Total Mind and Body Transformation

Inside and Out

Cosmetics and Personal Care Products

MONEY

- The **COSMETIC** and **BEAUTY** care industry is a **50+BILLION DOLLAR** a year industry. This industry does not regulate what goes into beauty and personal care products. According to the FDA a company must list the ingredients from the greatest amount to the least, and allows cheaper synthetic ingredients rather than **NATURAL AND SAFE** ingredients. **WHY???!!!**

Healthiest Nations In The World

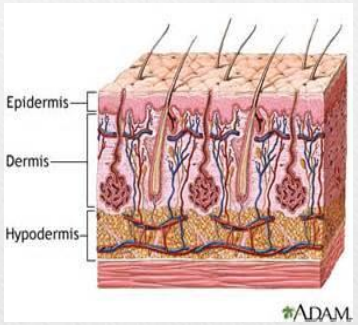
- Over 20 years ago North America was listed

47th

healthiest nation in the world.

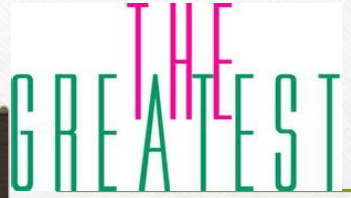
Today we are 29th!!

SKIN



LARGEST ORGAN OF YOUR BODY

FDA-Food & Drug Administration



Ingredients: water, cetyl alcohol, sodium lauryl sulfate, propylene glycol…

Cosmetics and Personal Care Products

Over 200 + Chemicals Used Every Day

NUTRITION

WHAT DO YOU EAT?

TOO MUCH SUGAR? TOO MUCH FAT?

DO YOU EAT FRUITS, VEGETABLES..

WHOLE GRAINS?

BMI FORMULA

USA $\text{BMI} = 703 \times \frac{\text{weight (lb)}}{\text{height}^2\ (\text{in}^2)}$

METRIC $\text{BMI} = \frac{\text{weight (kg)}}{\text{height}^2\ (\text{m}^2)}$


BODY MASS INDEX
WOMEN
NORMAL WEIGHT
Age BMI
19-24 19-24
25-34 20-25
35-44 21-26
45-54 22-27
55-64 23-28
AB 65 24-29
MEN
Underweight
<18.5
Healthy
18.5-24.9
Overweight
25.0-29.9
Obese
>40.0

Glycemic Index

Low GI (<55), Medium GI (56-69) and High GI (70>)

Grains / Starchs		Vegetables		Fruits		Dairy		Proteins	
Rice Bran	27	Asparagus	15	Grapefruit	25	Low-Fat Yogurt	14	Peanuts	21
Bran Cereal	42	Broccoli	15	Apple	38	Plain Yogurt	14	Beans, Dried	40
Spaghetti	42	Celery	15	Peach	42	Whole Milk	27	Lentils	41
Corn, sweet	54	Cucumber	15	Orange	44	Soy Milk	30	Kidney Beans	41
Wild Rice	57	Lettuce	15	Grape	46	Fat-Free Milk	32	Split Peas	45
Sweet Potatoes	61	Peppers	15	Banana	54	Skim Milk	32	Lima Beans	46
White Rice	64	Spinach	15	Mango	56	Chocolate Milk	35	Chickpeas	47
Cous Cous	65	Tomatoes	15	Pineapple	66	Fruit Yogurt	36	Pinto Beans	55
Whole Wheat Bread	71	Chickpeas	33	Watermelon	72	Ice Cream	61	Black-Eyed Beans	59
Muesli	80	Cooked Carrots	39						
Baked Potatoes	85								
Oatmeal	87								
Taco Shells	97								
White Bread	100								


Nutrition Facts
Amount / Serving
%DV*
Total Fat 16g
24%
Sat Fat 3g
15%
Trans Fat 0g
Cholest 0mg
0%
Sodium 80mg
3%
Vitamin A 0% • Vitamin C 0%
Vitamin E 10% • Riboflavin 2%
INGREDIENTS: MADE FROM PEANUTS, SUGAR, PALM
OR LESS OF: SALT, MOLASSES.
THE J.M. SMUCKER COMPANY
ORRVILLE, OH 44667 USA

FITNESS

AEROBICS, PILATES, BIKING,

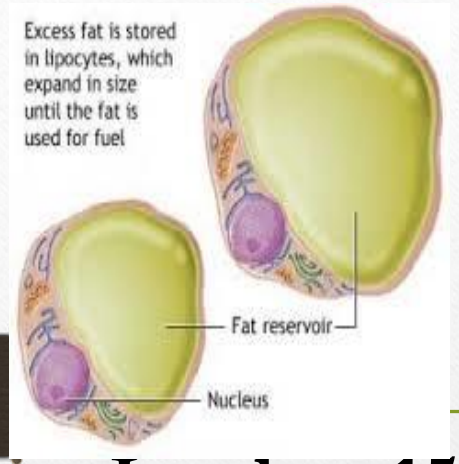
WEIGHT TRAINING, YOGA,

INTERVAL, RUNNING, SWIMMING,

CIRCUIT, CROSS TRAINING, MARTIAL ARTS

Burning Carbohydrates

It take 10 minutes of cardio to burn carbohydrates!



Burning Fat

It takes 15 minutes of cardio to start to burn fat? How much cardio do you do? Is your heart rate in the burn zone?

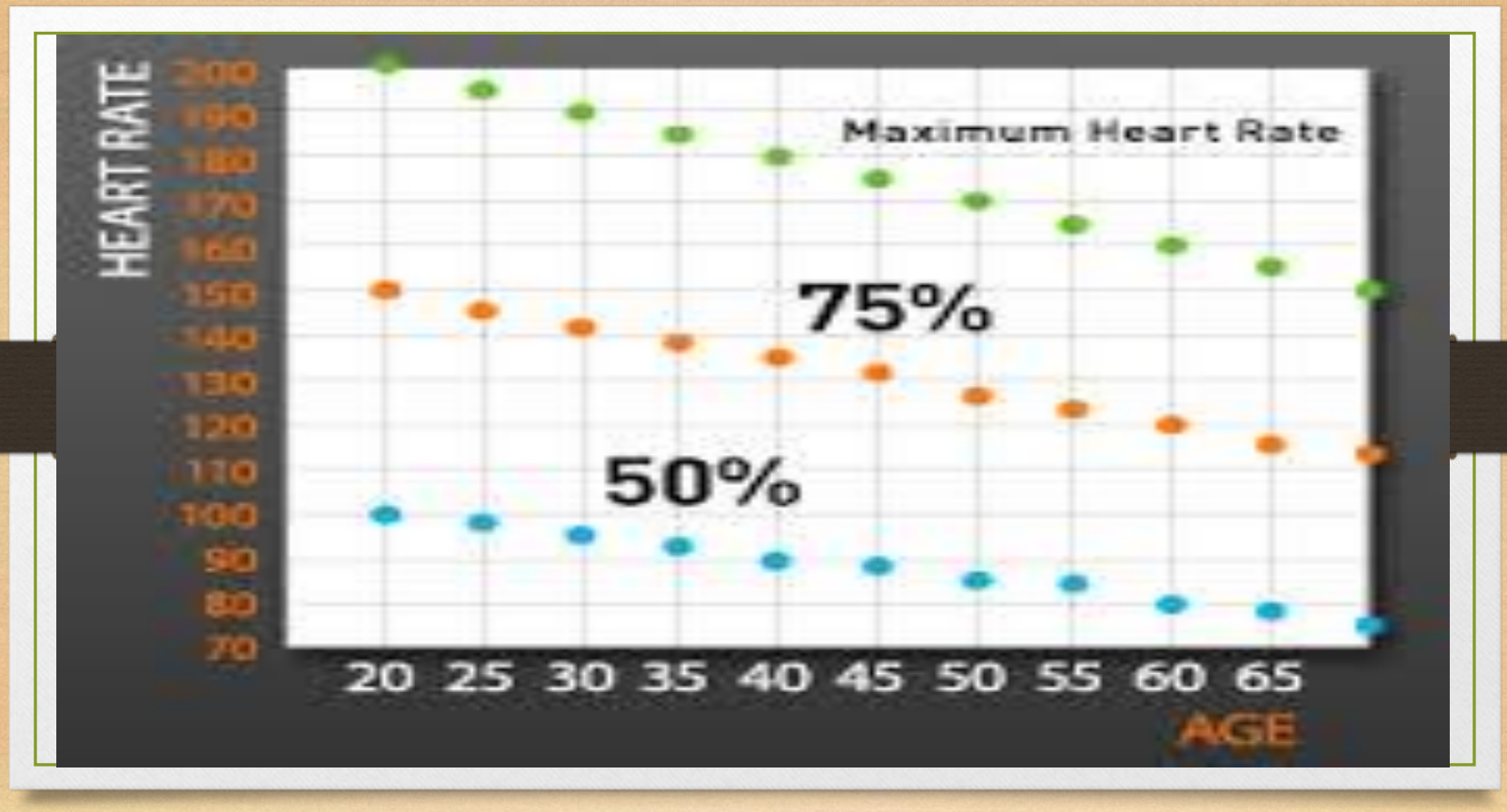
The Heart is a Muscle

Maximum Heart Rate

220-AGE X .09=

Minimum Heart Rate

220-AGE X .06=


HEART RATE
200
190
180
170
160
150
140
130
120
110
100
90
80
70
Maximum Heart Rate
75%
50%
20 25 30 35 40 45 50 55 60 65
AGE

Kathy's beginner weight 175

Kathy lost

65lbs.!!!