



Your Essential Supplements, Inc.

HEALTHY LIFESTYLE

Getting Started Guide

- *Scientific Nutritional Education*
- *Carbohydrate Counter*
- *How Your Body Utilizes Food*
- *Meal Plan & Food Hints*
- *Supplement Overview*
- *Frequently Asked Questions*



We go beyond popular diets and questionable advice by providing you with a complete lifestyle plan based on established medical science.

You will learn about the most healthful foods to eat for maximum nutritional value.

The YES Healthy Lifestyle will help you stay lean, energized, and healthy for life!



ORDER & CONTACT INFORMATION

The World's Most Scientifically Advanced Nutritional Program

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HEALTHY LIFESTYLE PROGRAM

The World's Most Scientifically Advanced Nutritional Program

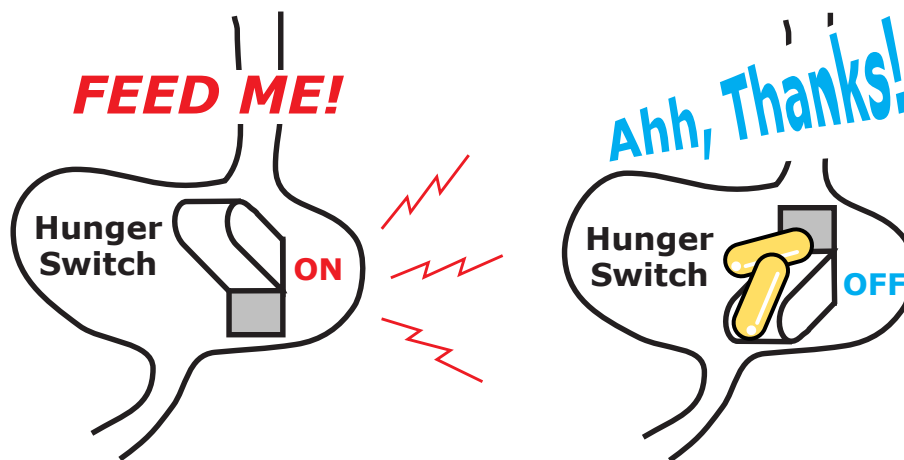


Beware of harmful advice from the popular press.
Do your own research before following any diet plan!

Don't be fooled by those telling you that we are all overeating because we have food everywhere. When eating properly, we don't have the urge to overeat because we're not hungry. It's that simple. Natural hunger fulfillment, as opposed to appetite suppression, is the solution to becoming lean for life.

Turn off the Hunger Switch*

It's like our stomach has an PEO sensor



Without PEOs your stomach constantly
demands more food.

* The YES™ Healthy Lifestyle Plan is based on the study of reliable sources such as medical journals, medical and science textbooks, real-life results and unbiased studies. YES™ does not provide medical advice. For guidance concerning any medical condition please consult your health care provider. This booklet is for information purposes only. The statements in this booklet have not been evaluated by the Food And Drug administration. The information in this booklet is not intended to treat, prevent or cure any disease.

HOW YOUR BODY WORKS

What your body does with the foods you eat.

There are 3 food categories: Protein, Fat and Carbohydrate. Let's start by looking at what your body does with Carbohydrates.



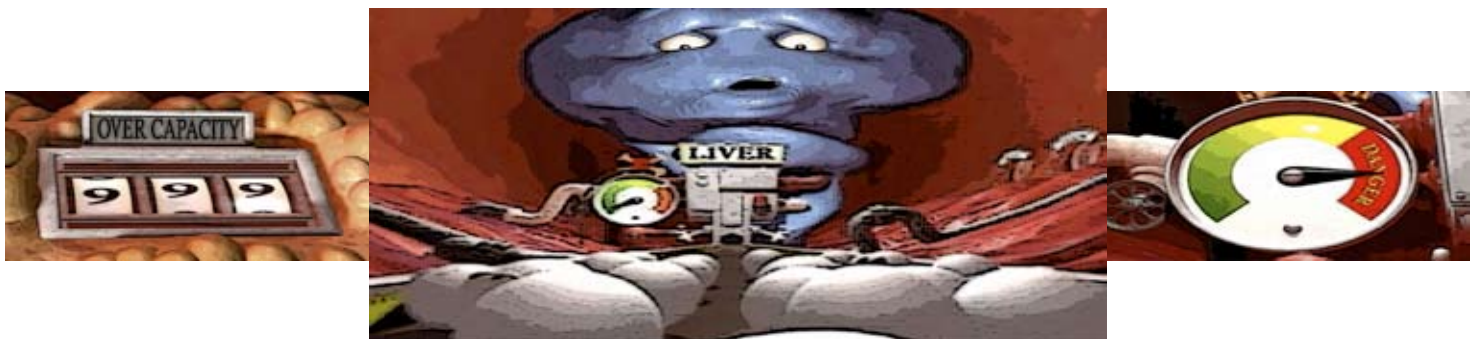
Carbohydrate Foods Are:

- Sweets
- Breads
- Pasta
- Rice
- Starchy Vegetables
- Fruits

Your digestive system breaks ALL carbs down into glucose (sugar). Most people eat 20 times the amount of sugar per meal than their body is meant to handle! This can cause health problems and weight gain.



Once broken down, the sugar is sent to the liver for processing, but too many carbs exceeds the liver's capacity to handle the overload!



Carbohydrate is just a fancy name for sugar!



Your body keeps approximately 1 teaspoon of sugar in your bloodstream.¹ When too much sugar is ingested and not used immediately for energy, insulin is released by the pancreas to store the remaining sugar as excess body fat. This protects you from high blood sugar levels. *Insulin also prevents your body from burning the fat you've already stored.*

IMPORTANT NOTE: *The pancreas is only meant to secrete insulin no more than 2 times daily so eating carbohydrates more than twice a day puts even more strain on this delicate organ.*

Carbohydrates HALT fat burning in 2 ways:²

1) Using carbs for energy prevents you from using stored body fat. Your body chooses the carbs first, leaving excess body fat stored right where it is.

2) The majority of the carbs you eat get stored as excess body fat. While carbs are being stored, no body fat can get burned.



Too many carbs = All weight loss comes to a dead STOP!



Fat Stores Increase...



...Faster than they can be Burned for Energy

So, what about the Calorie theory?³

In a study conducted by Harvard University, some participants ate lots of carbs (low-calorie), while others ate lots of animal-based protein (low-carb). Although the protein eaters ate twice as many calories as the low-calorie group, they didn't gain any weight, whereas the low-cal/high-carb eaters all gained weight. It's not the amount of calories eaten, but the content of the calories. Sugar calories = Fat Storage!

WARNING! Health Risk!



A high carbohydrate diet can contribute to:

- Constant hunger
- Perpetual weight gain
- Exhaustion & fatigue
- Mental foginess
- Allergy symptoms
- Susceptibility to colds
- Hormone Imbalance
- Heartburn/acid reflux

And did you realize that sugar feeds bacteria and most viruses, too?

Your brain gets alerted that there's too much of a sugar overload on your delicate pancreas.

Something must be done to stop the constant bombardment of sugar in your system and ensure your body gets the nutrients it requires! But what can you do differently when you've followed popular low-fat/low-calorie dietary guidelines and it hasn't worked?



YES™ Supplements to the Rescue!

**A Diet Based on the Science of the Body and Natural Foods
+
Essential Nutritional Supplementation
=
A Healthier, Slimmer You!**

YES™ Supplements and nutritional guidelines are based on thousands of hours of research in the world's top medical journals and scientific publications. All nutritional information has been thoroughly studied for accuracy and time-tested. Real-life results are the foundation of our program!

Helping others is our driving force. We continually search for the truth among conflicting dietary health advice, and weed out information that is not based on medical science. We've discovered exactly what each of us needs to achieve great health.

The YES™ Healthy Lifestyle provides full explanations of the how's and why's of each of our recommendations. This sets us apart from other diet programs and is precisely why we don't call our program a "diet" but a "lifestyle."

Understanding the science of your body and changing your lifestyle for the better, will help you feel and see the difference, just as we have for ourselves!

Look closely at the following facts about what you may "believe" is correct concerning foods and eating habits, compared to the scientific facts. Some of the following information may surprise or even shock you.

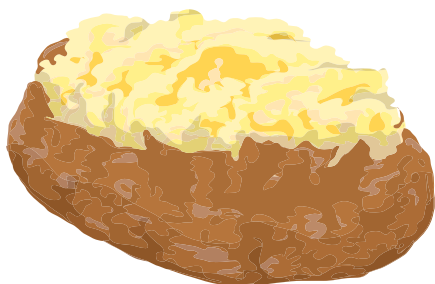
THE FOOD VALUE CHART

The chart below illustrates the “value” of foods based on the science of your body. As you can see natural foods are vital, while carbs (sugar) and trans fats should be avoided: *References can be found on page 18.*

Carbohydrates (bread, rice, pasta, sweets, starchy vegetables & fruit)	Natural Fats/Protein (meat, eggs, real butter, cheese, nut & seed oils, cream)	Trans Fats (Margarine, shortening, vegetable oils, lowfat foods)
Non-Essential: Body doesn't need carbs to be healthy or survive ⁴	Essential: Body needs to survive and maintain good health ⁵	Damaging!: Not used properly by your body
Stops fat burning: Prevents body from using stored body fat for energy	Used most efficiently for energy: encourages body to burn stored body fat	Damaging!: Used in place of natural fats.
High / Low: Leaving you with a resulting “sugar low”	Burns slower for energy: Body's preferred energy source - no “sugar low”	Damaging!: Used in place of natural fats.
Raises blood sugar: Can lead to a variety of health problems like Diabetes	Needed for: cell structure, brain, hormones, nerves, eyes, biochemical reactions, oxygenation...	Damaging!: Will cause defective cholesterol and cell structure
High processing: means most carbs are lacking nutritional value	Vital Nutrition! Natural Fat & Protein do <u>NOT</u> contribute to disease!	Damaging!: Contributes to disease!

Once processed by your body, all carbs become the same thing, sugar! When storing body fat, your body won't distinguish between a complex or a simple sugar.

Example:



=



1 Large baked potato (no skin)
converts to 7 tsp of sugar

1 candy bar converts to the
same amount of sugar! 7 tsp!

Note: 1 Large potato WITH the skin = 10 tsp of sugar! Even worse than the candy!)

THE FAULTY FOOD GUIDE PYRAMID

The left pyramid is based on standard FDA recommendations (considering all varieties of the pyramids they now offer). The right pyramid is based on the science of how your body works. Take a look at the serving sizes for the FDA's Faulty Food Pyramid! Is it any wonder we're facing an epidemic of obesity, and illness is rampant!? Not only are we told to eat massive amounts of food all day long, but the food that is most highly recommended is nearly all SUGAR, with little to NO nutritional value.

The Corrected Food Pyramid on the right has been flipped upside down. It demonstrates the highest level of appetite fulfillment, reasonable serving sizes and excellent nutrition.

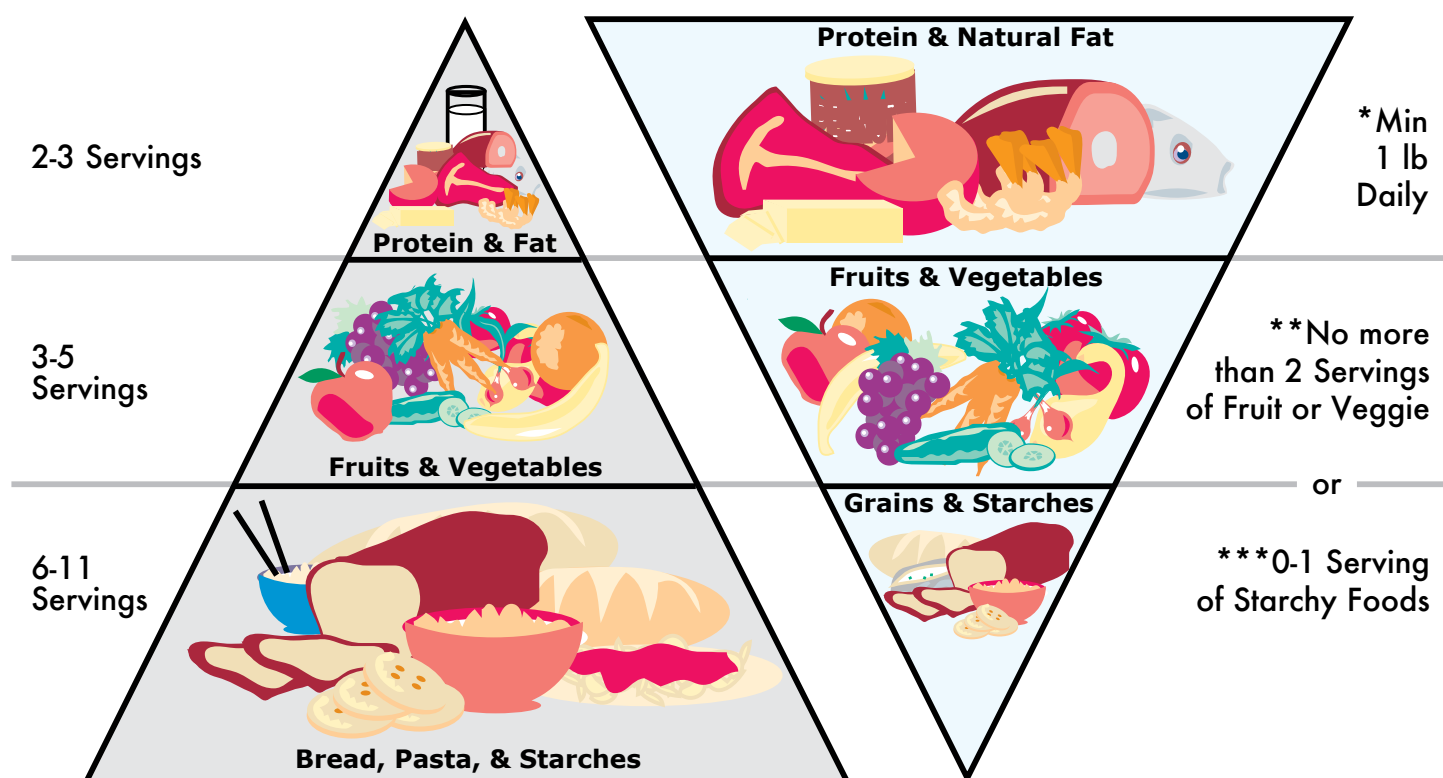
Faulty

Lacking in vital nutrients

Result: overweight, tired, hungry

Corrected

Vital body-rebuilding nutrition
Result: Thin, energized, satisfied!



* Be sure to get the first-class protein you need every day.

** Vegetable serving size equals up to 1 cup. Vegetables and fruits that are higher in sugar should be eaten in smaller portions. Example: 1/2 a banana = 1 serving.

*** Bread serving size equals 1 slice. Other starchy foods serving size equals 1 oz.

Note: We've developed a much better way to measure the nutritional values of foods. Please see our Food Utilization Factor Chart on pages 9-10.

PROTEIN & NATURAL FATS

The Body Re-Builders



First-class protein (animal based, like meats and cottage cheese) and natural fats like eggs, nuts, cheese and cream, are the most important, nutritionally-dense foods you can eat.

Your body requires daily re-building materials in order to prevent muscle and body structure from weakening and breaking down and to keep your immune system working as efficiently as it should.⁴

Animal-based protein should be the foundation of your meals.

A) First-class protein is needed for:

- Muscle structure
- Balanced blood pH
- Enzyme production
- Hemoglobin in the blood
- Antibodies in the bloodstream

B) First-class fat is needed for:

- Oxygen transfer
- Cellular structure
- Hormone production
- Collagen in the skin

IMPORTANT NOTE: *Non-animal-based protein such as rice, beans, and soy, is not usable by your body to the extent needed to maintain good health (you only use about 1/4 of what you eat). If you're vegetarian, be sure to get sufficient eggs, cheese, butter and even fish in your diet. Otherwise your body won't have the materials it needs to rebuild itself efficiently. Long-term health problems can result from a lack of these vital nutrients.⁵*

We are not saying don't eat vegetables and fruits. Though their nutritional value is minimal, by all means give yourself variety. Some carbohydrate foods are not as high in sugar as others.

So Enjoy...

- green leafy veggies
- mushrooms
- asparagus
- berries
- half a portion of higher-carb fruits like apples and bananas or half portions of starchy foods like potato or rice.
- avocado
- spinach
- melons
- celery



(Check our Carbohydrate Guide (pg. 17 for more options.)

HERBIVORE VS CARNIVORE

Digestive Comparison Chart

Teeth:	MAN	WOLF	SHEEP
incisors:	both jaws	both jaws	lower jaw only
molars:	ridged	ridged	flat
canines:	small	large	absent
Jaw:	MAN	WOLF	SHEEP
movements:	vertical	vertical	rotary
function:	tear & crush	tear & crush	grinding
mastication:	unimportant	unimportant	vital function
rumination:	never	never	vital function
Stomach:	MAN	WOLF	SHEEP
capacity:	4 pints	4 pints	8 1/2 gallons
emptying time:	3 hours	3 hours	never empties
interdigestive rest:	yes	yes	no
bacteria present:	no	no	yes - vital
protozoa present:	no	no	yes - vital
gastric acidity:	strong	strong	weak
cellulose digestion:	none	none	70% - vital
digestive activity:	weak	weak	vital function
Colon & Caecum:	MAN	WOLF	SHEEP
size of colon	Short/small	Short/small	Long
caecum size:	tiny	tiny	Long
function of caecum :	none	none	vital function
appendix:	vestigial	absent	Caecum
rectum:	small	small	capacious
digestive activity:	none	none	vital function
cellulose digestion :	none	none	30% - vital
bacterial flora:	putrefactive	putrefactive	fermentative
food absorbed:	none	none	vital function
volume of faeces:	small/firm	small/firm	voluminous
gross food in faeces:	rare	rare	large amount
Gaul Bladder:	MAN	WOLF	SHEEP
size:	well-developed	well-developed	often absent
function:	strong	strong	weak/absent
Digestive Activity:	MAN	WOLF	SHEEP
from pancreas:	solely	solely	partial
from bacteria:	none	none	partial
from protozoa:	none	none	partial
overall efficiency:	100%	100%	50% or less
Feeding Habits	MAN	WOLF	SHEEP
frequency:	intermittent	intermittent	continuous
Survival without:	MAN	WOLF	SHEEP
stomach colon & caecum:	possible	possible	impossible
microorganisms:	possible	possible	impossible
plant foods:	possible	possible	impossible
animal protein:	impossible	impossible	possible
Ratio of Body Length to:	MAN	WOLF	SHEEP
entire digestive tract/small intestine:	1:5 1:4	1:7 1:6	1:27 1:25
Huge difference!			4 times Longer!
<i>As you can clearly see the science tells the story of what we should be eating!</i>			

We are often told that the digestive system of humans is more like a sheep or a cow (vegetarian) than to a wolf. This is completely incorrect and not based on the science of human physiology. Our digestive system is almost identical to that of a wolf, as you've seen above. We are NOT designed to be eating multiple meals throughout the day like a cow, with 4 stomachs, or a sheep.⁶

THE FOOD UTILIZATION FACTOR

When we initially researched to create this chart, we could find absolutely NOTHING giving the amount of fat stored when eating carbohydrates. We were shocked! Surely others had already researched the amount of fat stored when eating a slice of bread or drinking a glass of juice. Instead we found a lot of misinformation. We are proud to bring you the facts.

Food Utilization Chart*

** Smart Replacement for the Erroneous "Calorie Theory" & Faulty Food Pyramid! **

<u>Type of Food</u>	<u>%Used to Fuel its own - Digestion</u>	<u>*%Used in Body Struc - ture & Processes</u>	<u>%Eliminated as Waste</u>	<u>%Stored as fat (not used as energy)</u>	<u>%Used as energy (not stored as fat)</u>
Animal Based Protein	60-70%	30-40%	5% fiber	0%	0-100% (as needed)
Natural Fats & Oils	40%	30-60%	5%	0-5%	as high as 50%
Cheese	40%	10-20%	5%	5%	40%
Soy* Bar	40%	10%	10%	30%	10%
"Protein" Bars	40%	10%	10%	30%	28%
Protein Shake	45%	NOT Healthy	20%	20%	15%
Nuts/Seeds	45%	20%	10%	10%	15%
Grains/ Cereals	25%	10%	10%	50%	5%
Bread	25%	10%	10%	50%	5%
Baked Beans	30%	5%	20%	40%	5%
Green Leafy Vegetables	40%	5%	55%	0%	0%
Potato	30%	5%	15%	50%	0%
Melon	30%	5%	5%	60%	0%
Berries	30%	5%	20%	45%	0%
Banana	30%	5%	15%	50%	0%

Food Utilization Chart Details Explained:

Food Fueling Its Own Digestion: Some foods require a lot of their own energy to fuel their own digestion. First-class protein use 60-70% of itself to “fuel” its digestion. Fats use about 40% and carbohydrates typically just 15% to no more than 30%. This leaves less of the food available for body structure or fat storage. This is precisely why it is vital to get sufficient animal-based protein in your diet – at least 60% of it “vaporizes away” to fuel its digestion.

Food Used in Body Structure: This is where our bodies get what they need to remain healthy. You cannot maintain the integrity of a building without the proper materials for regular maintenance. This is precisely why, as you can see on the chart, animal-based protein and fat is so vital for cellular health, tissues, and organs and should be the foundation of every meal. It's the carbohydrates that are virtually nonexistent in your body's structure. Without essential nutrients from fats and proteins, your body cannot maintain good health.

Food Stored as Body Fat if Not Burned Immediately for Energy: When your body uses food for energy, it won't burn its own body fat. If you want to lose excess fat, you should minimize foods with a high fat storage rating.

Note: The percentages are net, AFTER DIGESTION. For example, virtually all of what is left of the carbohydrate after digesting goes to body fat. Percentages are estimates based on generalized comparisons of different food groups.

- Lots of Soy is never recommended. Never use soy as a meat replacement. Small amounts of soy, like soy sauce, are fine as condiments.
- “Protein” bars are NOT recommended. Soy protein isolates and hydrolyzed proteins are awful for humans.
- Never use liquid meal replacement diet drinks. These are typically loaded with carbohydrates, adulterated fats, and are highly processed. They should not even be considered “food.”

At most, 3 pounds (about 1300 grams) of carbohydrates are required to gain 1 pound of body fat (about 450 grams). One-third goes right to fat.

One-third of the carbohydrate you eat
goes directly to more stored body FAT!

Let's see if it makes sense. If you gained 10 pounds in a year, which the average American has been gaining, then $10 \text{ lb}/52 \text{ weeks} = .2 \text{ lb/week}$ MEANS you eat a little over 1/2 pound of carbohydrates a week. A slice of bread contains about 10 gm carbohydrates, so the loaf is about 240 grams. Eating a loaf of bread a week makes you fatter by 10 pounds a year! Add a few desserts and sodas, and you double it to 20 pounds fatter each year! This is precisely why when following a high carbohydrate diet, everyone keeps telling you to exercise more and more. There you have it: the science clearly shows that overweight and obesity can be caused strictly by excess carbohydrate consumption.

THE IMPORTANCE OF SUPPLEMENTS

The Nutritional Value of Foods Have Changed

Food processing removes or destroys many valuable nutrients
Many essential minerals have been depleted in the soil
Harmful pesticides, antibiotics, hormones & chemical fertilizers in foods

Lifestyles Have Changed

We eat more fast foods
Most foods are highly processed
Misinformation is prevalent leading to harmful dietary habits

The Environment Has Changed

Increased levels of toxins in our air, water and foods
Chemicals are used for growing and processing foods

With YES™ Supplements & nutritional guidelines, you get what you need.
That's right, an entire vitamin store in only 3 supplements!

Our highly specialized nutritional supplements provide the necessary benefits to help correct many of these modern problems.



- YES™ Ultimate EFAs provide the healthy essential oils processed out of most of today's foods to extend their shelf-life. We named them "Ultimate" because they are in the "parent" form, unlike other brands that are almost all derivatives. YES™ Ultimate EFAs are higher in Omega 6 than 3, which also sets us apart from others. It's the pure, unprocessed "parent" Omegas 6 and 3 that our body requires each day.

- YES™ Ultimate Minerals provide nutrients that are often missing in food due to over-farming and use of artificial fertilizers. YES™ Ultimate Minerals work with the vitamins in your foods to make them much more effective.

- YES™ Ultimate Herbal advances our amazing liquid herbal supplement to the next level. Based on cutting-edge science, it delivers powerful nutritional benefits by adding Transition Elements in ORME (Orbitally Rearranged Molecular Element) form, plus "Activated" Fulvic and Zeolites. YES™ Ultimate Herbal, along with YES™ Ultimate EFAs are unparalleled for maintaining healthy cell structure.

Yes[®] PARENT ESSENTIAL OILS

The World's Most Scientifically Advanced Nutritional Supplements

Benefits Include:

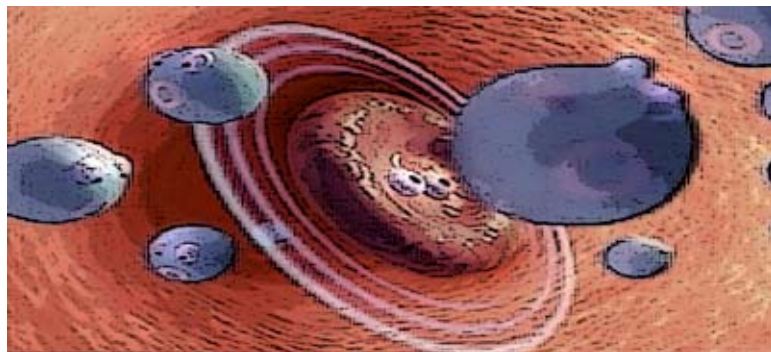
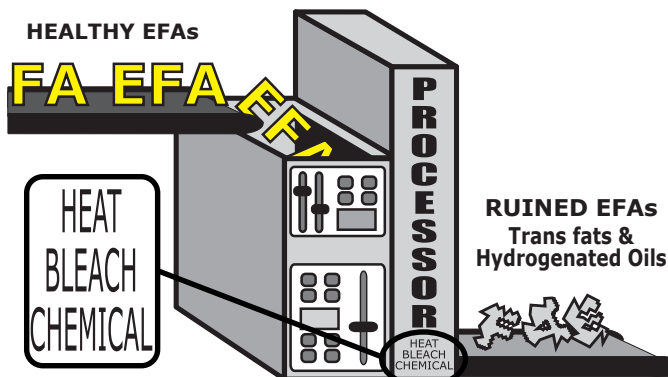


- Strengthens immune system
- Aids in appetite fulfillment
- Smoother skin
- Increased oxygenation
- Used in cellular structure
- Increases endurance
- Reduces food cravings
- Benefits the brain
- Strengthens nails
- Used to make hormones

"Parent" EFAs are essential because our body can't make them, they must come from food or from a supplement. Nearly all EFA supplements on the market are derivative-based. Meaning they aren't in their "parent" form. Our bodies primarily use omega 6 and 3 EFAs in their "parent" form and convert the derivatives needed from the parents. Derivatives aren't used as efficiently. This sets YES[™] Ultimate EFAs more than a cut above other "EFA" supplements.

EFAs are very delicate, They are sensitive to heat and chemicals, so food processors alter them and fresh food producers irradiate them so fresh foods won't spoil on the shelves. Once an EFA has been altered in this way (turned into a trans fat), it's not the same substance and is very harmful.

YES[™] Ultimate EFAs are organically grown and cold pressed to protect them.



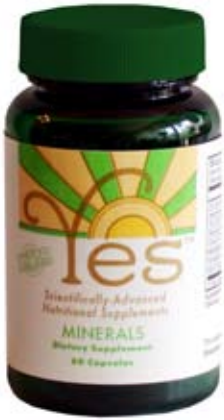
Our cells need unaltered EFAs every day. EFAs are "oxygen magnets" meaning they help to oxygenate your cells. Cells with high oxygen content are far healthier and have a higher resistance to toxins and damage.

Simply breathing oxygen isn't enough to oxygenate cells. It takes EFAs to get the oxygen into your cells membrane.

The powerful argument against fish oil supplements

The most popular EFA supplements seem to be based on fish oil. But this is the worst way to get your EFAs! Fish don't have oil glands, so in order to get oil from them they essentially have to be juiced. It's common knowledge our waters are not as clean as they used to be, and there's no guarantee fish oil supplements are as pure as they should be to be when taken in such concentrated doses. The very process the oil goes through to get "clean" damages the delicate oils. Most importantly, fish oil won't give you your "parent" oils or your unadulterated omega 6 because it's primarily omega 3 and almost all derivatives!

YES[™] Parent EFAs are far superior to fish oil supplements!



Benefits Include:

- Makes vitamins more efficient
- Formation of bones & teeth
- Used in blood
- Works with immune system
- Used in cellular function
- Aids in metabolism of sugar
- Components of enzyme systems
- Can reduce fatigue
- Needed for proper nerve function

YES™ Ultimate Minerals are unique in that unlike most minerals supplements, ours are Truly-Chelated. This means they are tied to amino acids, the way they would be if they were in our foods. Few mineral supplements can say this.

Important Note: Most Americans have been “magnetizing out” critical minerals because of harmful phytates (fiber) from overdosing on carbs!

YES™ Ultimate Minerals along with the vitamins in your food work together for exceptional health!



Minerals

+



Vitamins



Co-enzymes

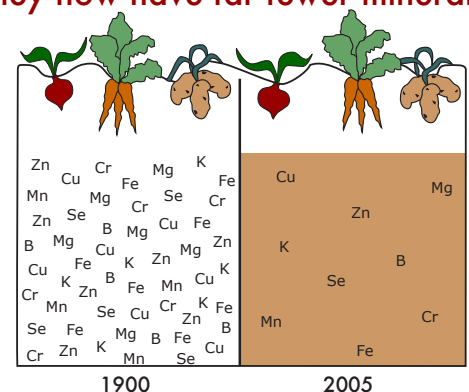
Minerals are vitamin activators or Co-enzymes. Working together these nutrients help your bodily processes work up to 1,000,000 times more efficiently!

A big deal is made of taking vitamins, but minerals don't get the attention they deserve. While vitamins are still available to us in our foods, 8 essential minerals are now missing.

Modern farming methods: over-farming the same land again and again and the use of artificial fertilizers, have stripped many of the essential minerals we need from the soil. Also, it's important to realize that our bodies are designed to get nutrients from the animal that ate the plant. A human's digestive system can't break down plant fiber to get to the nutrients, but the animal's can.

See the *Digestive Comparison Chart* on page 8.

Plants may look the same, but they now have far fewer minerals.





YES[™] Herbal Benefits:

- Helps with joints
- Helps immune system
- Helps circulation
- Cleanses tissues and blood
- Helps clean the intestinal tract
- Aids in many skin problems

YES[™] Ultimate Herbal Benefits:

- Provides regular Herbal benefits
- Aids in sugar metabolism
- Improves cell structure
- Works as anti-inflammatory
- Helps increase oxygen in blood
- Improves skin smoothness

YES[™] Herbal is based on the time-tested Essiac[®]* formula used for close to 100 years. It is unrivaled for its gentleness and effectiveness.

Herbs in our formula include:

- Burdock (Burdock Root)
- Sheep Sorrel
- Slippery Elm
- Chinese Rhubarb (Turkish Rhubarb)
- Cat's Claw Bark

YES[™] Ultimate Herbal also includes:

- Transition elements in ORME (Orbitally Rearranged Molecular Element) form
- Zeolites
- "Activated" Fulvic

Your body stores toxins in body fat as a safety mechanism—to keep them out of your bodily processes. Negative effects can be felt as toxins are released when you burn fat for energy and as you lose weight. Toxins can negatively affect your immune system, making you feel fatigued and unwell. They can also cause allergy symptoms to be more intense.

YES[™] Herbal & Ultimate Herbal formulas have precisely what you need to help combat these unwanted substances. Without a gentle cleanse, our bodies waste precious energy fighting off and trying to eliminate harmful toxins on its own. Our formula assists your body's natural processes, making the constant fight that much easier.

Our herbal formula also assists in digestion and elimination and our liquid herbal supplements can be used topically to aid in treating blemishes and other skin problems. There are no artificial preservatives in YES[™] Herbal formulas.



Cells Before Detox



Cells After Detox

* Essiac[®] is a product of Resperin Corporation.

Yes™ SUPPLEMENT INSTRUCTIONS

The World's Most Scientifically Advanced Nutritional Program



or

**1/2 TSP
Twice
Daily**

YES™ Ultimate EFAs

Take 2 capsules **twice daily**.^{*}
For extra help with appetite or energy, take 20 minutes before meals or prior to workout.



FOOD

YES™ Ultimate Minerals

Take 2 capsules **daily**. Be sure to take with food, preferably a high protein meal. Avoid taking with high fiber foods.



2 TBSP

YES™ Herbal

Take 1 capsule or 2 tablespoons of liquid Herbal **daily**. Can be taken anytime of day.

YES™ Ultimate Herbal

Take 1/2 fluid ounce (1 tablespoon) daily. Gargle for 1 minute prior to swallowing.

Step One - Eat Right: Based on Science-Not Opinion

Follow the guidelines outlined in this booklet. Remember, the only foods that store body fat are carbohydrates, so to lose weight or maintain your current size, keep carbs to a minimum.

Step Two - YES™ Supplements

Replenish vital nutrients that may be missing in food. Here are a few helpful hints:

- Take YES™ Ultimate EFAs 20 minutes before eating to help reduce your appetite
- Take YES™ Ultimate EFAs 20 Minutes before workout to help increase stamina and speed recovery.
- Always take YES™ Ultimate Minerals with food.
- Avoid taking YES™ Ultimate Minerals with high-fiber foods. *Fiber blocks mineral absorption.*
- Take YES™ Herbal supplements to help your body deal with impurities and more.

^{*}YES™ Ultimate EFAs Based on Body Weight: Minimum Adult Amount = 4 capsules daily

Based on average 120-160 lb person.

1 additional capsule daily per every 40 lbs of body weight over 160 lbs.

EXAMPLE: 200 lb person should take 5 capsules daily.



Yes™ MEAL PLAN GUIDELINES

The World's Most Scientifically Advanced Nutritional Program

Breakfast*

Eggs: scrambled, poached, fried, quiche, omelette, deviled
Real Cheese: cheddar, swiss, mozzarella, jack
Bacon or Sausage: Links, patties, or ham
Tea or Coffee: Black or with Half-and-Half or Heavy Cream
1 piece of real toast with real butter or cream cheese

Lunch*

Meat: deli style, chicken, turkey, beef, pork
Fish: tuna, salmon, sardines or shellfish (unbreaded)
Salad/vegetables: tossed salad, egg salad/green beans, squash, etc.
Full-fat dressing, mayonnaise, vinegar & oil
Fruit: berries, melons, half your portion of higher sugar fruits like apples or bananas

Dinner*

Meat: chicken (unbreaded), turkey, beef, pork
Fish: tuna, salmon, sardines or shellfish (unbreaded)
Salad/vegetables: asparagus, cucumber, tomato, spinach, artichoke or tossed salad
Dessert: dark chocolate, low-carb pudding, homemade low sugar ice cream, etc.

Snack (if you want it)

Deli style meats, pork rinds, cheese, beef jerky, nuts, etc.

**Eating 3 meals per day is not necessary – 2 is enough.*

SIMPLE FOOD TIPS

The Goal is Simple:

- Minimize carbohydrates, you don't need to eliminate them!
- Minimize trans fats and hydrogenated oils (read the labels).
- Minimize highly processed food (boxed, prepackaged).
- Maximize natural delicious proteins & low-carb veggies (organic is best).
- Maximize healthy and appetite-fulfilling natural fats
- Maximize essential nutrients—replacing what's missing in modern foods.

Tip #1: Snacks – Avoid eating carbs 3 hours or less before bed. Blood sugar levels will stay elevated all night, preventing you from burning fat overnight. Eating protein before bed is fine.

Tip #2: Don't use olive oil or butter on high heat or for roasting or long cook times because heat will turn them into trans fats. Use coconut oil, peanut oil, or ghee (clarified butter) for these dishes or for deep frying. Add butter or olive oil afterwards for flavor.

Tip #3: It's not necessary to eat 3 times a day. The Meal Plan above is an example only - you can choose 2 out of the 3 meals for each day listed above.

BASIC CARBOHYDRATE GUIDE

Alcoholic drinks:		
8 oz. Beer 1.5 tsp	Whiskey 0	Brandy 0
Bourbon 0	Vodka 0	Red Wine .5 tsp
White Wine 1 tsp	8 oz. Screwdriver 3 tsp	
Beverages:		
1 cup Apple Juice 6 tsp	Black Coffee 0	12 oz. non-diet Soda 7.5 tsp
1 cup Fruit Punch 8 tsp	1 cup Orange 5 tsp	1 cup Carrot Juice 2 1/2 tsp
Cereals (by volume):		
1 cup Corn Flakes 4 tsp	1/2 cup Oatmeal 4 tsp	1/2 cup Bran 4 tsp
Cheeses:		
Cream cheese & cottage cheese have very little carbs. Make sure you purchase real - not processed - cheese.		
Cookies:		
Average 2 tsp. per cookie.		
Pasta/Bread/Flour:		
Bagel 6 tsp	2 slices White Bread 4 1/2 tsp	English Muffin 6 tsp
8 oz. Pasta 6 1/2 tsp	4" diameter Pancake 2 1/2 tsp	
Fruit:		
Apple 4 1/2 tsp	Avocado 1 1/2 tsp	1 Banana 5 tsp
4 oz. Cherries 2 tsp	1/2 Grapefruit 3 tsp	1/2 Cantaloupe 2 tsp
4 oz. Grapes 3 tsp	Peach 2 tsp	Orange 4 1/2 tsp
8 oz. Papaya 3 tsp	Pear 4 1/2 tsp	1/2 cup Raisins 10 tsp
8 oz fresh Pineapple 12 tsp	1/2 cup blueberries 2 tsp	1 cup strawberries 2 tsp
Milk/Ice Cream:		
1 cup Half & Half 2 1/2 tsp	1 cup Heavy Cream – neg*	1 cup Milk (all kinds) 5 tsp
1 cup Sour Cream (not "lite") 1 1/2 tsp	1 cup Plain Yogurt 2 1/2 tsp	1 scoop Ice Cream 4 tsp
Ice Cream Soda 7 1/2 tsp	Milk Shake 10 tsp	
Nuts:		
1/4 cup Almonds 2 tsp	1/4 cup Roasted Cashews 2 tsp	1/4 cup Peanuts 1.5 tsp
1/4 cup Pecans 1 tsp	1/4 cup Pistacios .5 tsp	1/4 cup Macadamias 1 tsp
Salads:		
3/4 cup Fruit 4 1/2 tsp	1 cup Macaroni 10 tsp	1/2 cup Potato 2 1/2 tsp
1/2 cup Chicken Salad 1/2 tsp	Tossed Greens neg*	Egg Salad (with real mayo) 0
Soups (1 cup):		
Bean 5 tsp	Clam Chowder 6 tsp	Potato 5 tsp
Vegetables: (even large servings of some vegetables have little carbs)		
1 Onion 2 tsp	Celery stalk neg*	1/2 cup Squash 2 tsp
1 Cucumber neg*	1/2 cup Mashed Potato 2 1/2 tsp	1 med. Tomato 1/2 tsp
1 cup Pumpkin 3 1/2 tsp	1/2 cup Mushrooms 3/4 tsp	1/2 cup Zucchini 3/4 tsp
20 Potato Chips 4 tsp	15 French Fries 5 tsp	1/2 cup Green Beans 1 tsp
1 cup Peas 5 tsp	1 cup Tomato Sauce 5 tsp	1 cup Spinach 1 tsp
1 ear of Corn 6 tsp	1 cup Broccoli 1 1/2 tsp	1 Sweet Potato/Yam 9 tsp
1 cup Carrots 2 tsp	1 serving of Baked Beans 10 tsp	
Frozen/canned/package foods:		
Packaged foods come with labels describing the contents. Multiply the grams of carbohydrates by 4 to get calories, then divide by 20 to get teaspoons of sugar. One teaspoon equivalent of sugar for every five grams of carbs.		
*neg = negligible (insignificant)		



FREQUENTLY ASKED QUESTIONS

The World's Most Scientifically Advanced Nutritional Program

Q: Are all mineral supplements the same?

A: No. In order for minerals to be utilized in your cells, they need to be "transported" via amino acids like they would be if they were in your food. Unfortunately minerals in the proper form are not common among supplements. *YES™ Ultimate Minerals* are unique because they are Truly-Chelated (tied to amino acids) so your body gets full benefit.

Q: Are YES™ Supplements safe for children and pets?

A: Yes, definitely. Not only are they safe, but they are vital nutrition that will benefit your entire family.

Q: I already take Flax oil/Fish oil, do I really need YES™ Ultimate EFAs?

A: Yes, you do. Flax is only part of what your body needs, and alone it can cause an imbalance leaning too heavily on Omega 3 derivatives. *YES™ Ultimate EFAs* contain organic flax, plus the other essential oils to ensure you get the ideal balance of parent omega 6 and 3. Also, *YES™ Ultimate EFAs* are FAR superior to fish oil in purity, "Parent" Omega balance, and overall effectiveness.

Q: Are fruits and vegetables alone enough to maintain optimum health?

A: Unlike popular opinion, fruits and vegetables alone don't provide the level of nutrition sufficient to maintain good health. For example, they don't contain bio-available EFAs, and many have high sugar content. We recommend eating only a small amount of high sugar/starchy vegetables and fruits (1 - 2 servings daily). Otherwise you may overload on sugar.

Q: Can you recommend an alternative to sugar and artificial sweeteners?

A: Yes, we also carry *Stevia™* natural herbal sweetener. It's safe, doesn't store body fat and even has health benefits. *YES™* sells *Stevia™* packets. Give us a call to order.

Q: How do I get sufficient fiber eating low-carb?

A: Your body naturally requires much less fiber to work properly than you've been led to believe. Normally, a small serving of vegetables or fruit is sufficient to give you the fiber you need. Women often need a little more fiber than men, but it is not necessary, when your body is working properly, to load up on grains or fiber supplements. It may take a couple of weeks to wean your body off of high-fiber, but you will normalize and need much less roughage once your body adjusts to its proper diet.

REFERENCES & ENDNOTES

1) *Textbook of Medical Physiology*, pg. 936, Arthur C. Guyton, John E. Hall, W B Saunders Co., January 15, 1996, ISBN: 0721659446.

2) *Ibid.*

3) Harvard Study: Harvard School of Public Health as reported in *New England Journal of Medicine*.

4) *Nutrition and Physical Degeneration*, by Weston A. Price, McGraw Hill - NTC; 15th edition (June 2003) ISBN: 0879838167. (out of print).

5) *Bowes & Church's Food Values*. Jean A. T., Ph.D. Pennington, Anna De Planter Bowes, Helen Nichols Church, Lippincott Williams & Wilkins; 17th edition (January 15, 1998), ISBN: 0397554354

6) http://www.second-opinions.co.uk/carn_herb_comparison.html