



START YOUR *Revolution*

**LighterLife is about much more
than just Foodpacks.**

This booklet will explain what, how and when to
use your LighterLife Foodpacks, and also tell you
more about LighterLife CBT Mindfulness

– that's the part **that makes us different.**

A new life **is possible.**



Steps to a healthy body and mind

There are two LighterLife weight loss plans, and both come with LighterLife CBT Mindfulness support.

TotalFast where the average weight loss is a stone a month, and all food is replaced with LighterLife Foodpacks and is for those who want to lose weight fast.

FlexiFast where food is replaced with LighterLife Foodpacks on some days, or for some meals every day, and weight loss can be up to 2 lbs a week (depending on the food choices you make on non-Fast meals)

There are two types of Foodpacks:

*See front of your Foodpack for details



Total Dietary Replacement (TDRs)



Meal Replacement Products (MRPs)

All Foodpacks are formulated and developed under strict rules and regulations, and contain the best possible quality ingredients and 100% of what your body needs.

Revolutionise your dieting strategies

TotalFast - What do I eat?

You replace all your conventional food with 4 Foodpacks a day either: 4 TDRs (VLCDs) or 3 TDRs and 1 MRP.

This will give you 100% of all the vitamins, minerals, protein, carbs, fibre and fatty acids you need in a day in between 600-800 Calories in top quality ingredients.

Your body burns your fat stores for the rest of the Calories you need in a day.

You can also have black teas and black coffee, as much of our water flavourings and savoury drink mix as you want, a couple of bags of Popped Chips a week, LighterLife jelly and water, sparkling or still from bottle or tap.



When and how should I eat my Foodpacks?

It doesn't matter, as long as you have 4 in 24 hours.

Which flavours you choose (4TDRs or 3TDRs and 1 MRP), sweet or savoury, hot or cold, thick or thin is totally up to you.

The instructions on how to mix/cook them are on the packet. Any other food or drink makes TotalFast harder, not easier.

Revolutionise your relationship with food

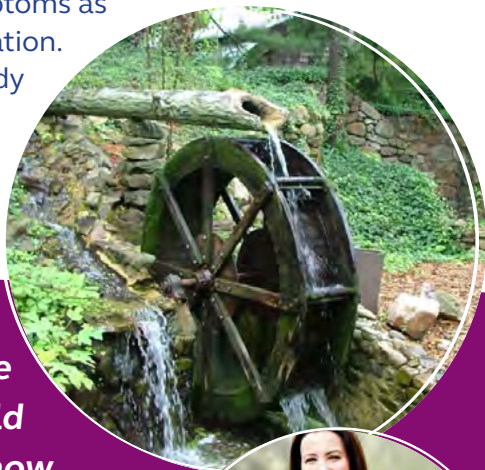
Body matters

While on TotalFast, your body burns fat efficiently and does this through a process called Ketosis. Other foods, particularly carbohydrate and citric acid will slow or stop this process.

In your first week - your body is detoxing and burning its reserve of sugars; the temporary side effects of this might be:

- ✓ Feeling hungry for the first few days
- ✓ A possible headache now and then
- ✓ Feeling a little nauseous
- ✓ Different bowel movements

Drinking water will help all these symptoms as they may also have to do with dehydration. Drink little and often – think of you body as a water wheel, it works best when there is a steady trickle of water going over it.



“Getting into ketosis had some hard moments – I knew it would get better and was surprised how quickly the hunger passed. By the end of my first week I felt better than had for a long time”.



Sharon
lost
5st 5lb
in 5 months

Revolutionise your habits and routines

Kat
**lost
9st**
in 9 months



and has
maintained
for more than
3 years

Medication and supplements

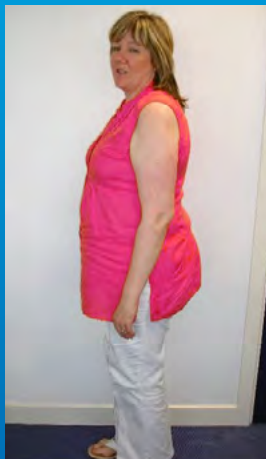
Keep taking any prescribed medication, (as you lose weight you may need to take less) check with your Health Care Professional. Over the counter meds are fine and it won't hurt for you to keep taking any supplements too.

Recording your success

Record your weight once a week at the same time of day. That way you don't get disheartened by normal daily fluctuations.

Take your start photo (you'll be glad you did once the weight has gone). Full length, one front on, one side on, both looking at the camera.

Also take videos of yourself recording your experience throughout your journey



Taking your start photo

Revolutionise your wardrobe

CBT Mindfulness

We know that losing weight is relatively easy, the hard part is keeping it off. To do that you have to change your lifestyle for the long term, if you go back to eating and doing what you did before you lost weight – you will go back to weighing the same.

CBT Mindfulness is a way of understanding what your behaviour around food is really about, and understanding what you will have to do in the future. We believe that LighterLife CBT Mindfulness is just as important as the Foodpacks.



After losing 6st in 6 months, Gary says:

“LighterLife’s Mindfulness sessions helped me get to the heart of my overeating and I changed my lifestyle.”



After losing 4st in 4 months, Samantha Parramore, 32 says:

“To me, the Mindfulness sessions were a lifeline. I learnt so much about myself. It’s so comforting to know you’re not alone.”



After losing 6st 5lb, Diana Mais says:
“Now I can go to a party and, instead of feeling self-conscious and embarrassed about my size, stand out for all the right reasons.”

Revolutionise your thinking

We offer various means of support

- ✔ CBT Mindfulness sessions – run weekly by your personal Mentor
- ✔ CBT Mindfulness sessions via Facebook live sessions
- ✔ Community support via LighterLife® Official Support Facebook Group
- ✔ Content – helpful blogs and newsletters

To make this time different, LighterLife is about REVOLUTION - getting your mind sorted as well as your body.

Because recognising what's been going on in your head – and not just what's been going into your mouth – is key to managing your weight in the long term. LighterLife is far more than a diet, it's a unique opportunity to revolutionise your life.

Understanding “why” you used food the way you have, so you can change how you think, how you eat and how you live.

FlexiFast - What else do I eat?

You choose what you do for the other meals depending on whether you are FlexiFasting to lose weight, or using FlexiFasting to maintain your weight.

Managing my weight loss

Management is where you learn how to maintain your weight loss and build a new, healthier lifestyle. Management begins with a 6-week plan which helps you to return to a full range of conventional food in the best way possible to lay a strong foundation for building new habits to avoid weight re-gain.

*“Don’t just think of it as losing weight.
Think of it as starting your own revolution”*

*“I thought I was too busy to attend a meeting but
now four weeks on and one stone down I realise how
important the meetings are, how important losing weight
is and how important I am. I now realise that being with
others who understand is so important.
You don’t do it alone, but you alone can do it.”*

Denise
**lost
2st**
in 2 months



and has
maintained
for more than
7 years



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Lose a stone a month.