



WEIGHT LOSS FORMULA

FACT:

Weight issues occur when a person

eats the **WRONG KINDS OF FOOD**

in the **WRONG QUANTITIES**

at the **WRONG TIMES OF DAY!**

O3 World™ makes managing your weight and health simple. The **O3 Weight Loss FORMula** will show you how to get rid of bad habits and help you establish good ones as easy as 1..2.. 3!
By following this **FORMula** you can achieve and maintain a healthy weight while making your overall health not just an event but a way of life.

1- Eat the **RIGHT** Kinds of Food



Wrong

- Processed or Refined foods
- Simple Carbohydrates especially those made with white flour or contain refined sugar or high fructose corn syrup.
- Food that contains high amounts of saturated & trans fats
- Soda, coffee, and other energy drinks that are followed by energy & metabolism crashes.

Nutritionally dense, whole foods, especially those that are protein fortified and fibrous.



FILL is a delicious organic whole-food bar with expanding, fibrous ingredients designed to help you feel full while helping curb cravings. A perfect on-the-go **SNACK** option.



FIXX, a complete nutritionally dense **MEAL** or snack, helps control your appetite and curb cravings. **FIXX** contains an all-natural energy boost to keep you going all day long without crashing.



FORM taken before eating can help control irrational hunger that leads to poor food choices.

2- In the **RIGHT** Portions

Wrong

- Binge style eating = eating until you are uncomfortable stuffed
- Repeatedly eating whatever you can heap onto your plate without thought.

What is a healthy portion?
Simple – a portion is about the size of the palm of your hand or the size of a closed fist. A meal should consist of 2-3 portions of food and a snack 1-2 portions of food. 10-14 total portions per day, 4-7 being protein.



FIXX is perfectly portioned for you as a meal or snack. It contains a full portion of fruits & vegetables as well as a portion of protein and is only 100 calories.



FORM will help you break the habit of overeating. Taking **FORM** before eating will help you feel satisfied faster and will strengthen your willpower to help you stop eating after a sensible portion.

3- At the **RIGHT** Times of day



Wrong

- Skipping breakfast and other necessary meals during the day which results in loss of lean muscle and a slower metabolism.
- Eating late at night when your metabolism slows down and your body stores the excess calories.

Eat small meals every 3 hours throughout the day to keep your metabolism running high. Avoid eating late at night.



Start your day off right with a **FIXX** shake for breakfast. **FIXX** is the perfect whole food meal to kick your metabolism into high gear.



Taking **FORM** alone can help you avoid eating late at night by helping you forget you are hungry.

WEIGHT LOSS **FORM**ULA Unraveled

Eating the **RIGHT KINDS** of **FOOD** in the **RIGHT PORTIONS** at the **RIGHT TIMES** of **DAY**
= **Healthy Weight Management for LIFE**

1- The **RIGHT KINDS** of **FOOD**

Why?

Virtually all foods have a “drug like” effect---they can either improve your health or destroy it. A diet containing mostly processed foods (convenience and fast foods) and refined flour (white flour) or sugars (including high fructose corn syrup) is a nutrient deficient way of fueling your body. When your body doesn't have the proper “fuel” it cannot run efficiently resulting in obesity, and/or other serious health problems. Many foods also contain high amounts of saturated and trans fats which are known contributors to numerous degenerative diseases including many cardiovascular diseases, cancer, and diabetes.

These dangers are not only found in the foods we eat but in many of the beverages we drink. Another thing to be cautious of are beverages that contain so called energy boosters such as the caffeine in coffee and soda. These drinks can sabotage your weight loss by raising your blood sugar at first and then allowing it to crash resulting in fatigue, irritability, cravings and increased appetite.

These types of foods and beverages should be seriously limited or eliminated if you are looking to transFORM your weight and health. While you focus on avoiding the wrong kinds of food you must remember you need to continually nourish your body with the **RIGHT KIND**...

Whole-Foods — Fill your diet with vegetables, fruits, whole grains, lean meats and cheeses, nuts and water to fuel your body right. O3 World powered by ForeverGreen® makes it easy by offering a range of whole food options to fuel your health and weight loss.

FIXX™ Shake

FIXX is a convenient, organic chocolate meal replacement shake made with the highest-quality standards on earth. Pleasantly nourishing with vitamins, minerals, antioxidants, probiotics, protein, even an organic fruit and vegetable blend! Perfectly sweetened with the crystals of honey, FIXX comes in convenient single servings. Just add water, milk or rice milk and enjoy! FIXX also contains an all-natural energy boost that will keep you going all day without the crash of soda or coffee.

FILL™ Bars

In each fill bar you get the expanding, satiety technology, fibrous ingredients blended into an organic and/or clean delicious whole-food bar. FILL bars will help you get added nutrition you may need as you reduce your portions, ensuring that you get all the fruits and whole-grains your body needs.

How Can You Resist the **WRONG FOODS**?

FORM™ Capsules

FORM gives you the power to become a decisive eater not a compulsive one. Within minutes you will notice that your irrational hunger that leads to poor food choices has subsided and you can make a conscious decision to eat better foods.



2- The RIGHT PORTIONS

Why?

Eating the RIGHT KINDS of FOOD does not mean all you can eat. What kind of food you choose is only the first part of the equation. Count your portions not your calories. Why—because it's easier. Most people won't stick to a diet if they have to count calories—it is just too complicated and frankly unnecessary. If you are eating the RIGHT KINDS of FOOD then controlling how much of those foods you eat at a time is all you need to do. It is possible to have too much of a good thing.

What is a PORTION?

Again, make it simple. A portion is an amount of food roughly equal to the size of your clenched fist or the palm of your hand. For example, a small apple is about the size of your fist, that's a portion for you. If a salmon fillet is about the size of the palm of your hand, that's your portion of salmon.

How many PORTIONS should you eat at a time?

Once you have the hang of identifying your portions, you need to know how many portions of food you need to properly fuel your body and keep your metabolism running smoothly.

- **A MEAL = 2-3 portions** of a **variety** of foods one of which should always be protein and 1-2 of water. For example you may choose to have a sliced chicken breast (palm sized) over 2 portions of vegetables (fist sized) to make a salad -or- you may chose to have a steak (palm sized), a baked potato (fist sized) and a side salad.

A **FIXX**TM Shake

is a perfectly portioned meal that contains a full portion of organic fruits & vegetables as well as a portion of protein. Even add a banana or fist full of frozen fruit.

- **A SNACK = 1-2 portions** of food and 1-2 of water. For example a handful of nuts and a cheese stick or a convenient **FILL Bar**.

Total Food Portions for the day: 10-14

(4-7 of which should be portions of protein)

Total Water Portions for the day: 8-10 (Portion of water = 8 oz.)

Why Portions of Protein?

Not only is protein essential for building healthy muscles and maintaining a strong immune system but it helps stabilize insulin levels which affect your metabolism (the rate at which your body consumes fuel). Whenever your insulin levels are elevated, your body will not burn fat. Eating a high-carb diet can stimulate the appetite, cause unstable energy levels, fatigue and mood swings. Unlike carbohydrates, protein provides stable energy levels through its effect on insulin and blood sugar. Eating protein helps control your appetite and your body actually uses more energy to digest, absorb and dispose of a protein rich meal than it would with a high-carbohydrate meal.

Are you going to feel hungry all the time? -NO-

FORMTM Capsules

is designed to reduce the hunger associated with weight loss regimens by controlling meal portions by partially filling the stomach before meals, thus reducing the urge to overeat. FORM should be taken with 6-8 oz. of bottled water on an empty stomach 30-45 minutes before eating. **For best results start by taking 3 capsules** with 12 oz. of water the first time you try FORM. Slowly back off the number of capsules and reduce the amount of water by 2 oz. each time you use FORM to find the right number of capsules for your body. If you don't feel the affects of FORM with only one capsule add a capsule and increase your water.

3- The RIGHT TIME of DAY

Why?

Why does it matter? If you are eating the RIGHT KINDS of FOOD in the RIGHT QUANTITIES why can't you eat whenever you want? To get the best results you need to work with your body, not against it. And your body needs stability. It needs to know it can count on you to properly and regularly refuel it. When you go long periods of time without eating or skip meals your body's survival mechanism kicks in and it lowers your metabolic rate, storing instead of burning the food you eat. This is the exact opposite of the response you are looking for. In addition to storing fuel for an emergency, your body will begin losing lean muscle mass which will further decrease your metabolic rate. Muscle is your body's metabolic furnace. Muscle uses energy even while you are sleeping while fat pretty much just sits there. The more muscle mass you lose the less efficiently your body will burn fat.

DO NOT SKIP MEALS!

Breakfast is the most commonly skipped meal of the day. Don't make this health and weight-sabotaging mistake.

FIXX™ Shake

FIXX is a perfect way to start your day off right. Kick your metabolism into high gear with this protein packed, fiber rich, nutritionally dense food. It's easy, convenient and portable—no excuses.

When should I eat?

Every 3 hours. You should not go more than a few waking hours without eating. There are many reasons for this. One is that eating keeps your body's survival alarm in check—it helps convince your body and mind there is not a famine around the corner so you don't need to stock up on food. Studies also show that eating often help accelerate the metabolism, so you burn more calories. When you eat smaller, more nutritious meals the food is more efficiently absorbed and processed by your body than even eating 3 square meals.

How late is TOO LATE to eat your last meal or snack?

Sumo wrestlers take a 20-minute nap after eating to ensure weight gain--- this should not be your goal!! Your metabolic rate naturally slows down while you are sleeping which means you don't need or burn too many available calories. If you eat and then go to sleep your body will store all of the calories you consumed for use at a later time and stored fuel (fatty tissue) is not easy to burn. **As a general rule you should not eat within 3 hours of going to bed.**

Late night eating is my weakness! -Not any more-

FORM™ Capsules

Taking **FORM** alone can help you avoid eating late at night by helping you forget you are hungry. You can take 1-3 capsules at a time to help you avoid those late night cravings.

EASY AS **1...2...3!**

