Tick

Exercise

Record your exercise here

Cardio Minutes
Resistance

Record your exercise here

Cardio Minutes
Resistance

Record your exercise here

Cardio Minutes
Resistance

Measurements

Weight (kg) _____
Chest (cms) _____
Waist (cms) _____
Hip (cms) _____

If using Tanita Scales

Body Fat (%) _____
Body Water (%) _____
Muscle Mass (kg) _____
Muscle Mass (rating) _____

Thursday

Friday

Saturday

Sunday

Record your meal here
SafeSlim

Record your meal here
SafeSlim

Record your meal here
SafeSlim

Record your meal here
SafeSlim

1 x Coral CAA Tick
1 x CoQ10
1 x Thermaid
1 x Satisfied

1 x Coral CAA Tick
1 x CoQ10
1 x Thermaid
1 x Satisfied

1 x Coral CAA Tick
1 x CoQ10
1 x Thermaid
1 x Satisfied

1 x Coral CAA Tick
1 x CoQ10
1 x Thermaid
1 x Satisfied

1 x Coral CAA Tick
1 x CoQ10
1 x Thermaid
1 x Satisfied

1 x Coral CAA Tick
1 x CoQ10
1 x Thermaid
1 x Satisfied

1 x Coral CAA Tick
1 x CoQ10
1 x Thermaid
1 x Satisfied

1 x Coral CAA Tick
1 x CoQ10
1 x Thermaid
1 x Satisfied

Yerba Mate tea Tick

Yerba Mate tea Tick

Yerba Mate tea Tick

Yerba Mate tea Tick

1 x Cleansa Plus Glass water Tick

1 x Cleansa Plus Glass water Tick

1 x Cleansa Plus Glass water Tick

1 x Cleansa Plus Glass water Tick

1 x Probiotic Multi 8 Tick

1 x Probiotic Multi 8 Tick

1 x Probiotic Multi 8 Tick

1 x Probiotic Multi 8 Tick

Record your exercise here

Record your exercise here

Record your exercise here

Record your exercise here

Cardio Minutes
Resistance

Cardio Minutes
Resistance

Cardio Minutes
Resistance

Cardio Minutes
Resistance

If using Tanita Scales

Resting Calorie (kcal) (kJ)

Metabolic Age (yrs) _____

Bone Mass (kg) _____

Organ Fat (rating) _____

Comments:

WEEK 3

Monday

Tuesday

Wednesday

Breakfast

Record your meal here
SafeSlim

1 x Coral CAA Tick
1 x CoQ10
1 x Thermaid
1x Satisfied

Record your meal here
SafeSlim

1 x Coral CAA Tick
1 x CoQ10
1 x Thermaid
1x Satisfied

Record your meal here
SafeSlim

1 x Coral CAA Tick
1 x CoQ10
1 x Thermaid
1x Satisfied

Morning tea

Lunch

1 x Coral CAA Tick
1 x CoQ10
1 x Thermaid
1x Satisfied

1 x Coral CAA Tick
1 x CoQ10
1 x Thermaid
1x Satisfied

1 x Coral CAA Tick
1 x CoQ10
1 x Thermaid
1x Satisfied

Afternoon tea

Yerba Mate tea Tick

Yerba Mate tea Tick

Yerba Mate tea Tick

Dinner

1 x Cleansa Plus Tick
Glass water

1 x Cleansa Plus Tick
Glass water

1 x Cleansa Plus Tick
Glass water

Supper

1 x Probiotic Multi 8 Tick

1 x Probiotic Multi 8 Tick

1 x Probiotic Multi 8 Tick

Exercise

Record your exercise here

Cardio Minutes
Resistance

Record your exercise here

Cardio Minutes
Resistance

Record your exercise here

Cardio Minutes
Resistance

Measurements

Weight (kg) _____
Chest (cms) _____
Waist (cms) _____
Hip (cms) _____

If using Tanita Scales

Body Fat (%) _____
Body Water (%) _____
Muscle Mass (kg) _____
Muscle Mass (rating) _____

Thursday

Friday

Saturday

Sunday

Record your meal here

SafeSlim

1 x Coral CAA Tick

1 x CoQ10

1 x Thermaid

1x Satisfied

Record your meal here

SafeSlim

1 x Coral CAA Tick

1 x CoQ10

1 x Thermaid

1x Satisfied

Record your meal here

SafeSlim

1 x Coral CAA Tick

1 x CoQ10

1 x Thermaid

1x Satisfied

Record your meal here

SafeSlim

1 x Coral CAA Tick

1 x CoQ10

1 x Thermaid

1x Satisfied

1 x Coral CAA Tick

1 x CoQ10

1 x Thermaid

1x Satisfied

1 x Coral CAA Tick

1 x CoQ10

1 x Thermaid

1x Satisfied

1 x Coral CAA Tick

1 x CoQ10

1 x Thermaid

1x Satisfied

1 x Coral CAA Tick

1 x CoQ10

1 x Thermaid

1x Satisfied

Yerba Mate tea Tick

Yerba Mate tea Tick

Yerba Mate tea Tick

Yerba Mate tea Tick

1 x Cleansa Plus Tick

Glass water

1 x Cleansa Plus Tick

Glass water

1 x Cleansa Plus Tick

Glass water

1 x Cleansa Plus Tick

Glass water

1 x Probiotic Multi 8 Tick

1 x Probiotic Multi 8 Tick

1 x Probiotic Multi 8 Tick

1 x Probiotic Multi 8 Tick

Record your exercise here

Cardio Minutes

Resistance

Record your exercise here

Cardio Minutes

Resistance

Record your exercise here

Cardio Minutes

Resistance

Record your exercise here

Cardio Minutes

Resistance

If using Tanita Scales

Resting Calorie (kcal) (kJ)

Metabolic Age (yrs) _____

Bone Mass (kg) _____

Organ Fat (rating) _____

Comments:

WEEK 4

Monday

Tuesday

Wednesday

Breakfast

Record your meal here

SafeSlim

1 x Coral CAA
1 x CoQ10
1 x Thermaid
1x Satisfied

Tick

Record your meal here

SafeSlim

1 x Coral CAA
1 x CoQ10
1 x Thermaid
1x Satisfied

Tick

Record your meal here

SafeSlim

1 x Coral CAA
1 x CoQ10
1 x Thermaid
1x Satisfied

Tick

Morning tea

Lunch

Afternoon tea

Dinner

Supper

Exercise

Record your exercise here

Cardio
Resistance

Minutes

Record your exercise here

Cardio
Resistance

Minutes

Record your exercise here

Cardio
Resistance

Minutes

Measurements

Weight (kg) _____
Chest (cms) _____
Waist (cms) _____
Hip (cms) _____

If using Tanita Scales

Body Fat (%) _____
Body Water (%) _____
Muscle Mass (kg) _____
Muscle Mass (rating) _____

Thursday

Friday

Saturday

Sunday

Record your meal here

SafeSlim

1 x Coral CAA

1 x CoQ10

1 x Thermaid

1 x Satisfied

Record your meal here

SafeSlim

1 x Coral CAA

1 x CoQ10

1 x Thermaid

1 x Satisfied

Record your meal here

SafeSlim

1 x Coral CAA

1 x CoQ10

1 x Thermaid

1 x Satisfied

Record your meal here

SafeSlim

1 x Coral CAA

1 x CoQ10

1 x Thermaid

1 x Satisfied

1 x Coral CAA

1 x CoQ10

1 x Thermaid

1 x Satisfied

1 x Coral CAA

1 x CoQ10

1 x Thermaid

1 x Satisfied

1 x Coral CAA

1 x CoQ10

1 x Thermaid

1 x Satisfied

1 x Coral CAA

1 x CoQ10

1 x Thermaid

1 x Satisfied

Yerba Mate tea

Yerba Mate tea

Yerba Mate tea

Yerba Mate tea

1 x Cleansa Plus Glass water

1 x Cleansa Plus Glass water

1 x Cleansa Plus Glass water

1 x Cleansa Plus Glass water

1 x Probiotic Multi 8

1 x Probiotic Multi 8

1 x Probiotic Multi 8

1 x Probiotic Multi 8

Record your exercise here

Cardio

Resistance

Record your exercise here

Cardio

Resistance

Record your exercise here

Cardio

Resistance

Record your exercise here

Cardio

Resistance

If using Tanita Scales

Resting Calorie (kcal) (kJ)

Metabolic Age (yrs) _____

Bone Mass (kg) _____

Organ Fat (rating) _____

Comments:

The Ultimate Downsize - Lean down stage

Congratulations you have completed the second stage in **The Ultimate Downsize** program and you are now ready for the third stage.

This lean down stage of the program will reduce the levels of supplements you take and give your body time to adjust before finishing the program.

This will help you keep up your good diet, exercise and other health behaviours that you have conditioned yourself to over the past few weeks.

It is easy to slip back into old bad habits when a weight management program ends. This wind down phase should make this less likely.

SafeSlim

Carry on taking the **SafeSlim** as this will continue to help you through the program. You may want to consider reducing the **SafeSlim** intake to once every second day.

What to take

For the next two weeks, take the following capsules every day:

Morning with breakfast	1 each of Coral CAA, CoQ10-Omega3
Midday with lunch	1 each of Thermaid, Satisfied
Evening with dinner	1 x Cleansa Plus
Before going to bed	1 x Probiotic Multi 8

You may find it convenient to set up your week's supply of capsules in the capsule cases provided.

What foods am I allowed during the wind down stage?

There is no need to change the foods that you have been eating during the program (provided of course, you have been well behaved) eating good healthy foods like these should continue.

It may be tempting at this stage to reward yourself with something unhealthy, but try and resist this temptation.

Fresh fruit - whole grains, vegetables and low fat foods should be your staple diet from now on, for the rest of your life.

Remember to include a high intake of water as part of your diet.



Staying on track during the lean down and for the rest of your life

The lean down is a very important part of the program as you are now reducing the level of supplements and other products you are taking.

Ideally a natural diet and exercise regime will become part of your life, rather than taking weight management supplements. Of course these things are aids to help you, but see this lean down part of the program as taking off those training wheels.

You still have the **SafeSlim**, **Thermaid** and **Satisfied** to help you with appetite suppression, but not to the same degree.

Other helpful hints to stay on track are as follows.

Stay strong in the supermarket - stick to your shopping lists.

Do not be tempted to reward yourself with a sweet treat, this is actually punishing yourself. You have worked hard and your reward is better health and a better body, not a backward step.

Weight and body fat percentages can change depending on time of day and other factors - don't place too much reliance on the electronic equipment.

Do not be too disappointed if things do not always head in the right direction, weight loss can be a two steps forward, one step backward process.

Avoid the temptation of fast foods and processed foods. As for snacks, carrots, fruits and vegetables should become your best friends.

Excuses are like pounds, they just pile up. Do not accept excuses or other people's excuses. You can do it.

Remove temptations - it is harder to snack on chips or biscuits if they are not in the house.



WEEK 5

Monday

Tuesday

Wednesday

Breakfast

Record your meal here

SafeSlim

1 x Coral CAA
1 x CoQ10

Tick

Record your meal here

1 x Coral CAA
1 x CoQ10

Tick

Record your meal here

SafeSlim

1 x Coral CAA
1 x CoQ10

Tick

Morning tea

Lunch

Afternoon tea

Dinner

Supper

Exercise

Record your exercise here

Cardio
Resistance

Minutes

Record your exercise here

Cardio
Resistance

Minutes

Record your exercise here

Cardio
Resistance

Minutes

Measurements

Weight (kg) _____
Chest (cms) _____
Waist (cms) _____
Hip (cms) _____

If using Tanita Scales

Body Fat (%) _____
Body Water (%) _____
Muscle Mass (kg) _____
Muscle Mass (rating) _____

Thursday

Friday

Saturday

Sunday

Record your meal here

Record your meal here

Record your meal here

Record your meal here

SafeSlim

SafeSlim

1 x Coral CAA Tick
1 x CoQ10

1 x Coral CAA Tick
1 x CoQ10

1 x Coral CAA Tick
1 x CoQ10

1 x Coral CAA Tick
1 x CoQ10

1 x Thermaid Tick
1 x Satisfied

1 x Thermaid Tick
1 x Satisfied

1 x Thermaid Tick
1 x Satisfied

1 x Thermaid Tick
1 x Satisfied

1 x Cleansa Plus Tick
Glass water

1 x Cleansa Plus Tick
Glass water

1 x Cleansa Plus Tick
Glass water

1 x Cleansa Plus Tick
Glass water

1 x Probiotic Tick
Multi 8

1 x Probiotic Tick
Multi 8

1 x Probiotic Tick
Multi 8

1 x Probiotic Tick
Multi 8

Record your exercise here

Record your exercise here

Record your exercise here

Record your exercise here

Cardio Minutes
Resistance

Cardio Minutes
Resistance

Cardio Minutes
Resistance

Cardio Minutes
Resistance

If using Tanita Scales

(kcal) (kJ)

Resting Calorie

Metabolic Age (yrs) _____

Bone Mass (kg) _____

Organ Fat (rating) _____

Comments:

WEEK 6

Monday

Tuesday

Wednesday

Breakfast

Record your meal here

SafeSlim

1 x Coral CAA Tick
1 x CoQ10

Record your meal here

1 x Coral CAA Tick
1 x CoQ10

Record your meal here

SafeSlim

1 x Coral CAA Tick
1 x CoQ10

Morning tea

Lunch

Afternoon tea

Dinner

Supper

Exercise

Record your exercise here

Cardio Minutes
Resistance

Record your exercise here

Cardio Minutes
Resistance

Record your exercise here

Cardio Minutes
Resistance

Measurements

Weight (kg) _____
Chest (cms) _____
Waist (cms) _____
Hip (cms) _____

If using Tanita Scales

Body Fat (%) _____
Body Water (%) _____
Muscle Mass (kg) _____
Muscle Mass (rating) _____

Thursday

Friday

Saturday

Sunday

Record your meal here

Record your meal here

Record your meal here

Record your meal here

SafeSlim

SafeSlim

1 x Coral CAA Tick
1 x CoQ10

1 x Coral CAA Tick
1 x CoQ10

1 x Coral CAA Tick
1 x CoQ10

1 x Coral CAA Tick
1 x CoQ10

1 x Thermaid Tick
1 x Satisfied

1 x Thermaid Tick
1 x Satisfied

1 x Thermaid Tick
1 x Satisfied

1 x Thermaid Tick
1 x Satisfied

1 x Cleansa Plus Tick
Glass water

1 x Cleansa Plus Tick
Glass water

1 x Cleansa Plus Tick
Glass water

1 x Cleansa Plus Tick
Glass water

1 x Probiotic Multi 8 Tick

1 x Probiotic Multi 8 Tick

1 x Probiotic Multi 8 Tick

1 x Probiotic Multi 8 Tick

Record your exercise here

Record your exercise here

Record your exercise here

Record your exercise here

Minutes
Cardio
Resistance

Minutes
Cardio
Resistance

Minutes
Cardio
Resistance

Minutes
Cardio
Resistance

If using Tanita Scales

(kcal) (kJ)

Resting Calorie

Metabolic Age (yrs) _____

Bone Mass (kg) _____

Organ Fat (rating) _____

Comments:

Final Detox

Congratulations you have completed the third stage and are now on your final stage in **The Ultimate Downsize** program.

This part of the program will cease most supplements and give you body a final flush.

From now on it will be up to you to keep up with the good diet, good exercise and other good behaviours that you have conditioned yourself to over the past six weeks.

What to take

For the next week you will take the following capsules every day:

Morning with breakfast	1 x Cleansa Plus
Afternoon tea	1 x Green Tea
Before going to bed	1 x Probiotic Multi 8

This should keep you regular during this last week and ensure your bowel bacteria is maintained.

What foods am I allowed?

There is no need to change the foods that you are eating. Provided you have been well behaved and eating good healthy foods this should continue.

Again it may be tempting to reward yourself at this stage with something unhealthy but we suggest you resist this temptation.

Fresh fruit, vegetables and low fat foods should be your staple diet from now on.

You may also want to consider taking a multi vitamin for support. We strongly recommend our **Triple Pack** for life-long health. This includes **CAA**, **Coral C** and **CoQ10-Omega3**.

See our website www.healthhouse.co.nz for more information and customer testimonials.



If you feel you still need help with appetite curbing you can purchase our **SafeSlim** separately or you can purchase another kit. As **The Ultimate Downsize** ingredients are all natural, you can repeat the program as often as is required.

Ongoing Weight Management

This is the most important stage in the program, you will no longer be relying on appetite suppression supplements. It will be your own will power and dedication that will ensure your weight loss continues.

Gradual changes in eating and exercise habits will help encourage a permanent lifestyle change.

A good multi-vitamin such as Health House's CAA can be a great help.

Avoid dehydration - drink plenty of water.

Sometimes the body is confused with its signals and when you are thirsty it can be interpreted as hunger. Try having a glass of water first whenever you feel hungry.

Keep your food intake at the same level (or below) what your energy requirements are. Generally speaking, if your body has excess food it will store it until needed, if it does not have enough it will use some of the fat it has stored.

Fat is essential to the health of the body, it is the type of fat we eat that is important. Generally fats that are natural and unprocessed are good for the body, in moderation. Try and avoid man-made fats such as margarine.

Refined carbohydrates, such as white flour and sugar should be reduced when weight loss, or more precisely, fat loss is wanted.

Yoghurt, eggs, milk and dairy products, chicken and fish, beans, corn, nuts, tofu and legumes are all good sources of protein.

If you have a serving of protein, an equal or larger amount of complex carbohydrates and some good fats on your plate then you will be about right.

“The sovereign invigorator of the body is exercise, and of all the exercises walking is the best.”

Thomas Jefferson



Eating healthy is all about choices. The best advice we can give you is to make the best choice you can considering the circumstances. Choose the healthiest option out of all those present and you will be on the right track.

WEEK 7

Monday

Tuesday

Wednesday

Record your meal here

Record your meal here

Record your meal here

Breakfast

1 x Cleansa Plus
Glass water

Tick

1 x Cleansa Plus
Glass water

Tick

1 x Cleansa Plus
Glass water

Tick

Morning tea

Lunch

Afternoon tea

Green tea

Tick

Green tea

Tick

Green tea

Tick

Dinner

Supper

1 x Probiotic
Multi 8

Tick

1 x Probiotic
Multi 8

Tick

1 x Probiotic
Multi 8

Tick

Exercise

Record your exercise here

Record your exercise here

Record your exercise here

Cardio
Resistance

Minutes

Cardio
Resistance

Minutes

Cardio
Resistance

Minutes

Measurements

Weight (kg) _____

Chest (cms) _____

Waist (cms) _____

Hip (cms) _____

If using Tanita Scales

Body Fat (%) _____

Body Water (%) _____

Muscle Mass (kg) _____

Muscle Mass (rating) _____

Thursday

Friday

Saturday

Sunday

Record your meal here

Record your meal here

Record your meal here

Record your meal here

1 x Cleansa Plus Tick
Glass water

1 x Cleansa Plus Tick
Glass water

1 x Cleansa Plus Tick
Glass water

1 x Cleansa Plus Tick
Glass water

Green tea Tick

Green tea Tick

Green tea Tick

Green tea Tick

1 x Probiotic Tick
Multi 8

1 x Probiotic Tick
Multi 8

1 x Probiotic Tick
Multi 8

1 x Probiotic Tick
Multi 8

Record your exercise here

Record your exercise here

Record your exercise here

Record your exercise here

Cardio Minutes
Resistance

Cardio Minutes
Resistance

Cardio Minutes
Resistance

Cardio Minutes
Resistance

If using Tanita Scales

Resting Calorie (kcal) (kJ)

Metabolic Age (yrs) _____

Bone Mass (kg) _____

Organ Fat (rating) _____

Comments:

Breakfast recipes

Juices 👍

Delicious juice combinations could contain the following, in this order of preference. Try not to combine fruit and vegetable juices. Often they digest better separately.

Beetroot, carrot, apple, prune, orange, grape, grapefruit, lemon, tomato, pineapple and feijoa. All of these juices can be combined with black pepper and or chilli pepper which aid peristaltic action (intestinal motility).

You may find single juices are easier to digest and add more variety. Perfect for a quick energy boost.

Yoghurt smoothies 👍

This is a great way to start your day. Just take your favourite fruit (but no bananas - too starchy) and fruit juice, add some yoghurt or low-fat milk (soy milk or rice milk preferred), a pinch of cinnamon and blend until smooth. Throw in some barley grass powder for more energy.

Fruit salads 👍

Try combining different fruits with plain unsweetened yoghurt.

You can include oranges, pears, nectarines, plums, peaches, pineapple, kiwifruit, apples, mangoes, cherries, prunes, apricots.

Remember: no bananas during detox weeks.



Marie's SafeSlim smoothie recipe

- 2 rounded teaspoons of SafeSlim
- 1 Banana
- 1 cup of low-fat unsweetened yoghurt.

Mix well and enjoy

You can also add berries and low fat milk

Breakfast recipes

Fruit and yoghurt 👍

A bowl of chopped fruit – blueberries, strawberries, kiwifruit, apple and pears.

Top with unsweetened yoghurt (for protein) and sprinkle with lecithin granules, sunflower seeds and chopped walnuts.

Cup of tea or herbal tea.

(Walnuts and green tea help to lower cholesterol – pistachio nuts too)



Scrambled eggs

Use a mixture of whole eggs and egg whites.

Cook with chopped onion and serve with mushrooms sauteed with garlic.

Porridge

Porridge, millet or oat– use low fat milk, or try rice or almond milk.

Sprinkle with cinnamon and nutmeg, raisins and pumpkin seeds for improved blood sugar balancing.

Toast

Rice wafer or whole meal bread with these toppings: humus, cheese, avocado, onion, tomato, vegemite or marmite. These are low GI toppings.

Avoid jams.

Café ideas

- Omelette
- Boiled egg
- Fruit smoothie 👍



Morning/afternoon snack recipes

Apple and carrot juice 👍

Simply delicious, this juice is one of the most refreshing tasting juices we recommend.

- 4 carrots
- 4 apples

Wash and chop the carrots and apples if necessary, to fit in the juicer. Juice and drink immediately. If you like celery add two sticks. A little lemon juice prevents these juices from going brown.

Raspberry and peach juice 👍

Raspberry and peach juice is a thick, sweet, restorative juice. It is particularly good if you are over-tired or anaemic. If you find it too thick, add an apple or water.

- 1 small punnet of raspberries
- 2 peaches



Wash all the fruit and stone the peaches. Juice and drink immediately.

Cranberry (or other berries) and Pineapple juice 👍

- 1 whole cleaned and skinless pineapple
- 2 cups of cranberries or other berries
- 1 cup of crushed ice (optional)
- 1 large fresh mint sprig (optional)

Wash and dice the pineapple and put all ingredients into blender until smooth.



Tomato juice with spring onions 👍

- 8 large tomatoes
- 2 fat spring onion bulbs
- 4 large sprigs of basil
- 6 large sprigs of oregano

Roughly chop the tomatoes and spring onions and put them into a blender with the leaves from the basil and oregano. Whizz until smooth.



Morning/afternoon snack recipes

Berry and Banana smoothie

- ¾ cup of your favourite frozen berries
- 1 banana
- 1 cup almond milk
(or cow's milk with almond and a little water, or yoghurt for protein, or rice milk)
- ½ cup pear juice
- ½ cup soft tofu
- 1 dessertspoon flax oil



Place all in a blender and blend until smooth. Makes enough for two people for breakfast or reduce proportions to make a smaller amount for a snack. Try raspberries, strawberries or blackberries in place of the blueberries, or any fruit you like. Add a generous teaspoon of barley grass powder, spirulina and/or **Safeslim** for extra vitamins and minerals, to help reduce cravings.

If your body is well supplied for nutrients it is less likely to cause you pangs of desire for the wrong types of food.

Quick snacks

- a piece of fruit 👍
- a handful of almonds
- sunflower seeds and raisins
- figs and walnuts taste nice together (walnuts lower cholesterol, figs balance blood glucose)
- low fat cheese such as ricotta or cottage cheese and some chopped fruit
- carrot sticks and humus or guacamole 👍
- mixed nuts 👍
- yoghurt (unsweetened/low fat) 👍
- banana
- rice or rye wafer with avocado, cheese, tuna

Café or bought snack ideas

- nut bar (not chocolate coated)
- bottled water 👍
- real squeezed orange juice 👍
- bagged nuts
- fruit salad 👍
- boiled egg
- juice bar green drinks, wheat grass or spirulina 👍



Lunch recipes

Beetroot salad

3 large beetroot boiled in skins for 20 minutes. Peel and dice into 2 cm cubes. Add 100 gm mung bean sprouts, 1 large shredded carrot, juice of 2 lemons, 20 ml Cider vinegar, 50 ml Olive oil, Chopped Rocket, Parsley or Coriander.

Broccoli and cucumber salad

- 1 head of broccoli
- 1 cucumber
- 1 red capsicum
- 1 orange or apple

Chop all ingredients into 2 cm cubes and dress with herbs, vinegar and olive oil.

Vegetable soup

- 1 large peeled onion (chopped finely)
- 2 cloves of garlic (finely chopped)
- 2 large carrots (diced)
- 3 leeks (sliced)
- 4 peeled courgettes (thinly sliced)
- 700 ml of veggie stock
- 3 tbsp of tomato puree
- 1 bunch of parsley (finely chopped)

Heat olive oil and saute the onions and garlic for 5 minutes. Add the carrots, leeks and courgettes and continue cooking for a further 5 minutes. Pour in the stock and tomato puree and simmer until the vegetables are soft. Add the parsley and continue cooking for about 5 minutes. You should get about 3 servings from this.



Tomato and avocado salad

- 2 large tomatoes
- 1 large avocado

Chop into wedges 2 cm wide and sprinkle with spring onion, basil, chives, cold pressed olive oil and apple cider vinegar.

Pumpkin soup (8 servings)

- 1 pumpkin
- 2 carrots
- 2 large onions
- 6-8 large cloves of garlic
- Cayenne pepper
- Curry powder

Take 1 whole pumpkin and dice into 5 cm cubes. Add a couple of carrots if you wish.

Finely chop onions and the cloves of garlic and simmer these lightly in olive oil until soft adding a pinch of cayenne pepper and two teaspoons of curry powder (optional).

Add the pumpkin and stir well into onions for five minutes. Add 4-6 cups of water depending on the size of pumpkin and allow to simmer until pumpkin is soft. Mash or blend the soup until smooth adding more water if needed.

This soup is nice served with yoghurt added and a sprinkling of mixed herbs and cracked pepper. This soup can be made with kumara, carrot or swede.




Lunch recipes

Try rice and stir fried vegetables from the night before. Add some salmon, tuna or tofu for protein, plus chopped avocado.





Salad with tinned fish

A big salad of colourful vegetables. You can make endless variations and maybe add some finely chopped fruit (eg orange, strawberry, pineapple, apple). Mix in some salmon, tuna or tofu for a healthy protein. A yoghurt dressing (plain unsweetened yoghurt, cold-pressed olive oil, a tiny pinch of unprocessed sea salt). Sprinkle sunflower seeds on top. Again, chopped avocado to help create a pleasant feeling of fullness or satiety.

Other ideas

- Rice wafers with tinned fish, avocado, cheese, tomato, onion, vegemite
- Tinned fish mixed with chopped raw vegetables 
- Wholemeal sandwich, filled with plenty of the above foods (include protein)

Eating out - Café and takeaway ideas

- vegetable frittata 
- salmon salad 
- stuffed potato or kumara
- vegetable tofu 
- fish or chicken curry
- grilled chicken salad
- turkish falafel kebab
- chinese vegetable dishes (ask for no msg)
- Subway with wholemeal bun, low fat sauces, no cheese/bacon
- fruit salad 



Dinner recipes

Simple, quick, one-pot cooking: In a frying pan or wok, lightly sauté a variety of vegetables. Include a little lean protein of your choice. Include herbs for flavour and their antioxidant activity – sage, thyme and rosemary. Studies on rosemary show it has a strong antioxidant activity. If you make enough you don't even need rice, just pile your plate with vegetables. If you make rice, cook enough to add to lunch the next day.

Tofu and green bean curry

125 gm green beans
Packet of firm tofu (about 200 gm)
10 sliced mushrooms
2 chopped onions
1 tbsp of curry paste (Indian or Thai)
1 tbsp tamari sauce
Coconut milk (1 can, or grate 1 coconut and squeeze into water to make milk).

1. In a pot heat the curry paste and coconut milk – mix in the paste.
2. Add mushrooms and tofu and bring to simmer.
3. Add the beans and onions.

A variation is to use fish instead of tofu, and courgettes (very chunky chopped) instead of beans – great with Thai green curry. Miso can be used instead of tamari – add at end of cooking to preserve vital nutrients.
Serve with salad or cooked green vegetables.

These are just a few ideas, to help you avoid bread, pasta and other high glycaemic foods that promote body fat. These meal ideas include a little protein each time you eat, to create balanced blood sugars.

Your meals can even be enjoyed by a large family. They may choose to eat extra portions of rice or potatoes with the evening meals, but they will still benefit from the healthy foods.

Roasted vegetable feast

Kumara, Pumpkin, Onion, Whole garlic, Zucchini, Mushrooms, Carrots, Capsicum, Parsnip.

Take generous portions of all the vegetables and cut into similar sizes. Cook the hard vegetables first in a drizzle of olive oil. Then add the soft vegetables.



Dinner recipes

Roasted peppers with millet 🍷

(serves 4)

- 2 large red peppers
- 3 tbsps (45 ml) cold pressed olive oil
- 1 small onion, chopped
- 2 cloves of garlic, crushed
- 175 g (6 oz) millet
- 2 tbsps (30 ml) fresh parsley, finely chopped
- 600 ml (1 pint) vegetable stock
- About 8 cherry tomatoes, halved

Heat oven to 190° C / 375° F Gas mark 5.

Cut the peppers in half lengthways, keeping the stalk attached, and remove the seeds. Brush the outsides with a little of the olive oil then place them, skin side down, in a roasting dish, packed quite tightly so they do not roll over.

Heat 2 tablespoons (30 ml) of olive oil in a separate pan and lightly sauté the onion for about 5 minutes until translucent. Add the millet, parsley and vegetable stock. Bring to the boil, reduce the heat, then simmer for about 20 minutes or until the millet grains are soft.

Stir in the halved cherry tomatoes. Spoon the millet mixture into the pepper halves. Sprinkle over the remaining olive oil. Cover the roasting pan tightly with foil and bake for 1 hour until the peppers are tender.



Café and takeaway ideas

- stir fry vegetables 🍷
- green, greek or rocket salads 🍷
- don't hesitate to ask for special low-calorie or low-fat version of a menu item
- order salad dressings and other sauces on the side. This way, you have control over how much to use
- when choosing a dressing, opt for vinaigrette rather than a cream based dressing
- choose water, juice or unsweetened tea or coffee instead of soft drinks or alcoholic beverages
- order steamed or grilled vegetables as a side dish instead of potatoes/fries/chips
- share with a friend, so you halve your calories
- order an appetiser rather than a main

My Easy to Shop - Checklist

- | | | | |
|--------------------------|--|--------------------------|--|
| <input type="checkbox"/> | Alfalfa sprouts  | <input type="checkbox"/> | Currants  |
| <input type="checkbox"/> | Almonds  | <input type="checkbox"/> | Dates |
| <input type="checkbox"/> | Apples  | <input type="checkbox"/> | Egg Plant |
| <input type="checkbox"/> | Apricots  | <input type="checkbox"/> | Eggs  |
| <input type="checkbox"/> | Artichoke  | <input type="checkbox"/> | Figs  |
| <input type="checkbox"/> | Asparagus  | <input type="checkbox"/> | Fresh herbs (variety)  |
| <input type="checkbox"/> | Aubergine  | <input type="checkbox"/> | Fresh fish  |
| <input type="checkbox"/> | Avocado  | <input type="checkbox"/> | Garlic cloves  |
| <input type="checkbox"/> | Baked Beans  | <input type="checkbox"/> | Gherkins |
| <input type="checkbox"/> | Bananas | <input type="checkbox"/> | Gooseberries  |
| <input type="checkbox"/> | Barley grass juice  | <input type="checkbox"/> | Grapefruit  |
| <input type="checkbox"/> | Bean Salad  | <input type="checkbox"/> | Grapes  |
| <input type="checkbox"/> | Beetroot  | <input type="checkbox"/> | Guava  |
| <input type="checkbox"/> | Blackberries  | <input type="checkbox"/> | Hummus |
| <input type="checkbox"/> | Blueberries  | <input type="checkbox"/> | Kidney Beans |
| <input type="checkbox"/> | Broccoli  | <input type="checkbox"/> | Kiwifruit  |
| <input type="checkbox"/> | Brown rice  | <input type="checkbox"/> | Kumara |
| <input type="checkbox"/> | Brussels Sprout  | <input type="checkbox"/> | Lamb |
| <input type="checkbox"/> | Cabbage red/white  | <input type="checkbox"/> | Lean Beef |
| <input type="checkbox"/> | Cantaloupes  | <input type="checkbox"/> | Leeks  |
| <input type="checkbox"/> | Capsicum  | <input type="checkbox"/> | Lemons or Lemon juice  |
| <input type="checkbox"/> | Carrots  | <input type="checkbox"/> | Lentils  |
| <input type="checkbox"/> | Cauliflower  | <input type="checkbox"/> | Lettuce  |
| <input type="checkbox"/> | Celery  | <input type="checkbox"/> | Lima Beans  |
| <input type="checkbox"/> | Cherries  | <input type="checkbox"/> | Lobster |
| <input type="checkbox"/> | Chicken (skinned) | <input type="checkbox"/> | Loganberries  |
| <input type="checkbox"/> | Chickpeas, dahl, lentils | <input type="checkbox"/> | Lychees  |
| <input type="checkbox"/> | Cider vinegar  | <input type="checkbox"/> | Mandarins  |
| <input type="checkbox"/> | Coconut  | <input type="checkbox"/> | Mango  |
| <input type="checkbox"/> | Coleslaw (no cheese)  | <input type="checkbox"/> | Marmite  |
| <input type="checkbox"/> | Corn on the cob  | <input type="checkbox"/> | Marrow  |
| <input type="checkbox"/> | Cottage Cheese | <input type="checkbox"/> | Melon  |
| <input type="checkbox"/> | Courgettes  | <input type="checkbox"/> | Milk  |
| <input type="checkbox"/> | Crab Meat | <input type="checkbox"/> | Milk (trim)  |
| <input type="checkbox"/> | Crackers (Rye/Wholemeal) | <input type="checkbox"/> | Miso (from health food stores)  |
| <input type="checkbox"/> | Cranberries  | <input type="checkbox"/> | Mung beans  |
| <input type="checkbox"/> | Cucumber  | <input type="checkbox"/> | Mushrooms  |
| <input type="checkbox"/> | Cumquats  | <input type="checkbox"/> | Mussels |



Ok for detox stage of program

My Easy to Shop - Checklist

- | | | | |
|--------------------------|--|--------------------------|--|
| <input type="checkbox"/> | Nectarines  | <input type="checkbox"/> | Spaghetti |
| <input type="checkbox"/> | Noodles | <input type="checkbox"/> | Spinach  |
| <input type="checkbox"/> | Nuts  | <input type="checkbox"/> | Spirulina  |
| <input type="checkbox"/> | Olive oil | <input type="checkbox"/> | Spring onions  |
| <input type="checkbox"/> | Olives  | <input type="checkbox"/> | Sprouts  |
| <input type="checkbox"/> | Onions  | <input type="checkbox"/> | Squash  |
| <input type="checkbox"/> | Orange juice  | <input type="checkbox"/> | Strawberries  |
| <input type="checkbox"/> | Oranges  | <input type="checkbox"/> | Sultanas  |
| <input type="checkbox"/> | Parsley  | <input type="checkbox"/> | Sunflower and pumpkin seeds |
| <input type="checkbox"/> | Parsnip  | <input type="checkbox"/> | Swede  |
| <input type="checkbox"/> | Passionfruit  | <input type="checkbox"/> | Tamarillo  |
| <input type="checkbox"/> | Pasta (wholemeal) | <input type="checkbox"/> | Tangelo  |
| <input type="checkbox"/> | Pawpaw  | <input type="checkbox"/> | Taro  |
| <input type="checkbox"/> | Peaches  | <input type="checkbox"/> | Tinned tuna and salmon  |
| <input type="checkbox"/> | Pears  | <input type="checkbox"/> | Tofu  |
| <input type="checkbox"/> | Peas  | <input type="checkbox"/> | Tomatoes  |
| <input type="checkbox"/> | Peppers  | <input type="checkbox"/> | Tomato juice  |
| <input type="checkbox"/> | Persimmon  | <input type="checkbox"/> | Turnip  |
| <input type="checkbox"/> | Pickles  | <input type="checkbox"/> | Vegemite |
| <input type="checkbox"/> | Pineapple  | <input type="checkbox"/> | Watercress  |
| <input type="checkbox"/> | Pipi | <input type="checkbox"/> | Wholemeal Bread |
| <input type="checkbox"/> | Plums  | <input type="checkbox"/> | Yams  |
| <input type="checkbox"/> | Prunes  | <input type="checkbox"/> | Yoghurt, unsweetened  |
| <input type="checkbox"/> | Pumpkin  | | |
| <input type="checkbox"/> | Quince | | |
| <input type="checkbox"/> | Quinoa  | | |
| <input type="checkbox"/> | Radishes  | | |
| <input type="checkbox"/> | Raisins  | | |
| <input type="checkbox"/> | Raspberries  | | |
| <input type="checkbox"/> | Rhubarb  | | |
| <input type="checkbox"/> | Rice wafers or rice crackers | | |
| <input type="checkbox"/> | Rolled Oats | | |
| <input type="checkbox"/> | Scallops | | |
| <input type="checkbox"/> | Semolina | | |
| <input type="checkbox"/> | Silverbeet  | | |
| <input type="checkbox"/> | Sorbet  | | |
| <input type="checkbox"/> | Soup (vegetable)  | | |
| <input type="checkbox"/> | Soy beans | | |



Ok for detox stage of program

Ingredients

Safeslim

The healthy, once a day, protein powder and herbal appetite suppressant that can save you up to 1000 calories per day (250 grams).

- Instant protein powder blend
- Whey protein concentrate
- Cinnamon
- Fennel
- Stevia
- Chromium polynicotinate
- Mixed Berry and natural flavourings
- Contains dairy and egg products



Cleansa Plus

Cleansa Plus contains herbs which soothe your intestines, promote bowel health and support your digestion. **Cleansa Plus** also provides bulking fibre, soothing mucilage and relaxing oils for a stimulating laxative (60 capsules).

- Psyllium seed powder
- Wormwood bark powder
- Cascara sagrada bark powder
- Fennel seed powder
- Slippery Elm powder



Satisfied

Satisfied contains herbs which provide satiety, curb your appetite, encourage digestion and maintain pancreatic health. The herbs and the mineral chromium are effective support for the pancreas and its role in regulating blood sugar and food cravings (60 capsules).

- Caralluma
- Gymnema sylvestre
- Chromium polynicotinate



Ingredients

Probiotic Multi 8

Probiotic Multi 8 replenishes healthy bacteria in your intestines and helps restore the healthy balance which can be seriously depleted by antibiotics, food preservatives and alcohol. Unlike most Probiotics, which contain only one or two strains of beneficial bacteria, **Probiotic Multi 8** contains all eight of the most important strains. Just as important, they are protected by an acid resistant coating on the capsule, which allows them to pass safely through your stomach acid into your small intestine (60 enteric coated capsules).

Lactobacillus Acidophilus
Lactobacillus Casei
Lactobacillus Rhamnosus
Lactobacillus Salivarius
Streptococcus Thermophilus
Bifidobacterium Bifidum
Bifidobacterium Lactis
Bifidobacterium Longum



Thermaid

Thermaid contains herbs which maintain metabolism, provide cellular energy, support weight management and encourages blood circulation. **Thermaid** provides warming and stimulating effects which support cellular energy expenditure and metabolic rate (60 capsules).

Garcinia cambogia
Kelp
Green tea
Bitter orange
Cayenne powder
Black pepper
Ginger powder



CoQ10-Omega3 fish oil

Contains CoQ10 (naturally fermented) which is recognised to increase energy and endurance levels and improve oxygen utilisation. Includes wild fish oil for health-promoting Omega3, and Cod Liver Oil for natural Vitamin A and Vitamin D. All these rich ingredients help your natural weight regulation, can clarify your mind, boost energy and reduce high triglyceride (blood fat) levels (60 soft gel capsules).

Salmon oil
Cod Liver oil
CoQ10 (naturally fermented)
(Contains Omega3, Vitamin A and Vitamin D)



Ingredients

Coral CAA

Each capsule contains a blend of high quality minerals and vitamins identified as lacking in the New Zealand diet. Each capsule also contains highly absorbable Coral sourced Calcium which is vital for natural weight regulation and sound sleep. (60 capsules)

Potassium	Vitamin B1
Magnesium	Vitamin B2
Zinc	Vitamin B3
Manganese	Vitamin B5
Cobalt	Vitamin B6
Selenium	Vitamin B12
Boron	Folate
Chromium	Vitamin C
Iodine	Vitamin D
Iron	Vitamin E
Copper	Bioflavonoids and Antioxidants
Silica	Calcium
Sulphur	



Yerba Mate Tea

Yerba Mate Tea from Argentina. Consumed as their national drink by millions of Argentines, who are renown for their slimness. It is full of vitamins and antioxidants. It increases energy and calorie burning and reduces appetite. For many years physicians in Europe have been incorporating **Yerba Mate** in their treatments for obesity.



Green Tea

Green Tea is the ultimate herbal tea for digestive health and weight loss. It is also known for soothing upset stomachs.





Health House

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