

GR² Control Weight Loss Challenge



Weeks 1 & 2

Congratulations! You have taken the first step to a slimmer and healthier you by joining the GR² Control Weight-loss Challenge. GNLD's 24 week program is designed to put you back in control of your weight, by showing you how to make positive lifestyle and dietary choices. The challenge is also designed around the use of GNLD's GR² Control Program, which allows you to control your glycaemic response and enable your body to burn fat for fuel, instead of storing it. By doing this as well as maintaining a balanced diet and exercise you have the power to help your body change its shape and improve your wellbeing.

So what are you waiting for! Now is the perfect time to shed those extra kilos and be re-energised with the GR² Control Weight Loss Challenge.

The GR² Control Weight-loss Challenge consists of the following:

- Articles designed to educate you on the correct eating habits, health benefits, products and important information essential for healthy weight-loss.
- A weekly exercise and body toning program that develops and grows with your own weight-loss progress.
- A mini-meal and main meal recipe to try every fortnight.
- Important facts and myths about weight management and the food we eat.
- Your Weight-loss Tracker that is included in your GR² Control Starter Pack and every 2-Week Continuation Pack.
- A monthly printed sample weight management eating plan to stick on your fridge. You can use this as a guide to complete your own weekly meal planners. Simply print out a sample blank week planner and complete your weekly meal plan. Refer to the menus included in the Success Guide (code 470), monthly sample week meal planner and new recipes featured in this newsletter.
- FAQs on weight-loss and the GR² Control program.

The Benefits:

GNLD International has put together an exceptional weight management program that is proven to provide sustainable and healthy weight-loss. The program is designed to:

- Lose those excess kilos and inches
- Maximise your body's fat burning potential
- Minimise fat storage
- Reduce your risk of Type 2 diabetes, cardiovascular conditions, stroke, cancer and other lifestyle related diseases by managing your weight.
- Learn correct eating habits that will last a lifetime.

Before you start!

Exercise is an important part of the GR² Control Weight-loss Challenge but before you start exercising you should consider the following.

- Has your doctor ever told you that you have a heart problem of any kind?
- Do you ever experience chest pain during physical activity?
- Do you have fainting spells or experience severe dizziness?
- Have you experienced any chest pain in the last month?
- Are any of your bones or joints aggravated by activity?
- Are you taking medication for high blood pressure or a heart condition?
- Are you aware of any other physical problems that might influence your ability to become active?

If you answer YES to any of the questions, be sure to check with your doctor before you start any new activities or weight-loss programs. Also check with your doctor if you have a lot of weight to lose or it has been sometime since you last did physical activity.



The Health Benefits

Being a healthy weight and physically fit has many advantages including enhancing your quality of life. The GR² Control program looks at weight-loss from a broad perspective and encourages you to pro-actively become involved in this life changing experience.

Firstly let's look at the health consequences of being overweight or obese. When we are overweight it places tremendous stress on our cardiovascular and musculoskeletal systems. Over time this causes an increased rate of degeneration in many tissues in the body. Perhaps more importantly being overweight is now widely recognised as being a risk factor for many diseases including cardiovascular disease, some cancers, respiratory illnesses, musculoskeletal disorders and type 2 diabetes.



In terms of improving the quality of your life, being a healthy weight makes a lot of activities more fun and also makes living life a lot easier. Climbing stairs becomes easier, your sleep will improve, body temperature regulation improves, and generally you can experience levels of energy and vitality that you have not experienced in years or indeed ever.

The Concept of Negative Energy Balance

Whether you gain, lose or maintain weight depends on the balance between your energy intake and your energy output. Energy is measured in kilojoules.

To lose weight you do not have to count kilojoules. You do need to have a basic understanding of the process and some general guidelines.

Energy input comes from food

- Fat provides 37 kilojoules per gram.
- Alcohol provides 29 kilojoules per gram.
- Protein provides 17 kilojoules per gram.
- Carbohydrates provide 16 kilojoules per gram.
- An excess of any nutrient will result in fat gain.
- Fat is the most concentrated source of energy.
- Food intake is determined by many factors - appetite, availability of food, social, cultural and emotional factors.

Energy output has three components

1. Basal Metabolic Rate (usually 60%) - the energy required to keep the body going at rest (eg. during sleep).
2. Digesting and absorbing food (10-15%) - the energy cost of processing protein is very high, whereas fat is very easily stored in the body.
3. Physical Activity (usually 25-30%) - all movement and exercise during the day.

To achieve weight-loss you must be in a **“negative energy balance.”**

- To lose half a kilogram of fat per week requires an energy deficit of 2000kJ per day. To lose one kilogram of fat per week requires an energy deficit of 4000kJ per day.
- The two components you can change most easily are your food choices and activity levels.

Weight Maintenance



Weight Gain



Weight Loss



Exercise Schedule



DAY	EXERCISE (Weeks 1-2)
Monday	30 minute walk
Tuesday	
Wednesday	30 minute walk
Thursday	
Friday	30 minute walk
Saturday	
Sunday	Tennis, Golf, Bush walking, Cycling, Ten Pin Bowling, Dancing

Weights:

Otherwise known as resistance training this will significantly improve your metabolic rate and improve bone density. This type of exercise can be performed twice a week for optimal results.

Social:

Activities designed to be fun and effective fitness boosting exercise.

Fit Ball Core Strength:

These exercises will improve the strength of your abdominal and lumbar muscles.

Cardio:

Otherwise known as cardiovascular exercise, this can include an exercise/aerobics class or any other type of moderate intensity exercise.



The basic building block for this regimen is regular aerobic exercise. This includes walking, jogging, swimming, cycling or exercise classes at a gymnasium. In addition to this, resistance training and core strength exercises should be used to promote well-rounded fitness and to help maintain muscle mass. Social exercise should also be incorporated into this regimen as it can be a fun, enjoyable and effective form of exercise.

Ways You Can Boost Your Energy!

- Drink plenty of filtered water. Dehydration causes fatigue, tight muscles and possibly short term memory problems. Water is also essential to the body's energy making processes. Aim for eight glasses a day.
- Learn to breath properly. Long measured breaths will help you feel more serene and energetic.
- Get plenty of quality sleep. Seven to eight hours a night is good for most people.
- Drink a glass of water as soon as you wake up to rehydrate your system.

Rate of weight-loss

The ideal rate of weight-loss is different for everybody and is affected by age, sex, activity levels and body type. Typically however a rate of weight-loss of between 0.5kg and 1kg per week is what you should aim for.

Burn fat not muscle

As you lose weight you should aim to burn body fat and not muscle tissue. The faster the rate of weight-loss the greater the amount of muscle tissue is burnt for energy. Using resistance training or swimming will help you maintain your muscle mass. Having a relatively large amount of muscle mass is an indicator of vitality and will increase your metabolic rate.

If we look at the example of someone who has tried many diets in the past: these individuals tend to lose muscle mass every time they diet and the end result is that their muscle mass steadily declines. These individuals however do not end losing weight but gaining weight over time and because they have lost a lot of muscle, their body fat % increases!

Did You Know?

- Over 50% of all Australian adults are overweight or obese.
- 1 in 3 Australian children are overweight or obese.
- Overweight or obese children have a 50% chance of becoming overweight in adulthood.
- Since 1985 childhood obesity has tripled and the number of overweight children has doubled.
- Cardiovascular disease is the single biggest cause of death in both Australia and New Zealand followed by all forms of cancer.
- Chronic overweight and obesity is now recognised as a direct cause of chronic disease including cardiovascular disease, cancer, diabetes and respiratory illnesses.



Your Recipes

Moroccan Beef Kebabs

(Main meal - serves 4)



Ingredients:

500g rump steak, cubed
1 teaspoon cumin seeds, toasted and ground
1/2 teaspoon dried chilli flakes (to taste)
2 teaspoon coriander seeds, toasted and ground
2 teaspoon paprika
1 pinch salt
2 cloves garlic, finely chopped
1 teaspoon red wine vinegar
1 teaspoon oil
1 red and 1 green capsicum
2 medium zucchini
5 button mushrooms
1 red onion

Tips:

- Soaking bamboo skewers prior to cooking helps prevent them from burning.
- Cutting vegetables into same-sized pieces no larger than the cubes of meat ensures an even cooking time.
- Different spice mixtures may be used - cajun, curry etc.
- May also be stir-fried.

Method:

1. Combine cumin, chilli flakes, ground coriander, salt and paprika with garlic cloves, vinegar and oil (please note that a commercial spice mix maybe used – still add garlic, vinegar and oil).
2. Rub spice mixture into beef and allow to marinate for several hours.
3. Soak bamboo skewers in water at least 30 minutes prior to preparation.
4. Chop capsicum, zucchini, mushrooms and red onion into pieces approximately the same size as the beef.
5. Thread skewers, alternating meat with different vegetables.
6. Grill on hot barbecue plate.

Mini Meals



Cheese & Chutney

30g reduced fat cheese
2 wholemeal crispbreads
2 tsp chutney or relish



Tomato & Basil Ricotta Cheese (Mini meal - serves 1)

Ingredients:

100g Low fat ricotta
1 tsp extra virgin olive oil
1/2 tsp red wine or balsamic vinegar
4 sun dried tomatoes (use the vacuum packed variety without oil) - finely chopped
1 tablespoon fresh basil - finely chopped
1 clove garlic - finely chopped
salt and pepper to taste

Serve with mixed chopped vegetables or with 1-2 wholemeal crispbreads.

Method:

Combine all ingredients except the ricotta and then stir through.

Please note: it can be better to stir in the ingredients slightly to produce a swirl effect.



GR² Control Weight Loss Challenge



MONDAY	Breakfast	Mini-Meal	Lunch	Mini-Meal	Dinner	Desert

TUESDAY	Breakfast	Mini-Meal	Lunch	Mini-Meal	Dinner	Desert

WEDNESDAY	Breakfast	Mini-Meal	Lunch	Mini-Meal	Dinner	Desert

THURSDAY	Breakfast	Mini-Meal	Lunch	Mini-Meal	Dinner	Desert

FRIDAY	Breakfast	Mini-Meal	Lunch	Mini-Meal	Dinner	Desert

SATURDAY	Breakfast	Mini-Meal	Lunch	Mini-Meal	Dinner	Desert

SUNDAY	Breakfast	Mini-Meal	Lunch	Mini-Meal	Dinner	Desert



Are you experiencing your desired weekly weight-loss? If you require additional information or support on the GNLD GR² Control Weight-loss Challenge, please contact Distributor Services on 1800 637 057 / 0800 445 049

GR² Q&A



Q. How is GR² Control different from other diets?

A. GNLD's scientifically-proven program helps you lose weight and centimetres while improving your overall health. GR² Control empowers you to control your glycaemic response and enables your body to burn fat for fuel, instead of storing it. You can lose weight without going hungry or feeling deprived. And, you can enjoy an abundance of different foods while on the program! You will lose weight while improving your chances for a new, healthier you, now and in the future.

Q. What if I start to feel a lack of energy while on the program?

A. The GR² Control Weight-Loss Program is designed to provide the average adult with stabilised blood glucose levels to maintain high energy levels and avoid hyper and hypoglycaemia throughout the day. In fact, users report that their energy levels have never been higher than while on GR² Control! Some individuals, especially those who are physically active and/or have a large amount of lean body mass (more muscular than average, hence a higher metabolic rate), may need to add an additional mini-meal in order to maintain consistent energy levels. We recommend that you give the program a few days before deciding whether or not to add an extra mini meal. During the first few days of the program, your body will be making metabolic changes in order to adapt to your new weight-loss regimen. It normally stabilises within a few days and you'll feel great!

Q. What if I become constipated while on the program?

A. Most people who experience constipation while on the GR² Control Program either are not drinking enough water, and/or are not choosing enough fibre-rich foods for mini-meals and from the "ENJOY" list. Water is critical to proper elimination. You need to drink a minimum of eight, 250ml. glasses of water every day. See your Success Guide for tips on how to incorporate drinking more water into your daily routine. Fibre, too, is critical to proper elimination. The amount

of fibre contained in a one-day supply of GR² Control products (Appetite Reducer and Meal Replacement Protein Shake) is more than what many people eat in a day. When combined with fibre-rich mini-meals and evening meal choices, the GR² Control Weight-Loss Program provides a healthy level of fibre that fits the needs of most people. However, there may be some that require additional fibre in their diets. For those individuals, we suggest one of GNLD's fibre products to supplement their daily fibre intakes.

Q. What if I develop headaches while on the program?

A. Headaches are often a sign of low blood sugar. If you develop headaches within a few hours of any of your meals, your activity level may be too high for the amount of carbohydrates that you are consuming. Make sure that you are following the mini-meal suggestions closely. If headaches persist, consult your doctor.

Q. How long can I stay on the program?

A. You may use GR² Control products for as long as you like! Once you've achieved your goal weight, you will go into a maintenance phase that you can follow indefinitely. See your Success Guide for a detailed description of how to use GR² Control products as part of a lifelong weight maintenance plan.

Q. I want to know if lactose-intolerant people will be able to take the GR² Control Meal Replacement Shake.

A. Absolutely! In fact, to minimise the adverse effect of lactose intolerance, GNLD product formulators employed a unique mix of protein sources for GR² Control Meal Replacement Protein Shake. Some of these protein sources are from milk (caseinate), but contain only a small amount of lactose. Some of the protein is provided by soy, which contains no lactose. You and your customers will be happy to know that the amount of lactose in a serving of GR² Control is well within a tolerable limit for nearly any lactose intolerant individual.

Q. Can I still drink Aloe Vera Plus while on the program?

A. Aloe Vera Plus is a perfect accompaniment to GR² Control. Aloe Vera Plus is sweetened with fructose (only a few grams per serving!) so it has a very low glycaemic response. However, we'd like to point out that when on the GR² Control Weight-Loss Program, it's important to only consume Aloe Vera Plus in the label-recommended amounts to insure optimum weight-loss success.

Q. At what age can one use GR² Control?

A. GR² Control was formulated for use by healthy adults who are not under a doctor's care, nor have prescribed dietary restrictions. Adults who are unsure if GR² Control will work with a prescribed nutrition program should consult their doctor. Children should only use the GR² Control Weight-Loss Program under supervision of their paediatrician.

Q. Can the Meal Replacement Protein Shake be mixed and then frozen to take with me to use later? Will it still have the same nutrient value?

A. Freezing the Meal Replacement Protein Shake right after mixing will not affect nutrient delivery. However, the GR² Control insulated lunch bag makes it easy to mix your shake anywhere, anytime. Just measure out a serving of Meal Replacement Protein Shake mix and place it in the screw-top container. Later, you can pour it in the plastic GNLD shaker, add water, shake, and voila! — your shake is ready!

Q. Can pregnant women and women who are breastfeeding use the new GR² Control Weight-Loss Program?

A. Proper nutrition during pregnancy and while breastfeeding is extremely critical to the overall long-term good health of both the mother and the baby. That is why we always recommend that pregnant/nursing mothers consult with their doctor and follow his/her nutritional advice. Weight-gain during pregnancy is normal, and to a point, necessary. If your doctor feels that your weight-gain is too great, however, then GR² Control may be an option.

Q. Will heating the Meal Replacement Protein Shake destroy any of its nutrients?

A. Heating the Meal Replacement Protein Shake will destroy some of the nutrients, especially vitamin C, if heated to a high temperature. However, if Meal Replacement Protein Shake is warmed up (after mixing in cold water) to a heat similar to that used with oatmeal/porridge, most of the nutrients will remain unchanged. But, keep in mind that this product was not formulated to be heated, therefore to optimise nutrient delivery, mix and use as directed.

Q. What is the difference between GR² Control Meal Replacement Protein Shake and NouriShake?

A. There are several major differences between NouriShake and GR² Control: GR² Control Meal Replacement Protein Shake is formulated specifically

as a meal replacement. Consequently, it contains a full assortment of vitamins and minerals. On the other hand, NouriShake is not formulated for this use, therefore it lacks the precise vitamin/mineral mix needed for healthy, optimum weight-loss. GR² Control Meal Replacement Protein Shake contains only about 460 kilojoules (125 calories) per serving, NouriShake contains 820 kilojoules (220 calories) per serving. Finally, NouriShake can be mixed with milk, juice, or water, all of which alter its nutritional factors (kilojoules, protein, glycaemic response). On the other hand, Meal Replacement Protein Shake is only mixed with water, which assures the same nutrients are delivered time after time.

Q. I've never heard of Acesulfame-K, is it safe?

A. Absolutely! Acesulfame-K (Acesulfame-Potassium or Ace-K) is an inert, non-nutritive sweetener which has garnered the acceptance of essentially every major food safety institute and organisation worldwide. It has undergone more than two decades worth of safety testing and clinical trials in laboratories around the world. The Scientific Advisory Board (SAB) has conducted extensive research into the safety of food and food additives. We have one of the leading food technologists on our board, Dr. Laszlo Somogyi. Our SAB has also had two of the world's leading toxicologists participating in the process; Dr. Arthur Furst (prior to his recent retirement) and Dr. Gordon Newell, both Diplomates of the American College of Toxicology. These, along with the other members of the SAB, Drs. Fred Hooper, Arianna Carughi and David Shepherd, have worked hard assuring the safety of Ace-K, as they do all raw materials used in GNLD products. The information provided to us through that research and investigation tells us Ace-K is safe, effective and appropriate for use in the GR² Control product line.

Q. What if I suffer from hypoglycaemia - can I use the program?

A. Most individuals with hypoglycaemia need a diet that helps maintain steady blood sugar levels, and GR² Control is a perfect way of doing so. In fact, GR² Control is specifically formulated to help you maintain a constant blood sugar level throughout the day. With GR² Control, you will not experience the "glycaemic roller coaster" that triggers hypoglycaemia. If you are on medication for hypoglycaemia, you should consult with your doctor before using the GR² Control Weight-Loss Program.

Q. What if I have Type 1 or Type 2 diabetes?

A. The GR² Control Weight-Loss Program was formulated using knowledge gained from diabetic diets. For those who are non-insulin dependent (Type 2 diabetes), GR² Control is an excellent program to help keep blood sugar in control. For Type 1 diabetics who rely on insulin, GR² Control is a fantastic program that will help you maintain steady blood sugar levels, but we do suggest that you consult with your doctor to ensure that the program meets your exact needs.

Q. Can I use the program if I have thyroid problems?

A. Yes, you can! Although many people with hypo/hyperthyroid conditions do not need to lose weight, those who do can use GR² Control and enjoy all the benefits our program has to offer.

Q. My doctor says I have poor cardiovascular health. Can I still use the program?

A. Most adults who have poor cardiovascular health can improve it by using GR² Control. Our weight-loss program supports your efforts to decrease the risk factors that may erode the health of the cardiovascular system. GR² Control Weight-Loss Program not only helps you lose weight, it also offers an explosion of health benefits not found in any other weight-loss program.

Q. Can I use the program if I'm taking prescription medications?

A. In most cases, yes, you can. Millions of adults rely on some form of prescription medication daily for treatment of a variety of ailments. The vast majority of these require no special dietary restrictions. But there are a few medications that do require a very specific diet.

Q. Would it be advisable to add PhytoDefense to the GR² Control program?

A. Absolutely! While we encourage optimum consumption of fruits and vegetables in our mini-meal and main meal choices, you may still fall short of the optimal 9 servings a day. To help insure you get the full benefits of a diet rich in phytonutrient-rich fruits and vegetables, supplement with PhytoDefense!

Q. What are vegetarian substitutes for meats, besides tofu?

A. Besides tofu, vegetarians can make stews prepared with low glycaemic index grains, such as couscous, quinoa, bulgar, tabbouleh, barley, or wild rice. Legumes, such as lentils, beans (pinto, red, black, kidney, white), peas (split, black-eyed), and chickpeas not only have a low glycaemic index, but also add lots of protein to the diet. Tempeh and milk products are also excellent sources of protein and calcium. Plus, ovo- vegetarians can consume eggs as part of their meals. The vegetarian lunches on page 22 of the Success Guide can also be used for dinner. Additionally, a healthy, balanced vegetarian meal can be easily designed by using the Enjoy/Avoid booklet.

Q. Some of us are losing weight very slowly, counter to the claims and testimonies. Would a loss of 3kg and 2-4cm in 2 weeks be normal?

A. Actually that's very good! Keep in mind that weightloss rates will vary, as they are dependent on many different factors. For example, people who don't have as much weight to lose may take off the weight slower than someone with more to lose may. And, some people may be sticking with the plan, while others

might be altering it to suit their own preferences. Those that stick to the plan as outlined in the Success Guide will experience results faster than those who don't. However, we can assure you that someone who has lost 3kg in 2 weeks is definitely on the road to success!

Q. Is it true that the Enjoy/Avoid guide is only for dinner? Can any substitutions be made for the minimeals, or will more suggestions be added later?

A. The Enjoy/Avoid booklet is designed to help the user in several ways. Primarily, the booklet helps GR² Control participants pick items for their main meal. Additionally, the Enjoy/Avoid booklet provides guidelines for meal choices when a GR² Control shake is not available, like at a party or when dining out. And lastly, the booklet helps the user to make wise food choices when at the supermarket. By using the guide in these circumstances, the participant can choose foods that are both nutritious and are part of the program. Finally, the booklet gives food choices for those that have met their weight-loss goals and are now in a maintenance phase. The mini-meal suggestions should not be substituted, as they are designed specifically to go hand-in-hand with the program. However, additional mini-meal recipes will be featured in each issue of the GR² Control Weight-loss Challenge newsletter each fortnight.

Q. Should breads be checked for sugar content? Is there an allowable range, since most have some sweetener in them? What about oils?

A. If a GR² Control participant is choosing breads based on the Enjoy list, the minor differences in oils or sugars will not make a difference in the overall program. However, if a participant has narrowed the choices down to two different breads, then go with the one that has fewer sugars or more fibre.

Q. Are we to be watching the total grams of sugar in various products? Are sugar-free flavoured yoghurts allowed?

A. Yes, sugar-free flavoured yoghurts are allowed and are listed in the Enjoy/Avoid booklet under the Enjoy, Dairy, Other heading. Keep in mind that if one is selecting food choices based on the Enjoy list, then minor variations between brands will not negatively impact the program. GR² Control is not a low carbohydrate program, thus the participants need carbohydrates for energy.

Q. It would be helpful to have the serving sizes listed on the pages of the Enjoy/Avoid booklet.

A. The Enjoy/Avoid booklet was designed to be a pocket guide that could be taken anywhere, easily. Because we do not have enough room on the pages of the Enjoy/Avoid booklet to list serving size, we have given some examples of serving sizes in the Success Guide, both on pages 17-19 (mini-meals) and on page 22 (serving sizes in general). Additionally, serving size is normally listed on the label for foods like cheeses,

nuts, and legumes. For fruits and vegetables, a 1/2 cup to 1 cup is usually recommended. Fruits like apples and pears that can be eaten whole would be counted as one serving. We have purposefully stayed away from designating strict serving sizes, as the program is designed with the thought that the participants on it are sensible enough not to go overboard. For example, if someone had two cups of watermelon cubes with their dinner meal, it would be okay, whereas a whole watermelon wouldn't be wise. However, there aren't too many people out there (if any) who would eat a whole watermelon in one sitting, so we didn't feel we had to concern ourselves with stipulating serving size. The rule of thumb is if you think you have too much food, then you probably do! Stick to one helping per food choice, and you'll be just fine.

Q. When would one eat the sweets and treats listed in the Enjoy/Avoid booklet?

A. Sweets and treats would be best eaten after the main meal, as a dessert.

Q. What is the amino acid breakdown for GR² Control Meal Replacement Protein Shake?

A. Each flavour of GR² Meal Replacement Protein Shake has slightly different components. The different flavours vary slightly in their amino acid totals. The following list gives a range of amino acids across flavours.

MILLIGRAMS PER SERVING

Amino Acid	GR ² Control Meal Replacement Protein Shake
* = Essential Amino Acids	

Serving Size:	36 grams
Isoleucine*	834 - 854
Leucine*	1472 - 1509
Lysine*	1222 - 1247
Methionine*	355 - 363
Cysteine & Cystine	165 - 179
Phenylalanine*	882 - 911
Threonine*	757 - 780
Tryptophan*	220 - 228
Valine*	930 - 962
Histidine	483 - 494
Arginine	1008 - 1035
Asparagine & Aspartic Acid	1609 - 1652
Serine	957 - 992
Glutamine & Glutamic Acid	3413 - 3510
Hydroxyproline & Proline	1357 - 1383
Glycine	540 - 568
Alanine	642 - 674
Tyrosine	776 - 795



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