

Weight Loss Made Easy

March
2015

Phew, the holidays are over! Now it's time to slow down a little and get back to our normal routines. Losing weight and becoming fit are two of the most popular New Year's resolutions. The key to achieving a weight-loss goal is to make lifestyle changes that can be maintained for the long run, and not to focus on short-term solutions. You will presumably, begin eating Right for Your Type again!

And here are a few tips to get you back on the right track:

- ✓ **Portion Control** – The larger the plate or bowl, the more likely you will be to fill it up. Trade in those large plates for small, six inch dishes. When serving yourself, remember that a standard three ounce portion of meat, poultry, or fish, should be the size of a deck of cards. A one cup serving of vegetables is about the size of a tennis ball. If you're eating out at a restaurant, order an appetizer as your main course along with a simple salad.
- ✓ **Watch out for Triggers** – Are you an emotional eater? Do you tend to crave foods when stressed? Most of us are overeating for a hundred different reasons. We are eating due to boredom, irritation and frustration. When you start to feel this way, step out into the open air and walk. The mini-blast of oxygen will vanquish tiredness and mental exhaustion. Leave your worries behind and be in the moment. Let go, breathe deeply and relax
- ✓ **Eat Breakfast** – When you skip breakfast, your metabolic rate slows down and your blood sugar drops. As a result, you become hungry and have less energy. This sets you up to impulsively snack in the morning – often on high-fat sweets – or to eat extra servings or bigger portions at lunch or dinner. When you eat breakfast, your body feels nourished and satisfied, making you less likely to overeat the rest of the day.
- ✓ **Exercise** – Make exercise a part of your daily routine. Add it into your calendar as one of your "to-do's" so you don't forget. In order for exercise to be helpful in weight loss, you should strive for a minimum of five 30 minute sessions of right for your type exercise per week. The good news is that recent research has shown that three 10 minute sessions in a day are as good as one 30 minute session. This helps many in combating the old "no time for exercise" excuse. Be certain to find something you enjoy. You'll be more apt to stick with it. Try walking with a friend, joining an intramural sports league, or trying some classes at your local gym. Once you give exercise a chance, you will begin to enjoy its positive benefits on your psyche as well; you will literally become "hooked."
- ✓ **Eat Slowly and Mindfully** – Sit at a table, not on your couch, and never in front of the TV or in your car. Set your fork down between each bite while you savor your food and swallow. Schedule meals so that you have time to relax and enjoy your food.

TIPS FOR BUILDING MUSCLE AND BURNING FAT

Studies reveal that the weight one loses along with any temporary fat loss is typically muscle. Severely-curtailed low-calorie diets can cause the body to go into "starvation and conservation" mode. These kinds of diets or even long periods during the day without eating can actually create a catabolic state of muscle burning to conserve energy. As Dr. D'Adamo explains, muscle is metabolically active tissue, requiring a great deal of caloric energy just to maintain it. "Maintaining a high percentage of active tissue is particularly important when you are trying to lose weight. With diets that severely restrict calories, you may lose weight but also lose muscle tissue. Since these diets do nothing to increase active tissue mass, your metabolic rate remains unchanged or declines, leaving you predisposed to regain the weight you lost (or perhaps more) as soon as you resume normal eating."

This is due to several reasons: With fewer meals, the body slows its metabolism, making the food we do eat harder to metabolize. The more frequent, smaller, nutrient-rich meals we eat, the more efficient the metabolism becomes! In fact, this has been measured. Using our resting (basal) metabolism as the starting point, the additional caloric expenditure that it takes to digest, absorb, and process the food you eat is called "The Thermic Effect of Feeding (TEF)." Not surprisingly, different foods have different effects on TEF, which gives us just one more reason knowing the best foods for your blood type.

One significant study demonstrated that during the normal six-hour resting metabolism period, we typically burn about 270 calories. When eating a single meal of carbohydrates alone or fat alone, the energy burned during this six-hour period reached 290 calories (an additional 20 calories). Interestingly, when eating protein alone the subjects in this study burned 310 calories during this six hour period (an additional 40 calories). It appears, protein alone had double the thermogenic potential over fat or carbs alone.

Green tea consumption might increase the amount of energy (or calories) you burn. It appears to have a thermogenic property which promotes fat oxidation. Green tea is beneficial for all blood types.

ARE YOU A PROP TASTER?

In *Change Your Genetic Destiny: The Revolutionary GenoType Diet*, Dr. D'Adamo uses your PROP taster status as a key element in determining your GenoType. Being able to taste (or not taste) the **chemical propylthiouracil** (PROP) can reveal a lot about your **GenoType's metabolism**.

Hunter- As a Hunter, you have an intense reaction to PROP test strips, which means you're a super-taster. This trait exemplifies an amazing metabolism that makes it easy for you to remain slim when you follow the GenoType Diet.

Gatherer- You probably don't react to PROP test strips, because Gatherers are typically non-tasters. This is an indication that your thyroid is underactive. Be sure to stick to the Gatherer Diet in order to decrease fluid retention and muscle weakness and to boost your metabolism.

Teacher- Your high metabolism is exemplified in your ability to taste PROP test strips. Most Teachers are at least tasters and some are super-tasters, depending on their thyroid activity. It's no wonder your body fat percentage is so low.

Explorer- Explorers are often PROP super-tasters, meaning that PROP test strips taste strongly foul to your GenoType. This PROP-tasting ability shows — you have a high metabolism, which keeps fat from being stored on your body.

Warrior- Because Warriors have a tendency to be lean in youth but struggle with their metabolisms as they age, they have an interesting relationship with PROP test strips. Either you don't detect PROP (with a slow metabolism), or you're a super-taster (with a high metabolism). Try it out for yourself to see what your metabolic rate is up to.

Nomad- Most Nomads are PROP tasters, signifying a well-functioning thyroid. Although your BMI may be higher than average, your metabolism is working properly — that extra body weight comes from large bones and muscles.

"I formulated El Dorado as a path to metabolic gold. The formula optimizes many of the genes, and gene molecule products, that regulate sugar and optimizes the process that turn sugar and starches into energy."

- Dr. Peter J. D'Adamo

All-natural formulas that work together to promote weight loss! **Promotion:**

Belly Blast Pack



- El Dorado -\$79
- Glycoscia- \$69
- CLA Formula -\$59

Save
25%

Now
\$155
only RP: \$207
(per Pack)

**NO
Stearates
& Fillers:**

We do not use
artificial
fillers, animal
stearates or
synthetic
lubricants in
our products.

•Buy any 2 bottles and above @ 20% off

The Belly Blast pack contains everything you need for weight loss success:

- ✓**El Dorado** - a unique combination of ingredients that boosts metabolism by stimulating your cells to convert carbs into energy so you more effectively burn calories (and lose that spare tire!).
- ✓**Glycoscia**- naturally balances blood sugar levels and prevents the spikes and dips that result in cravings and out-of-control eating,
- ✓**CLA Formula** - CLA reduces fat and preserves muscle tissue. According to one study, an average reduction of six pounds of body fat was found in the group that took CLA, compared to a placebo group. CLA has been shown to decrease abdominal fat and lowers insulin resistance.

Terms & Conditions

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More Supplements for Weight Management

•Buy any 2 bottles and above @ 20% off

•Fucus Plus-

This is the type of seaweed used to *enhance the metabolism* in type O, and modulate the *immune* system in types O and B

•Hytrax-

The central ingredient of Hytrax is organic **dandelion leaf (Taraxacum officinale)**, which has been shown to have diuretic activity, *stimulating the loss of excess water* and promoting weight loss. Dandelion root benefits all functions of the liver and enhances all secretion and excretion from the body.

•Deflect- (for your blood type)

•Minimize lectin damage from the avoid foods you eat, and repair existing lectin damage.
• Deflect® has a wide range of applications, including:

- Assisting weight loss
- Enhancing metabolism
- Aiding in maintaining the integrity of the digestive

•Protein Blends Right 4 Your Type®

- Dr. D'Adamo's protein blends provide the ultimate in clean protein fuel, quickly and easily absorbed for optimal uptake and energy production. Naturally unflavored, and containing no added sugar, Protein Blends mix easily with juices, fruit-and anything you can create

A NEW LEVEL OF PERSONALIZATION

Dr. D'Adamo has released the latest version of the software, SWAMI XP2!

SWAMI XP2 is the second generation of a software program that Dr D'Adamo first wrote in 2007.

What new features does the SWAMI XP2 offer?

- ✓ We've made several enhancements that make it more convenient for the consumer, for example, we've created **SWAMI Mobile** which allows you to carry your food list with you on your smart phone.
- ✓ It also allows you to link **more than one SWAMI under a single login** and **cross reference diets** with those individuals - it makes meal planning so much easier when you can see all the common foods in one place.
- ✓ We also redesigned the **meal planner** with an improved, intuitive interface.
- ✓ We've added images of **various fingerprint types** to make identification easier.
- ✓ And finally, added **a nutrient filter** that adds an optional extra level of nutrient emphasis.

How do the foods that SWAMI XP2 recommends for me influence my genes?

In the last decade, there has been an enormous amount of research on the effects our food choices can exert on gene expression. Although we cannot change our genes (any more than we can change our blood type or eye color) **nutrition does control the expression of many genes that are involved in day to day functions, including cell repair, detoxification, and how we adapt to changing environmental conditions.** These functions are known as '**epigenetic**' and involve regulatory elements that act as a 'lock' on the ability of the gene to be 'heard.' Many foods exert different epigenetic effects in different people. **SWAMI allows us to pinpoint which processes are best optimized in that particular individual.**

Weight loss, improved health, vitality, and you will get the maximum effect from the current, cutting edge frontier of personalized medicine. When you use **SWAMI XP2**, you'll find that there's nothing more specific to the individual than when you use clinically-based and evidence-based nutritional advice that's highly specific to you. In fact, the chances that it would be reproduced in another individual is in the millions.

Please call 6338 5570 (RC) for more details

***SWAMI Xpress2 test is strictly done by appointment only.**

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Bogus Supplements:

A recent investigation into nutritional supplements sold at retail stores such as Target and Walgreens found that select products did not contain the active ingredients listed on the label. This has raised concerns about the supplement industry overall and called into question the practices followed by manufacturers. At D'Adamo Personalized Nutrition, we can assure you that the authenticity, potency, and purity of our products are consistent with our labeling.



There are two factors that contribute to the overall quality standards that govern the quality of dietary supplements – the formula itself and the quality standards that govern the manufacturing process. Our products are carefully formulated by Dr. Peter J. D'Adamo, a globally recognized expert in botanical medicine, and clinically tested by Dr. D'Adamo and his staff to ensure their efficacy. All D'Adamo Personalized Nutrition products are carefully crafted to the highest quality standards and produced by GMP (Good Manufacturing Practices) manufacturers certified through the Natural Products Association, with an "A" compliance rating. Our manufacturing facility only sources raw materials from suppliers who can provide a "Certificate of Authenticity" that identifies the substance. To obtain this certificate, the substance must be tested in an independent laboratory and its purity validated. Additionally, this process also confirms that the substance is free from biological or chemical contaminants, fillers, or additives. While the process is time consuming and more expensive, we believe that comprehensive quality testing is worth the cost to meet our high standards for quality and the consumer's peace of mind. Our nutritional supplements have been consistently trusted and recommended by thousands of health care practitioners and millions of consumers for more than 16 years and can be relied upon to meet the highest industry standards for quality, purity, and potency.

March 2015 Health Talk: Versatile Use of Vitality Enzymes

Enzymes are needed for ALL body functions in our 75 trillion cells. Without enzymes, the chemical reactions in our body would to a halt. Join the talk to find out:

- ✓ *Benefits of the vitality enzymes.*
- ✓ *To know the wonders of mulberry enzyme*
- ✓ *Simple demonstration of blood type friendly recipes with the use of mulberry enzyme*
- ✓ *If you have not try the wonderful taste of mulberry enzyme, here is a opportunity for you to try!*

**LUCKY
DIP!**

**Join our health
talk to get a
chance to win an
Ultimate Blender
(worth \$700)!!**

***Terms & conditions apply**

**Venue : My Type Store @ Raffles City
(#B2-15)**
Date : 22nd March 2015 (Sunday)
Time : 2.00 pm – 3.00 pm
Duration : 60mins (include Q&A)

Due to space constraints, seats will be on a first-come-first basis. Please call 6338 5570 (RC) to register.

New Membership:

**Pay \$28 membership fee to enjoy the
benefits of My Type Membership!
No minimum purchase required.**