

Thanks to Elizabeth Anderson, Nutritionist for sharing this valuable info...

Maximize Your Isagenix Fat Burning Rate & 40-30-30 Nutrition Meal Book Review

How does Isagenix help us **FLIP FROM FAT STORING to FAT BURNING?**

What can I do to **HELP MAXIMIZE THE RAPID FAT BURNING PROCESS?**

What **MEAL CHOICES WILL HELP KEEP ME BURNING FAT** while nourishing my body lean?

Thank you so much to Ken Kliewer for sharing this very valuable and insightful information!! Dr. Dennis Harper, Chairman of the Licensing Board of Physicians for the State of Utah and a Member of the Isagenix Advisory Board, has stated that Isagenix is effective for about 93% of his patients. that is a VERY HIGH percentage - unheard of in the weight loss industry! The suggestions below will **HELP YOU** to be part of the 93% successful group and not part of the 7% who continue to struggle. And it will help it to happen for you sooner and to last permanently!!

Definitely worth your taking a very close look.

With this in mind, I began researching the term 40-30-30, and came across a fascinating book:

"40-30-30 Fat Burning Nutrition" by Joyce & Gene Daoust, copyrighted 1996.

Library of Congress Catalog Card Number 96-61472, ISBN:1-56912-086-2

The book focuses on the zone diet with over 100 personalized zone meals and recipes.

This book seemed to scream at me: *"Share this with everyone in the company!"* because it has 40% (Protein)-30% (Complex Carbohydrates)-30% (Friendly Fat) meal suggestions that keep your body burning stored fat 24 hours.

This ratio is also the heart of our IsaLean Shake formula, IsaLean Snacks and IsaLean Bars!

Clients who choose their 400 to 600 calorie meals (and up to 850 calori ed meals for athletes and those working out regularly) are going to see increased fat loss. How?

Quote from page 68 on the best of the Fat Burning Nutrition (which the Isagenix shake is built around): " FBN or Fat Burning Nutrition has the best results with Fat Flushed Meals that are even more strictly structured than the regular FBN meals (mentioned earlier in the book) **for those who want to accelerate fat loss to near genetic maximum rates.** This accelerated plan follows the **40-30-30 Fat Burning Nutrition ratio** and contains only low glycemic carbohydrate sources from fruits and vegetables (no starches or refined sugars) with quality protein and fat. By completely eliminating high-glycemic carbohydrates from your diet, the **"FASTEST RESULTS CAN BE EXPECTED!"**

The authors have had 25 years experience with over 50,000 people and testify to the fact that the 40-30-30 system works. p.3

Other suggestions in the book are as follows:

1. For fastest weight loss avoid all starchy, high glycemic carbs at dinner and eat plenty of fruits and vegetables as your main source of carbs. p.89

2. To maximize the stimulation of the fat burning hormone glucagon, eat a bite or two of protein FIRST, BEFORE EATING ANY CARBS. p. 88

3. Stored fat is the body's **PREFERRED** source of energy...not carbs. When you use these balanced meals (NOTE: our Isagenix shakes are balanced to 40-30-30!) and start burning stored fat for energy, not only will you have more energy and better concentration and mental focus, but you will look and feel great, **since you are finally losing the right kind of weight - FAT - ...NOT MUSCLE!** p.8

4. The book explains how their system works in the body, gives nutritional guides with menus for each meal, with healthy foods and combinations of fresh food (which is the best) to make the 40-30-30 system work, and an appendix that **includes meals on the road at fast food places, and frozen dinners, etc.** p. 8

5. Another key to unlocking your fat is that a moderate amount of carbs, protein, and a little fat helps keep the blood sugar balanced. **Fat in the diet** slows down the digestion and absorption of the carbs, and provides a steady ongoing supply of glucose which keeps the **fat storage hormone - insulin**, at a low level. **Protein in a meal** stimulates the release of the **fat-burning hormone, glucagon**, and thereby **maximizing your ability to burn stored body fat for energy!** On the other hand, if you eat a high carb meal it stimulates a biochemical response that forces your body to burn glucose (**bad**) **RATHER THAN THE STORED FAT... AS ITS MAIN SOURCE OF FUEL.** p. 11

6. Never skip eating your protein at breakfast or lunch...if you do YOUR BODY WILL STORE FAT INSTEAD OF BURNING IT! In other words, don't sabotage your results by eating incorrectly at any meal. p. 11

7. Diet Endocrinology is the study of how food affects hormonal responses.

Food>Macronutrient ratio (Carbs, Protein, and Fat) takes one of two tracks:

- A. **Good track:** 40-30-30 ration produces glucagon =s Maximizes fat burning = good eicosanoids and produces optimal health. Glucagon works the opposite way from insulin and is therefore considered the fat burning hormone!!! By eating protein in a meal, along with the right balance of carbs and fat stabilizes the blood sugar concentrations and stimulates the release of glucagon. Glucagon is like a magic bullet for burning fat because it mobilizes the release of stored body fat from the adipose tissue directly into the bloodstream, allowing your muscle cells to burn fat (their preferred source of fuel) instead of blood sugar, for energy! Glucagon also stimulates 'good' eicosanoid production by your body. This causes your blood vessels to get larger or dilate (validation). When your blood vessels dilate, you have more oxygen available to burn fat. **With more oxygen available, you stay in aerobic metabolism longer...thereby maximizing your body's ability to burn fat.** p.27
- B. **Bad Track:** Bad food combinations other than 40-30-30 produce insulin =s minimizes fat burning and produce bad eicosanoids which equals compromised (bad) health. p. 21 **Insulin is the fat storage hormone.**

8. **High intensity aerobic exercise** will stimulate the body to release **HGH or human growth hormone, the body's most powerful fat-burning hormone.** High intensity exercises will reduce insulin and increase glucagon (the fat mobilization hormone). The exercise will also lower body fat and increase lean muscle mass (the ideal). Remember, as you prepare to exercise (walking, jogging, aerobic) **the hormonal response you create during periods of exertion is controlled by the ratio of carbs, protein, and fat in the last meal that you ate before your workout!!!** p.29

So, take an Isagenix shake with a perfect 40-30-30 blend 45-60 minutes before you start to work out for maximum benefit from your workout!

I am glad to share this information and wish all of you success with your clients!

Sincerely,
Ken Kliewer, M.S.,SLP
Speech-Language Pathologist
Turpin, Oklahoma

Favor alkalizing foods with a low glycemic index (see next chart).

It's OK to eat some high glycemic index foods if mixed with low glycemic index foods

... below are highlighted some items from the next table

ALKALIZING FOODS			ACIDIFYING FOODS		
VEGETABLES	FRUITS	OTHER	FATS & OILS	NUTS & BUTTERS	DRUGS & CHEMICALS
Garlic	Apple	Apple Cider Vinegar	Avocado Oil	Cashews	Chemicals
Asparagus	Apricot	Bee Pollen	Canola Oil	Brazil Nuts	Drugs, Medicinal
Fermented	Avocado	Lecithin Granules	Corn Oil	Peanuts	Drugs,
Veggies	Banana (high glycemic)	Probiotic Cultures	Hemp Seed Oil	Peanut Butter	Psychedelic
Watercress	Cantaloupe	Green Juices	Flax Oil	Lard	Pesticides
Beets	Cherries	Veggies Juices	Olive Oil	Tahini	Herbicides
Broccoli	Currants	Fresh Fruit Juice	Safflower Oil	Walnuts	
Brussel sprouts	Dates/Figs	Organic Milk (unpasteurized)	Sesame Oil		ALCOHOL
Cabbage	Grapes	Mineral Water	Sunflower Oil		Beer
Carrot	Grapefruit	Alkaline Antioxidant		ANIMAL PROTEIN	Spirits
Cauliflower	Lime	Water		Beef	Hard Liquor
Celery	Honeydew	Green Tea	FRUITS	Carp	Wine
Chard	Melon	Herbal Tea	Cranberries	Clams	
Chlorella	Nectarine	Dandelion Tea		Fish	BEANS & LEGUMES
Collard Greens	Orange	Ginseng Tea	GRAINS	Lamb	Black Beans
Cucumber	Lemon	Banchi Tea	Rice Cakes	Lobster	Chick Peas
Eggplant	Peach	Kombucha	Wheat Cakes	Mussels	Green Peas
Kale	Pear		Amaranth	Oyster	Kidney Beans
Kohlrabi	Pineapple	SWEETENERS	Barley	Pork	Lentils
Lettuce	All Berries	Stevia	Buckwheat	Rabbit	Lima Beans
Mushrooms	Tangerine		Corn	Salmon	Pinto Beans
Mustard Greens	Tomato	SPICES/SEASONINGS	Oats (rolled)	Shrimp	Red Beans
Dulce	Tropical Fruits	Cinnamon	Quinoi	Scallops	Soy Beans
Dandelions	Watermelon	Curry	Rice (all)	Tuna	Soy Milk
Edible Flowers		Ginger	Rye	Turkey	White Beans
Onions	PROTEIN	Mustard	Spelt	Venison	Rice Milk
Parsnips (high glycemic)	Eggs	Chili Pepper	Wheat		Almond Milk
Peas	Whey Protein	Sea Salt	Hemp Seed	PASTA (WHITE)	
Peppers	Powder	Miso	Flour	Noodles	
Pumpkin	Cottage	Tamari		Macaroni	
Rutabaga	Cheese	All Herbs	DAIRY	Spaghetti	
Sea Veggies	Chicken		Cheese, Cow		
Spirulina	Breast	ORIENTAL VEGETABLES	Cheese, Goat		
Sprouts	Yogurt	Maitake	Cheese, Processed		
Squashes	Almonds	Daikon	Cheese, Sheep	OTHER	
Alfalfa	Chestnuts	Dandelion Root	Milk	Distilled	
Barley Grass	Tofu	Shitake	Butter	Vinegar	
Wheat Grass	(fermented)	Kombu		Wheat Germ	
Wild Greens	Flax Seeds	Reishi		Potatoes	
Nightshade	Pumpkin	Nori			
Veggies	Seeds	Umeboshi			
	Tempeh (fermented)	Wakame			
	Squash Seeds	Sea Veggies			
	Sunflower Seeds				
	Millet				
	Sprouted Seeds				
	Nuts				

Avoid Prefer

Low GI: Desirable Foods	Moderately Desirable	High GI: Less Desirable Foods
<p>Breads: Coarse European -Style, Whole Grain wheat or Rye Pita Bread, Cracked or Sprouted Whole wheat</p> <p>Cereals: Compact noodle-like high bran cereals (All-Bran, Fiber One) Coarse Oatmeal, Porridge, Coarse Whole Grain (Kashi) Cereal mixed with Psyllium (Fiberwise)</p> <p>Pasta, Grains and Starchy Vegetables: Pasta (all types) Barley, Bulgur, Buckwheat (kasha) Couscous, Kidney Beans dry, (Lentils, Black-eyed peas, Chick-peas Kidney beans, Lima beans, Peas, Sweet Potato, Yam (soybeans lowest) Most Vegetables.</p> <p>Milk Products: Skim, 1%, cottage cheese, (lowfat or regular), Buttermilk, Low-fat plain yogurt, Low-fat fruited yogurt, Low-fat frozen yogurt (artificial sweetener)</p> <p>Fruit: Most fruit and natural fruit juices, including apple, berries, cantaloupe, grapefruit, honeydew, oranges, pears, grapes, peaches, applesauce, (Cherries, plums and grapefruit lowest).</p> <p>Meats: Shellfish, "white" fish (cod, flounder, trout, tuna in water), Chicken, turkey, cornish hen, venison (white meat no skin), Egg substitutes (cholesterol free) cottage cheese</p>	<p>Breads: 100% Stone Ground whole Wheat, Pumpnickel, 100% whole grain Rye Crisp Cracker</p> <p>Cereals: Grape-nut cereal, medium-fine grain oatmeal, (5-minute variety)</p> <p>Pasta, Grains and Starchy Vegetables: Rice, Boiled Potato, Corn Navy beans, Kidney beans (canned), Baked beans. Beets.</p> <p>Milk Products: 2% milk, cheese, Regular plain yogurt</p> <p>Fruit: Banana, Kiwi, Mango, papaya, orange juice.</p> <p>Meats: Higher fat fish, (salmon, herring, lean cuts of Beef, Pork, Veal. Low-fat imitation luncheon meat, low-fat. cheese, Eggs.</p>	<p>Breads: White bread, most commercial whole wheat breads, English muffins, bagel, French bread, most commercial matzoh</p> <p>Cereals: Corn flakes, puffed rice, puffed wheat, flaked cereals, instant "Quick" or pre-cooked cereals. Oatbran, rolled oats. Shredded wheat, Muesli.'</p> <p>Pasta, Grains and Starchy Vegetables: Instant rice, Brown rice, instant precooked grains, Baked potato, micro-waved potato, instant potato, Winter squash (acorn, butternut), carrots, parsnips.</p> <p>Milk Products: Whole milk, ice milk, ice cream, Yogurt sweetened with sugar, Low-fat frozen desserts with sugar added, Low-fat and regular frozen yogurt with sugar added. Tofu ice cream.</p> <p>Fruit: Pineapple, raisins, watermelon, fruit juices sweetened with sugar.</p> <p>Meats: Most cuts of beef, pork, lamb, hot dogs (including "low-fat" versions) cheese, luncheon meats, peanut butter.</p>