

The Zone/Wellness System – a weight management program

Welcome to a wellness system designed to give you optimum health.

Your health care practitioner has recommended you follow the most advanced and effective program for wellness and body composition maintenance. The Zone/Wellness System provides a long-term lifestyle plan that will improve wellness and increase your health span.

Why the Zone/Wellness System?

Having a higher percentage of body fat than normal is now known to be one of the most serious causes of ill health with increased risk to diabetes, heart disease, and even cancer. Elevated fat mass also increases inflammation thereby promoting allergies, muscular aches and pains, whilst reducing energy production with resultant fatigue.

Fat and muscle mass

The Zone/Wellness System is the ideal program for the maintenance of a healthy muscle and fat mass (ie. an ideal body composition). It primarily achieves this by restricting refined carbohydrates and sugars, both of which increase insulin, and thus increases fat gain while retarding fat loss. While you may experience fat loss on this program, the KetoSystem is the best program for rapid and safe fat loss, while the Zone/Wellness System is the best program to maintain a healthy body composition.

Increased energy

While the prevention of disease is the main reason for implementing the Zone/Wellness System, your energy levels will also improve, giving you lasting energy throughout the day and avoiding any mid afternoon energy dip. The way the Zone/Wellness System achieves this is by reducing high glycaemic index (GI) foods, which quickly raise blood sugar levels then drop them just as quick. This leads to a rebound hypoglycaemia (low blood sugar level), which causes fatigue and 'foggy' thinking. When the blood sugar levels drop this predisposes individuals to sugar cravings. When following the Zone/Wellness principles your blood sugar levels will normalise thus avoiding sudden surges and drops in your blood sugar levels.

How the Zone/Wellness System Works?

Consuming foods that your body is designed for is the best and only way to achieve optimum health and wellness. The Wellness/Zone diet mimics diets consumed for millions of years, which was free from sugars and flours with only limited amounts of grains such as rice and millet. This style of eating bathes your genes with an ideal ratio of protein, fats and carbohydrates while providing high levels of phytonutrients, minerals and vitamins for wellness and longevity.

Fat loss

Another key to the Zone/Wellness System is the fat that it restricts refined carbohydrates such as flours (bread, pasta, cereal and pastries) and sugars. These foods quickly turn into glucose in the blood. This sudden rise in blood glucose puts a load on your pancreas to reduce this now toxic level of glucose. If high carbohydrate foods are continually consumed daily, the pancreas eventually may wear out. This condition is known as diabetes type II and almost one million Australians have it. Also, the excessive glucose that cannot be stored in the body gets converted into fat, contributing to obesity and all of its damaging effects. Recently it has also been shown that high carbohydrate eating increases the risk for heart disease. Thus reducing sugar and refined grains is the key to an increased healthy life span.

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Muscle mass preservation

The other key to the success of the Zone/Wellness System is how it preserves precious muscle tissue that is critical for the burning of fat and clearance of any excess glucose. Quality proteins are required to preserve muscle mass along with appropriate resistance exercise. While some may view the Zone/Wellness System as a high protein diet, the fact is that it is not a high protein diet. The amount of protein in this program is just enough to preserve your valuable muscle tissue and bodily functions and no more.

THE ZONE/WELLNESS CHECKLIST

Consume 4 cups of beneficial carbohydrate foods daily

You will also have an amount of carbohydrate to consume daily. Your practitioner will help you determine this allowance. Typically, this will be a total of 4 cups of preferably blood type friendly vegetables, fruits and salads

Consume as the remainder of your diet protein rich foods

The rest of the foods you consume should be protein based foods and optimally based on your blood type. The foods you choose should be from the list. Again, these foods ideally should not include many of the 'avoid' foods on your blood type lists.

Avoid the following foods.

Avoid: all sugars, honey, molasses, raw sugar, soft drinks, juice concentrate, alcohol.

Limit: bread, rice, pasta, and potatoes to only small amounts daily. It is also recommended that you have no caffeine or any saccharin or aspartame (artificial sweeteners). Sucralose is an acceptable sweetener.

Eat a 'Zoned' snack every 3 hours

Eating small regular meals ensures you have plenty of energy and don't get hungry. These snacks also make sure you preserve your muscle mass and keep your metabolic rate up.

Snack suggestions: Protein Bars, Protein Shakes, and Protein Shake blends For other snack suggestions, see the web site: <http://zonediet.com/>

Undertake regular Exercise. For you to achieve wellness and longevity exercise is an essential component of this program. There can be no debating this, as doing exercise is non-optional. There is however plenty of options when it comes to choosing the best exercise for you. Your exercise program will ideally include resistance training with weights or Tube Train to build muscle, or to at least maintain it. Another vital component of exercise is that you enjoy doing it. For further information on exercise go to this web site: <http://www2.gsu.edu/~wwwfit/>

Drink 2 litres of water daily

Water's health benefits are unquestionable and an essential part of wellness and optimum health.

Choose 'highly beneficial' blood type foods, while restricting consumption of the 'poor' choices

The Blood Type diet is an excellent adjunct to the Zone/Wellness System. This program can be easily incorporated into The Zone/Wellness System by simply avoiding the 'avoid' foods that match your blood type. For even greater health benefits it is recommended that you include as many of the 'highly beneficial' foods as possible. The choice is yours.

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How to Follow the Zone/Wellness System

The Zone/Wellness System is very easy to follow, with only four steps to follow.

To ensure that you are consuming enough protein and fat to help speed up your metabolism, the Zone/Wellness System meal plan comprises breakfast, morning tea, lunch, afternoon tea, and dinner. Morning tea and afternoon tea (called zone snacks) should consist of convenient and tasty 'Zoned' snacks. Like a hard-boiled egg and an apple, a handful of nuts, or a small tin of tuna with some fruit. For a convenient Zone snack options when time is restricted try Keto Slim shakes blended with fruit or Ultra Meal and/or Keto Bars with fruit.

Step 1. How much Carbohydrate do I need?

Carbohydrate foods are vegetables, fruits, salads and grains foods (bread, rice, pasta, noodles etc.). Your carbohydrate food allowance is one cup of vegetables, salads or fruits per meal. A half a cup of vegetables, fruits or salads can be consumed for a snack. Alternately, a poorer choice of carbohydrates may include half a cup of grain food such as bread, rice or pasta or starchy vegies such as potatoes and sweet potatoes. If you choose this option ensure these foods are whole grain. Please note these foods are a poorer choice than consuming vegies, salads or fruits because fresh foods have superior nutritional value.

Which carbohydrates will optimise my wellness?

Vegetables, Fruits and Salads

Vegetables, fruits and salads a high in antioxidants, vitamins, minerals and other phytonutrients, while providing an excellent source of fibre. These foods also have low levels of carbohydrates making them the ideal food for your wellness.

1. Good and poor carbohydrate foods

Good/Beneficial Carbohydrates Poor Carbohydrate Choices

All salads, all Grain foods (Bread, pasta, rice, cereals, cakes, biscuits, noodles etc.)

All vegetables except potatoes and sweet potato, all Sugars and sweeteners (except sucralose)

All fruits, except bananas, Potatoes, sweet potatoes and bananas

Do I have to avoid all "Poor Carbohydrate Choices"?

No. These foods need to be consumed at half the level of the "Good/Beneficial" carbohydrates. It is strongly recommended that you severely restrict these foods for optimal wellness.

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Fruits

All fruits can be consumed on The Zone/Wellness System however the below fruits are the best fruits to eat on this program. These fruits are particularly low in sugar and high in fibre and antioxidants. This makes them the ideal food for zone perfect eating.

2. Recommended zone/wellness fruits

Apples, Grapefruit, Blackberries, Melons and Mulberries, Blueberries, Peach, Cherries, Strawberries, Avocado, Tomatoes

Step 2. Protein Foods

As stated previously your diet should contain 4 cups of vegetables, salads and fruits. The remainder of your diet should consist of a variety of the following protein foods. Do not over eat any food. Only eat enough foods to satisfy your hunger. Consuming these foods daily will provide you with enough protein to ensure you don't lose precious muscle tissue, repair the daily wear and tear on your body and detoxify chemicals. Remember; choose lean/low fat variety meats and cheeses.

Good Protein Foods (consume daily)

Eggs, Chicken, Turkey, Duck, Minced Beef, Fish, Lamb, Steak, Tuna, Nuts, Seeds, LSA, Keto Bar, Keto Shake, Bio Pure, Meta Slim and Ultra Meal.

Poorer Protein Foods (consume 2-3 times per week)

Cheese and Ham/Pork

Other Protein Foods (consume no more than once per week)

Other protein foods, such as sausages, deli meats, and other processed meats (such as salami) should be eliminated or consumed no more than once per week. These foods if eaten too frequently adversely affect your health.

Step 3. Oils on the Zone/Wellness System

It is now well known that there needs to be a healthy amount of fats and oils in your diet to achieve wellness. The best oils to consume are fish oils. These oils are deficient in our Western diet and may be partly responsible for the high rates of heart disease and cancer found in Australia. If you enjoy eating fish include it in your diet daily. The best fish to consume is cold water fish such as salmon, sardines and tuna. If you don't like fish then talk to your practitioner about other ways such as supplementation to increase your fish oils (omega 3 fatty acids). Another source of omega 3 oils are nuts and seeds however, the optimum source of these fats are fish.

Nutritional Supplements

Your health care practitioner may recommend some additional support for you depending on your specific requirement.

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Frequently Asked Questions

What can I expect to happen when I am on the Zone/Wellness System?

Increased energy. The Zone Wellness System will be turning back on your major energy systems. After 2-4 days you will start to feel more energetic, alert, and probably have a lot more mental clarity. To get into the zone, it only takes a few days and you will be on your way to optimum health.

Fat loss. You will be burning fat more effectively so your fat stores will diminish. Most people find they change their shape – their hips and waist get thinner, they can fit into smaller clothes, even though they may not lose weight. If you have a specific need to fat loss the KetoSystem is probably more appropriate for you. Talk to your practitioner about this alternative option.

Am I getting enough essential fatty acids in this program?

Yes. Consuming fish, nuts and seeds daily provide excellent sources of essential fatty acids. If you are concerned about your levels of oils in your diet, please consult your practitioner and they can recommend other sources of oils, including optimal supplementation.

Is the Zone/Wellness System safe in pregnancy?

Yes. This system is the best macronutrient program for pregnancy. By restricting sugars and flour/grain based products the chances for you developing gestational (pregnancy) diabetes are reduced. Moreover, the increased intake of essential oils and proteins will ensure optimum growth and development of the foetus.

Is the Zone/Wellness System a High Protein Diet?

No, the Zone/Wellness System provides only enough protein for your requirements such that you are able to maintain or slightly increase your muscle mass. This protein level is ideal for you and is not in excess. Some people imagine that a lower carbohydrate (Zone) diet is a high protein diet and this may lead to problems including kidney difficulties. Research indicates people on low protein diets experience kidney shrinkage where as those taking the highest amounts had normal function.

Is the Zone/Wellness System low in fibre? No. The Zone/Wellness System provides approximately 4 cups of vegetables, fruits and salads daily. Also included in this program is nuts and seeds which are other excellent sources of fibre. This provides adequate fibre for most individuals and often provides more fibre than most individuals currently consume.

Will I get hungry? No. Because you are a more efficient user of your fat stores, you are much less likely to run out of energy. Most people notice that they no longer have cravings, especially for sweets. The reason for this is the Insulin/Zone System ensures your blood sugar levels are within a healthy range all day. This will reduce mid afternoon sugar fluctuations often causing drowsiness.

How long do I stay on the Zone/Wellness System? For the rest of your life, if you want to reduce the risk of diseases such as heart disease and maintain wellness. The program is based on what we consumed for millions of years before flour and sugars became popular (in the last few thousand years). The Zone/Wellness System bathes your genes with all the nutrition you require for maximum wellness and longevity.

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Recommended Zone/Wellness System Supplements

Multivitamin mineral supplement

A multivitamin mineral supplement that is a well-balanced multivitamin/mineral, which improves well being and provides a broad spectrum smorgasbord of vitamins and minerals. It should contain therapeutic doses of antioxidants (beta carotene, vitamin C, E, zinc, selenium and natural plant antioxidants) the B vitamins, and minerals (such as Calcium, Magnesium, Chromium, Manganese) and many more.

Phytonutrients – Plant/Algae based food supplement.

Toxins bombard you every day. A build up of such toxins can age you prematurely and reduce wellness while promoting disease. One way to reduce your toxin levels is consume phytonutrients, herbs and specific amino acids which increase detoxification enzymes in your liver. Look for products that are specifically formulated to increase liver detoxification and thus reduce the levels of toxins in your body.

STEP 4. EXERCISE

Exercise is an integral part of health and longevity. The programs listed below are suggested guidelines for improving your health through exercise. The amount, intensity, timing and type of exercise needs to be worked out by you and your practitioner to meet your specific needs, fitness and times. It is recommended for optimal health that you incorporate both resistance (weigh bearing exercise) and aerobic into your daily routine. For more information on exercise, go to the website: <http://www2.gsu.edu/~wwwfit/>

Tube Train

Tube Train is a complete resistance and aerobic work out in one. Tube Train is appropriate for people who are unable to go to a gym for resistance training, or simply prefer to do the exercise in the comfort of their home. You practitioner can obtain this complete exercise equipment including everything you need to get maximum results. The pack comes complete with a two piece set of equipment, which is capable of exercising every part of your body, a video giving you an exercise program and other accessories such as a drink bottle and instruction manual. Tube Train has everything you need to achieve wellness through exercise.



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Working out at the gym (Your practitioner will fill in the appropriate boxes as required. He/she will ensure you have a complete work out and maximise your benefits from exercise).

- Amount of exercise: ____ Time(s) per week/day
- Intensity of exercise (weights): ____
- sets of ____ reps ____ kg
- each arm for Curls ____ kg
- Shoulder press ____ kg
- Push ups/bench press ____ kg
- Squats ____ kg
- Heel raises ____ number of chin ups
- Intensity of exercise (aerobic): ____
- minutes of swimming ____
- minutes of walking ____
- minutes of riding a bike ____
- minutes of jogging ____
- minutes of aero biceps ____

Diet Records

The best way to determine that you are adhering to the principles in this book is to have your diet and exercise monitored by your health care practitioner. A diet and exercise record will enable the practitioner to do this at a glance. Usually only one or two weeks of records are enough to satisfy these requirements for your practitioner to do this.

Living in the Zone: Healthy Zoned Meals

While you probably have some good ideas for the preparation of <http://zoneperfect.com/>