

Amway

bodykey

by NUTRILITE

Gut Reset *for* Better Health

**BodyKey Gut Reset Weight Management
Programme User Manual**



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This manual will introduce you to:

- The BodyKey Gut Reset Weight Management Programme
- The concept of a gut reset
- A holistic nutrition plan to follow
- A recommended list of products and foods to implement in your diet

Introduction

Destination: Wellbeing

Your guided path to a happier, healthier life

Our general wellbeing contributes to how we enjoy life, how we perform – at work, at home, even our favourite physical activities – and how we feel. Improving your wellbeing is not something that happens overnight. It requires a holistic approach, guidance, and support.

Destination Wellbeing is a guide that combines professional expertise, support, and supplements for a holistic, healthy lifestyle. It includes access to programmes, solutions, and bundles to address specific wellness needs, and **to help you live a better and healthier lifestyle.**

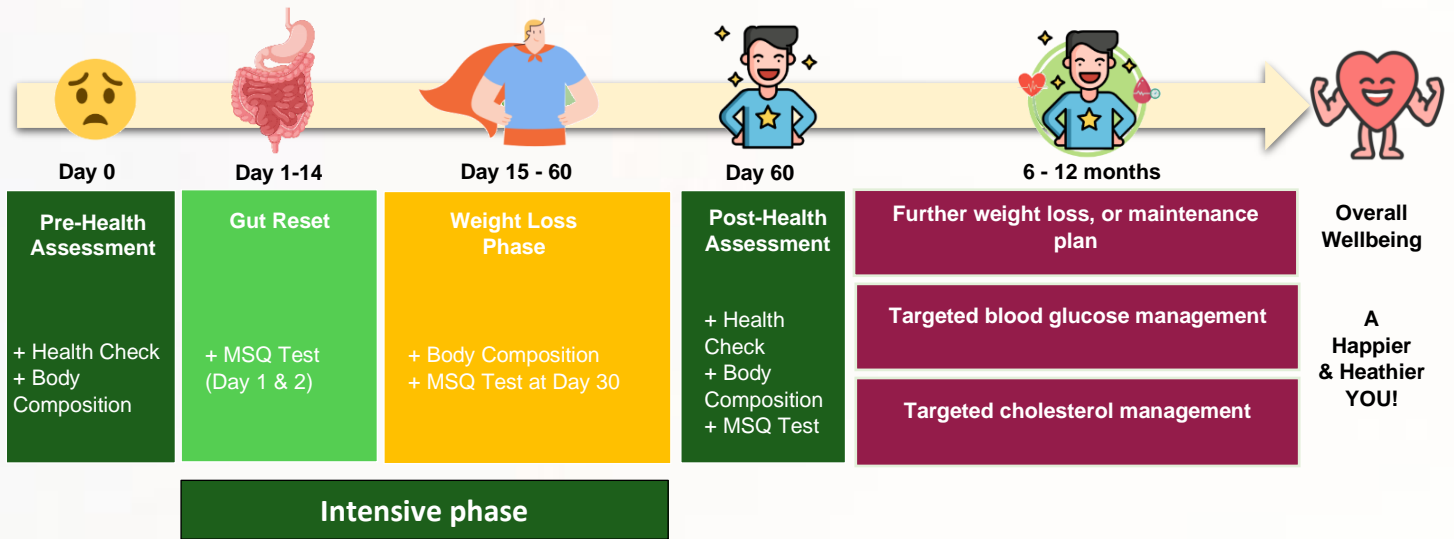
Holistic	Scientific	Trusted	Supportive
Gain solutions to health and wellness needs by focusing on 4 key aspects: nutrition, hydration, exercise, and mental health.	Proven, scientific approach by healthcare professionals for sustainable weight management.	Includes products from Nutrilite - the world's No. 1 selling vitamins and dietary supplements brand ¹ and a brand with more than 85 years of experience in helping people live healthier and happier lives.	Stay engaged and motivated on your journey with continuous support from your Amway Business Owner and gain free access to tools from Amway.

Source:

¹ <http://www.euromonitor.com/amway-claims>

Start the BodyKey Gut Reset Weight Management Programme and take care of your wellbeing!

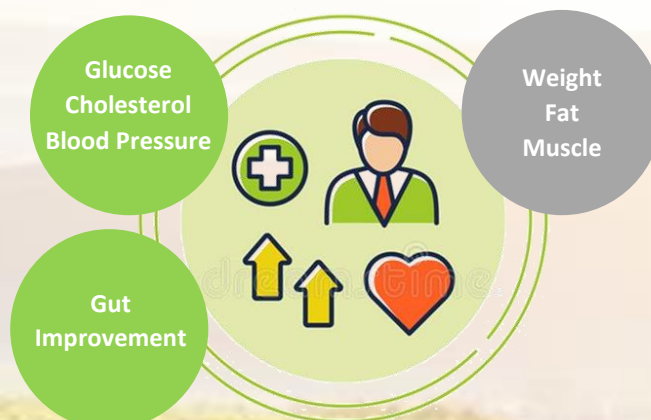
BodyKey Gut Reset Weight Management Programme Monitoring Guide

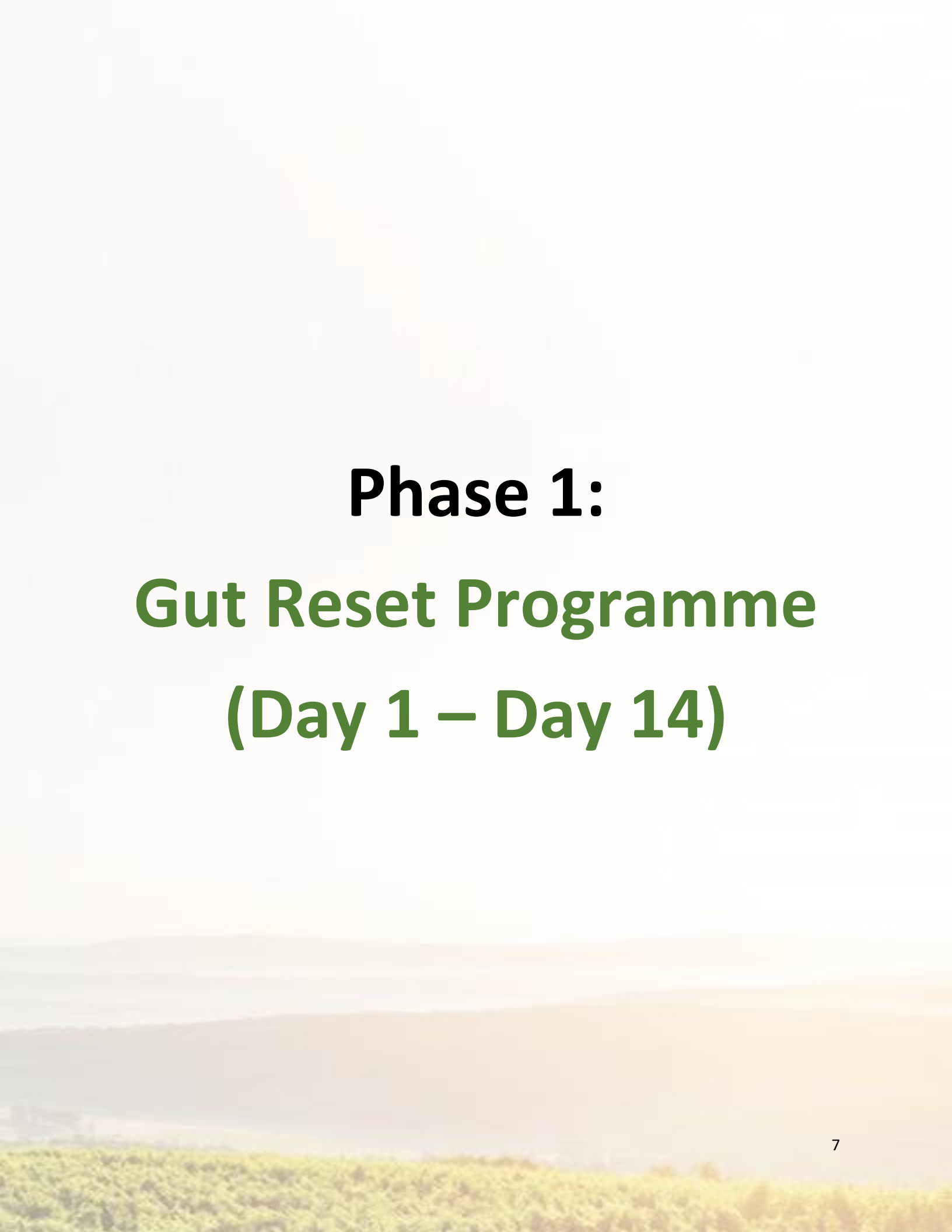


Note: The duration of the intensive phase is flexible and depends on your weight loss target. However, it should not be short if you want to achieve sustainable weight loss.

This Gut Reset Weight Management Programme is designed to help you:

- Potentially manage your metabolic parameters, such as blood glucose, blood cholesterol and blood pressure
- Lose weight and fat more effectively
- Support the normal function of your digestive system
- Boost your mood to be more positive
- Support your immune system
- Improve the quality of your sleep
- Build healthy lifestyle habits





Phase 1:
Gut Reset Programme
(Day 1 – Day 14)

Your Health begins in the GUT

There are many factors linked to weight gain, however the most common one is related to our diet and food intake. An unhealthy diet that is high in fat, sugar, carbohydrates and low in fibre is one of the main culprits of weight gain. That is not all, an unhealthy diet also impacts our gut health by creating an imbalance in the gut microbiome.

What is the GUT MICROBIOME?

The term “gut microbiome” refers to the microorganisms living in your intestines. Each person has more than 1,000 different species of bacteria, viruses and fungi living in our digestive tract.

The gut microbiome has many functions in our body. It helps digest nutrients, regulates energy usage, supports our immune system, and sends hormonal cues to the brain that control our hunger and mood.

Any changes in the gut, such as a decrease in beneficial microorganisms **OR** an increase in unwanted microorganisms **OR** lack of diversity of the microorganisms in the gut, can affect our health.

Other Factors That May Disrupt Your Gut Health Besides Food



Your Health begins in the GUT

Poor gut microbiome has been associated with heart, lung and skin diseases, poor immunity, and in particular, slowing down the body's metabolism which can lead to weight gain.

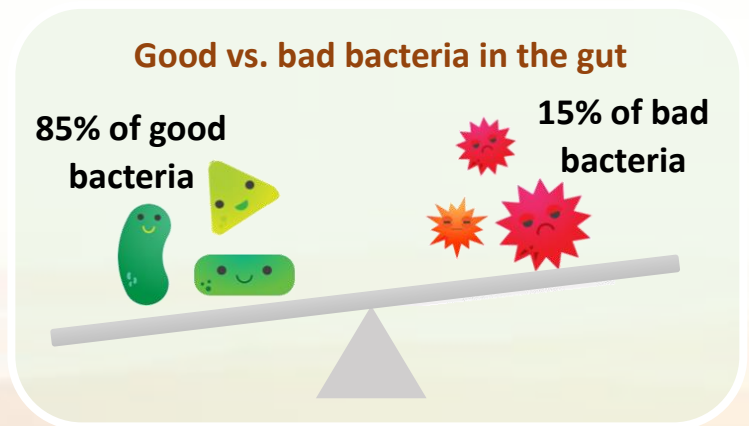


Signs You Need for a GUT RESET

1. Stomach disturbances like bloating, burping, constipation, diarrhea, and heartburn
2. Cravings for high sugar food
3. Unintentional weight changes
4. Sleep disturbance and low energy levels
5. Skin irritation
6. Poor immune health
7. Sudden mood swings and mental wellbeing
8. Food intolerance

How to maintain a HEALTHY GUT?

Maintaining a good balance as well as the diversity of the microbiome is important. Your gut must consist of 85% of good bacteria and 15% of bad bacteria.



Sources:

1. D. Hills, Jr. Ronald, et al. "Gut Microbiome: Profound Implications for Diet and Disease." PubMed Central (PMC), 16 July 2019, www.ncbi.nlm.nih.gov/pmc/articles/PMC6682904

2. Conlon M.A., Bird A.R. The impact of diet and lifestyle on gut microbiota and human health. *Nutrients*. 2015;7:17–44

3. Singh R.K., Chang H.W., Yan D., Lee K.M., Ucmak D., Wong K., Abrouk M., Farahnik B., Nakamura M., Zhu T.H., et al. Influence of diet on the gut microbiome and implications for human health. *J. Transl. Med.* 2017;15:73

Your Health begins in the GUT

Kickstart the **14-Day Healthy Gut Reset** to rebalance your microbiome and prime your body to better absorb nutrients, and subsequently, help you adapt to a healthier meal plan and exercise guide.

Good & bad bacteria in the balanced ratio

Unique combination of probiotics & prebiotics

Take the new weight management journey with BodyKey!

Objectives of the GUT RESET:

1. To rebalance the gut microbiome by introducing probiotics and prebiotics into your meal plan.
2. To prime your body for the weight loss programme by removing foods that may cause gut inflammation and replacing them with healthy food habits.
3. To recharge the mind for sustainable weight loss.
4. To reset and restore your health by focusing on long-term health benefits, *i.e. managing blood glucose, blood pressure and cholesterol level.*

RESET Your Gut with 4Rs

Remove & Replace	Remove refined carbohydrates & saturated fats - Get rid of all unwanted food and habits such as smoking that may disrupt your gut microbiome
	Replace with complex carbohydrates, healthy fats & lean protein - Nourish your body with gut-friendly food
Rebalance & Reset	Rebalance the gut microbiome with Probiotics & Prebiotics - Aids in digestion and body metabolism, supports your immune system and improves other aspects of health.
	Reset your body and digestive system with high quality protein & functional foods - Repair gut cells and reset your body system with beneficial functional foods.

Before you start:

To know where you are going and how to get there, you must first understand where you are.

1. SELF ASSESSMENT

Take this quick test to get an understanding of your current state of wellbeing.

MEDICAL SYMPTOMS/TOXICITY QUESTIONNAIRE (MSQ)

Date: _____

The Toxicity and Symptom Screening Questionnaire identifies symptoms that help to identify the underlying causes of illness, and helps you track your progress over time. Rate each of the following symptoms based upon your health profile for the past 30 days. If you are taking after the first time, record your symptoms for the last 48 hours ONLY.

POINT SCALE

0 = Never or almost never have the symptom
1 = Occasionally have it, effect is not severe

2 = Occasionally have, effect is severe
3 = Frequently have it, effect is not severe
4 = Frequently have it, effect is severe

DIGESTIVE TRACT

- Nausea or vomiting
- Diarrhea
- Constipation
- Bloating feeling
- Belching, or passing gas
- Heartburn
- Intestinal/Stomach pain

Total

EARS

- Itchy ears Total
- Earaches, ear infections
- Drainage from ear
- Ringing in ears, hearing loss

Total

EMOTIONS

- Mood swings
- Anxiety, fear or nervousness
- Anger, irritability, or aggressiveness
- Depression

Total

ENERGY/ACTIVITY

- Fatigue, sluggishness
- Apathy, lethargy
- Hyperactivity
- Restlessness

Total

EYES

- Watery or itchy eyes
- Swollen, reddened or sticky eyelids
- Bags or dark circles under eyes
- Blurred or tunnel vision (does not include near-or far-sightedness)

Total

HEAD

- Headaches
- Faintness
- Dizziness
- Insomnia

Total

HEART

- Irregular or skipped heartbeat
- Rapid or pounding heartbeat
- Chest pain

Total

JOINTS/MUSCLES

- Pain or aches in joints
- Arthritis
- Stiffness or limitation of movement
- Pain or aches in muscles
- Feeling of weakness or tiredness

Total

LUNGS

- Chest congestion
- Asthma, bronchitis
- Shortness of breath
- Difficult breathing

Total

MIND

- Poor memory
- Confusion, poor comprehension
- Poor concentration
- Poor physical coordination
- Difficulty in making decisions
- Stuttering or stammering
- Slurred speech
- Learning disabilities

Total

MOUTH/THROAT

- Chronic coughing
- Gagging, frequent need to clear throat
- Sore throat, hoarseness, loss of voice
- Swollen/discolored tongue, gum, lips
- Canker sores

Total

NOSE

- Stuffy nose
- Sinus problems
- Hay fever
- Sneezing attacks
- Excessive mucus formation

Total

SKIN

- Acne
- Hives, rashes, or dry skin
- Hair loss
- Flushing or hot flushes
- Excessive sweating

Total

WEIGHT

- Binge eating/drinking
- Craving certain foods
- Excessive weight
- Compulsive eating
- Water retention
- Underweight

Total

OTHER

- Frequent illness
- Frequent or urgent urination
- Genital itch or discharge

Total

GRAND TOTAL

KEY TO QUESTIONNAIRE

Add individual scores and total each group. Add each group scores and give a grand total.

• Optimal is less than 10 • Mild Toxicity: 10-50 • Moderate Toxicity: 50-100 • Severe Toxicity: over 100

Scan and fill out the questionnaire.

It will take about 10 minutes to complete.



Link: <https://bodykeymsq.com>

Note: The MSQ is a tracking tool that has been used to assess an individual's progress in dietary and lifestyle changes. It is not intended as a medical diagnosis and, in case of any doubt, please consult a physician.

Sources:

1. Jones DQ.S. *Textbook of Functional Medicine*. WA: Gig Harbor; 2006.

2. Lawrence, Kate, and Jeannette Hyde. "Microbiome Restoration Diet Improves Digestion, Cognition and Physical and Emotional Wellbeing." *Microbiome Restoration Diet Improves Digestion, Cognition and Physical and Emotional Wellbeing*. PLOS ONE, 14 June 2017

Before you start:

2. MEDICAL HEALTH SCREENING

Regular health screening or blood testing is one of the important ways to keep track of your overall physical wellbeing. Before starting this programme, we trust that you would have gone for a pre-assessment medical health screening. It is recommended that you consult a healthcare professional to review the report and understand your health needs.

For your general understanding, you may refer to these values:

A. Lipid Profile

Parameters	Normal Value
Total cholesterol	< 5.2 mmol/L
Triglyceride	<1.68 mmol/L
HDL Cholesterol	>1.03 mmol/L
LDL Cholesterol	<2.58 mmol/L
Non-HDL Cholesterol	<3.37 mmol/L
Total Cholesterol / HDL ratio	< 5.0

B. Blood Glucose

Parameters	Normal Value
Fasting blood glucose	4.1 – 6.1 mmol/L
HbA1c	<5.7% Non-diabetic range <i>Note: For known diabetics, the monitoring values of HbA1c is individualised. Please discuss with your physician.</i>

C. Blood Pressure

Blood Pressure Category	Systolic mmHg		Diastolic mmHg
Normal	Less than 120	and	Less than 80
Prehypertension	120 – 139	Or	80-89
High Blood Pressure (Hypertension) Stage 1	140 – 159	Or	90-99
High Blood Pressure (Hypertension) Stage 2	160 or higher	Or	100 or higher
Hypertension Crisis (Emergency care needed)	Higher than 180	Or	Higher than 110

Source: American Heart Association

Note: Please discuss with your physician if you have any abnormal results.

Disclaimer: The 'normal' reference values are only to be used as a guide. Reference values may differ between laboratories due to different methodology or instruments used. The values stated here are based on the laboratory appointed by Amway Malaysia.

Gut Reset

For A Better YOU!

This holistic healthy lifestyle programme combines professional expertise, support, and supplements to help you **improve your overall wellbeing, nutritional intake and activity level.**

The **14-Day Healthy Gut Reset Programme is not about calorie counting** – it is intended to help you reset and rebalance your body’s natural mechanism, **build positive habits** and **live a happier, healthier life.**

5 Pillars of Wellbeing

Nutrition

Consuming the right amounts of macronutrients, vitamins, minerals and phytonutrients will improve your gut health for better metabolism (and help control calories!).

Activity

Building healthy habits around physical activities is a great way to start improving your overall wellbeing.

Mindset

Wellbeing starts in the mind. Having confidence in your ability to change your behaviour makes it easier to adopt a new, healthier lifestyle.

Sleep

Getting enough quality sleep has a powerful influence over your ability to manage your weight and improve your health.

Stress

Bring stress under control and you’re more likely to eat less and feel more balanced.



Why 14 days?

This is a reset, a quick restart.

It is a great way to reset and prepare your body for the transition to a healthier diet and lifestyle. It also aids in your weight management journey and increases the likelihood of keeping the weight off.

Research shows that our gut bacteria are very responsive to what we eat, and the gut population alters almost as soon as we change our diet. Thus, your **gut composition** can change drastically in only a few days!

Trust your “Gut Feeling” and RESET it to transform to a new & healthier GUT. Kickstart your weight management journey and let the weight loss begin from your GUT!

14-Day Healthy Gut Reset: Nutrilite Products Reset & Rebalance Your Body Mechanism

<p style="text-align: center;">Soy Protein Drink</p>  <p style="text-align: center;">Protein from 3 plant sources (wheat, soy & pea)</p> <p>Protein is essential for everyone regardless of age or lifestyle as they are the building blocks of your cells. Protein also helps to preserve your lean muscle mass and leaves you feeling full for longer.</p> <p>Nutrilite Soy Protein Drink is your alternative to traditional sources of protein and does not contain artificial flavours, preservatives, or colourants.</p>	<p style="text-align: center;">Meal Replacement Shakes</p>  <p style="text-align: center;">Fulfill 1/3 of your daily nutritional needs</p> <p>The Meal Replacement Shake is an on-the-go nutritious drink with 17g of plant protein, 5g of fibre and 22 vitamins & minerals to keep you energised throughout your busy day.</p>	<p style="text-align: center;">Salmon Omega Complex</p>  <p style="text-align: center;">Fulfill your dietary gaps of Omega-3 fatty acids</p> <p>Omega-3 fatty acids are critical structural components of cell membranes. They also play a key role in blood lipid metabolism and heart health. However, the body can't make these essential fatty acids – so they must be obtained from food and supplements.</p> <p>Nutrilite Salmon Omega Complex contains 300mg of purified and concentrated Omega-3 fatty acids (EPA & DHA) from salmon raised in Norway and other fishes.</p>
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The Perfect Match for Gut Health

<p style="text-align: center;">Botanical Beverage Mix Chicory Root Extract with Probiotics</p>  <p>Mixed Chicory Root Extract with probiotics uses the arrive alive technology, tough enough to reach your gut alive and “stick” once they get there.</p> <p>Each serving stick pack has 6.3 billion CFUs of an exclusive blend of five probiotic strains to help balance and maintain the gut microbiome.</p>	<p style="text-align: center;">Mixed Fiber Powder</p>  <p>Mixed Fiber Powder contains a special blend of three soluble fibres from naturally derived plant sources.</p> <p>These fibres are also prebiotics, which serve as food for the probiotics (good bacteria) to help maintain good gut health.</p>
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General Nutrition Guidelines

Nutrition plays an important role in your wellbeing, especially in your gut health. **The 14-day Gut Reset smoothens the transition to a diet that includes more of these GUT-FRIENDLY foods:**

1. **Wholegrains:** wholegrain pasta, wholegrain breads, wholegrain rice, barley, oats, rye
2. **Fruits:** apples, oranges, strawberries, kiwis, melons, pears, bananas
3. **Vegetables:** spinach, broccoli, cauliflower, asparagus, sweet potatoes, corn, tomatoes
4. **Legumes:** chickpeas, lentils, beans
5. **Nuts and seeds:** almonds, cashews, walnuts, flaxseeds, chia seeds
6. **Fermented dairy foods:** kefir, yoghurt, cheese

Source: Singh, Rasnik K., et al. "Influence of Diet on the Gut Microbiome and Implications for Human Health." PubMed Central (PMC), 8 Apr. 2017, www.ncbi.nlm.nih.gov/pmc/articles/PMC5385025.

For additional support on specific health needs, such as high blood pressure, high cholesterol, and high blood sugar, do consider blending in these functional foods listed below into your healthy breakfast shakes!

Beneficial for Gut Health 	Beneficial for Blood Pressure Management 	Beneficial for Blood Cholesterol Management 	Beneficial for Blood Sugar Management 
Purple cabbage 	Celery 	Carrot 	Bitter melon 
Black plum 	Beet root 	Dragon fruit 	Baby spinach 
Green pear 	Green apple 	Cherry tomato 	Cucumber 
Sweet potato 	Brussel sprout 	Celery 	Alfalfa sprout 
Blueberry 	Kiwi / citrus fruit 	Beetroot 	Walnut / almond 

DON'T FORGET Your Fluid Intake!

Drink at least **2 litres of water per day** to ensure that your body is sufficiently hydrated. Water contributes to the optimum maintenance of normal physical and cognitive functions.

No food intake after 8pm. It is best to drink only plain water after 8.00pm.

Malaysian Healthy Plate Rules

BUILDING YOUR DAILY DIET WITH SUKU SUKU SEPARUH

A flexible way to consume the right amount of macronutrients for a well-balanced diet.

VEGETABLES

Providing vitamins, minerals, soluble fibre and phytonutrients, vegetables are the part of the plate where you should start each meal. Serve vegetables fresh, boiled or stewed and try to avoid adding too much oil or fat.

5 - 6 servings in total per day

1 serving can be:

- 100 g greens
- 100 g raw or cooked vegetables (e.g. half a cucumber or 1 pepper)

Fruits

2 servings in total per day

1 serving can be 1 medium-size fruit

FAT

For example: nuts on salad, olive oil as salad dressing, oil in fish or fat on meat.

2 - 4 servings in total per day

1 serving can be:

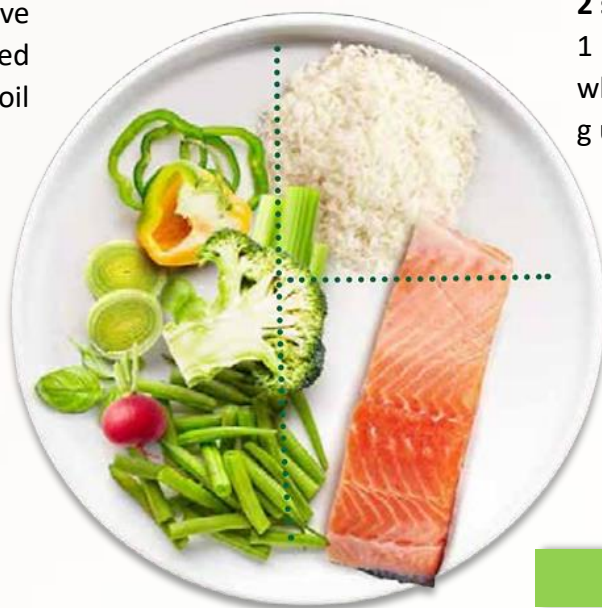
- 1 tablespoon white chia seed oil
- oil - 13 g fat (monounsaturated)
- 20 g butter - 16 g fat (saturated)

COMPLEX CARBOHYDRATES

Whether it's cereals, potatoes, wholegrain pasta or bread and complex carbohydrates are the main source of energy for the body. The optimum portion size is 3/4 of a cup or around 100 g. Avoid fried foods and fatty sauces.

2 servings in total per day

1 serving can be 100 g boiled wholegrain pasta or rice (around 50 g uncooked)



PROTEIN

Meat, poultry, fish, seafood, eggs or dairy. All these foods contain protein and some fat content. Try to prioritize low-fat varieties of meat and, if practical, remove excess fat before cooking. Legumes are also a source of protein.

Aim to consume 0.8g to 1.2 g of protein per kg of body weight.

4 - 5 servings in total per day

1 serving can be:

- 100 g red meat / 30 g protein
- 100 g poultry / 30 g protein
- 100 g fish / 20-22 g protein
- 100 g beans / 8 g protein
- 1 egg / 7 g protein
- 2 scoops (20 g) of Nutrilite Soy Protein Drink / 16 g protein

Handy Hints for Portion Sizes

Use your hand to measure your portion sizes:



Protein should be the same size as your palm.



Carbohydrates should be the same size as your fist.



Fats (oil, dressing, on meat) should be the same size as your thumb.



14-Day Healthy Gut Reset: Guidelines

Here's a quick guide to help you reset your gut microbiome and rebalance your body mechanism.

4R Guide: Remove, Replace, Rebalance & Reset

Remove & Replace

During the gut reset period, focus on removing unhealthy sugars and fats from your diet. These include:

- Refined carbohydrates, such as table sugar, ice cream, pastry and cake.
- Food high in saturated fat and trans-fat, such as processed meat.

Instead, replace refined carbohydrates with a combination of **complex carbohydrates, probiotics and high fibre foods that are rich with prebiotics** to reset and balance the gut microbiome.

Try to eat moderate portions of complex carbohydrates as they provide slow-burning energy throughout the day. Some examples of complex carbohydrates are brown rice, oats, quinoa or sweet potatoes.

Also, bear in mind that good hydration is very important during the gut reset period, as you are increasing your fibre consumption.

As for fatty foods – it's important to understand that not all fats are equal. The type of fats you eat affects your gut health, so it's important to **increase the good fats in your diet. These include:**

1. Monounsaturated fats:

- Olive, peanut, and canola oils
- Avocados
- Nuts such as almonds, hazelnuts, and pecans
- Seeds such as pumpkin and sesame seeds

2. Polyunsaturated fats:

- Sunflower, corn, soybean, and flaxseed oils
- Walnuts
- Flax seeds



SMART TIPS:

The recommended daily intake of fibre is 20g-30g. Most fruits and vegetables are high in fibre. Thus, adding the functional juice into the nutritious breakfast shakes can help to “fibre up” your daily intake without adding too many calories!

These good fats reduce gut inflammation and improve mucosa production, which help to protect your gut lining, allowing nutrients to be absorbed and the gut microbiome to live. Research also shows that Omega-3 fatty acids correlate with gut microbiome diversity.

Source:

1. Marton, Ledyane Taynara, et al. “Omega Fatty Acids and Inflammatory Bowel Diseases: An Overview.” PubMed Central (PMC), 30 Sept. 2019, www.ncbi.nlm.nih.gov/pmc/articles/PMC6801729.
2. Costantini, Lara, et al. “Impact of Omega-3 Fatty Acids on the Gut Microbiota.” PubMed Central (PMC), 7 Dec. 2017, www.ncbi.nlm.nih.gov/pmc/articles/PMC5751248.
3. Menni, Cristina, et al. “Omega-3 Fatty Acids Correlate With Gut Microbiome Diversity and Production of N-carbamylglutamate in Middle Aged and Elderly Women - Scientific Reports.” Nature, 11 Sept. 2017, www.nature.com/articles/s41598-017-10382-2.

Rebalance & Reset

Besides adding probiotics and prebiotics to rebalance your gut microbiome, it is also important to include more functional foods in your meal plan.

Functional foods provide health benefits to the body beyond basic nutrition. Certain functional foods are high in phytochemicals, particularly polyphenols that can favourably modify and rebalance the microbiome composition. This increases the proportion of beneficial bacteria and stops potential disease-causing microorganisms from colonising the gut.

Besides, studies also shows that soy protein, which contains isoflavones, can serve as nitrogen and energy sources for good bacteria, which support their growth and maintenance in the gut. Adding naturally fermented food may help strengthen your gut microbiome too!

You may also include **different functional foods** into your meal plan to target different health benefits, i.e., managing blood pressure, blood glucose or cholesterol level. *Refer to page 20 for the list of functional foods that support specific health needs.*

Rebalance and reset your gut to kickstart your weight management journey for a healthier you!



Positive Emotions



Balanced Diet
+ Functional Foods



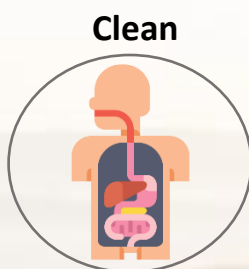
Prebiotic function
"food" for good bacteria

+

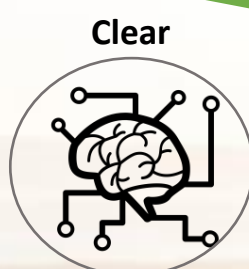


Probiotic
good bacteria

Prebiotics + Probiotics



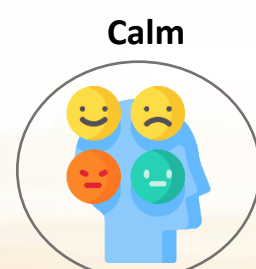
Digestion



Cognitive



Physical



Emotions

Source: Huang, H., Krishnan, H. B., Pham, Q., Yu, L. L., & Wang, T. T. Y. (2016). Soy and Gut Microbiota: Interaction and Implication for Human Health. *Journal of Agricultural and Food Chemistry*, 64(46), 8695–8709. <https://doi.org/10.1021/acs.jafc.6b03725>

14-Day Healthy Gut Reset: Meal Plan Sample & Supplements

Begin your morning with a glass of water

(Tips: You may consider adding apple cider vinegar + lemon juice to your water to refresh your body)

IN THE EARLY MORNING
Suggested time:
8.00am

Mixed
Fiber Powder



1 stick pack



Botanical Beverage Mix Chicory
Root Extract with Probiotics



1 stick pack

Optional

Nutriline
Soy Protein Drink



1-2 scoops

Blend together with functional juice ingredients for extra benefits, for example:

Health benefits				
Juice 1	Purple cabbage, black plum, green pear	Beetroot, celery, green apple	Carrot, celery, cherry tomato, lemon	Bitter melon, spinach, lemon, cucumber
Juice 2	Purple cabbage, blueberry, purple sweet potato	Brussel sprout, orange, golden kiwi	Dragon fruit, beetroot, cherry tomato	Alfalfa sprouts, walnut, almond, cucumber

Note: Please refer to page 30 for the full recipes.

BREAKFAST

1 slice wholemeal bread (with ¼ can tuna light mayonnaise) + 1 cup coffee (black)

LUNCH

Suggested time:
1.00-2.00pm

BALANCED LUNCH (Healthy Eating Plate Rule)



Sample:

Brown Rice + Turmeric Chicken +
Roasted Rainbow Vegetables

Note: Please refer to page 26 for the recipes.



**After lunch, take 1 softgel of
Nutriline Salmon Omega Complex**

(Other Options: take it after breakfast/dinner)

DINNER

Suggested time:
6.00-7.00pm

BodyKey
Meal Replacement Shake



1 pouch



Nutriline
Soy Protein Drink



1-2 scoops

(Vary depending on one's daily protein requirement)



No food intake after 8.00pm. It is best to drink only plain water after 8.00pm.

Programme Expectations

It is known for a fact that our dietary habits have an impact on our gut health. A healthy gut is the key to staying fit as it is directly or indirectly relevant to various vital functions in our body.

Besides managing weight, this programme is also designed to:

- Improve overall health
- Support a healthy gut
- Improve the appearance of skin
- Help build healthy lifestyle habits
- Support positive mood
- Improve the quality of sleep
- Help in fat loss
- Manage metabolic parameters, i.e., *blood glucose, blood pressure and cholesterol levels*

You might experience these symptoms during the 14 days gut reset programme

Some individuals might experience a temporary worsening of symptoms during the gut reset programme before seeing an improvement. This is normal and an expected part of the healing process as we are removing processed foods, sugars, and highly inflammable foods from your diet.

Our bodies have learned to run and depend on these foods for “a quick fix” of energy. As such, the body has not built up the strength and ability to produce its own healthy serotonin and energy.

This is just a temporary setback that the body needs to get over so that it can start to do what it does best - rebuild healthy cells, get rid of bad bacteria and feed the gut with good bacteria from all sorts of yummy food such as whole foods, smoothies, healthy bowls, grains, fats and fibre!

Everyone’s body reacts differently, so you may not experience the same symptoms as others in the programme. Most symptoms are flu-like or a continuation of the digestive issues you had before, they may include:

- Body ache
- Gas and bloating
- Headache
- Fatigue
- Skin irritations
- Nausea
- Diarrhea

There is no specific duration for how long the symptoms will last. Most symptoms are reduced or completely gone within 2-3 days from the start date. It is rare, but some people have experienced symptoms for up to a week or more. If this happens, be sure to consult a healthcare professional. Please also ensure that you are staying hydrated and getting sufficient sleep throughout the programme.

Hydration

Hydration is also very important for our gut health. The human body is made up of a large percentage of water and being hydrated is important for many processes to occur such as:

- Proper blood circulation that carries oxygen and nutrients to our cells
- Waste product removal by the kidneys

Generally, you should consume **at least 2 litres of water per day**. Start your day with at least one full glass of warm water before you consume any food to promote hydration and jumpstart your digestive pathways.

To ensure that you are well hydrated throughout the day, you may follow the drinking schedule below:

TIME	WATER INTAKE	YES (/) / NO (X)	
		Day 1	Day 2
7.00am Wake up	1 st glass - Drink your first glass of water after you wake up to hydrate your body after a long night's sleep.		
9.00am	2 nd glass - Have another glass about an hour after breakfast to start your workday.		
11.30am	3 rd glass - Have a glass of water 30 minutes before lunch.		
1.30pm	4 th glass - Drinking a glass of water an hour after lunch aids in digestion and promote better absorption of nutrients.		
3.00pm	5 th glass - Have another glass of water to help you stay hydrated.		
5.00pm	6 th glass - Have a glass of water about an hour before dinner to keep you satiated and prevent overeating during dinner.		
8.00pm	7 th glass - Have a glass of water an hour after dinner.		
10.00pm	8 th glass - Drink the last glass of water an hour before bedtime to help cell repair overnight.		

Note: The schedule may differ depending on your daily commitments.

Physical Activity

When you **exercise**, your body produces **endorphins**, which help to improve your **mood**. Regular physical exercise also helps improve posture, manage weight, relieve stress and even improve mental performance.

If you are already physically active and enjoy exercising, carry on and ensure it's done regularly.

If you're not used to exercising regularly, here are some tips to help you get started.

GETTING STARTED

1. Start with simple exercises such as walking or cycling.
2. Walking is effective, easy and low risk. It requires no special equipment, except comfortable footwear. Try to set aside at least 30 minutes a day for walking. You can start with 10 minutes and set a goal to increase +5 minutes every day.
3. Use every opportunity to be more active. Use the stairs instead of the lift, walk short distances instead of driving, or park your car in a place that provides a nice walk to your destination.



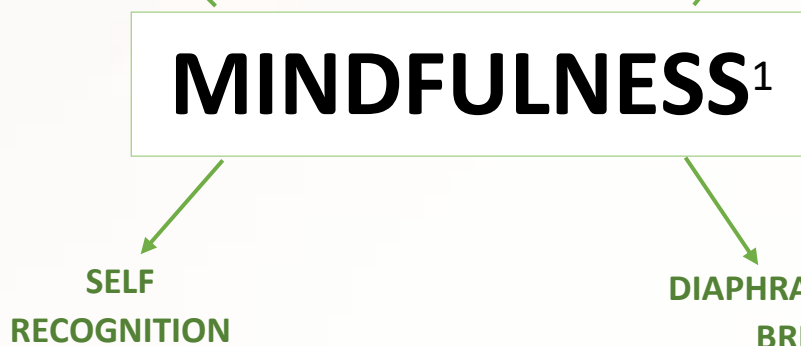
Positive Mindset & Community Involvement

Positive thinking is the key to unlocking your wellbeing, the success of your 14-Day Healthy Gut Reset and subsequently achieving your health goals after 60 days.

+ Create a specific **waking and sleeping schedule** to regulate your body's internal clock.

+ **Wind down before bed** (e.g. take a bath, read, avoid social media)

**SUFFICIENT
SLEEP**



+ **Don't be hard on yourself**

Forgot to follow the programme today? **Don't worry.** Tomorrow is a new day and a **new chance to get back on track.**

+ **Congratulate yourself on your daily achievements** and thank yourself for the benefits you're starting to enjoy.

+ **Reward yourself for achieving interim goals.**

+ **Follow the steps below to experience progressive muscle relaxation:**

1. Bring **awareness to a specific muscle** in your body (*tip: start with your toes and then work your way up.*)
2. Start by **squeezing that muscle** for a few seconds before releasing.
3. **Feel the sensations**, imagine your tension decreasing with each breath. Release and repeat this process in different areas of your body.

PROGRESSIVE MUSCLE

RELAXATION

+ **Try it with the steps below:**

1. Wear **comfortable clothes** and get in a **comfortable position.**
2. Place **1 hand on your belly** and the other **hand on your chest** so you can **feel** your belly and lungs **filling with air.**
3. **Inhale to fill your belly with air, hold** it for a few seconds (3-5secs), **exhale** from your lungs and then belly.

¹ With contribution of Nora Petnehazy, MSc Complex Wellbeing Specialist; Nutritionist; University Lecturer

Positive Mindset & Community Involvement

+ Everything is made easier when done in the **company of others**. Invite other people to join you, **create a group** and use it to share progress, experiences and exchange motivational messages.

+ **Encourage your family** to share similar meals & recipes that you follow during the programme.

+ **Join future Nutrilite healthy lifestyle events!**



Healthy Recipes

Main Meals (Lunch/Dinner)

1. Fragrant Pandan Brown Rice

This Fragrant Pandan Brown Rice is made with brown rice, shallots, garlic and ginger for an easy way to jumpstart your first day of the gut reset with plenty of complex carbohydrates. Ginger is known to aid in digestion and help reduce bloating.



Yield: 6 servings

Ingredients:

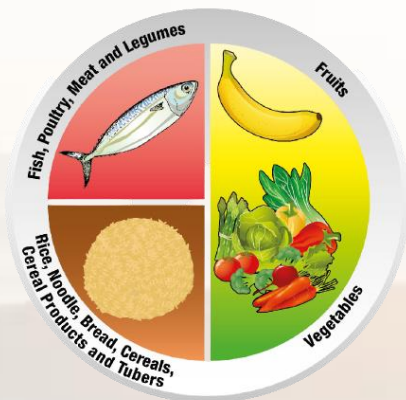
- 1 tbsp White Chia Seed Oil
- 2 cups long grain brown rice
- 1L water
- 2 screwpine (pandan) leaves (knotted)
- 5 shallots (sliced)
- 5 cloves garlic (sliced)
- 10g ginger (sliced)

Method:

Step 1: Sauté the shallots, ginger and garlic with white chia seed oil in the rice cooker pot for few minutes.

Step 2: Add in rice, water and pandan leaves in the pot and cook until it's done.

Note: The Fragrant Pandan Brown Rice can be served with Turmeric Chicken and Roasted Vegetables (please refer to recipes in the following pages). Portion size to follow the Healthy Plate Rule.



3. Turmeric Chicken

This chicken dish pairs perfectly with the fragrance pandan brown rice. It features asparagus, a prebiotic food, and it includes turmeric, a well-known antioxidant and anti-inflammatory ingredient that contributes to a healthy gut.

Ingredients

- 3 tbsp honey
- ¾ tsp black pepper
- Sea salt
- 1½ tsp ground turmeric
- 2 tbsp corn flour
- 450g boneless, skinless chicken thighs (cut into 1-inch pieces)
- 1 tbsp white chia seed oil/olive oil
- 300g asparagus (trimmed and thinly sliced on an angle)
- 1 tsp unseasoned rice vinegar

Method:

1. In a small bowl, stir together ¼ cup of water with honey, pepper and ½ teaspoon of sea salt. Set the honey mixture aside for later.
2. In a medium bowl, stir together corn flour, turmeric and 1 teaspoon salt. Add the chicken and toss until coated.
3. In a 10-inch non-stick skillet, heat oil over medium-high heat. Add the chicken and cook until turmeric is fragrant and the chicken is golden brown on both sides (about 2 to 3 minutes per side). Add the asparagus and cook until crisp-tender (about an additional 1-2 minutes).
4. Drizzle the honey mixture over the chicken and asparagus and stir it until the sauce has thickened. This may take around 2 to 3 minutes.
5. Remove from heat. Season to taste with salt and pepper.

3. Roasted Rainbow Vegetables

Ingredients

- 2 large carrots (peeled and sliced into coins)
- 2 zucchinis (chopped)
- 1 cup brussel sprouts (peeled and cut into quarters)
(Broccoli can be used as an alternative)
- 1 red onion (peeled and cut into quarters)
- 2 medium beetroot (peeled and chopped into cubes)
- 1 red pepper (de-seeded and sliced)
- 1 yellow pepper (de-seeded and sliced)
- 2 cloves garlic (peeled and crushed)
- ¼ cup olive oil
- 1 tbsp dried rosemary
- ½ tsp dried thyme
- ¼ tsp salt
- ¼ tsp black pepper

Method:

1. Preheat oven to 200°C.
2. Spread the chopped vegetables on a roasting pan and add the olive oil, herbs, crushed garlic, salt and pepper. Toss together so that the veggies are well coated with the seasoning.
3. Cook in the oven for 40-50 minutes, mixing occasionally.
4. Remove from the oven when all veggies are fork-tender and serve.

4. Poke Bowl with Shrimp

Yields: 3 servings

Ingredients

For quinoa:

- 1 cup quinoa
- 1¾ cup filtered water
- 1/2 tsp salt

For shrimp:

- 450g shrimp (substitute with tofu for vegetarians)
- 1 small onion (finely chopped)
- 4 cloves garlic (minced)
- 1 tsp paprika powder
- ¼ tsp sea salt
- 1 tbsp oil

Toppings:

- 1 medium carrot (shaved or chopped)
- 1 small avocado (thinly sliced)
- 4 tbsp red cabbage sauerkraut (may be replaced with other fermented foods)
- A handful of sprouts
- ½ bell pepper (sliced)
- 2 tbsp sesame seeds (for garnishing)

For sauce:

- 2 tbsp balsamic vinegar
- 2 tbsp honey
- 1 tbsp white chia seed oil/olive oil

Method:

For quinoa:

1. Rinse quinoa thoroughly under cool water. Add water and bring to a boil – 1 cup quinoa to 1¾ cup water is the perfect ratio.
2. Turn the heat down to the lowest setting, cover and cook for 5 minutes. Remove from heat and let it stand covered for 10-15 minutes (without peeking!).
3. Fluff the quinoa gently with a fork and serve.

For shrimp:

1. Defrost shrimp and tap dry with a paper towel.
2. Sauté the shrimp with onion and garlic with oil in a pan (2 minutes each side). Season with salt and paprika.

Assemble the poke bowl:

1. Scoop the desired amount of quinoa into a bowl, add the shrimp and the rest of the toppings.
2. Drizzle the sauce and sprinkle sesame seeds before serving.



5. Grilled Salmon and Sweet Potato Bowl with Veggie Dip

This bowl is the perfect marriage of healthy and flavourful ingredients – Omega 3 fatty acids from the salmon paired with the prebiotic, antioxidant power of sweet potatoes and spinach. Top it off with Greek yoghurt to take your gut health to the next level.

Ingredients:

- 1 medium salmon fillet
- 1 medium sweet potatoes (peeled and cut into 1-inch cubes)
- 1 tbsp white chia seed oil
- pinch of sea salt
- 1 lime
- Black pepper
- 1 avocado (sliced thinly)
- 1 large handful spinach
- ½ cup pine nuts
- Greek yoghurt

Method:

1. Preheat oven to 375°C. Line 2 baking trays with parchment paper and set aside.
2. In a large mixing bowl, mix together 1 tablespoon oil and salt. Add in sweet potato and toss until each piece is coated completely. Next, pour seasoned potatoes on one baking tray, making sure they are evenly spread.
3. Place salmon on your second baking sheet, skin side down. Rub the remaining oil over your salmon fillet. Slice one lime and put it on top of your salmon. Sprinkle black pepper to taste.
4. Place both baking trays in the oven. Cook until potatoes are tender and salmon reaches an internal temperature of 145°C.
5. In the meantime, prep the rest of your ingredients. Slice the avocado and cut the last of the lime into wedges.
6. **To assemble the bowl:** Place a handful of spinach at the bottom of the bowl, top it with a handful of sweet potatoes, the salmon fillet, a few slices of avocado, 1 to 2 tablespoons of pine nuts and a lime wedge. *Optional: Finish with a spoonful of Greek yoghurt.*

Veggie Dip

1. Prepare a platter with crisp crunchy veggies like carrots, celery, cucumber and cherry tomatoes.
2. Serve with any of the dressings below:

Dressing 1: Guacamole

Ingredients:

- 1 cup frozen peas, slightly thawed
- 1 medium avocado (chopped)
- Juice from 1 lime
- ½ cup cherry tomatoes (diced)
- ½ cup red onion (diced)
- ¼ cup fresh cilantro (optional, chopped)
- 2 cloves fresh garlic (minced)
- Fine sea salt to taste
- 1 tbsp white chia seed oil/olive oil

Method:

1. Place your frozen peas in a food processor and pulse until the peas are smooth.
2. In a medium bowl, mix your blended peas, tomato, onion, cilantro, garlic, lime juice, and white chia seed oil. Season with salt and pepper to taste.
3. Add in your chopped avocado and mix to combine. Mash with a fork to your desired thickness.
4. Serve with vegetables of choice.

Dressing 2: Yoghurt Dressing

Ingredients:

- PhytoPowder lemon – 2-3 tbsp
- Greek yoghurt – 1 cup

Method:

1. Mix the two ingredients together in a bowl. It is ready to serve with the veggies.

Healthy Juice Recipes

Recipe 1



- 1x green apple
- 1x celery stalk
- ½ small beetroot
- 1x stick Nutrilite Mixed Fiber Powder
- 1x stick Nutrilite Botanical Beverage Mix Chicory Root Extract with Probiotics
- 200ml cold water



Recipe 2



- 3x Brussel sprouts
- 1x orange
- 1x golden kiwi
- 1x stick Nutrilite Mixed Fiber Powder
- 1x stick Nutrilite Botanical Beverage Mix Chicory Root Extract with Probiotics
- 200ml cold water



Recipe 1



- ½ carrot
- 1x celery stalk
- 5x cherry tomatoes
- ½ x lemon
- 1x stick Nutrilite Mixed Fiber Powder
- 1x Nutrilite Botanical Beverage Mix Chicory Root Extract with Probiotics
- 200ml cold water



Recipe 2



- ½ white or red dragon fruit
- ½ beetroot
- 5x cherry tomatoes
- 1x stick Nutrilite Mixed Fiber Powder
- 1x stick Nutrilite Botanical Beverage Mix Chicory Root Extract with Probiotics
- 200ml cold water



Disclaimer: The juicing recipe provided above is for reference only. If you have any medical condition or are taking any medication, please consult with your doctor before making any significant changes to your diet, including incorporating healthy juices in your daily diet plan. While juicing can be a healthy addition to your diet, it may not be suitable for everyone and could have potential interactions with medications. Feel free to create your own healthy juices with different fruits and vegetables that work for you.

Healthy Juice Recipes

Recipe 1



- ½ medium bitter melon
- ½ cup spinach
- ½ lemon
- ½ cucumber
- 1x stick Nutrilite Mixed Fiber Powder
- 1x Nutrilite Botanical Beverage Mix Chicory Root Extract with Probiotics
- 200ml cold water



Recipe 2



- 1/3 cup Alfalfa sprout
- 5x walnuts
- 10x almond nuts
- ½ cucumber
- 1x stick Nutrilite Mixed Fiber Powder
- 1x stick Nutrilite Botanical Beverage Mix Chicory Root Extract with Probiotics
- 200ml cold water



Recipe 1



- 1x large purple cabbage leaf
- ½ black plum
- ½ green pear
- 1x stick Nutrilite Mixed Fiber Powder
- 1x Nutrilite Botanical Beverage Mix Chicory Root Extract with Probiotics
- 200ml cold water



Recipe 2



- 10x blueberries
- 2x steamed large purple cabbage leaves
- ½ steamed purple sweet potato
- 1x stick Nutrilite Mixed Fiber Powder
- 1x Nutrilite Botanical Beverage Mix Chicory Root Extract with Probiotics
- 200ml cold water



Disclaimer: The juicing recipe provided above is for reference only. If you have any medical condition or are taking any medication, please consult with your doctor before making any significant changes to your diet, including incorporating healthy juices in your daily diet plan. While juicing can be a healthy addition to your diet, it may not be suitable for everyone and could have potential interactions with medications. Feel free to create your own healthy juices with different fruits and vegetables that work for you.

See The Difference

Once you've completed the first 14 days of the BodyKey Gut Reset Weight Management Programme, re-take the Medical Symptoms/Toxicity Questionnaire (MSQ) and compare the difference. We encourage you to retake the test again at Day 30 and Day 60 to track your progress.

SELF ASSESSMENT

MEDICAL SYMPTOMS/TOXICITY QUESTIONNAIRE (MSQ)

Date:

The Toxicity and Symptom Screening Questionnaire identifies symptoms that help to identify the underlying causes of illness, and helps you track your progress over time. Rate each of the following symptoms based upon your health profile for the past 30 days. If you are taking after the first time, record your symptoms for the last 48 hours ONLY.

POINT SCALE

- 0 = Never or almost never have the symptom
- 1 = Occasionally have it, effect is not severe
- 2 = Occasionally have, effect is severe
- 3 = Frequently have it, effect is not severe
- 4 = Frequently have it, effect is severe

DIGESTIVE TRACT

- Nausea or vomiting
- Diarrhea
- Constipation
- Bloating feeling
- Belching, or passing gas
- Heartburn
- Intestinal/Stomach pain

Total

EARS

- Itchy ears Total
- Earaches, ear infections
- Drainage from ear
- Ringing in ears, hearing loss

Total

EMOTIONS

- Mood swings
- Anxiety, fear or nervousness
- Anger, irritability, or aggressiveness
- Depression

Total

ENERGY/ACTIVITY

- Fatigue, sluggishness
- Apathy, lethargy
- Hyperactivity
- Restlessness

Total

EYES

- Watery or itchy eyes
- Swollen, reddened or sticky eyelids
- Bags or dark circles under eyes
- Blurred or tunnel vision (does not include near-or far-sightedness)

Total

HEAD

- Headaches
- Faintness
- Dizziness
- Insomnia

Total

HEART

- Irregular or skipped heartbeat
- Rapid or pounding heartbeat
- Chest pain

Total

JOINTS/MUSCLES

- Pain or aches in joints
- Arthritis
- Stiffness or limitation of movement
- Pain or aches in muscles
- Feeling of weakness or tiredness

Total

LUNGS

- Chest congestion
- Asthma, bronchitis
- Shortness of breath
- Difficult breathing

Total

MIND

- Poor memory
- Confusion, poor comprehension
- Poor concentration
- Poor physical coordination
- Difficulty in making decisions
- Stuttering or stammering
- Slurred speech
- Learning disabilities

Total

MOUTH/THROAT

- Chronic coughing
- Gagging, frequent need to clear throat
- Sore throat, hoarseness, loss of voice
- Swollen/discolored tongue, gum, lips
- Canker sores

Total

NOSE

- Stuffy nose
- Sinus problems
- Hay fever
- Sneezing attacks
- Excessive mucus formation

Total

SKIN

- Acne
- Hives, rashes, or dry skin
- Hair loss
- Flushing or hot flushes
- Excessive sweating

Total

WEIGHT

- Binge eating/drinking
- Craving certain foods
- Excessive weight
- Compulsive eating
- Water retention
- Underweight

Total

OTHER

- Frequent illness
- Frequent or urgent urination
- Genital itch or discharge

Total

GRAND TOTAL

KEY TO QUESTIONNAIRE

Add individual scores and total each group. Add each group scores and give a grand total.

- Optimal is less than 10
- Mild Toxicity: 10-50
- Moderate Toxicity: 50-100
- Severe Toxicity: over 100

Note: The MSQ is a tracking tool that has been used to assess an individual's progress in dietary and lifestyle changes. It is not intended as a medical diagnosis and, in case of any doubt, please consult a physician.

Sources:

1. Jones DQ,S. Textbook of Functional Medicine. WA: Gig Harbor; 2006.
2. Lawrence, Kate, and Jeannette Hyde. "Microbiome Restoration Diet Improves Digestion, Cognition and Physical and Emotional Wellbeing." Microbiome Restoration Diet Improves Digestion, Cognition and Physical and Emotional Wellbeing. PLOS ONE, 14 June 2017

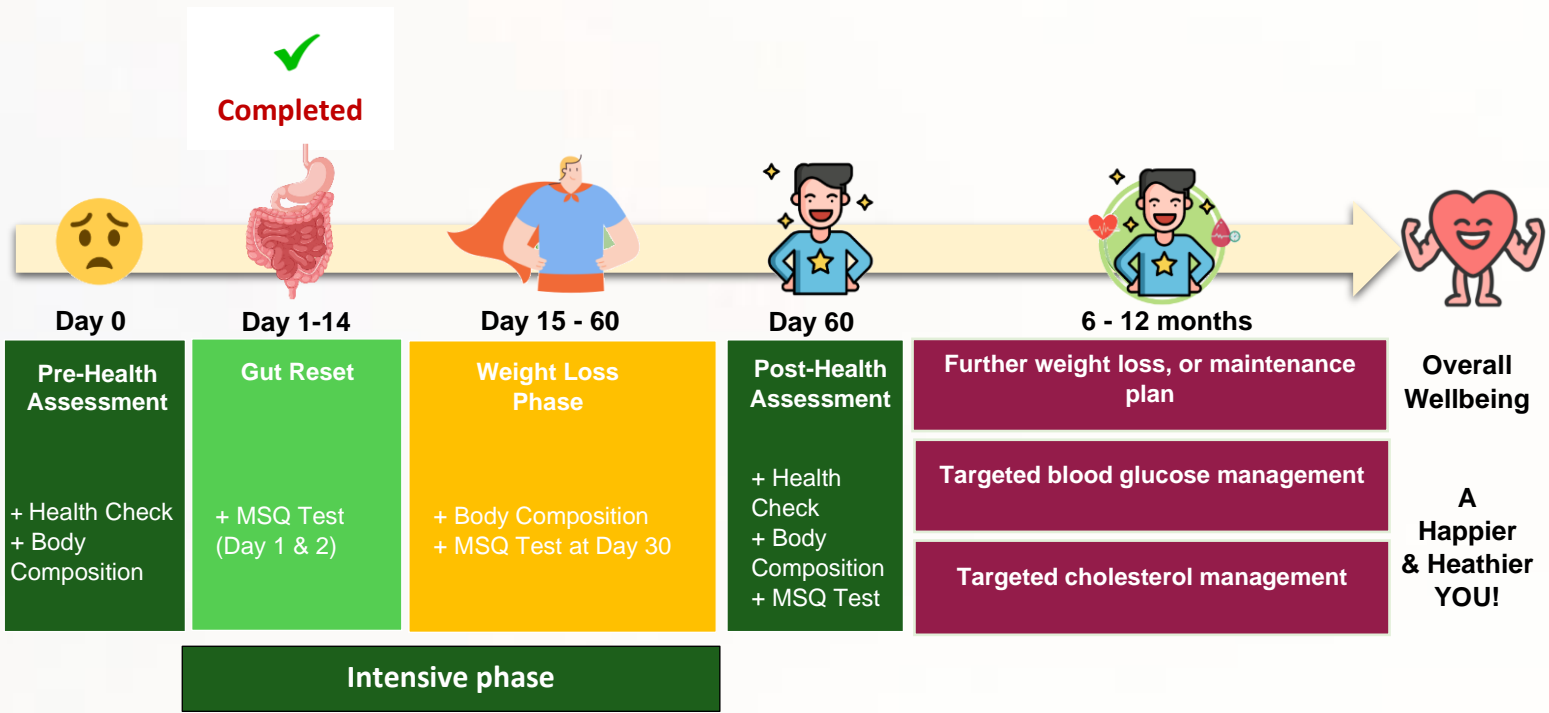
Scan and fill out the questionnaire. It will only take about 10 minutes to complete.



Link: <https://bodykeymsq.com>

See The Difference

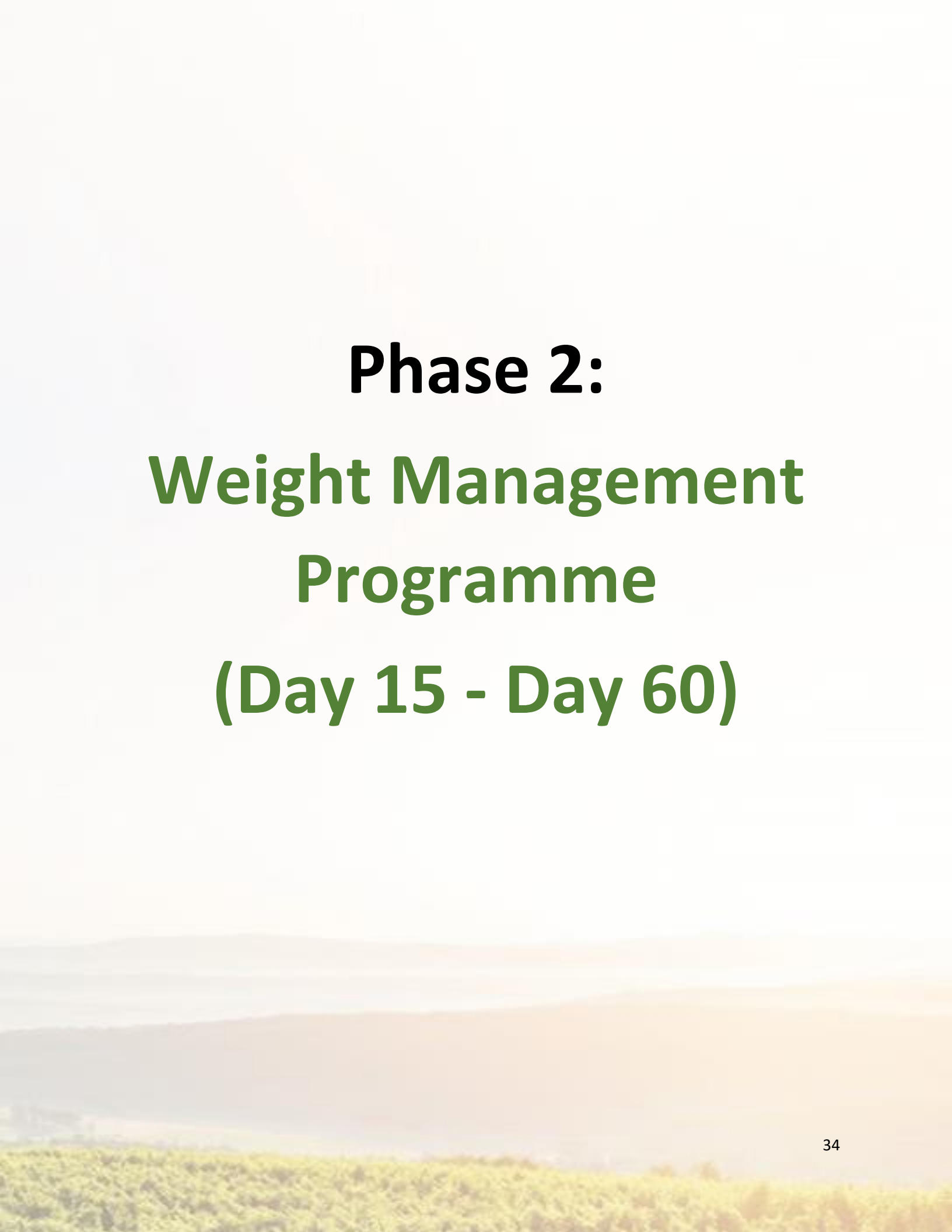
BodyKey Gut Reset Weight Management Programme Monitoring Guide



Note: The duration of the intensive phase is flexible and depends on your weight loss target. However, it should not be short if you want to achieve sustainable weight loss.

Congratulations! You have followed the Phase 1: Gut Reset (Day 1-14) programme closely and now you are having a new & healthier GUT.

A healthy gut is the key to successfully losing weight. Now, take the next step which is the weight management programme to achieve a healthy and sustainable weight loss.



Phase 2:
Weight Management
Programme
(Day 15 - Day 60)

Healthy Weight Management

BodyKey Weight Management Programme combine gut health and healthy weight. Kickstart the **Healthy Weight Management** to unlock a NEW you.



Benefits of the **BodyKey Weight Management Programme**:

1. It helps to break through your weight management barriers. This personalised programme is based on your personal lifestyle giving you long-term results that are easy to follow.
2. A personalised weight management programme that focuses on a balanced diet, supplementation, and exercise. It helps you safely and effectively lose weight you keep it off.

MANAGE Your Weight with Balance Diet, Exercise, and Supplementation!

Balance Diet	Malaysian Healthy Plate Rules & Portion Control
	Healthy Eating Habits
Exercise/ Physical Activity	Aerobic and Strength Training Exercise
	Build Regular Exercise Routine
Supplementation	Mixed Fiber Powder, Botanical Beverage Mix Chicory Root Extract with Probiotics, BodyKey Meal Replacement, Soy Protein Drink, Salmon Omega Complex

Before you start:

It is strongly recommended to perform a body composition test before you begin your Phase 1 and Phase 2 journey to know about your initial body weight status. Perform the test again after completing the Phase 2 weight management journey to know the changes in your body weight status. You may also perform the test regularly along the weight management journey to track your progression.

Here is several key information you need to know about your body weight status!

1. Body Mass Index (BMI)

This is the most established and widely used measurement defined as:

$$\text{BMI} = \frac{\text{Weight (kg)}}{\text{Height x Height (m}^2\text{)}}$$

BMI (kg/m ²)	Classification	Level of Health Risks
<18.5	Underweight	Low
18.5-22.9	Normal	Average
≥23	Overweight	Moderate
23.0-24.9	Pre-Obese	High
25-29.9	Obese I	Very high
≥30	Obese II	Extremely high

Source: WHO Asian BMI Classification

Aim to remain healthy BMI of 18.5-22.9 kg/m².

2. Body Composition

Body composition describing what the body is made of that is fat, protein, minerals, and water. It describes body weight more accurately than BMI and gives a better picture of your overall health. Use the body composition scale to know your body fat percentage.



Suggested Body Fat Percentage %	
Female	18- 28%
Male	10- 20%

Source: Inbody USA

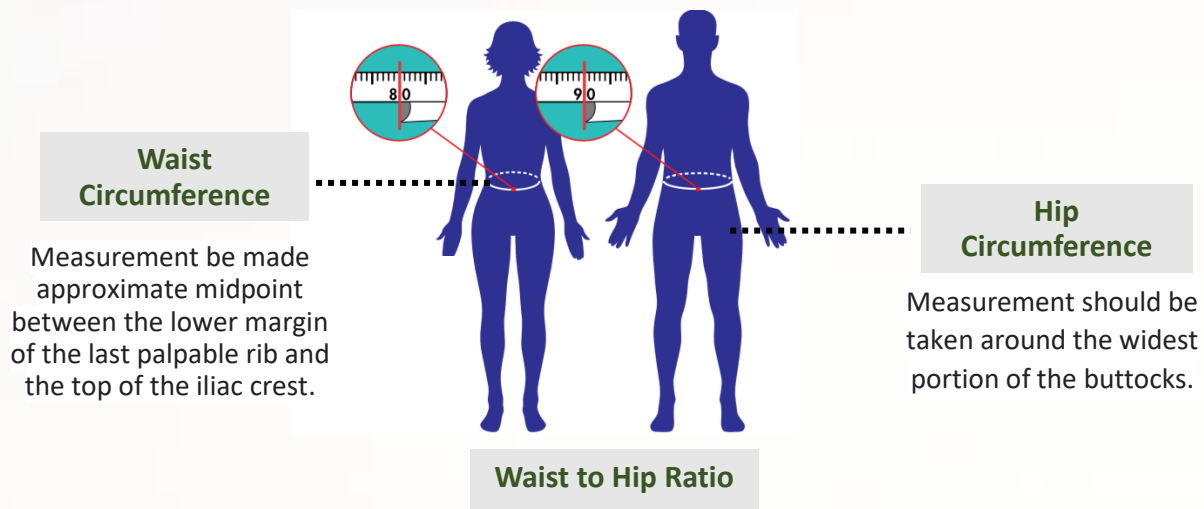
3. Waist Circumference & Waist to Hip Ratio

Abdominal obesity (also known as central or visceral obesity) is defined as **excess deposits of fat in the abdominal region**. It is positively related to non-communicable diseases (NCDs).

Abdominal Obesity		
	Waist Circumference	Waist to Hip Ratio
Female	>80cm (32 inches)	> 0.85
Male	>90cm (35 inches)	> 1.0

Source: World Health Organization

Your waist circumference and waist to hip ratio should **below** the recommended cut off point.



Waist circumference divided by the hip circumference

Example:

Waist circumference : 75cm

Hip circumference : 90cm

Your waist-hip ratio : 0.83

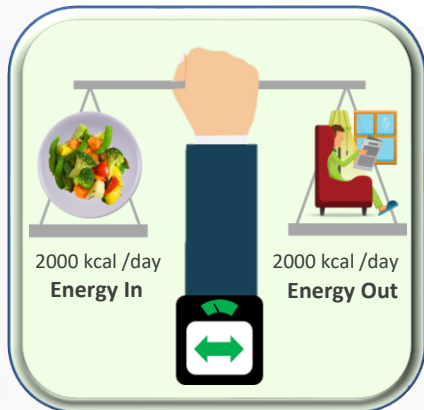
Weigh and measure yourself regularly.

- Weigh yourself in light clothing and without shoes using the same weighing scale at least once a week, preferably before breakfast.
- Measure waist circumference using a measuring tape, at least once a month.

Principle of Weight Management: Energy Balance

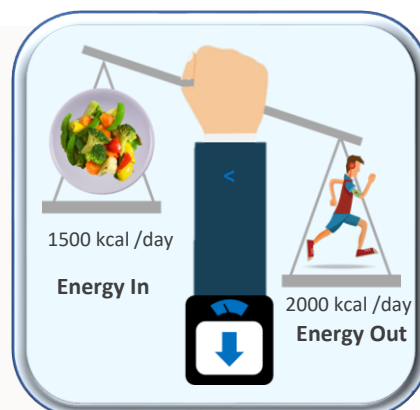
Your energy balance is the balance of calories consumed through eating and drinking compared to calories burned through physical activity. What you eat and drink is **ENERGY IN**. What you burn through physical activity is **ENERGY OUT**. Energy is measured in calories.

Calorie IN & Calorie OUT Determine Your Weight



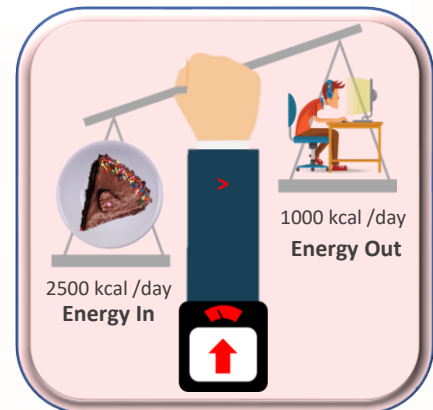
Energy from food =
Energy used by the body

Weight Maintenance



Energy from food <
Energy used by the body

Weight Loss



Energy from food >
Energy used by the body

Weight Gain

Proper nutrition (eating a well-balanced diet) and **daily physical activity** are key components of any effective weight management program.

At its core, weight loss occurs only through a **negative energy balance or caloric deficit**, which is produced when we used or burn more calories than we take in.

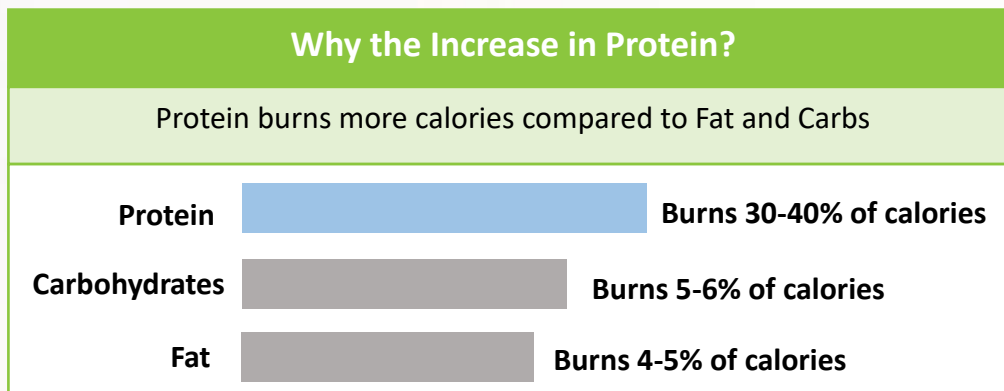
The most effective way of creating this caloric deficit is through a combination of diet (restricting caloric intake) and exercise (increasing caloric expenditure).

In essence: CALORIES CONSUMED < CALORIES BURNED = WEIGHT LOSS

Increase Your Calories Burned by Increase You Protein Intake

We get our calories from food. Carbohydrates, fats, and proteins are the main macronutrients that provide you energy in the form of calories that are needed to maintain your body's functions and structure. Carbohydrates provide 4 calories per gram, protein provides 4 calories per gram, and fat provides 9 calories per gram.

For weight loss, limit calories intake from high fat and high-carb foods. Meanwhile, you might benefit by **adding more protein** in your diet as protein potentially playing a role in successful weight loss. Adding more protein to your diet may **promote feeling of fullness, prevent muscle loss and protein has the highest thermic effect**, meaning it takes more calories to digest compared to carbohydrate or fats.



How Much Protein You Need?

Bare minimum to prevent deficiency;
insufficient to promote optimal health

→ **0.8g x body weight (kg)**

Ideal amount

→ **1g* x body weight (kg)**

*RNI, MOH (2017)

Athletes, body builders and
those who exercise often

→ **1.2g – 1.7g x body weight (kg)**



Slowly increase your protein intake by replacing processed foods or excessive carbohydrates or fats with protein-rich foods.

Look for **lean animal-based sources of protein** like meat, fish, poultry, eggs, and dairy. You can also get your protein from **plant-based sources** like soy and legumes. Protein powder are also a good option to increase protein intake.

Goal Setting



Setting Realistic or Practical Goals

Having a clear vision of your weight loss goals is critical to your success. Unfortunately, many people give up on their weight loss goals because they expect fast results that do not take effort, time, and perseverance. As more effort is required, it can leave you feeling too overwhelmed to do anything at all. You can overcome this feeling of paralysis by analysis by setting realistic, achievable goals that push you out of your comfort zone.



Grow what matters
One step
At a time.
Little by little, your
Steps will add up.

Example of realistic and achievable goal:

- ✓ Weight loss rate: **0.5kg-1kg per week**
(Lose about 2-4kg per month) 
- ✓ Lose at least **5-10%** of initial weight
over 6 months
- ✓ Reduce **at least 4 cm** of waist circumference
or achieve normal measurement over 6
months 

Even a modest weight loss of 5 to 10 percent of your total body weight is likely to **produce health benefits**, such as **improvement in blood pressure, blood cholesterol, and blood sugar.**

Source: CDC, 2022

Nutrition General Guidelines

Malaysian Healthy Plate Rules & Portion Control

A flexible way to consume the right amount of macronutrients for a well-balanced diet.



BALANCE



MODERATE



VARIETY



Nasi lemak



Chapati & dhal



Bread with egg & salad



White rice with grilled fish & vegetables



Mee hoon soup



Nutrition General Guidelines

Healthy Eating Habits

Mindful eating is a technique that helps you better manage your eating habits. Mindful eating involves paying closer attention to your food and how it makes you feel. It helps you learn to distinguish between physical and emotional hunger, it also has been shown to reduce disordered eating behaviours, support weight loss, and help you feel better.

Mindful eating

- Eat slowly. Chew 20-30 times before swallow.
- Eat at regular time.
- Eat with no distractions.
- Listen to true hunger cues.
- Stop eating when you are full.
- Postpone desire of emotional eating and avoid food temptation.
- Make healthier snacks choice.
- Avoid eat snacks straight from the bag.
- Avoid having late dinners or heavy supper.



Physical Activity

Aerobic and Strength Training Exercise

BodyKey recommended exercise plans are synchronised to your fitness level and long-term weight-loss goals. There is strong scientific evidence that shows getting the right amount of structured activity supports your effort to both lose weight and maintain the weight loss. Physical activity also increases energy expenditure and has a positive impact on stress, sleep, and mood.

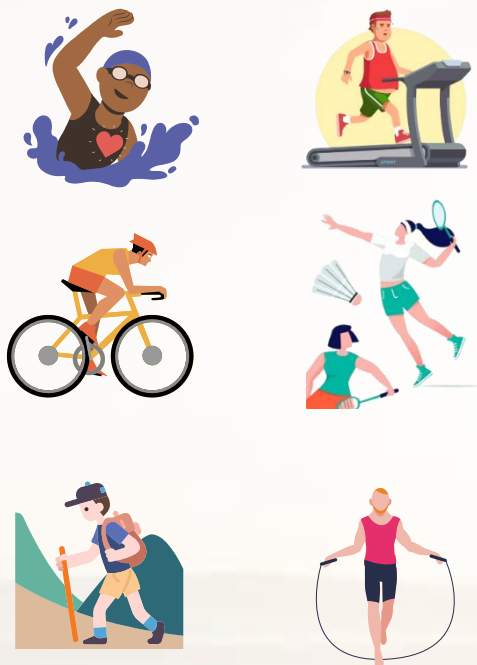
How much activity do I need?

The latest WHO recommendation advocates for adults to engage **at least 30 minutes of moderate to vigorous intensity aerobic physical activity, on at least five days a week** for substantial health benefits. You can spread your activity out during the week and break it up into smaller chunks of time.

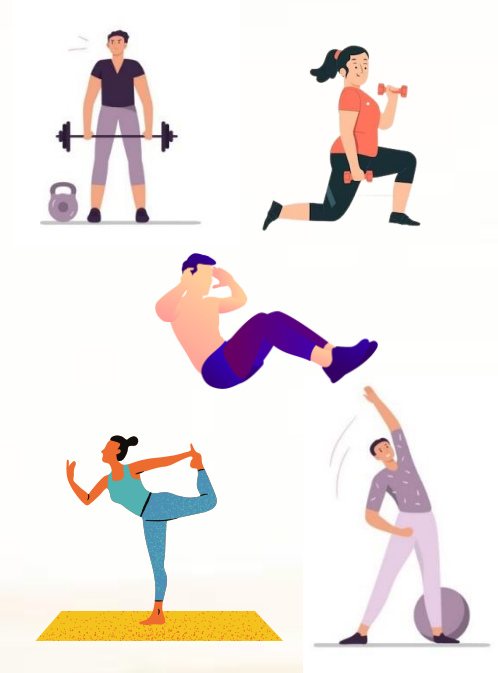
Muscle strengthening activities involving major muscle groups should be done on **at least two days a week** to help increase muscle mass.

COMBINATION OF EXERCISE FOR WEIGHT LOSS

Aerobic Exercise



Strength Training Exercise



You do not have to be an athlete! Little movements add up.

Getting the amount of exercise and general daily movement that is right for you can make it faster and easier to reach your weight-management goals.













Physical Activity

Regular Exercise Routine

If you are not used to exercising regularly and do not know where to start, here are **exercise guide** to help you get started.

MAKE TIME FOR FITNESS.

You may fit any of the following into your schedule:

Exercise	Target/Duration	Frequency
 Walking	 10,000 Steps	 Daily
OR		
 Stairs Climbing	 15 minutes	 Daily
OR		
 Aerobics	 30 minutes	 2 – 3 times a week
OR		
 Strength Training	 20 minutes	 2 – 3 times a week



Physical Activity

Aim to achieve 10,000 steps per days






Another tips to become more physical active is aimed to achieve 10,000 steps per days.

Here are some tips to help you to get started to accumulate steps and achieve this goal.










1. Get a 10-minute brisk walk around the neighbourhood.
2. Walk to lunch or to the store.
3. Take a walk on your lunch break.
4. Park your car further away to gain extra steps.
5. At work, walk to your colleague's desk instead of calling or messaging them.
6. Set your timer to get up every half hour or so and walk a loop or two.
7. Take the stairs instead of using lifts or escalators.
8. Walk in place/ jog on treadmill/ jumping rope while watching TV show.
9. Pace while you are talk on phone.
10. Do house chores and cleaning more often and manually, such as sweeping and mopping the floor, washing the car.



Weight Management Supplement Guide

	Morning	Night	Remarks
<p>Meal Replacement Shakes</p> 		<input checked="" type="checkbox"/>	<p>Nutritional drink that contains protein, fiber, 22 vitamins and minerals that provide at least one third of daily nutritional needs while controlling calorie intake.</p> <p>Replace 1 meal at night. If light dinner is usually consumed, replace the heaviest meal in a day with a shake. The meal replacement shake can also be taken as healthy breakfast.</p>
<p>Soy Protein Drink</p> 		<input checked="" type="checkbox"/>	<p>Unique combination of soy, wheat and pea provides excellent source of high-quality dietary protein for growth, maintenance and repairing of muscles and tissues.</p> <p>Take 1-2 scoops (<i>vary depending on one's daily protein requirement</i>) together with Meal Replacement Shake for satiety and muscle mass preservation.</p>
<p>Salmon Omega Complex</p> 	<input checked="" type="checkbox"/>		<p>Omega-3 fatty acids are critical structural components of cell membranes. They also play a key role in blood lipid metabolism and heart health.</p> <p>Take one softgel per day after meals to fulfill your dietary gaps of Omega-3 fatty acids. Take it either after breakfast, lunch, or dinner.</p>
<p>Botanical Beverage Mix Chicory Root Extract with Probiotics</p> 	<input checked="" type="checkbox"/>		<p>Each serving stick pack has 6.3 billion CFUs of an exclusive blend of five probiotic strains to help balance and maintain the gut microbiome.</p> <p>Use one stick pack daily. This product may be consumed any time on an empty stomach by sprinkled directly onto the tongue or mixed with cold foods and beverages.</p>
<p>Mixed Fiber Powder</p> 	<input checked="" type="checkbox"/>		<p>It provides a good source of prebiotic which will enhance gut health with probiotic.</p> <p>Take 1 stick in the morning or any other preferred time for satiety, good digestive health, and metabolic functions. It can also be mixed with the Meal Replacement Shake and Soy Protein Drink.</p>

Weight Management (Day 15-60): Meal Plan Sample & Supplements

Begin your morning with a glass of water	
BEFORE BREAKFAST	<p style="text-align: center;">Mixed Fiber Powder</p>  <p style="text-align: center;">1 stick pack</p> <p style="text-align: center; font-size: 2em; color: green;">+</p> <p style="text-align: center;">Botanical Beverage Mix Chicory Root Extract with Probiotics</p>  <p style="text-align: center;">1 stick pack</p>
BREAKFAST	<p>HEALTHY BREAKFAST (340Kcal)</p> <ul style="list-style-type: none"> • Garden salad • 2 tbsp Asian sesame dressing • 2x hard-boiled eggs • 1 serving fruits 
LUNCH	<p>BALANCED LUNCH (441 Kcal)</p> <ul style="list-style-type: none"> • 1 bowl rice • 1 scoop stir-fried vegetables • 1 scoop legumes • 1 palm-sized fish slices with gravy vegetable soup  <div style="border: 1px solid black; padding: 5px; margin-top: 10px; text-align: center;"> <p>After lunch, take 1 softgel of Nutrilite Salmon Omega Complex (Other options: take it after breakfast/dinner)</p> </div> 
SNACK	<p>HEALTHY SNACKS (179 Kcal)</p> <ul style="list-style-type: none"> • A handful of mixed roasted nuts 
DINNER	<p>MEAL REPLACEMENT (approximately 245Kcal)</p> <p style="text-align: center;">BodyKey Meal Replacement Shake</p>  <p style="text-align: center;">1 pouch</p> <p style="text-align: center; font-size: 2em; color: green;">+</p> <p style="text-align: center;">Soy Protein Drink</p>  <p style="text-align: center;">1-2 scoops (Vary depending on one's daily protein requirement)</p>
Total Calories A day:	
	approximately 1205Kcal
 <p>Make Time for Exercise!</p>	

Healthy Smoothies Recipes with BodyKey Meal Replacement Shake

You may blend the BodyKey Meal Replacement Shake and Soy Protein Drink with functional foods for extra benefits, for example:

Recipe 1



- 1x green apple
- 1x celery stalk
- ½ small beetroot
- 1x stick Nutrilite Mixed Fiber Powder
- 1x stick Nutrilite Botanical Beverage Mix Chicory Root Extract with Probiotics
- 1 pouch of BodyKey By Nutrilite Meal Replacement Shake (Berry)
- 1 scoop of Nutrilite Soy Protein Drink
- 250ml cold water

Recipe 2



- ½ avocado
- ½ banana
- 1 cup baby spinach
- 1x stick Nutrilite Mixed Fiber Powder
- 1x stick Nutrilite Botanical Beverage Mix Chicory Root Extract with Probiotics
- 1 pouch of BodyKey By Nutrilite Meal Replacement Shake (Chocolate)
- 1 scoop of Nutrilite Soy Protein Drink
- 250ml cold water

Recipe 3



- ½ cup alfalfa sprout
- 5x walnuts
- 10x almond nuts
- ½ zucchini
- 1x stick Nutrilite Mixed Fiber Powder
- 1x stick Nutrilite Botanical Beverage Mix Chicory Root Extract with Probiotics
- 1 pouch of BodyKey By Nutrilite Meal Replacement Shake (Café Latte)
- 1 scoop of Nutrilite Soy Protein Drink
- 250ml cold water

Recipe 4

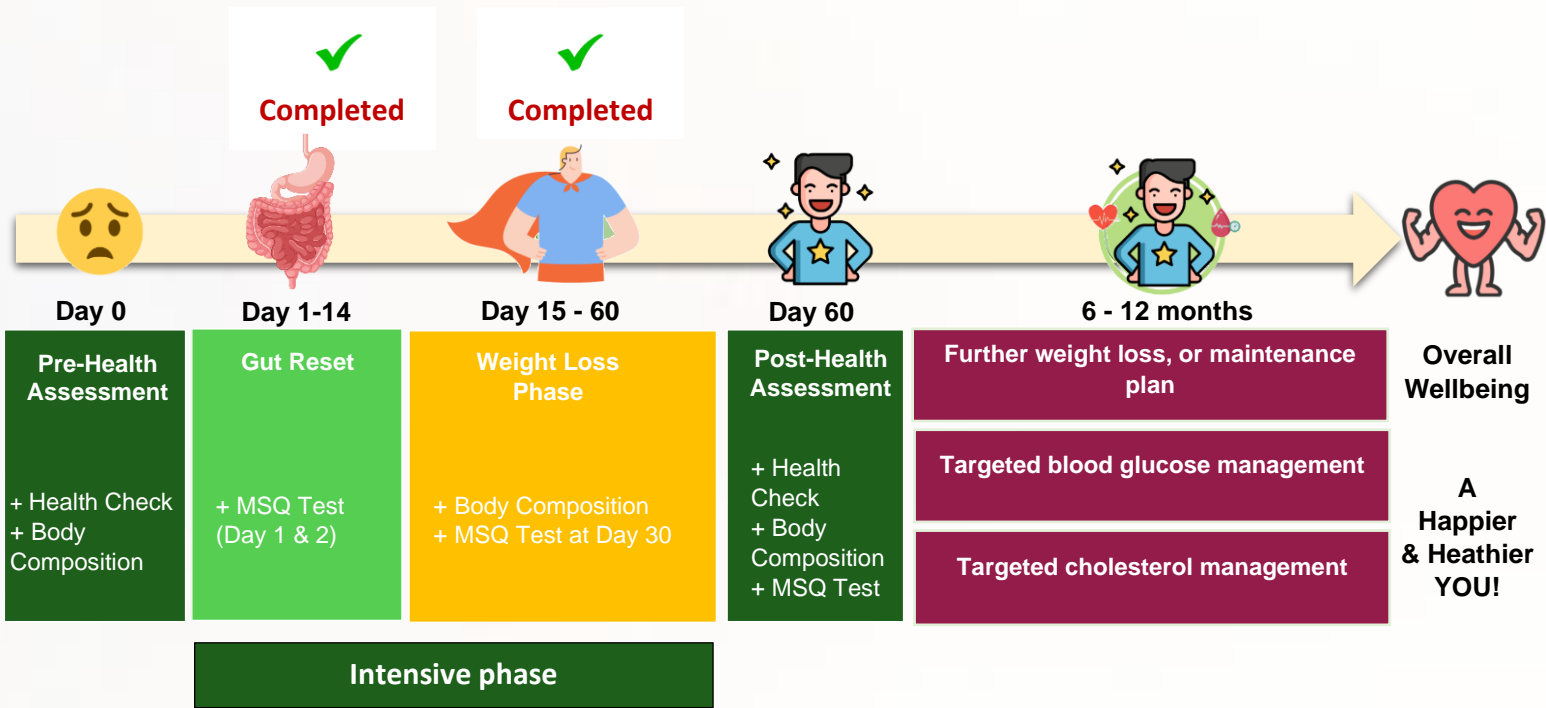


- 1x large purple cabbage leaf
- ½ black plum
- ½ green pear
- 1x stick Nutrilite Mixed Fiber Powder
- 1x stick Nutrilite Botanical Beverage Mix Chicory Root Extract With Probiotics
- 1 pouch of BodyKey By Nutrilite Meal Replacement Shake (Café Latte)
- 1 scoop of Nutrilite Soy Protein Drink
- 250ml cold water

Disclaimer: The smoothies recipes provided above is for reference only. If you have any medical condition or are taking any medication, please consult with your doctor before making any significant changes to your diet, including incorporating healthy smoothies in your daily diet plan. While smoothies can be a healthy addition to your diet, it may not be suitable for everyone and could have potential interactions with medications. Feel free to create your own healthy smoothies with different fruits and vegetables that work for you.

See The Difference

BodyKey Gut Reset Weight Management Programme Monitoring Guide



Note: The duration of the intensive phase is flexible and depends on your weight loss target. However, it should not be short if you want to achieve sustainable weight loss.

Congratulations! You have followed the programme closely and are now enjoying the benefits of happier, healthier living.

Now, take the next step in your journey by using a targeted solution or product bundle specific to your health goal.

Continue your journey to healthier, happier living and enjoy the support of Nutrilite™ products every step of the way.

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