

Be Fit Weight Management Program: Weight Loss Made Easy

The Be Fit Weight Management program has been designed to teach the individual, acknowledging the fact that each person is different, how to manage their own weight. Most of us are familiar with the food pyramid that has been taught in the US for years, we see it at the gym, at the doctor's office, the nutritionists', I have even seen it in health food stores and grocery stores. It was originally drafted in 1978 in Denmark and adopted by the USDA (United States Department of Agriculture) in 1992. It essentially says that each day you should have 6-11 servings from the pasta, bread, cereal and rice group, 2-4 servings of fruit, 3-5 servings of vegetables, 2-3 servings from the milk, yogurt, and cheese group, 2-3 servings from the meat, poultry, fish, dry beans, eggs and nuts group, and fats, oils and sweets should be used sparingly. In 2005 the USDA redesigned the Food Pyramid into My Pyramid which shows a person climbing stairs to represent that we need to add physical activity. It is ultimately based on the concept of a calories in, calories out diet. We have all heard this from multiple sources, "you are what you eat," "if you want to lose weight just eat less," "count your calories and make sure you're exercising more and you'll lose weight," etc.

Now remember, in 2005 they added in exercise and encouraged us to be more diligent in calorie counting and exercise. On October 27, 2010 the JAMA (Journal of the American Medical Association) published alarming new research that named the spread of obesity as an "epidemic". They stated that between 2003 and 2010 (eight years), obesity in America increased 50%! Those eight years include the five years after the USDA adopted its program to encourage exercise and calorie counting. Now, if you're a thinking person you might be wondering if perhaps there's something wrong with the program.

Dr. K. Steven Whiting, PhD, Director of the Institute of Nutritional Science has joined with Dr. Dana Clay Young, PhD, President of Be Young Essential Oils to challenge the old thinking and bring us a new program for weight management. The Be Fit Weight Management program utilizes Dr. Whiting's twenty plus years of working with people in weight management (and the diseases associated with obesity) and Dana Young's internationally recognized expertise in essential oils and aromatherapy to make weight management something simple, enjoyable, and something that consistently shows results.

Weight management is something that many people have at least dabbled in. Most home libraries include at least one diet or nutrition book. Most people have been on at least one diet. Most people have lost some weight here or there and then put it back on, generally adding a few more pounds to boot. Why is this? The first problem is losing sight of the fact that we are all individuals, we are each unique. Even in households where the same food is consumed, you

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have roughly the same DNA (mom, dad, and siblings) and everyone does much the same in the way of exercise you will find that the weight of each person differs. There are many, many things that affect weight—what you eat, how you eat it, the emotions attached to eating, your biochemistry, your DNA, what radiation you were exposed to today, your physical activity, what time of day you ate what foods, how that food was cooked, and more.

The Be Fit Weight Management program begins with a test that will help determine if you fit roughly into one of three categories: a) carbohydrate intolerant b) calorie intolerant and c) a combination of the two. After that, you are treated as an individual. Let's begin.

The following is the Weight Management Test simplified. This is taken from the Be Fit Weight Management Program booklet that is included in the Be Fit Weight Management product packs. You can also take this test online at <https://secure.blueoctane.net/forms/XX8KW4GH6RL8> enter Be Young/Debby Swann as your counselor.

Test One: Blood Sugar/ Insulin Sensitivity

Check “Yes” for each symptom which occurs with any degree of regularity:

YES:

- Nervousness
- Irritability
- Fatigue & Exhaustion
- Faintness, dizziness, cold sweats
- Shakiness or weak spells
- Depression
- Drowsiness, especially after meals or mid-afternoon
- Headaches with no obvious cause
- Repeated digestive disturbances
- Forgetfulness
- Insomnia
- Needless worrying
- Mental Confusion
- Rapid pulse, especially after eating certain foods
- Muscle pain
- Anti-social behavior
- Over-emotional, crying spells
- Lack of sex drive
- Leg cramps
- Blurred vision
- Shortness of breath, sighing, excess yawning
- Cravings for starch and sugar-rich foods

Sum of total “Yes” answers _____

Test Two: Calorie Sensitive Test

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Check “Yes” for each scenario that applies to you

YES:

- You had a normal bodyweight when younger, but slowly gained weight after age 30
- You are presently overweight but by 25 pounds or so or less.
- You have a normal appetite (get hungry at mealtimes)
- You have few, if any food cravings
- You eat three meals a day whenever possible
- You have maintained the same basic eating habits all your life
- You have gained a certain amount of extra body weight but seem to have tapered off and not continued to gain
- You have less than 6 yes answers on Test One: Blood Sugar/Insulin Sensitivity

Test Three: Carbohydrate Intolerant Test

Check “Yes” for each scenario that applies to you

Yes:

- You are more than 25 pounds overweight
- You have had a tendency to be overweight all your adult life.
- You have been overweight since you were younger
- You have a poor appetite and skip meals often
- You prefer not to eat in the morning
- You have food cravings that temporarily go away when starch or sugary foods are consumed
- There are foods that you feel you could absolutely not do without
- Your waist is bigger than your hips (men). Your waist is more than twice the size of your hips (women).
- You have more than 6 yes answers on **Test One: Blood Sugar/Insulin Sensitivity**

Evaluating the first set of results

If you had more “yes” answers on Test Two than on Test Three, you are likely more of a Calorie Sensitive Metabolic Type. If, however, you had more “yes” answers on Test Three than on Test Two and you had a significant number of “yes” answers on Test One, you are very likely Carbohydrate Intolerant.

To further confirm the presence of carbohydrate intolerance, review the following statements and check “Yes” for all that apply to you:

- Frequent cravings for sweet or salty, crunchy snack foods
- Difficulty losing weight even if you exercise and cut back on food
- Difficulty with weight gain even when eating small amounts of food
- Weight gain distributed all over your body (from neck to ankles)
- Skin Tags (small painless, floppy skin growths)
- High triglycerides
- Low HDL (good cholesterol)
- High LDL (bad cholesterol)
- Afternoon Fatigue
- High uric acid or gout

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- History of having blood clots in the legs, lungs or brain
- Native-American, Asian, African-American, Pacific Islander or Hispanic ancestry
- Family history of type II diabetes or hypoglycemia

The more yes answers in this section the greater the confirmation that you are more definitively Carbohydrate Intolerant and it is critical that you control your carbohydrate intake in order to manage your weight, improve your health, and avoid numerous dire diseases in the future. If your answers were seemingly divided equally on the tests, you are likely a Combination Metabolic Type and are being affected by both excess calories and carbohydrates.

Once we have determined your metabolic type then we begin. Be Young has created two packs for starting your weight management program. If you are Carbohydrate intolerant you need the carbohydrate pack, if you are Calorie intolerant you need the calorie pack, and if you are a combination then you need the carbohydrate pack. Here's what you get (generally speaking enough for one person for one month).

Carbohydrate Pack:

GlucoSmart

Be Young meal replacement mix (you can choose from chocolate, raspberry cream, vanilla, or vegan)

Be Fit essential oil blend, 10 ml

Di-gest essential oil blend, 10 ml

Grapefruit essential oil from Be Young, 10 ml

Lemon and Peppermint essential oils from Be Young, 10 ml each, you will use these with lemon juice to do a gentle Liver Cleanse.

Be Fit Weight Management booklet and pamphlet

Retail \$259.50 (if each piece bought individually), Retail pack price \$200.00, member price \$149.95

Calorie Pack:

GlucoSmart

Masaji

Be Young meal replacement mix (you can choose from chocolate, raspberry cream, vanilla, or vegan)

Be Fit essential oil blend, 10 ml

Lemon and Peppermint essential oils from Be Young, 10 ml each, you will use these with lemon juice to do a gentle Liver Cleanse.

Be Fit Weight Management booklet and pamphlet

Retail \$264.50 (if each piece bought individually), Retail pack price \$203.00, member price \$149.95

Why are these items included:

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- **GlucoSmart:** This exclusive formula is a targeted protocol for glucose/insulin support and as such can even reverse type II diabetes! This special formula is all-natural and contains no ingredients which may cause heart palpitations, dizziness, or other negative side-effects. It's naturally gentle, but of such a high quality that it is readily absorbed in the body. "If you've ever endured a diet trying to strong-arm your way through the moments of sugar cravings, you are certain to notice a significant difference with this particular supplement." (Dr. Whiting)
- **Be Young Meal Replacement mix:** This is quality nutrition that will help provide your body with the essential vitamins and minerals you need to better function. While these shakes are delicious, you can feel free to add a couple of strawberries or blueberries to your shake as well.
- **Be Fit essential oil blend:** This particular blend has been extremely successful in helping folks like you to eliminate the sugar and starch cravings. It also helps with fatigue and helps to transport 21% of vital oxygen to each of the cells in your body. Simply add a couple of drops to your daily water intake—being sure NOT to drink your essential-oil enhanced water from plastic/Tupperware containers. Instead, drink your essential oil water from glass or BPA approved containers. There are no carbohydrate considerations in using this essential oil blend.
- **Grapefruit essential oil:** Add a couple drops of this essential oil to a glass of water throughout the day. This will aid in cleansing out the toxins particularly from the stored fat cells. It's great for eliminating cellulite. It adds a nice, sweet, refreshing taste to plain old water. There are no carbohydrate considerations in using this essential oil.
- **Liver Cleanse:** Your package contains both Lemon and Peppermint oil in order to help your liver function as well as possible. Liver function is vital to maintaining good blood sugar levels, energy, positive mood, etc. Nearly every person who struggles with insulin resistance and/or obesity also has Candida throughout their body. The Liver cleanse is critical to eliminate the Candida fungus, as its presence will attempt to defeat your better eating habits. Fungus lives off of its host. So if you can get rid of your Candida, you will actually absorb more of the quality nutrition you'll be providing your body. To use, simply add one or two drops of Lemon and one or two drops of Peppermint to one tablespoon of FRESH squeezed lemon daily.
- **Masaji:** Daily consumption of this great tasting liquid supplement will provide your body's cells with possibly the best food supplements money can buy. Masaji's formula contains natural whole foods along with an immense amount of nutrients, vitamins, minerals, amino acids, chlorophyll, protein, and trace elements of land and sea vegetation. Many of these ingredients are considered as the super foods of the future.
- **Di-gest essential oil blend:** will help tone the digestive system and assist in eliminating the fat and toxins.

This begins phase one, which lasts for roughly one month. During that month you will follow the instructions in the booklet, which are deliberately fairly vague because we can't be precise if we're treating you each as individuals. During that month you will weigh yourself and try hard not to remember to jump up and down on your scale as you see the weight come off and you aren't feeling deprived at all! The secret is the products in the package.

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With each meal you take one GlucoSmart capsule (if you are diabetic and your numbers are high you can take up to six GlucoSmart per day). This will help you feel full, not have food cravings, and many report that they have increased energy. Why? Because it contains the vitamins and minerals your body needs, if your body doesn't have those then it makes you crave food. It will also help control insulin (sugar) levels. If you're diabetic be sure you're testing your sugar levels at least three times a day because this will help bring them down. When you're seeing numbers consistently between 90-100 then you can visit with your doctor about decreasing medication levels.

You can have one meal replacement shake per day. You can use this to replace a meal or as a snack.

You will be using the essential oils to help your body cleanse and remove the fat. The Liver Cleanse (Lemon and Peppermint oils) will help detoxify your body (did you know that your body stores toxins in fat cells? As you eliminate those fat cells you'll also need to eliminate those toxins.) The Be Fit essential oil blend helps with cravings and also helps eliminate fatigue (hey, your body's going to be working hard to get the fat out!) Grapefruit essential oil helps eliminate cellulite. You can add it to your water (following the directions above) or apply it to problem areas (note: Grapefruit is a citrus essential oil, it can cause photosensitivity, make sure skin that has this oil applied to it is not exposed to direct sunlight for 48 hours if you are an individual who experiences this side effect. You're fine as long as the area is covered by clothing.). The Di-gest blend will help tone the digestive system and assist in eliminating the fat and toxins.

Masaji will provide your body's cells with possibly the best food supplements money can buy. You only need a tablespoon a day, but boy will you notice the improvement in how you feel! You'll want to drink more!

The first month you use the items in your pack according to the directions included with the pack. You will be cutting down on your foods, but with the proper use of your essential oils and supplements you won't even notice. In fact, you may find you're ready to cut your calorie or carbohydrate intake faster than suggested in the booklet! Once your weight plateaus (you quit losing) then you are ready for Phase two. Phase one can take as little as two weeks, for most people it takes four to five weeks, and for some it will take longer. But you will be losing weight the whole time you are on Phase one and you won't be feeling deprived!

Phase two means you get a new pack of goodies, you get one day a week in which you get one meal (two hours) of time in which you can eat anything you want—and as much of it! You will never be more than six days away from a required cheat meal! Keep a special list during the week of what goodies you'll be wanting to eat. In Phase two you increase your food intake and continue to monitor the scale. You'll continue Phase two until you have reached your healthy weight level. There may be times when you quit losing weight, but still need to lose some, then we just "bump" the metabolism by changing up your carbohydrate or calorie intake (we drop it,

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then up it). It's easy, the instructions are all there in the booklet. (By the way, the booklet is only about 60 pages, it won't take you long to read it and understand all you need to know.)

The final phase is maintenance. You simply play with your carbohydrate or calorie intake until you see at what point you start gaining weight, then you back off from that level and go forward enjoying life. You can go on vacation or to a party or something else and eat whatever knowing that as soon as you're back home again you just jump back into phase one or two for a few weeks to drop those 2-3 pounds you picked up and you're good to go again. You can eat out on any of the phases, you can visit friends and eat what they eat, you can enjoy life, lose weight, and BE FIT!

Are you ready to start? Of course you are! Take the test above so you know your type, then visit our website at www.TracesEtc.com to order your pack. If you want to save some money there's a link on our site to sign up for membership (there's not a member fee, nor are you required to purchase a minimum) or you can go directly to www.BeYoungEO.com/5009 or you can give us a call or drop us an e-mail at info@TracesEtc.com for more information.

To order, for class information, or if you have questions contact:

Debby or Penny Swann

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