



DIET

BY JEFF TUTTLE



HACKS

INTRODUCTION	3
1 KETOGENIC DIET	6
2 CLEANSING REGIMENS	11
3 LOW-CALORIE DIETS	16
4 FASTING REGIMENS	21
6 CARB CYCLING	25

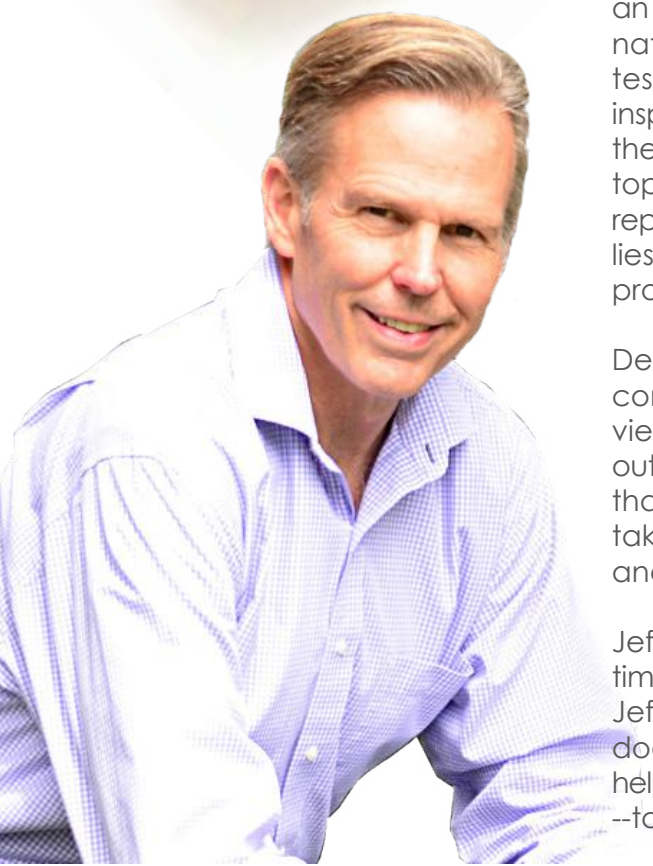


ABOUT JEFF TUTTLE

LIV International Chief Science Officer and Formulator, Jeff Tuttle, is an accomplished scientist with a talent for formulating health-promoting natural products. He has spent 40+ years researching, developing, testing, and marketing safe, effective nutritional supplements. An inspirational speaker with a superb sense of humor, Jeff has traveled the world sharing valuable insights on numerous health and wellness topics. While his formulas have been sold in more than 60 countries and represent billions of dollars in revenue, the true measure of Jeff's success lies in the thousands of lives that have been improved through his products and recommendations.

Despite modern medical advances, Jeff is concerned that when it comes to many serious health issues, people are often misled. In his view, the greatest challenges to wellness today are a tremendous outpouring of misinformation and a marketplace flooded with products that lack scientific validation. He firmly believes each person should take responsibility for their own health and has developed solutions and products to help them succeed in that quest.

Jeff and his wife, Eileen, currently reside in Utah and enjoy spending time with their six grandchildren. A former collegiate volleyball player, Jeff Tuttle's active lifestyle and energetic approach to everything he does are a testament to his philosophy of living well. His mission: To help as many people as possible enjoy optimum health and prosperity --to LIV LIFE WELL.



INTRODUCTION

Disclaimer/Note: This booklet reviews the benefits and challenges associated with popular nutritional strategies for weight loss. It is designed to be helpful to anyone trying to choose the program that best fits their individual needs. In addition, the booklet describes how specific LIV products can be used to maximize the results and minimize the challenges of each weight loss regimen.

Headlines blare, advertisements promise, testimonials abound, before and after photos dazzle, celebrities endorse, and scientific breakthroughs are proclaimed.

“Lose 30 Pounds in 30 Days Without Feeling Hungry”

“A Celebrity’s Secret to Losing Weight Forever”

“Thanks, Latest Diet! My Swimsuit is 6 Sizes Smaller Than Last Year”

“My sister’s husband’s nephew lost 50 pounds on The Newest Diet.”

“Five Foods Discovered that Turn Fat into Muscle.”

“Anyone Can Get Thin Fast”

SO HOW DO YOU CHOOSE A WEIGHT LOSS REGIMEN?

“I chose a new lifestyle, not a new diet” is an expression often used by people who have experienced significant and long-lasting weight loss. As you sort fact from fiction while researching weight loss strategies, keep in mind that long-term success depends on consciously choosing a nutritional lifestyle that you can maintain. This may involve a combination of popular approaches, including short-term regimens, such as cleansing, keto, or extreme calorie reduction, along with fundamental, long-term changes in diet and physical activity.



4

REASONS THERE ISN'T A "ONE SIZE FITS ALL" DIET?

1

DIFFERENT GENETICS

Carbohydrate sensitivity: About 14% of women and 10% of men have high levels of carbohydrate sensitivity, however, since carbohydrates, including refined foods, sugars and processed foods are so prevalent in the modern diet, they often are the major source of weight gain. Cravings for sugars and carbohydrates or a family history of diabetes can indicate a predisposition to carb sensitivity, which can result in excess weight gain from ingesting high levels of carbohydrates.

Fat sensitivity: Studies show that about 40% of men and 46% of women are genetically predisposed to over-absorb fat. This group should aim to consume less than the recommended amount of saturated fat. For example, variations of the APOA2 gene are associated with a higher risk of obesity, but only if a diet high in saturated fats is consumed. If saturated fat intake is low, this variation is unlikely to cause problems. Saturated fats should still be consumed, but with caution and in moderation. (More information about fat and carb sensitivity is available at www.LIVgenetics.com)

2

VARIATIONS IN METABOLISM AND HORMONE LEVELS AND CHANGES OVER TIME

As we've all noticed, metabolism varies from person to person, and our bodies change over time. What worked at one time to maintain an ideal weight may not work now. As we age, changes in hormone levels typically result in decreased metabolism. As energy levels drop and stress hormones increase, weight is often gained. Some popular diets can cause a rapid decline in metabolic rate—harming the hormones and damaging the metabolism, especially in adults over 40, who have consistently battled to reach and maintain their ideal weight.

3

DIVERSE DIETARY HABITS

Food combining, reduced calories, fast food, keto, paleo, vegan, vegetarian, raw food, see food (whatever I see, I eat), the list of possibilities seems endless. Each person has unique preferences and needs, while each dietary regimen has associated benefits and cautions.

4

A WIDE VARIETY OF ACTIVITY LEVELS

Exercise frequency and intensity affects hormone levels. Athletic performance can be compromised based on the type of diet one chooses. Muscle wasting and decreased mental acuity can be experienced as well, due to high intensity exercise without proper nutritional support.



Confusion is inevitable when two facts are faced:

- 1) There is no magic pill; and,
- 2) No diet works the same way for everyone.

However, it is time for determination, not discouragement! As you research possible diet and activity regimens, use what you know about yourself, your past experiences, and your specific needs to find a good fit. This booklet will examine some of the most popular diet programs, discuss their pros and cons, and explain how LIV products can help you maximize weight loss and minimize negative side effects no matter which program you choose.

WISHING YOU SUCCESS IN REACHING YOUR IDEAL WEIGHT AND LIVING LIFE WELL!

For more info about how bodies process foods differently: <https://tinyurl.com/ybqcn87a>



CHAPTER ONE

LIV PRODUCTS MAXIMIZE THE
SUCCESS OF THE KETOGENIC DIET



CHAPTER 1

LIV PRODUCTS MAXIMIZE THE SUCCESS OF THE KETOGENIC DIET

A BRIEF OVERVIEW OF THE KETOGENIC (KETO) DIET

A ketogenic diet is a very low-carb, high-fat regimen that shares many similarities with the Atkins and low-carb diets. The body is placed in a metabolic state called ketosis through a significant reduction of carbohydrate intake along with a substantial increase in fat intake. Ketosis can lead to weight loss as the body uses ketones produced from fat as a source of energy. There are several versions of the ketogenic diet:

- Standard ketogenic diet: Very low-carb (5%), moderate-protein (20%) and high-fat (75%).
- Cycling ketogenic diet: Cycles keto days with high carb days (i.e. 5 keto days followed by 2 high carb days).
- Targeted ketogenic diet: Allows carbs to be added around workouts.
- High-protein ketogenic diet: Similar to a standard ketogenic diet but with more protein, often with a ratio of 60% fat, 35% protein, and 5% carbs.

CAUTIONS AND SIDE EFFECTS ASSOCIATED WITH KETOGENIC DIETS

One of the challenges of ketogenic diets is balancing the intake of fat and protein. Known side effects of ketogenic diets include:

- The “keto flu”
- Brain fog
- Diarrhea
- Reduced athletic performance
- Decreased metabolism
- Hormone imbalance
- Ketoacidosis
- Reduced muscle mass
- Increased risk of heart disease
- Low energy level



LIV PRODUCTS: ENHANCE KETOGENIC DIET RESULTS AND REDUCE NEGATIVE SIDE EFFECTS

LIV's **Ignite Fat Burn Pack** consists of three key products designed to help maximize fat burning and weight loss when you choose to follow a ketogenic diet.

AMP Plus

AMP Plus addresses key issues associated with the keto diet such as hormonal imbalances, low energy, muscle loss, over acidity, increase inflammation, digestive issues, and bad breath. It is formulated to activate and support your body's metabolic weight loss mechanisms for rapid weight loss and sustained weight control. AMP Plus contains patented ingredients that support key body systems at a nutritional cellular and genetic level to help you deal with cravings, lack of energy, endurance and stamina. Plant derived polyphenol complex helps activate a potent gene signal that helps break down stored fat to use as fuel as well as boost energy. AMP Plus supports mental focus and concentration. Vitamin B-6 and chromium help the body convert stored glycogen into energy. Metabolic boosting ingredients rev up your metabolism, support healthy hormone balance, cortisol levels and thyroid function.

Daily Smart

Daily Smart was designed to address nutritional challenges associated with the keto diet, such as brain fog, and lack of vitamin and mineral intake that normally come from the fruits and vegetables we eat. It helps promote mental clarity a positive mood state and maximizing mental acuity. Daily Smart provides important building blocks of health and successful weight loss.

Daily Smart contains powerful polyphenols which directly activate specific genes that are involved in the fat burning process. Resveratrol is a polyphenol nutrient known to activate a potent gene signal called SIRT1 to help break down stored fat to be used as fuel as well as to boost energy. Another key ingredient, curcumin directly decreases levels of insulin resistance and leptin resistance — two factors heavily linked to fat gain.

In addition, vitamins play a key role in Daily Smart's support for weight loss. Many vitamins are water soluble, and thus don't accumulate in the body. For that reason, a daily source of these vitamins helps insure maximum weight loss.

Vitamin B helps the body to convert food into energy. It also plays a role in metabolism and cell function. A lack of vitamin B can lead to fatigue and weight gain.

Vitamin D is essential for calcium absorption and bone health. It can also help with weight loss by increasing muscle mass and reducing fat storage.

Magnesium is involved in over 300 biochemical reactions in the body. It helps with energy production, muscle function, and blood sugar control. A magnesium deficiency can cause fatigue and weakness. Daily Smart is your key to insuring you have the nutrients to maximize your weight loss and mental acuity.

LIV SXinney is a concentrated, instant beverage that provides important electrolytes, vitamins, plant concentrates, and alkaline hydration. It can replace the electrolytes that often become depleted during a ketogenic diet due to increased water excretion and decreased water retention. Since loss of electrolytes and water is responsible for most keto flu issues, hydrating with LIV SXinney and Green2O can help reduce symptoms significantly and often eliminate them altogether.

Other beneficial, weight-loss enhancing ingredients in LIV SXinney include:

- Carbohydrates that come from non-digestible, soluble fiber and, therefore, do not count as carbs.
- A unique potato protein, which releases CCK, a peptide hormone clinically shown to produce a feeling of gastric fullness and reduce food consumption up to 20%.
- Coleus forskohlii stimulates the enzyme adenylate cyclase to help release fat from cells, suppress the appetite, and increase lean body mass.
- Garcinia cambogia works to help inhibit citrate lyase, an enzyme that converts carbohydrates into fat.
- Chlorophyllins and essential oils, such as spearmint, benefit people fighting the odorous effects of a keto diet and also aid in digestion.
- Soluble fiber is vital to digestive health during the keto diet.

RECIPE FOR SUCCESS

When choosing the Keto diet, you may wish to add any of the following products according to your personal challenges and goals in addition to your weight loss. For better hormone balance consider adding Ultimate Edge, digestive issues and gut health: E-3 Enzymes+, Athletic performance and heart health: Go Nitrimax, low energy: Max EnerG. You also may wish to add Green2o to insure alkaline hydration throughout the day.

- **LIV SXinney** : Drink at least one serving of each per day, Carry it with you to stay hydrated, to avoid keto breath and body odor, and to keep blood sugars balanced. For an extra boost of energy, choose **LIV SXinney MAX**.
- **AMP Plus**: Take 2 capsules per day when most needed to boost energy and to avoid the negative hormonal consequences of restricted carbohydrates.
- **Daily Smart**: Take 2 capsules daily as desired to insure your body gets the nutrients it needs for weight loss success.

For more information on the LIV products listed above visit www.LIVinternational.com/products



OTHER FACTORS TO CONSIDER BEFORE CHOOSING A KETOGENIC DIET

Ketosis: If you remain under your optimal net carbs limit, then you should enter ketosis within 2 to 3 days, however, it can take up to 7 days. The fastest way to get into ketosis is to exercise on an empty stomach to accelerate the depletion of glycogen in your body.

Exogenous Ketones CAUTION: Read before you start: Exogenous (ingested) ketones (like BHB) do not help you burn fat and move into ketosis. Ingested ketones will show up in the urine, but they are not ketones produced by the breakdown of fat. Exogenous ketones are kind of like alcohol. When they are consumed, everything is stored and nothing else is burned, including fat. Any glucose and fatty acids circulating in the blood are stored. Only the ingested ketones are burned.

More importantly, it appears that the burning of the ingested ketones as fuel (an alternative fuel to glucose and fatty acids) is driven by insulin. Even though it has been suggested that ingested ketones facilitate an increase in glucose uptake, it is pretty clear that they facilitate an increase in insulin (the fat storage hormone).

Most people, who are restricting carbs, or fasting intermittently to enter into ketosis, do so to burn fat and get lean, so it is counterproductive to ingest ketones that will inhibit that process. It is also important to remember that the process of creating ketones in the body requires energy, while ingesting exogenous ketones requires none. If fat loss is the goal, the body should be doing the work of producing its own energy source, ketones.

HOW DO I GET BACK INTO KETOSIS QUICKLY IF I CHEAT?

- Minimize your carb consumption
- Include coconut oil in your diet
- Ramp up your physical activity
- Increase your healthy fat intake
- Try a short fast
- Maintain adequate protein intake



CHAPTER TWO

LIV PRODUCTS MAXIMIZE THE
SUCCESS OF CLEANSING REGIMENS



CHAPTER 2

LIV PRODUCTS MAXIMIZE THE SUCCESS OF CLEANSING REGIMENS

A BRIEF OVERVIEW OF CLEANSING REGIMENS

Cleanses and detox programs are very popular, especially to jumpstart a weight loss program. Most of these regimens involve specific dietary restrictions such as only drinking liquids or abstaining from sugar, alcohol, and processed foods for a period of time. Other cleanses permit the use of healthy foods such as vegetables, fruits, certain grains, and some proteins. The benefits of cleansing or detoxing include improved digestion and bowel regularity, better liver and kidney function, increased energy and vitality, and a break from unhealthy eating habits.

There are hundreds of variations, from juicing cleanses to colon cleanses to high-fiber, raw food cleanses. Most are intended to help prepare the body for a long-term nutritional program designed for achieving and maintaining an ideal weight. Some of the most successful cleanses also include healthy eating protocols during the cleanse period. These protocols can be continued to aid successful weight reduction after the initial cleanse period has ended.

CAUTIONS ASSOCIATED WITH CLEANSING

- The consumption of fiber-heavy foods can initially lead to bloating, gas, and diarrhea as the body adjusts.
- Cleanses are not recommended for teenagers, pregnant women, or those with health conditions. There is a risk of consuming insufficient calories and proteins.
- Digestive discomfort and low energy are sometime associated with cleansing.



LIV PRODUCTS: ENHANCE CLEANSING RESULTS AND REDUCE NEGATIVE SIDE EFFECTS

LIV's **Ignite Fat Burn Pack** can help maximize cleanse results, especially for: people who lack energy during a cleanse, people with mood swings, and/or people who suffer from digestive issues. This pack contains three key products to enhance a cleanse:

Daily Smart

Daily Smart was designed to address nutritional challenges associated with the cleansing, such as loss of vitamins and minerals through the cleansing process. It helps promote mental clarity a positive mood state and maximizing mental acuity. Daily Smart provides important building blocks of health and successful weight loss.

Daily Smart contains powerful polyphenols which directly activate specific genes that are involved in the fat burning process. Resveratrol is a polyphenol nutrient known to activate a potent gene signal called SIRT1 to help break down stored fat while cleansing to be used as fuel as well as to boost energy. Another key ingredient, curcumin directly decreases levels of insulin resistance and leptin resistance — two factors heavily linked to fat gain.

In addition, vitamins play a key role in Daily Smart's support for weight loss. Many vitamins are water soluble, and are depleted during cleansing regimens. For that reason, a daily source of these vitamins helps insure maximum weight loss.

Vitamin B helps the body to convert food into energy. It also plays a role in metabolism and cell function. A lack of vitamin B can lead to fatigue and weight gain.

Vitamin D is essential for calcium absorption and bone health. It can also help with weight loss by increasing muscle mass and reducing fat storage.

Magnesium is involved in over 300 biochemical reactions in the body. It helps with energy production, muscle function, and blood sugar control. A magnesium deficiency can cause fatigue and weakness. Daily Smart is your key to insuring you have the nutrients to maximize your weight loss and mental acuity.

LIV SXinney

LIV SXinney is a concentrated, instant beverage that provides important electrolytes, vitamins, plant concentrates, and alkaline hydration. As the body cleanses naturally, it is important to stay hydrated in order to flush out the fat and waste that are being eliminated. LIV SXinney can also replace the electrolytes that often become depleted during cleansing due to increased water excretion and decreased water retention. Since dehydration is often perceived as hunger, LIV SXinney can help reduce hunger symptoms during a cleanse and provide important nutrients to support healthy weight loss.

Other beneficial, weight-loss enhancing ingredients in LIV SXinney include:

- Carbohydrates that come from non-digestible, soluble fiber and, therefore, do not count as carbs.
- A unique potato protein which releases CCK (a peptide hormone) clinically shown to produce a feeling of gastric fullness and reduce food consumption up to 20%.
- *Coleus forskohlii* stimulates the enzyme adenylate cyclase to help release fat from cells, suppress the appetite, and increase lean body mass.
- *Garcinia cambogia* works to help inhibit citrate lyase, an enzyme that converts carbohydrates into fat.
- Chlorophyllins and essential oils, such as spearmint, are helpful for digestion and detoxing during a cleanse.
- Soluble fiber is key to digestive health during cleansing.

AMP Plus addresses key issues associated with cleansing diets such as fatigue, low energy, muscle loss, over acidity, and digestive issues. It is formulated to activate and support your body's metabolic weight loss mechanisms for rapid weight loss and sustained weight control. AMP Plus contains patented ingredients that support key body systems at a nutritional cellular and genetic level to help you deal with cravings, lack of energy, endurance and stamina. Plant derived polyphenol complex helps activate a potent gene signal that helps break down stored fat to use as fuel as well as boost energy as you cleanse. AMP Plus supports mental focus and concentration. Vitamin B-6 and chromium help the body convert stored glycogen into energy. Metabolic boosting ingredients rev up your metabolism, support healthy hormone balance, cortisol levels and thyroid function.

RECIPE FOR SUCCESS

When choosing a cleansing regimen, you may wish to add any of the following products according to your personal and weight loss challenges. ClenzT helps eliminate waste and is an excellent choice to jump start your cleansing weight loss program. ClenzT supports healthy, regular elimination of waste from the colon. It promotes regularity and supports normal bowel function as well as supporting the bowel's natural detoxification process. If a sluggish colon isn't an issue, consider adding E-3 Enzymes+ with DPR technology (Digest, Protect, Restore). It will help digest food for maximum absorption, protect the gut, and restore important intestinal flora with probiotics. Additional products can also be included depending on your health goals.

- **LIV SXinney:** Drink at least 1 LIV SXinney and 1 Green2O per day. For an extra boost, choose **LIV SXinney MAX**, which contains a small amount of naturally-sourced caffeine to keep energy levels up and improve focus during a cleanse. Carry LIV SXinney with you to stay hydrated, reduce hunger and cravings, and keep blood sugars balanced.
- **AMP Plus:** Take 2 capsules per day when most needed to boost energy and feel well while you are cleansing.
- **Daily Smart:** Take 2 capsules daily as desired to insure your body gets the nutrients it needs for weight loss success.

Choose additional product to support desired health goals. For more information on the LIV products listed above visit www.LIVinternational.com/products



OTHER FACTORS TO CONSIDER BEFORE CHOOSING A CLEANSE

Whole Food Nutrition Educator, Joline Wondergem, shares excellent strategies for a successful cleanse and a nutritional program for weight maintenance in her book *Confident Cleansing for Better Health and Weight Release*. She states, "After years of nutrient poor food and a body subjected to toxins throughout their environment, there is a very good chance your internal organs are working at less than full capacity. Additionally, the vital organs you use to burn fat and create energy have been compromised. Your liver, for exAMPlE is directly responsible for digesting and assimilating fats. If you have a roll of fat at your waistline, you may have what is commonly called a fatty liver. Unless you can bring your liver back to full function you may not be able to release weight."

Joline endorses the use of LIV products during cleanses to facilitate the release of toxins, open up the digestive organs, and reset the metabolism. During a cleanse, she advises boosting hydration to allow toxins to easily flow through the liver, kidneys, colon, and lymphatic system.

Joline recommends scheduling a cleanse during a time when no pressing deadlines, athletic competitions, or plans that may lead to overexertion are on the calendar. Her experience has taught that better results are achieved by staying committed to a cleanse program for at least 5 days, and up to 14 days for a more dedicated cleanse. Confident cleansing is about taking the necessary time to let the body rest and reduce daily stresses.

In Joline's opinion, very restrictive cleansing programs are often only effective during the cleanse period with any weight lost being quickly regained. A person must be ready to accept that health is earned and be willing to make permanent changes to achieve wellness goals. A less restrictive cleanse program may be most helpful in preparing the body for long-term weight loss success.



CHAPTER THREE

LIV PRODUCTS MAXIMIZE THE
SUCCESS OF LOW-CALORIE DIETS



CHAPTER 3

LIV PRODUCTS MAXIMIZE THE SUCCESS OF LOW-CALORIE DIETS

A BRIEF OVERVIEW OF LOW AND REDUCED CALORIE DIETS

Reducing caloric intake is the standard, practical way to lose weight. It is also the most sustainable. As a general rule, reducing net caloric intake by 500 calories per day, through a combination of eating less and exercising more, will result in the loss of 1 pound per week. Just eating 200 less calories a day can result in a loss of 20 pounds in a year. Variations to these numbers occur due to differences in metabolism, type of food eaten, activity levels, and sleep habits. Factors such as age, genetics, metabolism, hormonal balance, stress, insulin, and cortisol levels also affect the number of calories required for weight loss. A drastic reduction in calories can lead to unpleasant and, in extreme cases, dangerous side effects. However, cutting calories by a reasonable amount is a great way to start a weight loss program especially if the calories eaten are rich in protein, fiber, complex carbohydrates, and healthy fats.

SIDE EFFECTS ASSOCIATED WITH CALORIE REDUCTION DIETS

- Loss of essential nutrients
- Nausea
- Visual disturbances
- Fatigue
- Headaches
- Constipation or diarrhea
- Menstrual issues
- Muscle loss
- Gall stones



LIV PRODUCTS: ENHANCE LOW CALORIE DIET RESULTS AND REDUCE NEGATIVE SIDE EFFECTS

The **Ignite Fat Burner Pack** contains three products designed to address the typical problems encountered during a low-calorie diet and to sustain weight loss while maintaining maximum energy. It is especially for people over 40 years old, people with stubborn belly fat, people with low energy when dieting, and for people who have plateaued in the quest for their ideal weight.

LIV SXinney

LIV SXinney is a source of healthy, calorie-free hydration. It is a concentrated, instant beverage that provides important electrolytes, vitamins, plant concentrates, and alkaline hydration. LIV SXinney can also replace the electrolytes that often become depleted during dieting. Since dehydration is often perceived as hunger, LIV SXinney can help reduce hunger symptoms and provide important nutrients to support healthy weight loss.

Other beneficial, weight-loss enhancing ingredients in LIV SXinney include:

- Carbohydrates that come from non-digestible, soluble fiber and, therefore, do not count as carbs.
- A unique potato protein which releases CCK (a peptide hormone) clinically shown to produce a feeling of gastric fullness and reduce food consumption up to 20%.
- *Coleus forskohlii* stimulates the enzyme adenylate cyclase to help release fat from cells, suppress the appetite, and increase lean body mass.
- *Garcinia cambogia* works to help inhibit citrate lyase, an enzyme that converts carbohydrates into fat.
- Chlorophyllins and essential oils, such as spearmint, are helpful for digestion and detoxing.
- Soluble fiber is key to digestive health.

Daily Smart

Daily Smart provides essential vitamins that may be lacking as a result of decreasing caloric consumption. Processing and cooking foods often reduce vitamin and nutrient content of foods. Daily Smart also provides nutrients that are involved in energy production. It helps promote mental clarity a positive mood state and maximizing mental acuity. Daily Smart provides important building blocks of health and successful weight loss.

Daily Smart contains powerful polyphenols which directly activate specific genes that are involved in the fat burning process. Resveratrol is a polyphenol nutrient known to activate a potent gene signal called SIRT1 to help break down stored fat to be used as fuel as well as to boost energy. Another key ingredient, curcumin directly decreases levels of insulin resistance and leptin resistance — two factors heavily linked to fat gain.

In addition, vitamins play a key role in Daily Smart's support for weight loss. Many vitamins are water soluble, and thus don't accumulate in the body. For that reason, a daily source of these vitamins helps insure maximum weight loss.

Vitamin B helps the body to convert food into energy. It also plays a role in metabolism and cell function. A lack of vitamin B can lead to fatigue and weight gain.

Vitamin D is essential for calcium absorption and bone health. It can also help with weight loss by increasing muscle mass and reducing fat storage.

Magnesium is involved in over 300 biochemical reactions in the body. It helps with energy production, muscle function, and blood sugar control. A magnesium deficiency can cause fatigue and weakness. Daily Smart is your key to insuring you have the nutrients to maximize your weight loss and mental acuity.

AMP Plus addresses key issues associated with diets that involve a reducing calories for weight loss such as fatigue, low energy, digestive issues, and cravings. It is formulated to activate and support your body's metabolic weight loss mechanisms for rapid weight loss and sustained weight control. AMP Plus contains patented ingredients that support key body systems at a nutritional cellular and genetic level to help you deal with cravings, lack of energy, endurance and stamina. Plant derived polyphenol complex helps activate a potent gene signal that helps break down stored fat to use as fuel as well as boost energy, as your body adjusts to the reduction of calories ingested. AMP Plus supports mental focus and concentration. Vitamin B-6 and chromium help the body convert stored glycogen into energy. Metabolic boosting ingredients rev up your metabolism, support healthy hormone balance, cortisol levels and thyroid function.

RECIPE FOR SUCCESS

When choosing to focus on a calorie reduction regimen, you may wish to add any of the following products according to your personal challenges and goals along with your weight loss. LIV Pro15 provides the extra protein the body needs during a restricted calorie diet. It contains a highly absorbable protein, coconut water electrolytes, and essential minerals but no fat or carbohydrates. LIV Pro15 is an ideal product for those who want to maintain or build muscle, because it maximizes protein intake and provides sustained energy.

Crave is the perfect weight loss solution for people who tend to snack, especially in response to energy fluctuations. It is a great source of insoluble and soluble fiber with only 2 grams of carbohydrates per packet. Both types of fiber help rid the colon of excessive waste. The insoluble fiber in Crave, called inulin, is a prebiotic, which aids in digestion. Prebiotics also promote the growth of beneficial bacteria in the colon. A healthy colon can help boost the immune system and improve digestive wellness. When counting calories, CRAVE is a great substitute for calorie laden snacks.

If digestive issues are a problem, consider adding ClenzT to keep your system "moving" or E-3 Enzymes+ to help Digest, Protect and Restore a healthy digestive system. For better hormone balance consider adding Ultimate Edge, digestive issues and gut health-E-3 Enzymes+, Athletic performance and heart health-Go Nitrimax, low energy-EnerG.

- **LIV SXinney:** Drink at least one serving each day. For an extra boost of energy, try **LIV SXinney MAX**. Carry it with you to stay hydrated, maintain energy levels, and help keep blood sugars balanced.
- **AMP Plus:** Take 2 capsules per day when most needed for a boost of energy
- **Daily Smart:** Take 2 capsules daily as desired to insure your body gets the nutrients it needs for weight loss success.

For more information on the LIV products listed above visit www.LIVinternational.com/products



OTHER FACTORS TO CONSIDER BEFORE CHOOSING A REDUCED-CALORIE DIET

Calorie requirements: The recommended estimated calorie needs of a normal man to maintain his weight falls between 2000 and 2800 per day, depending on activity level. For a woman, that estimate is between 1600 and 2400 calories per day. Low-calorie diets usually permit between 800 and 1,500 calories per day.

Effectiveness of very low-calorie diets: If you have a BMI over 30, a very low-calorie diet may allow you to lose about 3 to 5 pounds per week, for an average total weight loss of 44 pounds over a 3-month period. Losing that amount of weight may improve weight-related medical conditions, including diabetes, high blood pressure, and high cholesterol. However, in the long-run, very low-calorie diets are not much more effective than more moderate diets. Once you go off any diet, if you return to old eating habits, you will most likely regain the weight you have lost, and in some cases, gain additional weight.

CAUTION: Very low-calorie diets are not recommended for pregnant or breastfeeding women and are not appropriate for children or teens except when recommended by a medical professional. Talk to your doctor to find out if a reduced-calorie diet is safe for you.



CHAPTER FOUR

LIV PRODUCTS MAXIMIZE THE
SUCCESS OF FASTING REGIMENS



CHAPTER 4

LIV PRODUCTS MAXIMIZE THE SUCCESS OF FASTING REGIMENS

A BRIEF OVERVIEW OF POPULAR FASTING DIETS

Intermittent fasting (IF) is a pattern of eating that involves regular short-term fasts and the consumption of meals within a shorter than traditional time period during the day. Several studies have indicated that short-term, intermittent fasting regimens, lasting up to 24 weeks in duration, lead to weight loss in overweight individuals. Popular intermittent fasting methods include:

The 16/8 method: A person fasts for 16 hours and eats only during an 8-hour window, normally from around noon to 8 p.m. Participants in studies of this method consumed fewer calories and lost weight.

Alternate day fasting: A person fasts every other day and eats normally on non-fasting days. Supervision by a healthcare professional is recommended.

The 5:2 diet: A person fasts 2 out of every 7 days. Some programs suggest participants should consume 500–600 calories on fasting days. Supervision by a healthcare professional is highly recommended.

Those who train for endurance events or engage in other types of intense exercise should be aware that intermittent fasting might affect their performance, especially when practice or competition falls on fasting days. Fasting has become a popular method of losing weight but should be undertaken with care and a thorough understanding of the possible health risks.

CAUTIONS AND SIDE EFFECTS ASSOCIATED WITH FASTING

- People who fast commonly experience dehydration as a result of not ingesting fluids from food.
- Overeating on non-fast days can lead to weight gain.
- Fasting can increase stress hormone cortisol levels and disrupt sleep. Increases in cortisol can result in weight gain.
- Fasting may result in insufficient intake of vitamins, minerals, and other nutrients from food. It is vital to eat very healthy foods on non-fasting days.
- Fasting may cause bloating, diarrhea, caffeine dependency, reduced energy, hunger pangs, heartburn, brain fog, and headaches.
- Fasting may have a negative impact on women's hormones.
- Intermittent Fasting (IF) may result in muscle loss. Exercise and adequate protein intake may help preserve lean body mass in dieters.
- IF may impair the normal activity of the pancreas and the production of insulin, which may raise the risk of Type 2 diabetes.
- IF may impact metabolism and actually increase abdominal fat. Some health professionals believe fasting is ineffective for long-term weight loss.



LIV PRODUCTS: ENHANCE FASTING RESULTS AND REDUCE NEGATIVE SIDE EFFECTS

The **Ignite Fat Burner Pack** contains three products designed to address the typical problems encountered during a fasting protocols and to sustain weight loss while maintaining maximum energy. Additional products can be added to your regimen to address your personal health concerns.

Daily Smart

Daily Smart was designed to address nutritional challenges associated with Intermittent Fasting. It helps promote mental clarity a positive mood state and maximizing mental acuity. Daily Smart provides important building blocks of health and successful weight loss.

Daily Smart contains powerful polyphenols which directly activate specific genes that are involved in the fat burning process. Resveratrol is a polyphenol nutrient known to activate a potent gene signal called SIRT1 to help break down stored fat to be used as fuel as well as to boost energy. Another key ingredient, curcumin directly decreases levels of insulin resistance and leptin resistance — two factors heavily linked to fat gain.

In addition, vitamins play a key role in Daily Smart's support for weight loss. Many vitamins are water soluble, and thus don't accumulate in the body. For that reason, a daily source of these vitamins helps insure maximum weight loss.

Vitamin B helps the body to convert food into energy. It also plays a role in metabolism and cell function. A lack of vitamin B can lead to fatigue and weight gain.

Vitamin D is essential for calcium absorption and bone health. It can also help with weight loss by increasing muscle mass and reducing fat storage.

Magnesium is involved in over 300 biochemical reactions in the body. It helps with energy production, muscle function, and blood sugar control. A magnesium deficiency can cause fatigue and weakness.

Daily Smart is your key to insuring you have the nutrients to maximize your weight loss and mental acuity.

LIV SXinney

LIV SXinney is a concentrated, instant beverage that provides important electrolytes, vitamins, plant concentrates, and alkaline hydration. It can help with hydration and also replace the electrolytes that often become depleted during fasting due to decreased water retention. Since dehydration is often perceived as hunger, LIV SXinney and Green2O can help reduce hunger symptoms during a fast and provide important nutrients to support healthy weight loss. Most fasting protocols allow drinking 0 calorie liquids during fasting periods. making LIV SXinney and Green2O perfect companions to the fasting protocol.

Other beneficial, weight-loss enhancing ingredients in LIV SXinney include:

- Carbohydrates that come from non-digestible, soluble fiber and, therefore, do not count as carbs.
- A unique potato protein which releases CCK (a peptide hormone) clinically shown to produce a feeling of gastric fullness and reduce food consumption up to 20%.
- Coleus forskohlii stimulates the enzyme adenylate cyclase to help release fat from cells, suppress the appetite, and increase lean body mass.
- Garcinia cambogia works to help inhibit citrate lysate, an enzyme that converts carbohydrates into fat.
- Chlorophyllins and essential oils, such as spearmint, aid digestion and detox, as well as help reduce the bad breath and body odor that often accompany fasting.
- Soluble fiber is key to digestive health during fasting.

AMP Plus addresses key issues associated with intermittent fasting protocols for weight loss such as hunger, cravings, fatigue, low energy, and digestive issues. It is formulated to activate and support your body's metabolic weight loss mechanisms for rapid weight loss and sustained weight control. It provides energy and mental focus during times of fasting. AMP Plus contains patented ingredients that support key body systems at a nutritional cellular and genetic level. Plant derived polyphenol complex helps activate a potent gene signal that helps break down stored fat to use as fuel as well as boost energy, as your body adjusts to the reduction of calories ingested. AMP Plus supports mental focus and concentration. Vitamin B-6 and chromium help the body convert stored glycogen into energy. Metabolic boosting ingredients rev up your metabolism, support healthy hormone balance, cortisol levels and thyroid function for maximum results in intermittent fasting protocols.

RECIPE FOR SUCCESS

When choosing an intermittent fasting regimen, you may wish to include products according to your personal challenges and goals along with your weight loss. Digestive issues may be associated with fasting protocols, especially when eating large amounts of food during the feeding times.

E-3 Enzymes+ with DPR technology (Digest, Protect, Restore) will help digest food for maximum absorption, protect the gut, and restore important intestinal flora with probiotics. Additional products can also be included depending on your health goals. If you suffer from constipation or a sluggish digestive system, consider adding ClenzT. Ultimate Edge provides the precursors for better hormone balance which can be a negative effect of intermittent fasting

- **LIV SXinney and Green₂O:** Drink at least 1 LIV SXinney per day. For an extra boost, choose **LIV SXinney MAX**, which contains a small amount of naturally-sourced caffeine to keep energy levels up and improve focus during a fast. Carry LIV SXinney with you to stay hydrated, reduce hunger and cravings, and keep blood sugars balanced.
- **AMP Plus:** Take 2 capsules per day when most needed to boost energy and avoid the negative hormonal consequences of a fasting protocol.
- **Daily Smart:** Take 2 capsules daily as desired to insure your body gets the nutrients it needs for weight loss success.

For more information on the LIV products listed above visit www.LIVinternational.com/products



CHAPTER

FIVE

LIV PRODUCTS MAXIMIZE THE
SUCCESS OF CARB CYCLING



CHAPTER 5

LIV PRODUCTS MAXIMIZE THE SUCCESS OF CARB CYCLING

A BRIEF OVERVIEW OF CARB CYCLING

Carb Cycling, a relatively new dietary approach, is primarily based on the mechanisms behind carbohydrate utilization and manipulation. The program involves eating a high carb diet for a period of time and low or moderate carb diets during other time periods. The cycle is designed to help people move past weight loss plateaus, overcome cravings, balance hormones, and increase energy. It is also reported to be beneficial in increasing and maintaining lean muscle mass.

Diets, such as Keto and Paleo, which require the avoidance of a number of foods, are often difficult to sustain. Although the key to weight loss is always an overall reduction in net calories, the Carb Cycling plan revolves around carb counting instead of food or calorie restrictions. There are many variations of Carb Cycling, including daily cycling or longer periods of high and low-carb cycles.

CAUTIONS AND SIDE EFFECTS ASSOCIATED WITH CARB CYCLING

Carb Cycling can be a complicated nutritional strategy that may be difficult to follow. A typical weekly Carb Cycling diet may include two high-carb, low-fat days, two moderate-carb, moderate-fat days, and three low-carb, high-fat days. Protein intake should remain about the same every day. This requires considerable planning and record keeping of not only food intake but also physical activity.

In some cases, the side effects associated with low carb diets may also occur during some Carb Cycling intervals, at least initially. They may include:

- Cravings
- Constipation
- Diarrhea and nausea
- Fatigue
- Muscle weakness
- Headache
- Irritability
- Loss of focus
- Hormone imbalance



LIV PRODUCTS: ENHANCE CARB CYCLING RESULTS AND REDUCE NEGATIVE SIDE EFFECTS

Ignite Fat Burn Pack provides nutritional support of Carb Cycling for weight loss. It is designed to increase success and mitigate the negative effects of Carb Cycling diets.

LIV's Fat Burn Pack contains three key products that can help maximize results of Carb Cycling, especially for people over 40, crave sweets during low carb periods, people with low energy when dieting, people with mood swings, people who crave sweets, or want to minimize the ups and downs of carb cycling.

Daily Smart

Daily Smart is designed to address the issues associated with carb cycling, such as mental clarity, a positive mood state and maximizing mental acuity. One side effect of experienced during a carb cycling regimen, especially on days when carbohydrates are limited is brain fog. Daily Smart provides important building blocks of health to address this problem. It also contains ingredients specifically designed to support a carb cycling weight loss regimen.

Daily Smart contains powerful polyphenols which directly activate specific genes that are involved in the fat burning process. Resveratrol is a polyphenol nutrient known to activate a potent gene signal called SIRT1 to help break down stored fat to be used as fuel as well as to boost energy. Another key ingredient, curcumin directly decreases levels of insulin resistance and leptin resistance — two factors heavily linked to fat gain. In addition, vitamins play a key role in Daily Smart's support for weight loss. Many vitamins are water soluble, and thus don't accumulate in the body. For that reason, a daily source of these vitamins helps insure maximum weight loss.

Vitamin B helps the body to convert food into energy. It also plays a role in metabolism and cell function. A lack of vitamin B can lead to fatigue and weight gain.

Vitamin D is essential for calcium absorption and bone health. It can also help with weight loss by increasing muscle mass and reducing fat storage.

Magnesium is involved in over 300 biochemical reactions in the body. It helps with energy production, muscle function, and blood sugar control. A magnesium deficiency can cause fatigue and weakness.

Daily Smart is your key to insuring you have the nutrients to maximize your weight loss and mental acuity.

LIV SXinney

LIV SXinney is a source of healthy, alkaline hydration. It is a concentrated, instant beverage that provides important electrolytes, vitamins, plant concentrates, and alkaline hydration. LIV SXinney can replace the electrolytes that often become depleted with a diet that restricts carbohydrates. Since dehydration is often perceived as hunger, LIV SXinney and Green2O can help reduce hunger symptoms and provide important nutrients to support healthy weight loss.

Other beneficial, weight-loss enhancing ingredients in LIV SXinney include:

- Carbohydrates that come from non-digestible, soluble fiber and, therefore, do not count as carbs.
- A unique potato protein which releases CCK (a peptide hormone) clinically shown to produce a feeling of gastric fullness and reduce food consumption up to 20%.
- *Coleus forskohlii* stimulates the enzyme adenylate cyclase to help release fat from cells, suppress the appetite, and increase lean body mass.
- *Garcinia cambogia* works to help inhibit citrate lyase, an enzyme that converts carbohydrates into fat.
- Chlorophyllins and essential oils, such as spearmint, are helpful for digestion and detoxing as well as reducing the bad breath and body odor that may accompany Carb Cycling.
- Soluble fiber is key to digestive health.

AMP Plus addresses key issues associated with carb cycling protocols for weight loss such as digestive issues, low energy, brain fog, fatigue, irritability and mood changes. It is formulated to activate and support your body's metabolic weight loss mechanisms for rapid weight loss and sustained weight control. It provides energy and mental focus during times of fasting. AMP Plus contains patented ingredients that support key body systems at a nutritional cellular and genetic level. Plant derived polyphenol complex helps activate a potent gene signal that helps break down stored fat to use as fuel as well as boost energy, as your body adjusts to the reduction of calories ingested. AMP Plus supports mental focus and concentration. Vitamin B-6 and chromium help the body convert stored glycogen into energy. Metabolic boosting ingredients rev up your metabolism, support healthy hormone balance, cortisol levels and thyroid function for maximum results with carb cycling protocols.

RECIPE FOR SUCCESS

When choosing Carb Cycling as your dietary regimen for weight loss, you may wish to include additional products according to your personal challenges and goals along with your weight loss. Digestive issues, fatigue, and hormone imbalance may be associated with fasting protocols.

Constipation can be an issue when Carb Cycling. ClenzT supports healthy, regular elimination of waste from the colon. It promotes regularity and supports normal bowel function as well as supporting the bowel's natural detoxification process. E-3 Enzymes+ with DPR technology (Digest, Protect, Restore) will help digest food for maximum absorption, protect the gut, and restore important intestinal flora with probiotics.

Ultimate Edge provides the precursors for better hormone balance which can be a negative effect of Carb Cycling. Additional products can also be included depending on your health goals.

- **LIV SXinney:** Drink at least one serving each day preferably in the morning between ingesting other foods according to the Carb Cycling protocol. For an extra boost of energy, try **LIV SXinney MAX**, which contains a small amount of naturally-sourced caffeine to keep energy levels up and improve focus. Carry LIV SXinney with you to stay hydrated, maintain energy levels, reduce hunger and cravings, avoid bad breath and body odor, and help keep blood sugars balanced.
- **AMP Plus:** Take 2 capsules per day when most needed to boost energy and avoid the mood swings and brain fog that can be associated with a carb cycling protocol.
- **Daily Smart:** Take 2 capsules daily as desired to insure your body gets the nutrients it needs to stay focused and energized for maximum weight loss.

For more information on the LIV products listed above visit www.LIVinternational.com/products



IMPORTANT INFORMATION TO CONSIDER BEFORE CHOOSING A CARB CYCLING PROGRAM

Carb Cycling science: The goal of Carb Cycling is to match the body's need for calories or glucose. For example, ample carbohydrates are provided on intense training days to refuel muscle glycogen, which may improve performance and reduce muscle breakdown. High-carb periods may also improve the function of the weight and appetite regulating hormones, leptin and ghrelin, which play an important role in long-term dieting success.

The low-carb days are designed to switch the body over to a predominantly fat-burning energy system to enhance metabolic health. Low-carb days may also improve insulin sensitivity and lower cholesterol. The goal is to maximize the benefits of carbohydrates without overly stimulating the production of insulin.

The effectiveness of Carb Cycling has not been thoroughly researched. Those who choose Carb Cycling as a weight loss regimen should closely monitor their progress to determine if it works for them.

Carb Cycling and weight loss: The main mechanism behind weight loss is a caloric deficit, which means fewer calories are consumed than the body burns over a prolonged period of time. If Carb Cycling is implemented with a calorie deficit, weight loss is likely to occur with minimal negative side effects.

Carb Cycling protocols: In spite of the complexity of Carb Cycling, many people enjoy the flexibility of this nutritional regimen and find it sustainable. An excellent example of Carb Cycling protocol and a sample diet can be found at:

<https://www.healthline.com/nutrition/carb-cycling-101#section6>

DAY	EXERCISE	CARB INTAKE	FAT INTAKE	AMOUNT OF CARBS
Monday	Weight Training	High Carb	Low Fat	200g
Tuesday	Aerobic Exercise	Mod Carb	Mod Fat	100g
Wednesday	Rest Day	Low Carb	High Fat	30g
Thursday	Weight Training	High Carb	Low Fat	200g
Friday	Weight Training	High Carb	Low Fat	200g
Saturday	Rest Day	Low Carb	High Fat	30g
Sunday	Rest Day	Low Carb	High Fat	30g

LOW CARB PERIOD	HIGH CARB PERIOD	AMOUNT OF CARBS
Day 1-11	Day 12, 13 & 14	200g-400g per day
Week 1-4	Week 5	150g-400g per day

As the table suggests, carb refeeds are usually scheduled around high intensity workouts. A carb refeed is an increase in carb intake that results in increased leptin. It keeps the metabolism from adapting to a continuous low carbohydrate intake. The perceived benefits of refeeds (high carb spikes) are more energy, weight loss, and fewer cravings for unhealthy foods.

The amount of carbs recommend per day depends on activity level, muscle mass, and carbohydrate tolerance. An athlete, who trains for 3 hours per day, or a 250 lb. bodybuilder may need the upper carb refeed limit, while others may only need 150-200g. The schedule in the table and the menu plans below are only suggestions, Carb Cycling must be tailored to the individual.

CARB CYCLING SAMPLE MENU PLANS

High-Carb Day

- Breakfast: 3 boiled eggs, 3 slices of 7 seed/grain bread, tomatoes, mushrooms, and a side bowl of mixed fruit (60 g carbs).
- Lunch: 6 oz. sweet potato, 6 oz. lean meat or fish, mixed vegetables (45 g carbs).
- Pre-workout: 1 serving oatmeal, almond milk, 1 cup berries, whey protein (50 g carbs).
- Dinner: 1 serving whole meal rice, 6 oz. lean chicken, homemade tomato sauce, 1 serving kidney beans, mixed vegetables (70 g carbs).

Moderate-Carb Day

- Breakfast: Grass-fed high protein yogurt, 1 cup mixed berries, stevia, 1 spoon seed mix (25 g carbs).
- Lunch: 6 oz chicken salad with 4 oz. diced potatoes (25 g carbs).
- Pre-workout: 1 banana with whey protein shake (30 g carbs).
- Dinner: 1 serving sweet potato fries, 6 oz. lean beef, homemade tomato sauce, 1 serving kidney beans, mixed vegetables (40 g carbs).

Low-Carb Day

- Breakfast: 3 eggs with 3 slices bacon and mixed vegetables (10 g carbs).
- Lunch: 6 oz. salmon salad with 1 spoon oLIVE oil (10 g carbs).
- Snack: 1 oz. mixed nuts with 1 serving turkey slices (10 g carbs).
- Dinner: 6 oz. steak, half of an avocado, mixed vegetables (16 g carbs).

Recommended Healthy Carbohydrate Food Sources

- Whole grains: Unmodified grains are linked with many health benefits. Sources include: brown rice, oats and quinoa.
- Vegetables: Every vegetable has a different vitamin and mineral content, eat a variety of colors to get a good balance.
- Unprocessed fruits: As with vegetables, every fruit is nutritionally unique. Berries have a high antioxidant content and low glycemic load.
- Legumes: Full of fiber and minerals, legumes are a great choice for slow digesting carbohydrates, which are full of fiber and minerals.
- Tubers: Potatoes, sweet potatoes are healthy, filling carb sources.