

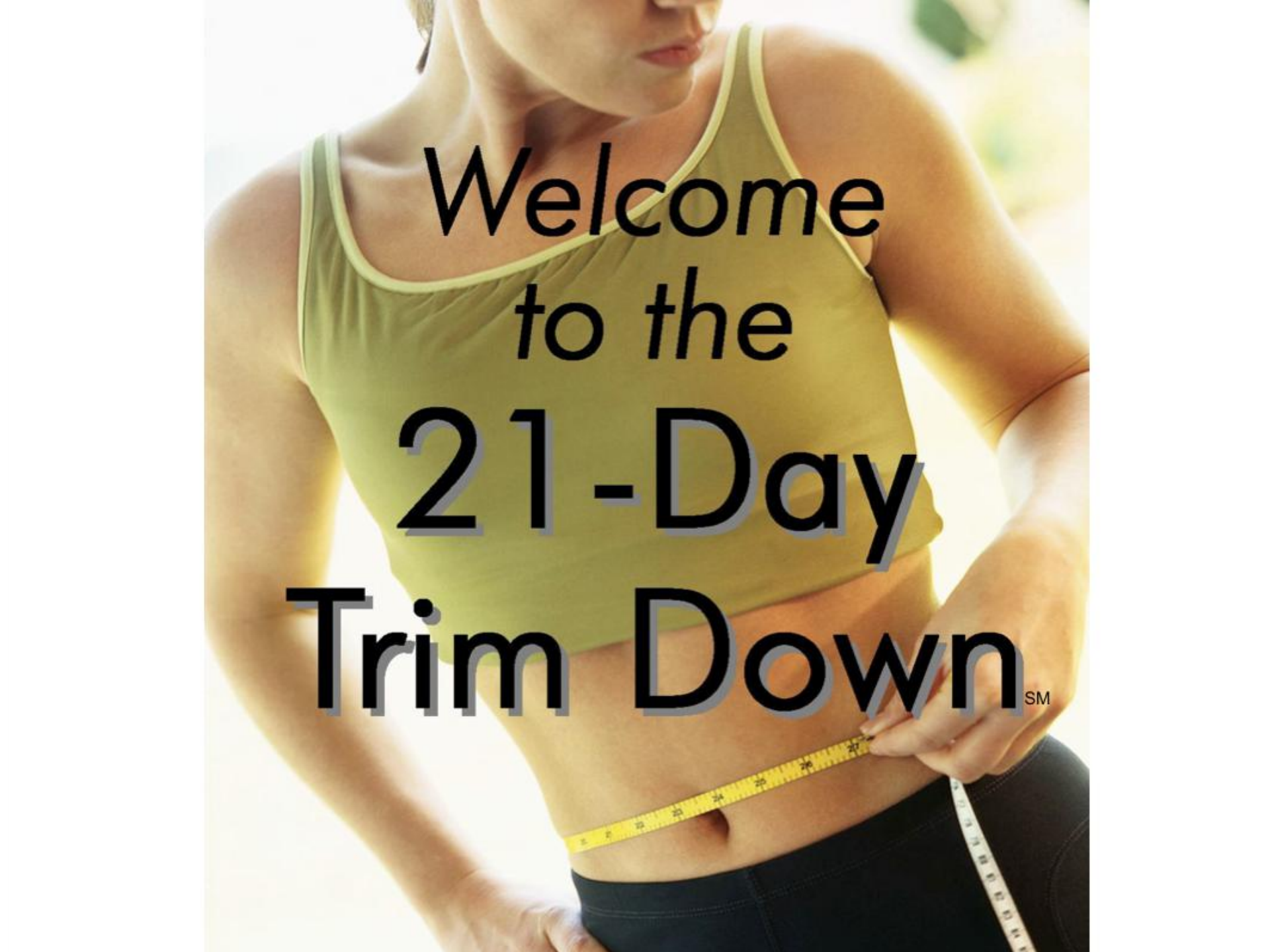
THE DR. OZ SHOW OFFICIAL YOU TUBE CHANNEL

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THE OWNER'S MANUAL TO LOSING WEIGHT  
THE DR. OZ SHOW

< Start by Playing Dr. Oz Video >

A woman in a green tank top is measuring her waist with a yellow tape measure. The text "Welcome to the 21-Day Trim Down" is overlaid on the image. The word "Trim" has a small "SM" trademark symbol at the end.

Welcome  
to the  
21-Day  
Trim Down<sup>SM</sup>

# What is the best predictor of your future health?

- Whether you are apple or pear shaped?
- The amount of sugar and fat in your diet?
- **Your waist size!**
- The amount of fruit & vegetables you eat?

# Genetics vs. Lifestyle

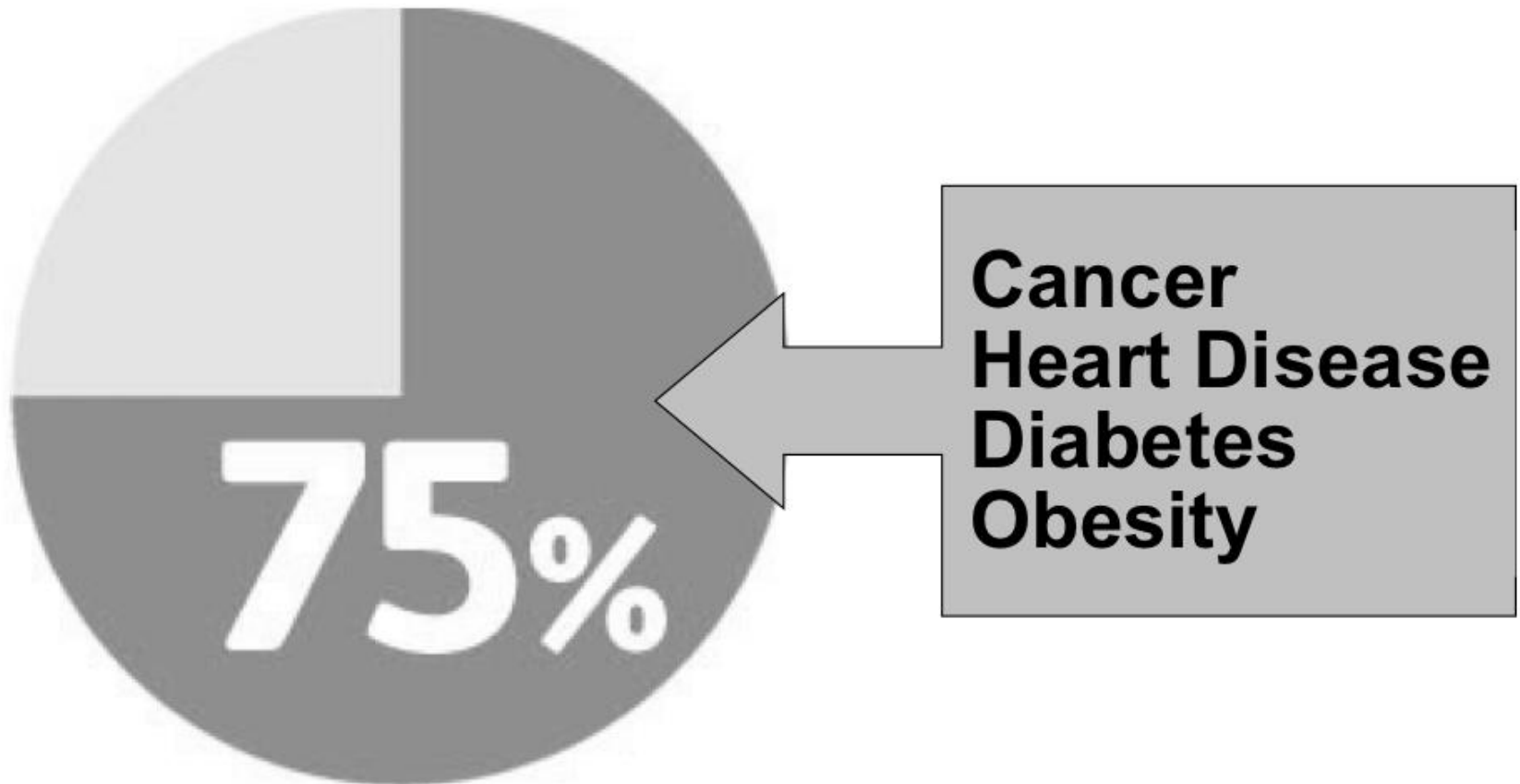


80%  
lifestyle!

# Poor nutrition = obesity and disease



# Obesity increases healthcare costs



# Diseases Linked to Obesity



- Heart disease
- Pulmonary disease
- Diabetes
- Bone and joint pain
- Certain types of cancer
- Sleep apnea
- Depression

# Obesity can lead to diabetes





# Where and how to begin to make healthy changes?



# 3 Food Categories



**Protein**



**Fats**



**Carbohydrates**

# All carbohydrates are not alike



# How foods rank on the glycemic index

The glycemic index ranks foods on a scale from 0 to 100.

Low-glycemic index

**55 or less**

Medium-glycemic index

**56 to 69**

High-glycemic index

**70 or higher**

Black beans	20
Cherries	22
Peach	28
Tomato	38
Apple	38
Bran muffin	60
Table sugar	61
Sweet potato	61
Cantaloupe	65
White Bagel	72
Donut	76
Baked potato	85
Cornflakes	92
Glucose	100

# Effects of high-glycemic vs. low-glycemic foods

High-glycemic chart



RELEASE ENERGY QUICKLY

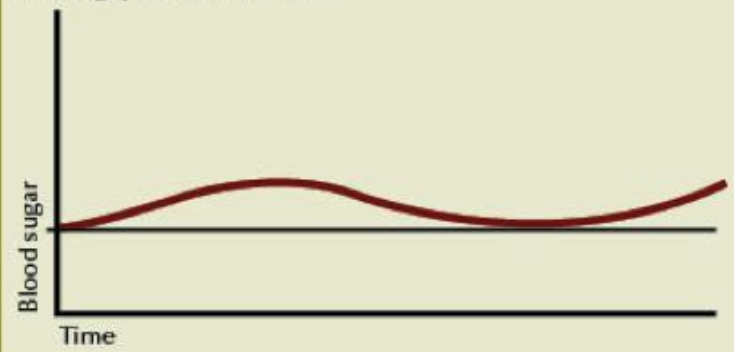


FEEL HUNGRY SOONER



EAT MORE

Low-glycemic chart



RELEASE ENERGY SLOWLY



FEEL FULL LONGER



EAT LESS

# Low-Glycemic Lifestyle

- Eat 5-6 times a day
- Always eat a low-glycemic breakfast
- Avoid the “whites”
- Eat *nutritious* low-glycemic foods: whole fruits and vegetables, lean protein, good fats and whole grains
- Take high-quality nutritional supplements
- Drink 8-10 glasses of water every day
- Limit diet soda and alcohol
- Daily physical activity
- Get enough sleep

# 21 days for new habit



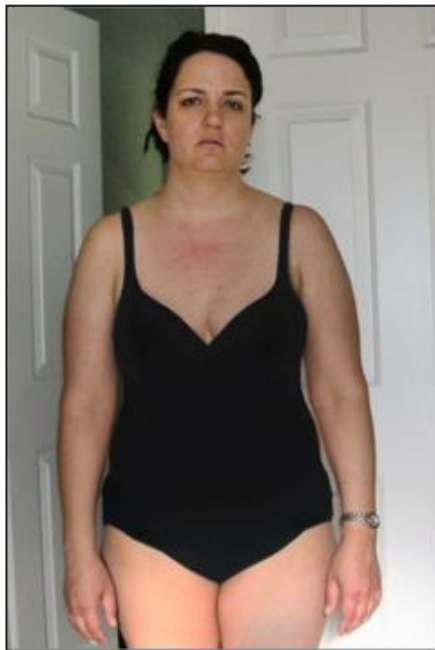
# Our Partners



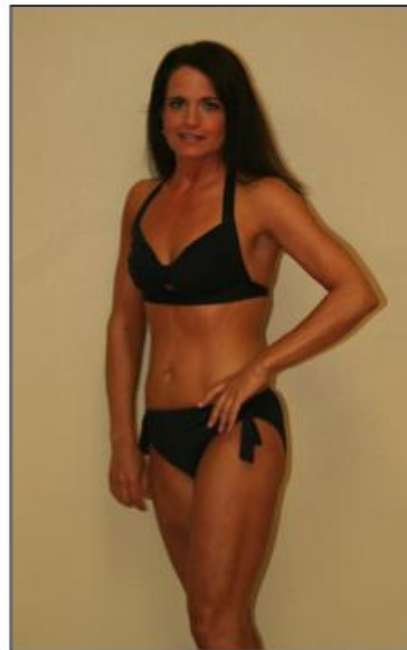
- Safe for Diabetics
- Certified low-glycemic products
- Pharmaceutical-level manufacturing
- Science-based and guaranteed pure
- Designed for long-term weight-management



# Trimdown & Transform



Before



After

**“USANA’s products and healthy habits allowed me to lose 70 pounds. I am so passionate about what this company does.”**

**—Lisa Slater, Nevada**

It is suggested that you take these products to your physician and secure his/her advice if you intend to change your diet, begin an exercise program, are pregnant or lactating, have allergies, are taking medications, or are under the care of a physician. Results are not typical. The average weight loss with RESET is 4.5–5 lb. in five days.

These statements have not been evaluated by the Food and Drug Administration. These product are not intended to diagnose, treat, cure or prevent any disease.

# Trimdown & Transform



Before



After

**“Prior taking USANA’s products I was over-weight and had low energy. Today, I have lost 23 lbs and I feel awesome.”**

**—Rod Walls, Ohio**

It is suggested that you take these products to your physician and secure his/her advice if you intend to change your diet, begin an exercise program, are pregnant or lactating, have allergies, are taking medications, or are under the care of a physician. Results are not typical. The average weight loss with RESET is 4.5–5 lb. in five days.

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# Trimdown & Transform



Before



After

**“USANA’s weight management program has changed my life .”**

**—Hattie Montgomery, Texas (lost more than 320 lbs)**

It is suggested that you take these products to your physician and secure his/her advice if you intend to change your diet, begin an exercise program, are pregnant or lactating, have allergies, are taking medications, or are under the care of a physician. Results are not typical. The average weight loss with RESET is 4.5–5 lb. in five days.

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# 21-Day Trim Down Program Overview

*3 Meals*



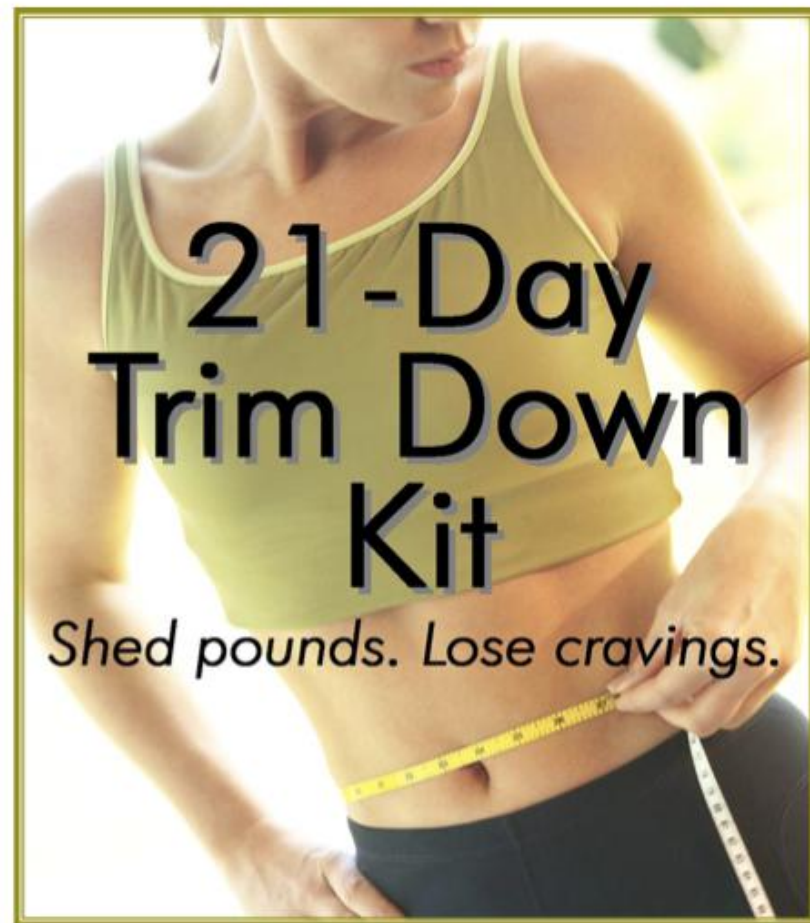
*2 or 3 Snacks*



*Monday Night Coaching Call*



**21 Day Trim Down Guide will be provided by the person who introduced you...**



# A Day in the Life...

## *High-glycemic Day*

- Breakfast: Cereal or drive-thru McDonalds
- Snack: Coffee and donut
- Lunch: what's that? Or grab a sandwich on the run
- Snack: Diet soda & Snickers
- Dinner: no time to cook – do pizza or take out before kids activities
- Crash in front of the TV and snack on ice cream, cookies, etc.

## *Low-glycemic Day*

- Breakfast: Shake & morning supplements
- Snack: Snack Bar
- Lunch: Shake
- Snack: Apple and nuts
- Dinner: Filet with large salad & evening supplements
- 8-10 glasses of water throughout the day
- Physical activity
- Go to bed early and let your body release fat!

# Potential Benefits of a Low-Glycemic Lifestyle

- Healthier weight
- Healthier measurements
- Increased energy
- Decreased cravings
- Better sleep
- Healthier bathroom habits
- The chance to impact your “5”  
(weight, waist, blood pressure, cholesterol, blood sugar)

A vertical yellow gradient bar is located on the left side of the slide, extending from the top to the bottom.

# **Personal Stories**



# Here's How to Order!

## 21-Day Trim Down™

Teaching your body to lose weight naturally and permanently.

### Program Order Form

#### PROGRAM INCLUDES:

Choose a total of 5 bags of Smoothie Mix:

- Dutch Chocolate
- French Vanilla\*
- Wild Strawberry
- Chocolate Whey\*

Choose a total of 2 boxes of Snack Bars:

- Peanut Butter\*
- Chocolate\*
- Oatmeal Raisin
- Berry Nut\*

- 1 Fiber Drink Mix\* (added to smoothies)
- 1 Blender Bottle with whisk
- 1 Set of Nutritional Supplements\*
- 1 FREE 21-Day Trim Down Kit
- 1 FREE weekly Coaching & Support Call
- 1 FREE mobile wellness coaching

Your total (shipping & taxes not included): **\$266** (about \$12.50/day)

#### Mini-Program Includes:

Choose a total of 3 bags of Smoothie Mix:

- Dutch Chocolate
- French Vanilla\*
- Wild Strawberry
- Chocolate Whey\*

Choose 1 box of Snack Bars:

- Peanut Butter\*
- Chocolate\*
- Oatmeal Raisin
- Berry Nut\*

- 1 Fiber Drink Mix\* (added to shakes)
- 1 Blender Bottle with whisk
- 1 Set of Nutritional Supplements\*

Your total (shipping & taxes not included): **\$186**

More choices on back...

\* indicates a gluten-free product

#### ADDITIONAL ORDERING OPTIONS

- Dutch Chocolate Nutmeal (makes 9 shakes): \$25.25 (plus tax & shipping)
- Wild Strawberry Nutmeal (makes 9 shakes): \$25.25 (plus tax & shipping)
- French Vanilla Nutmeal (makes 9 shakes): \$25.25 (plus tax & shipping)
- Oatmeal Raisin Nutrition Bars (14/box): \$28.95 (plus tax & shipping)
- Chocolate Fusion Nutrition Bars (14/box): \$28.95 (plus tax & shipping)
- Peanut Butter Crunch Nutrition Bars (14/box): \$28.95 (plus tax & shipping)
- ~~Fiber~~ Plus: \$29.95 (plus tax & shipping)
- Essentials Nutritional Supplements (28-day supply): \$42.50 (plus tax & shipping)
- Blender Bottle w/whisk (20 oz., BPA-free): \$5.95 (plus tax & shipping)

#### Order Information

Full name: \_\_\_\_\_  
 Street Address: \_\_\_\_\_  
 City, State, Zip: \_\_\_\_\_  
 Phone: (\_\_\_\_) \_\_\_\_\_ Email: \_\_\_\_\_

*If paying by check, please add \$18 for tax and shipping.*

\_\_\_\_\_ detach and send a for processing

#### Credit Card Information

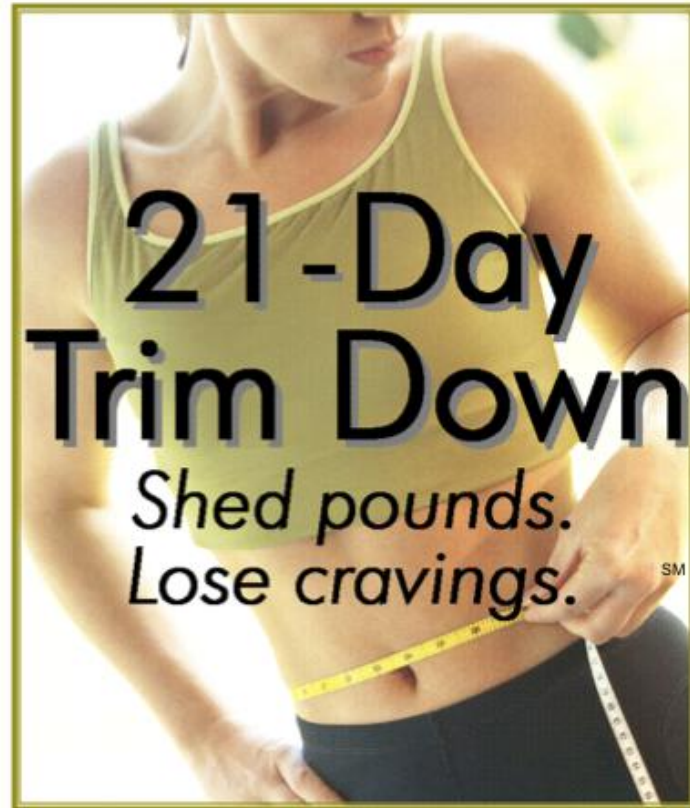
Name on card: \_\_\_\_\_  
 Credit card type: \_\_\_\_\_ Expiration: \_\_\_\_\_  
 Credit card #: \_\_\_\_\_  
 Signature: \_\_\_\_\_

**Billing address, if different from shipping address:**

Full name: \_\_\_\_\_  
 Street Address: \_\_\_\_\_  
 City, State, Zip: \_\_\_\_\_

For questions or more information, contact the person who invited you, or call Sharon or Gal at 614-888-7502!

# Let's Trim Down!



## 21-Day Trim Down

*Shed pounds.  
Lose cravings.* SM

# The 21-Day Trim Down

Brought to you by USANA Independent Associates:  
Tom Dirks, Gail Walls, and Sharon Kissner



HEALTH SCIENCES  
INDEPENDENT ASSOCIATE

Compliance Approval #ADV45