



5 - Day RESET

What to expect

By: Dr. R. S.

DAY 1 Starting RESET

Today you are truly going to be starting to RESET your body. Your RESET KIT provides a Nutrimeal replacement for each meal and two nutritional bar snacks. You will also need to consume the AM packet of nutritional with your morning shake and the PM packet of nutritional with your evening shake. Be sure to also drink plenty of purified water and take a nice 20 to 30 minute walk.

I would suggest that you should prepare your shakes in a blender if at all

possible. Even though the Nutrimeals mix very easily using their blender bottles, a blender gives you the option of making some very tasty drinks. You need to pour the contents of one of the Nutrimeal packets into the blender and add 10 to 12 ounces of water or skimmed milk. You also have the option of adding a half a cup of any fresh or frozen fruit you desire like blueberries, blackberries, strawberries, cherries, bananas, and the list goes on and on. Not only will this provide some variety, but also, some increased consistency to

your drinks. Another suggestion is to add as much crushed ice as you would like to create the consistency of drink you desire. Now most of the fruits will taste great with the Vanilla Nutrimeal, strawberries obviously go well with the strawberry drink, and bananas (fresh or frozen) are excellent with the Dutch Chocolate Nutrimeal. Adding fruit to your drinks does not alter the glycemic index of your meal because as you will learn all whole fruit is very low-glycemic.

DAY 2 Now That is Something to Chew On

My personal experience in using Usana Nutrimeals in my practice and in the clinical trials was the fact that most people in the beginning have a hesitation to drink their meals rather than eating them. However, as my patients began using Usana Nutrimeals they could not believe how great they tasted and were even more surprised on how satisfying they were. The different flavors along with adding various combinations of fruits certainly takes the boredom out of the RESET program. However, one of the concerns some of my patients had as they did the RESET KIT was the fact that they still missed chewing their food. Now the snack bars help; however, one of the suggestions I give my patients is to buy a veggie tray (minus the dip) or cut up some fresh, whole vegetables and munch on them anytime during the day. This is legal with the RESET program and adds some healthy fiber to the program.

I also want to encourage everyone that the second day is probably the most difficult. Most individuals are still coming out of their carbohydrate cravings and may even note that they are still very hungry or weak. This is especially true in someone who is dealing with a little more excess weight or they have a very active lifestyle. Well, in this situation I would recommend consuming an additional snack or meal replacement. If you have already ordered your Usana Nutrimeals and Bars for the transform or maintenance stage, they should arrive in time so that you can complete the 5-Day RESET KIT. If not, maybe your coach would have a couple of additional Nutrimeals or nutritional bars they would be willing to share with you. You see, this is not a starvation diet. In fact, you do not want to go hungry during the RESET or anytime during this incredible Program. You simply need to just eat another meal or snack that does



not spike your blood sugar, which makes the Usana meal or snack replacements ideal.

If you are just slightly hungry and are using water and ice to mix your drinks, consider using skimmed or 1% milk. This will add some calories; however, this is not a concern in the RESET process.

DAY 3 Over the Hump

Congratulations!!!! Today is when most of my patients begin to experience some of the neat benefits of RESETing their body. The majority of my patients note that they are beginning to lose those carbohydrate cravings, they begin experiencing more energy, and they may even note that their body seems smaller. Now for some it may take a little longer; however, you at least realize that you are on the right track. One of the big

things most of my patients note is the fact that they just are not as hungry and that the meal and snack replacements are more satisfying. This is the result of reversing what I refer to as a true carbohydrate addiction.

Usana's meal and snack replacements are truly low-glycemic, which means they will not spike your blood sugar. This eliminates this vicious cycle of spiking your blood

sugar only to see it drop down as fast as it went up. Getting out of this cycle by completely taking you out of your normal eating patterns is critical in RESETing your body. So if you are beginning to notice some changes in your body, your energy level, or even your ability to focus more, it means that you are truly RESETing your body.

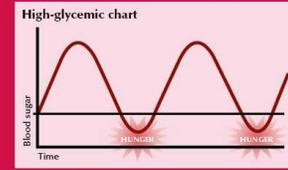
DAY 4 Improving Insulin Sensitivity

The main goal of the 5-Day RESET is to give you a complete break from your normal eating behavior. It certainly accomplishes that goal. When you consider that the medical studies show that 80 to 90% of the carbohydrates that both adults and children are consuming today are consider high-glycemic, doing the 5-Day RESET is definitely a change. The medical literature also shows us that even following the first low-glycemic meal that your insulin levels begin to drop and that fat-releasing hormone called glucagon begins to rise. After the second low-glycemic meal or snack, the insulin levels will drop even further. In fact, during our 12-Week clinical trial using the Usana Macro-Optimizers,

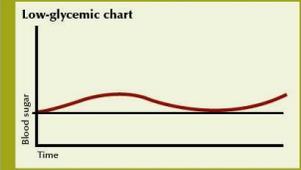
Usana Supplements, and modest exercise, blood insulin levels dropped an amazing 40%. This means that the participants were able to significantly improve their sensitivity to their own insulin.

It became very apparent to me years ago that if insulin sensitivity declined because of poor lifestyle habits that the answer would be to improving those lifestyle habits. The 5-Day RESET is really the boot camp of developing these new, healthier lifestyles that improves

YOUR HEALTH AND THE GLYCEMIC INDEX



RELEASE ENERGY QUICKLY
↓
FEEL HUNGRY SOONER
↓
EAT MORE



RELEASE ENERGY SLOWLY
↓
FEEL FULL LONGER
↓
EAT LESS

YOU CAN RESET YOUR EATING HABITS...

your insulin sensitivity. It is the absolute best way to begin to RESET not only your life, but also your metabolism.

DAY 5 What do I do Now??

Congratulations!!!! You are in your last day of the 5-Day RESET Program. You have just completed the challenge you set out for yourself 5 days ago. The overwhelming majority of individuals are noting improved energy and focus, decreased cravings, and an overall improvement in their sense of well being. Now many have actually begun to experience a significant amount of weight loss. However, this is not the most important thing that has happened. You have truly begun to RESET your life and your metabolism. You have reversed that glycemic stress, which occurs when you spike your blood sugar. The overwhelming majority of you have also been able to reverse what I refer to as a carbohydrate addiction and cravings, which leads to that uncontrollable hunger and overeating that you have previously called emotional

eating and cravings. You have also gone a long ways in improving your sensitivity to your own insulin. However, what do I do now?

The answer is right in front of you. This is why we have established the Transform or Maintenance Phases.

In the Transform Phase you will continue to have 2 Usana meal replacements, 1 Usana snack replacement, along with 1 regular low-glycemic meal and 1 regular low-glycemic snack. You will be encouraged to never go hungry. If you are hungry, simply eat another low-glycemic meal or snack that does not spike your blood sugar. In the Transform Phase, you will also be encouraged to avoid all sugar, flour, bread, rice, cereals, pasta, and potatoes. These are the foods that can easily set off this carbohydrate cravings again and lead to overeating. You will need to continue Usana's Essentials or Health Pak along with your modest, consistent exercise program. You will be encouraged to stay in the Transform phase until you have reached your health and weight goals. Then you will move on to the Maintenance Phase.

In the Maintenance Phase of this Program you will replace 1 meal and 1 snack with Usana's meal and snack replacements. You will also eat 2 regular low-glycemic

meals and 1 regular low-glycemic snack. Again, you are never to go hungry. If you're hungry, just eat another meal or snack that does not spike your blood sugar. In Phase 2, you will be encouraged to begin adding back those healthy whole grains, lower glycemic breads, rice, pasta, and potatoes. You will also need to continue with Usana's Essentials or Health Pak as you increase the intensity of your workouts.

Maintenance Phase allows you to firmly establish these new, healthier lifestyles.

I have learned over the past 12 years working with my patients and the participants in my clinical trials that making these lifestyle changes are not easy. We are all creatures of habits. However, by using the convenient Usana meal and snack replacements, the Usana Essentials or HealthPak, along with the online Healthy for Life Program you give yourself the absolute best chance of protecting your health as you progress towards that healthy weight. I have found that if my patients can do these lifestyle changes at least 80% of the time that the overwhelming majority of them will have tremendous success.

Again, congratulations on completing the 5-Day RESET.



Have more questions?

Your Usana Team is always there to help answer your questions and offer the support you need for your dedication to optimal health!



Customer Service: 1-888-950-9595