

St. John's Herbs and Wellness

2324 Market Place Drive.
 Maryville, TN 37801
 Matt St. John MH, ND
 865-379-0300

Healthy Focus

Lifestyle Factors to Avoid Lifestyle Factors to Incorporate

All Carbonated Drinks	Water With Lemon
Pork	Fish-Salmon and Tuna
Processed Meats	Hormone Free Meat
White Flour	Whole Wheat Flour
White Bread	Wheat/Pumpernickel
White Potatoes	Sweet Potatoes
White Rice	Multi-Grain Rice
White Pasta	Whole Wheat/Artichoke
Sugar and Artificial Sweeteners	Stevia-Xylitol-Turbinado Sugar-Honey
Citrus	Grapes-Apples-Blueberries-Prunes
High-Sugar Juices	Fresh Juices
Store Bought Coffee	Organic Coffee-Pero
Milk Chocolate	Carob-62+% Chocolate
Store-Bought Chips	Organic Chips-No Hydrogenated Oils
Store-Bought Tea	Green Tea-Herb Teas
Store-Bought Cereals	Oatmeal-Flax Meal-Cream of Wheat-Natural Cereals
Processed Baking/Pancake Mixes	Multi-Grain Baking/Pancake Mix
Candy	Raw Nuts-Seeds/Natural Peanut Butter/Yogurt
Bleach-Household Cleaners	7 th Generation Cleaners-Citrus Cleaners
Scented Candles	Beeswax candles
Perfumes-Aftershaves	100% Natural scents
Store-Bought Milk	Buttermilk-Soy-Almond-Rice Milk-Organic Milk

- **Eat smaller and more frequent meals. Eat some protein every 4 hours.**
- **Always read labels. Avoid preservatives, chemicals, and refined foods.**

Lose Weight the HEALTHY Way!

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Weight loss is a quest that most people have, but few are able to be successful because of a variety of reasons:

1. Lack of knowledge
2. Lack of preparation
3. Inability to incorporate a realistic plan
4. Lack of a support base

In this article, I would like to cover what I feel are solutions to these common issues that many encounter when trying to lose weight.

It is important for us to know how our bodies react to certain foods, as well as understand what foods and lifestyle factors we need to eliminate and what foods and lifestyle factors we need to incorporate in order for us to maximize our weight loss goals. This includes knowing the importance of smaller, more frequent meals, balancing carbohydrates, protein, and fats, as well as knowing when we need calories the most.

We need to be certain to prepare our bodies and our minds for this quest for good health in a variety of ways. Using this program, starting a detox program, preparing your grocery list, and formulating a reasonable exercise program are all ways that we can prepare ourselves for weight loss in an effective manner.

When we devise a plan for weight loss, we need to be certain that we incorporate a plan that is realistic and able to be carried out with your work, family, and lifestyle circumstances. One person's "miracle plan" may be difficult or impossible for another person to incorporate. We must mold our plan not only around your desired goals, but also your ability to carry out the plan. Also, there may be lifestyle factors that need to be changed in order for you to more effectively carry out this plan.

As important as the three other issues are in successfully carrying out a weight loss plan, none are more important than having a good support base that is "with" you and supports your goals for weight loss. I have a belief that many people want you to be healthier and more attractive, as long as you do not become healthier or more attractive than themselves. Distance yourself from those who weaken your efforts, and gravitate toward those who have your same goals, or at least support what you have decided to accomplish.

Certainly, losing weight is not an "easy" task, but few things that are worthwhile are easy. Accordingly, the effort that you put forth in this quest will be rewarded with better health, greater ability to do God's work, and better overall self-esteem.

We are providing a few different programs for a variety of people. Each individual is unique in their lives and nutritional needs, but most will fall into one of the categories that we are providing programs for. Whether it is sugar cravings, slow metabolism, severe obesity, or a person who has simply just had "too" much fun over the holidays, we want to help you lose weight the healthy way! The following programs are designed for you to incorporate, but all can be adjusted for particular needs.

THERMOGENIC PROGRAM:

Considerations:

1. Follow “Healthy Focus” Program.
2. Concentrate on Smaller, More-Frequent Meals.
3. Implement a light resistance and cardio exercise program.
4. Integrate the supplement program listed below.
5. Use the “Sample Meal Plan” as a template for weekdays.

Sample Meal Plan:

Breakfast: 2 Eggs with Oatmeal (Add flax, cinnamon, and honey).
Glass of organic apple juice/grape juice combination with 2 tsp. of Bragg’s unfiltered Apple Cider Vinegar.

Snack #1: Slimstyles shake blended with ice mid-morning or serving of nuts/seeds

Lunch: Chicken or Tuna salad wrap or whole grain bread sandwich, fruit, and water.

Snack#2: Slimstyles shake blend or Essentials meal mid afternoon.

Dinner: Serving of salmon, chicken, or lean beef, salad, veggies, and yogurt for dessert (If desired).

Supplement Program:

System Six or Lipodrene: 1 tablet in morning for 2 weeks, then one in the morning and one at lunch time.

Slimstyles Protein Meal: 1 serving 2x daily between meals

Carb Blocker: 2 capsules with higher-carb meals or snacks

Total Cleanse: 2 capsules 2x daily with meals

You can call us or email us at maryville@stjohnsherbs.com with any questions about this program, as well as offer your praise report. We want YOU to be healthy and well and live in the fullness of God’s will for your life!

Appetite Control Program:

Considerations:

1. Follow “Healthy Focus” Program.
2. Concentrate on Smaller, More-Frequent Meals.
3. Implement a light resistance and cardio exercise program.
4. Integrate the supplement program listed below.
5. Use the “Sample Meal Plan” as a template for weekdays.

Sample Meal Plan:

Breakfast: 2 Eggs with Oatmeal (Add flax, cinnamon, and honey).
Glass of organic apple juice/grape juice combination with 2 tsp. of
Bragg’s unfiltered Apple Cider Vinegar.

Snack #1: Slimstyles shake blended with ice mid-morning or
serving of nuts/seeds

Lunch: Chicken or Tuna salad wrap or whole grain bread
sandwich, fruit, and water.

Snack#2: Slimstyles shake blend or Essentials meal mid afternoon.

Dinner: Serving of salmon, chicken, or lean beef, salad, veggies,
and yogurt for dessert (If desired).

Supplement Program:

System Six: 2 capsules in morning for 2 weeks, then 2 in the morning
and one at lunch time.

Slimstyles Protein Meal: 1 serving 2x daily between meals

Citrimax: 1 capsule 2x daily with snacks

Total Cleanse: 2 capsules 2x daily with meals

L-Theanine: 1 capsule 2x daily with meals

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ECONOMY PROGRAM:

Considerations:

1. Follow “Healthy Focus” Program.
2. Concentrate on Smaller, More-Frequent Meals.
3. Implement a light resistance and cardio exercise program.
4. Integrate the supplement program listed below.
5. Use the “Sample Meal Plan” as a template for weekdays.

Sample Meal Plan:

Breakfast: 2 Eggs with Oatmeal (Add flax, cinnamon, and honey).
Glass of organic apple juice/grape juice combination with 2 tsp. of
Bragg’s unfiltered Apple Cider Vinegar.

Snack #1: Whey Protein shake blended with ice mid-morning or
serving of nuts/seeds

Lunch: Chicken or Tuna salad wrap or whole grain bread
sandwich, fruit, and water.

Snack#2: Whey Protein shake blend or Essentials meal mid
afternoon.

Dinner: Serving of salmon, chicken, or lean beef, salad, veggies,
and yogurt for dessert (If desired).

Supplement Program:

Chickweed: 2 Capsules 2 x daily with snacks

Whey Protein: 1 serving 2x daily between meals

Chromium Picolinate: 1 capsule in the morning

Total Cleanse: 2 capsules 2x daily with meals

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“ULTIMATE” PROGRAM:

Considerations:

1. Follow “Healthy Focus” Program.
2. Concentrate on Smaller, More-Frequent Meals.
3. Implement a light resistance and cardio exercise program.
4. Integrate the supplement program listed below.
5. Use the “Sample Meal Plan” as a template for weekdays.

Sample Meal Plan:

Breakfast: 2 Eggs with Oatmeal (Add flax, cinnamon, and honey). Glass of organic apple juice/grape juice combination with 2 tsp. of Bragg’s unfiltered Apple Cider Vinegar.

Snack #1: Slimstyles or Essentials shake blended with ice mid-morning or serving of nuts/seeds

Lunch: Chicken or Tuna salad wrap or whole grain bread sandwich, fruit, and water.

Snack#2: Slimstyles shake blend or Essentials meal mid afternoon.

Dinner: Serving of salmon, chicken, or lean beef, salad, veggies, and yogurt for dessert (If desired).

Supplement Program:

Lipodrene or System Six: 1 tablet in morning for 2 weeks, then one in the morning and one at lunch time.

ACAI Berry Extract: 1 capsule 2x daily

Slimstyles Protein Meal: 1 serving 2x daily between meals

Carb Blocker: 2 capsules with higher-carb meals or snacks

DHEA: One capsule in the morning

Whole Body Cleanse: As directed

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EXERCISE:

Sample Resistance Exercise Routine:

Monday: Machine, Powerbands, or Freeweights- **Chest and Biceps, abdominals**, and 10 minutes of cardio (Treadmill, walking, or elyptical).

Tuesday: Machine, Powerbands, or Freeweights- **Legs and abdominals**

Thursday: Machine, Powerbands, or Freeweights- **Shoulders, Triceps, Abdominals**, and 10 minutes of cardio (Treadmill, walking, or elyptical).

Friday: Machine, Powerbands, or Freeweights- **Back and Biceps**, and 10 minutes of cardio (Treadmill, walking, or elyptical).

*Please consult a fitness center or informational video in order to tailor this sample program more appropriately to your needs. This program requires less than 40 minutes per day, only four days per week! It is important for us to be able to tailor our exercise programs to our lives and not our lives around our exercise programs. If you are training each of the above muscle groups to failure just once per week and doing adequate cardiovascular exercise, you will be putting your body in an environment of increased fat burning, increased hormonal efficiency, and greater lean muscle mass. Remember, the more muscle that you have, the more fat that you burn while at rest!

For more information, please visit our website: www.stjohnsherbs.com
or call 865-379-0300