

ULTIMATE U WELLNESS PROGRAM

Companion



TAKE A LOOK INSIDE

Losing weight is a complicated process that's harder based on your age, gender, hydration and of course your diet! Don't worry we will simplify the process, you'll learn about your body's composition and why it's important to your success. We'll demystify fasting and the many benefits it has besides weight reduction. We will also touch on some complicated topics like food frequencies and the placebo effect along with more common topics like how to get the most out of sleep and the importance of water.

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WHY FAST

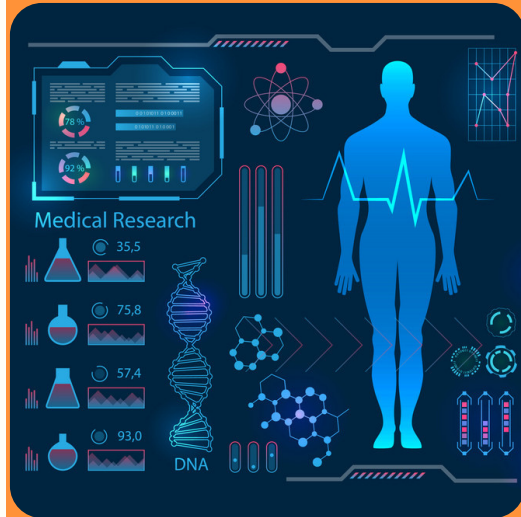
INTERMITTENT FASTING

FOOD FREQUENCIES

SLEEP

IMPORTANCE OF WATER

MINDSET



TAKE A LOOK INSIDE

Your ideal Body composition rather than overall weight, is the foundation on which all body systems rely on for peak operation. It reveals key insights about disease risk, longevity, muscular and skeletal health. A Bioelectrical Impedance Analysis scale is a class 2 medical device verified by MRI and DEXA bone scans to accurately test your total body composition. While the BIA measures and reports numerous health markers, the most important while assessing overall health are body fat percentage, visceral fat, body age and muscle mass. Consider doing a BIA before beginning the Ultimate U Wellness Program. Call 3870637,

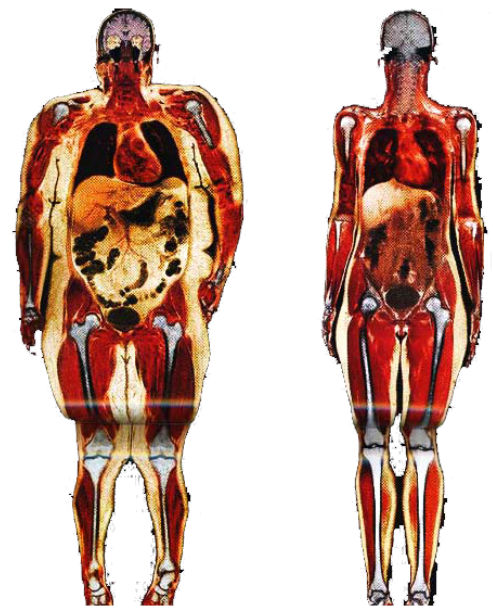
Fat Percentage

Body composition refers to the proportion of fat you have, relative to lean tissue (muscles, bones, body water, organs, etc). This measurement is a clear indicator of your fitness. No matter what you weight, the higher percentage of body fat you have, the more likely you are to develop obesity-related diseases, including heart disease, high blood pressure, stroke, and type 2 diabetes.

Muscle Percentage

After age 30, adults begin to lose as much as 3% - 5% of muscle per decade and over time, obvious changes in muscle tone and spine curvature occur as a result. Having healthy muscle tone supports the spine, ensures

mobility and everyday functionality of the body for a higher quality of life. Muscle also plays a large role in immune health so keeping your muscle percentage optimal can play a large role in overall health as we age. BIA results show the minimum pounds of muscle needed for optimal health for each individual.



Visceral/ Fatty Liver Risk

Visceral fat also called organ fat is a type of body fat located near several vital organs, including the liver, stomach, and intestines. It can also build up in the arteries. The higher your visceral fat is the higher your fatty liver risk. It shows what is necessary for you to achieve your ideal visceral fat for optimal health. As we get older high visceral fat poses a greater risk for heart attacks and Heart disease, type 2 Diabetes, stroke, Cancer, Dementia and Alzheimer's disease. Fortunately, visceral fat is extremely receptive to fasting, exercise and lifestyle changes like most chronic lifestyle diseases.

Body Age

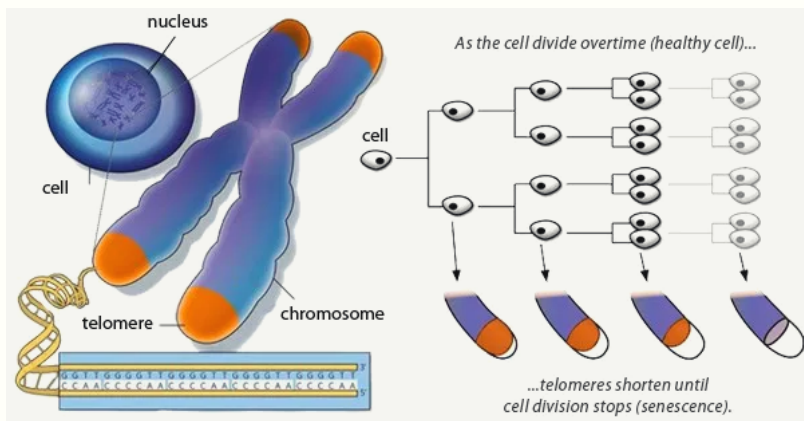
Body age is a measurement of how old you are biologically based on body fat percentage, visceral fat, bone density muscle mass and other body composition markers as opposed to your date of birth. Your body age is important because it gives you an accurate idea of how poor lifestyle habits accelerate aging. The good news is, your body age can be reversed through effective change of dietary habits, fasting, strength training and anaerobic activity according to studies.

Why Fast?

After assessing your body you may find that there are more areas of your health that needs to be addressed than previously thought, but what if there was a way to heal yourself? There absolutely is!

The body uses a substantial amount of energy to digest food and fasting redirects this energy to be used for self healing. When one gives the body a rest from food, the body will look for damaged tissue cells to feed on. This process of “eating” damaged tissue is referred to as Autophagy, or self digestion. The Nobel Prize winner Dr. Yoshinori Ohsumi pioneered research on the mechanisms of autophagy. He noted changes that slowed or disrupted autophagy; the body's ability to self cleanse or "eat and remove it's own trash", has been linked to Parkinson's disease, Type 2 Diabetes and other diseases like Cancer.

In addition, fasting literally regenerates your whole body and increases your life span by lengthening Telomeres and circulating Stem cells. What are Telomeres? Telomeres are the little protective caps on the ends of chromosomes. They prevent deterioration to the ends of Chromosomes that store your DNA and its length is considered a cellular marker of aging.



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Of course along with these amazing health and healing benefits, fasting also quite simply leads to a reduction in weight.

Intermittent fasting?

So we have covered fasting and its benefits, but what about implementing fasting in everyday life? In comes Intermittent fasting. During the Ultimate U program you will be asked to fast for 1 or 2 meals, this is known as intermittent fasting. Intermittent fasting (IF) is an eating pattern that cycles between periods of fasting and eating. We will recommend the best living foods to eat for maximum fat burning and your optimal health. But would it taste great to ask? Yes! we will show you how to make delicious meals with ingredients you already know and love!



Benefits of Intermittent Fasting

- Improves the function of hormones, cells, and genes.
- Can help you lose weight and visceral fat.
- Can reduce insulin resistance, lowering your risk for type 2 diabetes.
- Can reduce oxidative stress and inflammation & pain in the body.
- May be beneficial for heart health
- Reverses the aging process

Food Frequencies

Food Frequencies

Fresh Foods 20-27 Hz

Fresh Herbs 20-27 Hz

Dried Foods 15-22 Hz

Dried Herbs 15-22Hz

Processed & Canned Food 0 Hz

After discovering why you should fast it may leave you asking yourself... "Well what should I eat when I do eat?" Once you begin fasting your body will actually let you know more readily through how it feels. Energy or 'vibrational frequency' can be described as the "life force" or "soul" that sparks consciousness between all atoms and particles in the universe. Whole natural foods, like everything else in the Universe is electric. Your body is also electric and just like a cell phone, if not fully charged at night, dies earlier than expected... Anyone has a charger?

So does your food super charge your day? Can you put a dead battery in a remote and expect it to work? NOPE! So it's no wonder that we feel tired after we eat processed nutrient dead foods. Cooked and processed foods, meat and dairy vibrates close to 0 Hz, ZERO! In 1992, Bruce Tanino of Tainino Technology built the first frequency monitor in the world. He determined that the average frequency of the human body during daytime is 62-68 Hz. Fresh foods and herbs resonate from 20-27 Hz and we all know how great it feels when we consume living foods, no Lab needed!

So eat foods that are alive, intact and unprocessed, vegetables and fruit are among the highest frequencies and listen to your body wisdom because the body is created in perfection and communicates its needs.



Sleep like a Baby

Your body processes food of all frequencies amongst a million other day to day tasks. It is no wonder that after a long day we need to rest. We generally underestimate the importance and healing power of a good night's sleep. Sleep is what suffers the most as we struggle to balance work, meet deadlines and/or maintain an active social life. Even when we do find the time to sleep, many people have trouble shutting off as built up stress and anxiety keeps us from putting our minds at rest. The result is physical, mental and emotional imbalance which generally leads to weight gain. Scientific research on BMI and self reported sleep quality reflects a trend that sleep deprivation correlates with elevated rates of obesity. While following the program it is advised that you improve the quality of your sleep to achieve your weight loss goals. Here are some ways to do that:

- The room should be completely dark (no clocks, cell phones, television, etc)
- Make sure that your phone is on airplane mode before you switch it off ,turn off your WiFi router as well and your pineal gland will thank you, by making adequate amounts of Melatonin!
- Have your last meal before 6 pm, eating late will keep you up!
- Practice relaxing activities before bed (meditation, breathing exercises, etc).
- Leading sleep experts agree that the optimal sleep schedule would be from 10 p.m. to 6 a.m. because of our body's natural circadian rhythm and the fact that it mimics the sun's rising and falling. These magical hours ensure you get all the non-REM and REM shuteye required for whole body regeneration, and optimization.

Water is Life

Sleep quality, as expressed, affects your day to day bodily functions, another major player that affects us down to a chemical level is Water Intake!

Your body is a moving river and your blood (which is 90% water) has to travel 60,000 miles every day! So needless to say without adequate water the river can become stagnated (dehydrated) making it hard to move waste & ketones (the stuff your produces when the body burns fat for fuel) out of the urine. So if you're trying to lose weight, remember water flushes the fat out! Approximately 60% of the total weight of a healthy individual is water. Water is involved in most bodily functions, regulating body temperature, blood sugar, blood pressure, transporting nutrients and oxygen to all cells in the body, moistening oxygen for breathing and helping the body absorb and synthesize essential nutrients. Our bodies need varying amounts of water daily this is influenced by height, body fat percentage, muscle and bone density. Dehydration occurs when we consume less water than the body needs. Chronic dehydration contributes to over 20 disease conditions, including kidney stones, constipation, weakened immune system, poor memory, increased blood pressure and others.

- The ideal way to drink water is to sit down with a glass of water, and drink it sip by sip.
- Drink room temperature water over very cold water.
- Spring water is ideal since by divine design it has the same pH as your Blood 8.2! It's also alive with trace minerals that can literally conduct electricity to light a bulb! The second best is distilled water and then Alkaline water.

Whichever you put your hands on remember that water is the most important meal of the day, cheers to H₂O!

TIP:

During your program
Aim for 4 Liters daily
(this is 1 gallon) –
MINIMUM.

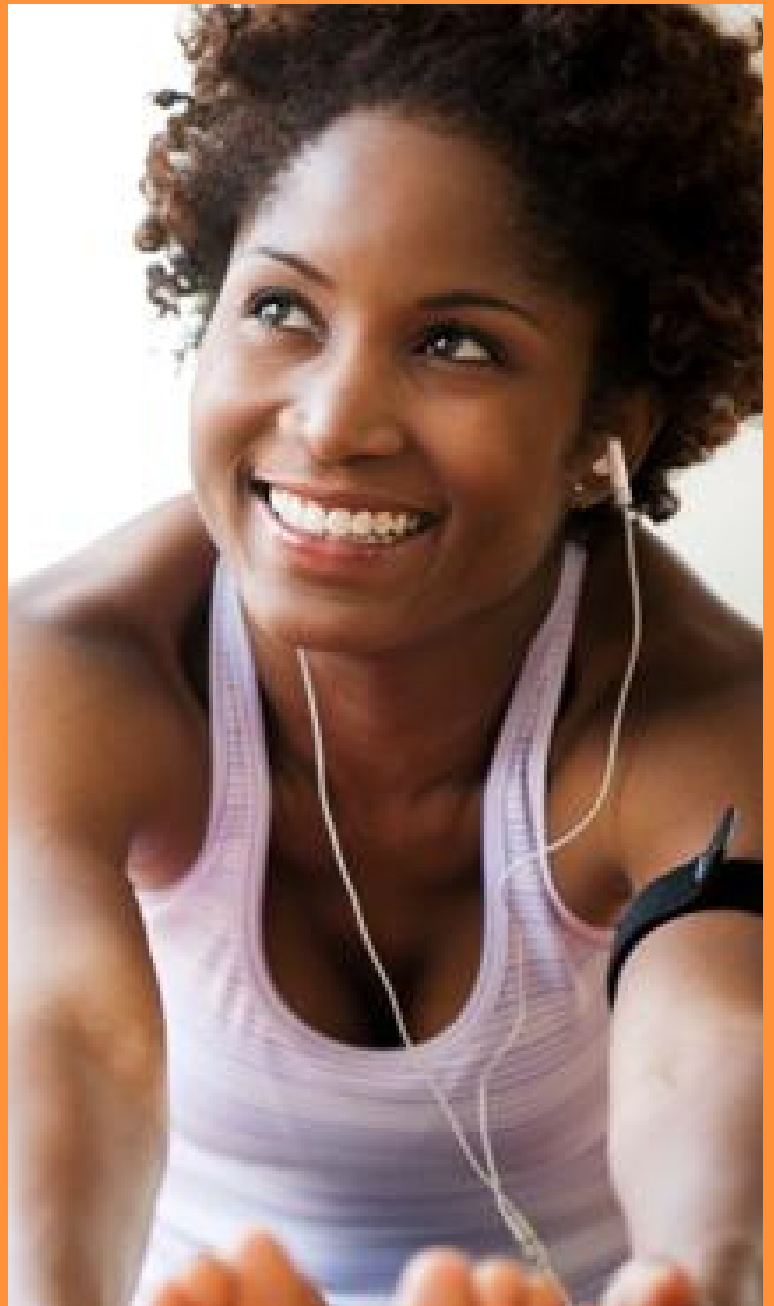


Mindset: placebo and weight loss

Your mindset or belief can be a powerful healing tool. We've heard the saying time and time again "the mind is a powerful thing" and there's good reason for its constant reiteration...because it's true. The observation that mere belief can make a fake treatment work, "the placebo effect" has been studied and proven repeatedly. So how much can your thoughts trigger a weight loss effect? In a study following two groups, with the exact same workout routine and diet over an 8 week period: one group were told they were following a "low calorie diet" they were known as the experimental group, while the other knew the diet was "balanced" they were known as the control group.

At the end of the experimental study the results were shocking! "The participants who believed that they followed a low-calorie diet demonstrated significant reductions in their body mass, fat mass percentage, and body mass index. These measures of weight remained practically the same in the control group" More and more studies are proving similar results concerning the placebo effect.

What we allow into our psyche can accelerate, slow down or reverse the healing or weight loss process, so reset your mindset with positivity. Visualize yours goals and trust the body's ability to perform the way God created it to. Stay positive and trust the process.



F.A.Q

How long would it take for me to lose 10 lbs?

While everyone is different. We anticipate that you can lose 10-20 lbs and 2-6 inches following this program in 6-8 weeks. It is possible to lose even more weight especially with the help of Ujuice Turmeric Ginger Lime for intermittent fasting. It's always best to test your blood chemistry to identify nutritional gaps for optimal results, feel free to book an appointment with Dr. Livet.

When will i start to see the difference?

Everyone shows signs of weight loss in different areas first, generally it takes about 1 month before you can see a clear change as well as for others to notice the change in you.

What is the best way to track progress?

While pictures and scales motivate most of us, the most comprehensive method of tracking is the Body impedance analysis discussed earlier in this document.

How long before you start to put on weight again?

By remaining consistent with regular workouts and cleaner eating, your body will adjust your appetite after close to 1 yr of consistency. This program can be repeated past 8 weeks, and we will constantly be adding new workouts and recipes to try!

What to do if I cheat on my diet or stop working out?

If at first you don't success, try and try again! We all slip up, no worries!!! Just restart where you left off and keep going. The more consistent you try to be, is the easy it becomes to stick with it!