

MODULE 5

Blood Sugar, Protein, Supplements & Exercise

© 2014-2017 Natural Balance Concepts, LLC and Balanced Plate Life. All rights reserved.

The content of class materials has been compiled through many years of research, and, as such, may incorporate information originally presented by others. Whenever content is specifically provided by another individual or entity, appropriate copyright information will be provided. Regardless, any portion of these materials may not be shared with others, reproduced or used in any manner whatsoever without prior written permission.

OVERVIEW OF WEBINAR

It is not necessary to read all of the materials in this Module before the Webinar. However, it's smart to have these materials in front of you while watching to facilitate note-taking and comprehension. You'll especially need the Listening Guide (page 11) PRINTED and in front of you.

Week 2:

- Staying focused
- Impact of protein on body systems
- Supplements and Exclusions
- Review of sample Phase 2 Daily Journals
- Blood Sugar Cycle
- Dangers of high sugar consumption
- Components of healthy weight management
- Exercise
- Review of components of a balanced plate and calculation for net carbs
- Branding yourself rather than someone or something else



Week 2 Listening Guide (see page 12) Complete and return to your Trainers by Saturday.

Watch the Wellness101 video (click [here](#) to watch the video on Wellness101Video.com) and write down 4 key take aways, as well as the highlighted supplements

PROTEIN

Protein consumption creates an adrenaline and cortisol response every time we eat it. But, yet, it is absolutely necessary in order to build healthy cells. So, the trick is to consume enough protein to give the body what it needs, without crossing the line where protein becomes detrimental to health and fat loss efforts.

We offer basic guidelines for protein (2.5-3 ounces at meals for women; 4-6 ounces at meals for men, and about half that at snacks), but then use each Client's pound and inch results, along with this formula to "tweak" until we find the ideal amount for each individual. For optimum weight loss success, we typically use a Client's "goal weight" in place of "current weight" in the formula and tweak from there.

Current Body Weight	÷	2.2	=	Body Weight in Kilograms
Body Weight in Kilograms	×	1.25	=	Protein Grams per Day
for moderate activity level; increase to 1.5, 1.75 or 2.0 depending on activity level				
Protein Grams per Day	÷	7	=	Protein Ounces per Day
portion this out into 3 meals & 2 snacks				
Current Weight 150 pounds EXAMPLE:				
$150 \text{ lbs} \div 2.2 = 68.18 \text{ kg} \times 1.25 = 85.23 \text{ g} \div 7 = 12.18 \text{ oz per day}$				
3oz Breakfast • 1.5oz Snack • 3oz Lunch • 1.5oz Snack • 3oz Dinner				



KNOW YOUR PRODUCTS

Not everyone can use every product we offer

SUPPLEMENT EXCLUSIONS

Some products should be avoided in certain situations. It is important that you use this tool with all of your clients as you think about which supplements to place in their cart.

TLS THERMOCHROME should not be suggested when:

- the Client has high blood pressure
- the Client has cardiovascular challenges like atrial fibrillation (AFib) or heart palpitations
- the Client is sensitive to caffeine

TLS ACTS (or Bliss) should not be suggested if:

- the Client is on MAO inhibitors (Monoamine Oxidase Inhibitor)
A list of some popular Rx drugs can be found at <http://www.drugs.com/drug-class/monoamine-oxidase-inhibitors.html>.

If you are not sure, then in your email after you've populated the cart to insert in the area where it says to review the supplements. Add the following:

"In view of the medication you mentioned in your questionnaire, pay particular attention to the TLS ACTS product and review the information on that product. Once you are comfortable, proceed to check out. If you have a question, print the label and consult your physician."

Lactose intolerant: If the client is lactose intolerant, do NOT use:

- TLS Nutrition Shake
- TLS Whey Protein Shake
- DNA Miracles Pre + Postnatal Shake
- Nutriclean Fiber Powder

These clients may use the TLS Plant Based Shake. Another alternative is Nutiva OrganicHemp Protein Shake + Fiber which is available through our Partner Store jet.com.

Consider also adding Nutriclean Hepatocleanse for use during Phase One and over the first three weeks for lactose intolerant clients. Dosing is two tablets at dinner or one hour before bed. (Note: Pregnant clients do not use Hepatocleanse.)

Pregnant or Nursing Clients: Remember that those who are pregnant or nursing have a completely different protocol to follow. Refer to the Pregnancy/Nursing version of Chapter 2 for a list of appropriate supplements.

Celiac: These clients cannot consume gluten under any circumstances. As a Coach, you need to know your labels. ANYTHING that contains wheat, barley or rye is GLUTEN. Products made on equipment coming in contact with those ingredients will be an issue. Read product labels.

Nut Allergies: Some of the protein bars may not be suitable for any reason for these clients. Labels are key. As the Coach, you need to read them, and they need to learn to read labels, too. Pine Nuts and Peanuts are the primary culprits. They can cause DEATH in some people. So, understand that this is very important.

Gastric Bypass: Information in this section also applies to other similar challenges.

Should use:

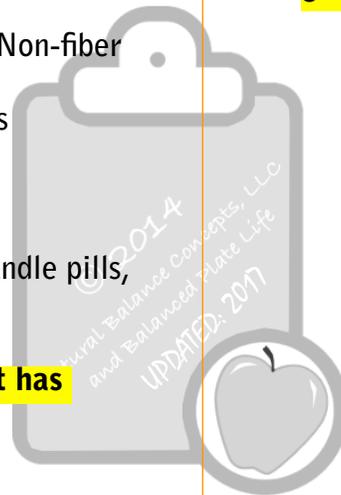
- Isotonix, Complete Greens, Ultimate Aloe Juice and Non-fiber shakes (like our TLS Whey)
- Chewable DNA Miracles products or other chewables

Should NOT use:

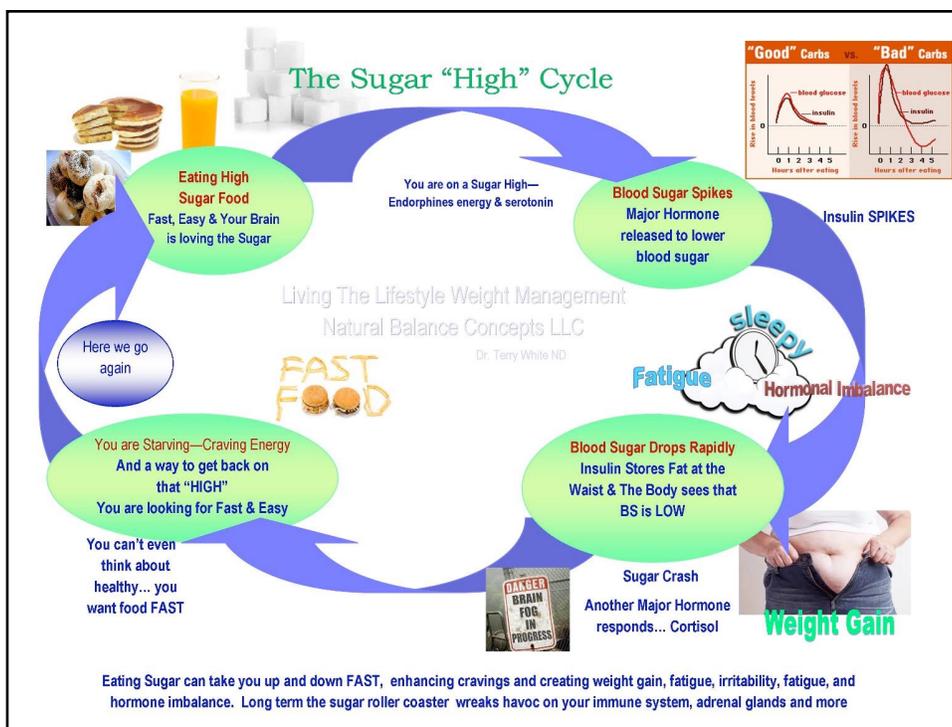
- Fiber products
- Any hard pills (unless the Client tells you they can handle pills, and even then, know that absorption will be an issue)

If you have any questions, contact Dr. Terry. If your Client has questions, they should ask their Physician.

NOTE: ANYTIME your Client has a question about any product related to a medical issue or medication they are taking, tell them to review the label, print it and consult their physician. **You may not give medical advice.**



THE SUGAR CYCLE



NET CARBS

Our goal is to keep net carbs in the single digits. When determining whether or not a packaged food is acceptable to eat, ALWAYS calculate net carbs:

$$\text{Total Carbohydrates} - \text{Fiber (and Sugar Alcohols)} = \text{Net Carbs}$$

Using this formula, it's easy to see that a product with 27 grams of carbohydrates and 2 grams of fiber will never equal a single digit net carb.

SUGAR DEMO

We encourage you to complete this eye-opening activity with your family.

Supplies:

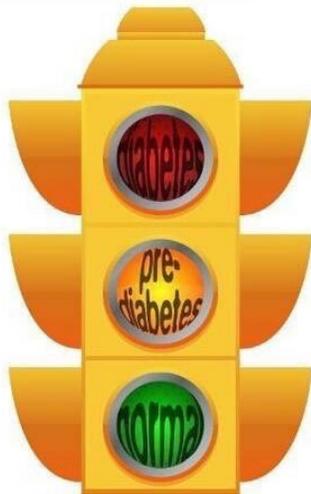
- ★ large container for each person
- ★ one bag of sugar
- ★ a teaspoon
- ★ paper and pen/pencil

Instructions:

1. Start with breakfast and take turns to allow each family member to make food selections from the list on the next page
2. As each person selects foods, they mark the amount of sugar on their paper and then add the corresponding teaspoons of sugar into their container
3. Move on to the next meal/snack and repeat the process until everyone has worked his/her way through the list
4. Once everyone has completed all meals and snacks, add up the numbers on each person's paper to see the total number of teaspoons of sugar each person is potentially consuming within a day

Base Calculation:

4 grams of sugar = 1 teaspoon



Diabetes Guide

Non fasting: 200 or above

Fasting: 126 or above

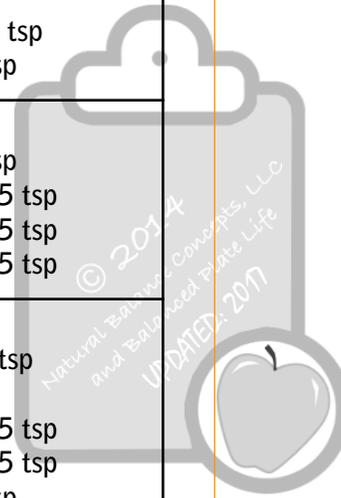
Non fasting: 140-199

Fasting: 100-125

Non fasting: 139 or below

Fasting: 99 or below

Foods	Sugar
Breakfast (pick one) Pancakes & Syrup (1/4 cup syrup = 39g sugar) Toast & Jelly Donut Sugar Cereal & Milk Strawberry Pop Tart (17g sugar in 1 piece) (P.S. Lowfat Pop Tarts have 5 tsp sugar in 1 piece)	10 tsp 3 tsp 5 tsp 5 tsp 4.25 tsp
Breakfast Drink (pick one) Coffee & Sugar Sunny Delight	1-2 tsp 3 tsp
Mid-Morning Snack (pick one) Fruit Cup (4 ounce serving = 16g sugar) Motts Apple Sauce (1/2 cup = 25g sugar) Chunky Cinnamon Apple Sauce (21g sugar) Dannon Yogurt w/ Fruit (26g sugar)	4 tsp 6.25 tsp 5.25 tsp 6.25 tsp
Mid-Morning Drink (pick one) Pepsi (28g sugar per serving; 3 servings per bottle = 84g per bottle) Red Bull (8.3 oz = 27g sugar) Gatorade (20 oz = 35g sugar) Apple Juice (8 oz = 28g sugar) Vitamin Water (20 oz = 32.5g sugar)	21 tsp 6.75 tsp 8.75 tsp 7 tsp 8.75 tsp
Lunch (pick one) Progresso Chicken Gumbo Soup & Crackers (4g sugar) Sunbeam Bread (2 slices=1 serving; 4g sugar) Peanut Butter & Jelly 2 Cookies	1 tsp 1 tsp 4 tsp 3 tsp
Drink (see above)	
Mid-Afternoon Snack (pick one) Pudding Fig Newton (8g sugar in ONE cookie; serving size=3 cookies) Tasty Cake Cupcake (31g sugar)	6 tsp 6 tsp 7.75 tsp
Drink (see above)	
Dinner Bottle Salad Dressing (3g sugar) Bread & Butter Main Course (choose one) Frozen Dinner (Italian Bertelli; 8g sugar) Jarred Prego (1/2 cup = 12g sugar)	1 tsp 3 tsp 2 tsp 3 tsp
Dessert (pick one) Chocolate Cake Ice Cream	10 tsp 10 tsp



Just a couple of extra notes:

Regular Sour Cream has 1 gram of sugar per serving, while Lowfat varieties typically have 2 grams of sugar per serving. Frequently “lowfat” varieties have more added sugar...beware.

The typical American can consume more than 95 teaspoons of sugar in ONE DAY. How did your family's numbers compare?

EXERCISE

NOTE: Search “Workout” under Program Downloads on TLSslim.com for cardio and strength training exercise recommendations.

“No pain no gain.”

Let's clear the air on this age old misconception. Bodybuilders and athletes coined this phrase because they felt that if their workouts did not leave them in pain, they did not work hard enough to gain any benefits. It is true that during resistance training you may feel a slight burn or uncomfortable feeling in the muscle; this is a natural reaction when placing a muscle under stress. However at no time should you feel sharp pain or pain in the joints. On occasion there will be a mild soreness after the workout and even soreness 1 – 2 days after the workout. This is a normal reaction, as you workout you have a temporary build up of lactic acid, that is eventually cleared out by the recovering muscles.

Always Warm -Up

A proper warm up and cool down is as important as the actual workout. Mentally these two will prepare the body for the workout and allow the body to return to normal activity in a comfortable manor. A warm up will allow the bodies' metabolic processes a chance to catch up with the increased work load in a more proficient manner helping avoid premature fatigue. It will cause a gradual increase in muscle temperature which will help reduce the chance of injury. Simple exercises such as jumping jacks, jogging in place, stepping, high knees and stairs could be used for your warm up. A warm up should last anywhere from 5 – 10 minutes or a little longer depending on your starting temperature. Once your heart rate is raised sufficiently you are ready to begin your workout. A cool down will aid in the removal of lactic acid which in turn will help with muscle soreness. Also it will help the body return blood to the heart and eliminate venous pooling, which leads to the feeling of dizziness.

Why Cool Down?

A cool down helps lower the levels of adrenaline in the bloodstream. Any adrenaline that lingers in the bloodstream after the workout can

place unnecessary stress on the heart. Slow walking is a great cool down activity. The time frame for your cool down depends on how high your heart rate is elevated. Usually 5 – 10 minutes will get your pulse back down to within acceptable ranges, generally under 115 is safe.

Are you Flexible?

Flexibility is the movement or lack of movement we have in our joints. We do stretching exercises to improve or maintain these movements. The exercises done to improve our flexibility should always be done at the end of a workout after the cool down. They can be incorporated right into the cool down or done separately. Our muscles are much like rubber bands, they have elastic properties and when they are stretched they go back to their original form. If you stretch while the muscles are cold just like the rubber band they do not go back to the original form and you run the risk of having an injury. This is the reason why this type of training is done after the workout as opposed to before. For improved flexibility stretching exercises should be done every day. (Not Workout EXERCISE...STRETCHING...THERE IS A DIFFERENCE)

You must rest

Recovery and rest are as important as the exercise itself. During resistance training the actual muscle building takes place during the recovery phase rather than the lifting. There should always be at least 48 hours rest between resistance workouts. Beginners as well as advanced people need time off from all types of training. Always take one complete day off from all forms of exercise each week.

Rather than starting at a place that burns you out to quickly start just a little bit lower and add something new to your routine weekly. Trying to do everything at once puts a strain on you mentally and physically.

The exercise program and putting it all together.

Diet and supplements alone will not get you the physique you want. You must make exercise a part of your weekly routine.

For a fitness program to be safe and effective the following components must be included;

- A warm up/cool down
- Aerobic conditioning (Cardio)
- Resistance training (Weights)
- Basic flexibility exercises, which should be added to the cool down of each workout to aid in recovery. (Stretching)

The [American College of Sports Medicine](#) (ACSM) defines aerobic exercise as "any activity that uses large muscle groups, can be maintained continuously, and is rhythmic in nature." This can be any

Recommended Workout Books

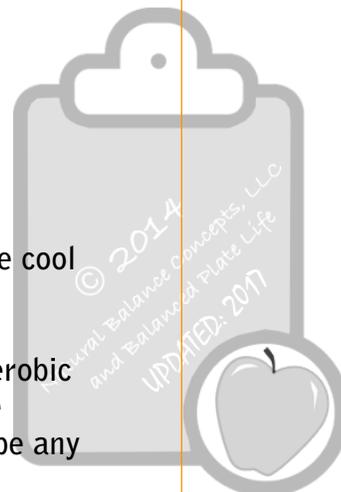
Always start on your own website, then click Shop Partners, scroll down...select Abe Books. You will redirect to their website and ensure you earn cashback on your purchases.

Teach Yourself Visually:
Weight Training
By Maran Graphics
Development Group

The Ultimate New York
Body Plan:
By David Kirsch

Strength Training for
Women
By Joan Pagano

Lean, Long and Strong
By Wini Linguvic



Recommended Workout Videos

A.M. & P.M. YOGA for beginners with Rodney Yee and Patricia Walden

HIP-HOP Cardio with Juliane Arney (Great for Beginners)

Billy Blanks Tae Bo Series. Always start with the instructional video and learn the moves before moving to a more advanced tape in his series.

Core Secrets with Gunner Peterson

continuous rhythmic activity that keeps the heart rate elevated in the target zone for the length of the workout.

For every part of your workout it is important you follow this rule: When adding to your workout routine, only add one thing at a time. For example when adjusting a jogging/walking workout, change only one of the following per week: intensity, time or distance. This will cut down on overuse injuries and noncompliance issues.

Another type of exercise that needs to be added to your program is resistance training. Resistance training is a term used to cover all types of weight training. Resistance training for a beginner should be done twice weekly incorporating 1 – 2 sets of exercises with 5 – 20 reps for each of the major body parts. Generally this will entail lighter weights higher reps.

Glossary

Lactic acid - a byproduct of anaerobic (or high-intensity) exercise that collects in the muscles and causes soreness, stiffness and fatigue.

Metabolic processes - the sum total of all the chemical reactions occurring at the cellular level.

Repetition (Reps) - number of times a given exercise is performed.

Resistance band - an excellent way to safely tone and strengthen the entire body.

Resistance tubing - allows you to perform a variety of strength exercises through a full range of motion safely.

Set - number of repetitions performed for each exercise.

Stability ball - are used to add intensity to your workout, by utilizing stabilizing muscles,

Venous pooling - blood collecting or pooling in veins of the legs or abdomen. During a workout the blood supply to the legs is increased to meet the demands of the movement.



WEEK ONE STUDY GUIDE

NOTE: ANSWERS COME FROM THE VIDEOS, HANDOUTS & WEBINARS AS WELL AS YOUR OWN SHOP.COM DETAILS ON YOUR PRODUCTS

1. How do Yo-Yo diets, Calorie Restriction and Skipping Meals affect your thyroid?
It **slows** down the thyroid by up to **15%**

2. Many people are **Overfed** and **Under** nourished.

3. When you eat less food than your body needs to survive, your body goes into starvation or **FAT STORAGE** mode to maintain homeostasis.

4. There is a **FOUR** pronged approach to our program utilizing the following components:

- Low Glycemic** eating
- Improving **Body Composition**
- Utilizing **Supplements** to improve metabolism and fill in **Nutritional** gaps.
- Providing **Education** to help people understand what a healthy lifestyle consists of.

5. The **AB** muscles are made in the **Kitchen**

6. For the best results, we detox for **7** full days, which follows the Rapid **Results** program from TLS. This answer comes from which Video?

Video 2 Detox – 7 day Nutriclean Cleanse

7. Servings for fruit during detox are how many?

3. Why are they limited? If your glycogen store is already full (and it most likely is) your body will store this fructose or sugar as fat. Since the point of Detox is to get rid of fat... eating lots of fruit per day will defeat the purpose and be counterproductive

8. How much Orange juice does it take to completely fill up the glycogen storage space in your liver?

Three 8 oz glasses of Orange Juice

9. What foods should you **ABSOLUTELY** stay away from during **DETOX**?

No Fats, oils, dairy or mayo. No Coffee, alcohol, sugars, sweeteners, junk food or caffeine containing beverages. No grains, gluten or processed foods. No legumes.

10. We focus on cleansing the body systems in what areas? Name at least 4:

a. **Liver** b. **Kidneys** c. **Gallbladder** d. **Small Intestine** e. **Colon** f. **The Palate**

11. Name the 4 components of a **BALANCED PLATE** following Detox week.

- Low Glycemic Carbohydrate**
- Essential Fatty Acids**
- Protein**
- Fiber**

12. During detox it is important to have fruit followed by a **Vegetable** to blunt the sugar.

BONUS QUESTION: **PROBIOTICS** AID IN CONVERSION OF INACTIVE T4 TO METABOLICALLY ACTIVE T3. 20 TO 30% OF THIS CONVERSION HAPPENS IN THE **GUT**

13. Total Carbs minus **Fiber** equal **Net Carbs**.

14. It is important to get rid of all kinds of “junk” from your cabinets before beginning the program. Name at least 5 ingredients you looked for in deciding what to throw out and the reason for tossing them out.

- Anything with **High Fructose Corn Syrup (HFCS)**
- Anything with **MSG**
- Anything with **Hydrogenated FATS** of any kind.
- Anything with **Food Dyes**
- Any packages of sweets, candies, & sabotage type items not on the list.**

15. Name least 3 ingredients that you should avoid for life. (name more if you like)

- High Fructose Corn Syrup**
- MSG (Monosodium Glutamate)**
- Artificial Food Dyes**
- Hydrogenated Fats**

WEEK ONE WEBINAR ANSWERS

1. What are the four phases of the weight management program? Are all four phases used for every client? Explain.

ANSWER: Phase 1, Phase 2, Phase 2 Modified and Phase 3. Yes, every client goes through each phase of the program. However, it's important to note that there are adjustments to Phase 1 for those who are hypoglycemic or diabetic, as well as those who are pregnant or nursing. The length of time each client spends in the remaining three phases can vary depending on their individual challenges, compliance to the program, and overall health and weight management goals.

2. What is the average weight loss expected at the end of 12 weeks?

ANSWER: 30 pounds and 30 inches

3. Name the 4 components of a balanced plate.

ANSWER: Protein, Low Glycemic Index Carbohydrates (fruits/veggies), Fiber, Essential Fatty Acid



WEEK TWO LISTENING GUIDE

Use this sheet for notes and action steps during Monday night's Conference Call and to respond to questions from the Week Two recorded Webinar. When complete, send a photo in a GROUP text to both Trainers. We must have your responses before the end of Week 2.



Monday @ 9:25pm EST

Connection instructions will be posted on the CIT Facebook Group on Monday morning.

Don't wait until the last minute to connect. Give yourself time to solve any technology challenges.



Access the recorded webinar from the Week 2 Resources webpage, then provide your answers to the questions in the space below.

My main takeaway from this week's call is

QUESTION 1:

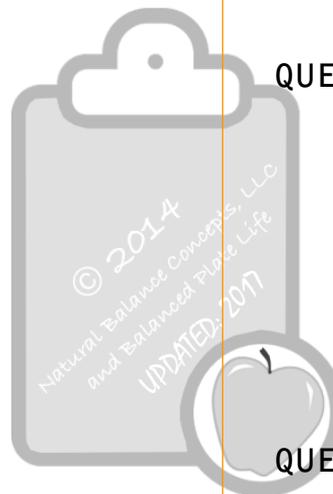
Something I learned this week about being successful in my business is

Marketing ideas for my business

QUESTION 2:

My next steps for this week

- 1.
- 2.
- 3.



QUESTION 3:

DECIDE & COMMIT:

I will watch the **Week 2 Webinar** on _____ (date)

Class materials, conference calls and webinars are proprietary information and may not be shared or used for any other purpose. Unless otherwise noted, all materials are copyrighted by Natural Balance Concepts, LLC and Balanced Plate Life. All rights reserved.