

CHAPTER 13

BIOS LIFE PRODUCT TRAINING

Bios Life® is a series of world-class products developed to attack the world's number one health concern — obesity. Obesity is the leading cause of increased risks for cardiovascular disease (the world's number one killer), and diabetes. Becoming familiar with the benefits of Bios Life®, what it is and how it works, will help you build a strong customer base and expand your Bios Life Franchise.

Although some of this information may be technical, please continue your study and supplement this guide with available resources.

What is Bios Life®?

Bios Life® is a vitamin-rich fiber based supplement. Not all the products in the Bios Life® family are the same. However, they do share common ingredients, namely the base of a Biosphere Fiber and a Bios Vitamin Complex. The differences in the products are the result of the natural progression of our learning and research of new ingredients that improve the effectiveness of the products in combating health issues. We will refer to the elements in Bios Life Slim™™ since it represents the cutting edge of our research and contains all of the possible elements used in the Bios Life® family of products. Bios Life Slim™™ consists of the Biosphere Fiber, a proprietary ingredient called Unicity 7X, the Bios Cardio matrix and a Bios Vitamin Complex. We will discuss what each one of these elements is and what they do.

Biosphere Fiber

A major part of Bios Life® is naturally occurring fiber. Fiber is a normal plant component. It is an important part of the skin of an apple, for example, or the bark of a tree. Fibers are carbohydrates which are not absorbed into the blood stream. They can't be digested because the digestive system lacks the enzymes to break them down. As a result fiber moves through the digestive system without influencing what's going on inside the body.

The Role of Fiber

There are two kinds of fiber - soluble and insoluble. Referring again to the apple, the skin contains mostly insoluble fiber, whereas the flesh of the apple contains pectin, a soluble fiber. Whether fiber is soluble or insoluble determines its biological effect.

Insoluble fiber is known for its digestive benefits. It helps to bulk the feces and can serve as food for friendly bacteria, thereby improving the immune system. It also “scrubs” out the inside of the intestinal tract, resulting in a cleansing of the digestive tract.

Soluble fiber, on the other hand, dissolves in the stomach and becomes a thick, gel-like substance. It is the same thing that happens if Bios Life® is left to stand in a glass of water for a period of time, only much more quickly.

Fiber's Role In Cholesterol Management

One of the roles that the Biosphere Fiber plays is to reduce cholesterol through a mechanism called Bile Acid Sequestration. The function of this mechanism is to trap and eliminate cholesterol in bile acid. This, in fact, means that Bios Life® is able to trap (sequester) bile acids in the gastrointestinal tract.

How Does It Work?

Bile acids are molecules that the body produces to digest fat from the diet. They are made by the liver using cholesterol as a building block. Once the bile acids are formed, they are transported to the gall bladder, where the mixture of acids, cholesterol, and other molecules are concentrated into bile.

Fat entering the gut triggers the gall bladder to excrete bile into the GI tract, where it aids in the digestion of fat. Once the fat is digested, the body efficiently recycles the bile acids. The bile acids are reabsorbed into the blood stream and broken down into their various components so that they can be reused. The cholesterol that is used for this process originates from the total amount of

cholesterol in the body, and after re-absorption, the total concentration of cholesterol in the body stays the same. That explains why bile-mediated normal fat digestion does not alter the cholesterol concentration in the system.

When Bios Life Slim™™ is consumed prior to a meal, the fiber from the Biosphere Fiber has time to form the gel in the GI tract before the food arrives. Once the fat in the food arrives, the normal digestive signaling occurs and bile is released into the gut. The bile acids help to digest the fat. However, instead of being reabsorbed in the blood stream for breakdown and later use, the fiber gel traps the bile acids along with the cholesterol, blocking its re-absorption. The bile acids no longer return to the blood stream but are excreted in the feces. The recycling mechanism is thus interrupted. In order for new bile acid to be synthesized, cholesterol from the body's stored supply will need to be used, thus reducing the total amount of cholesterol in the body.

Another positive benefit from use of the Biosphere Fiber is to inhibit the synthesis of new cholesterol. Fiber is fermented in the colon by bacteria to yield short-chain fatty acids such as acetates, propionates, and butyrates. Overall these fatty acids inhibit the synthesis of cholesterol by the liver.

The cholesterol-lowering effect of fiber is so well established that the Food and Drug Administration allows the use of a health claim in relation to the reduction of the risk of heart disease by a product if the product contains a meaningful amount of soluble fiber. This is unique, since the FDA only allows these kinds of health claims for a limited number of dietary ingredients.

Fiber has been researched in many clinical trials all over the world. Unicity performed a clinical trial with Bios Life® at the prestigious Cleveland Clinic. This study was published in the journal *Metabolism*. The results from the Cleveland Clinic study showed that the Bios Life® fiber matrix was able to reduce LDL (low-density lipoprotein) or bad cholesterol, and increase HDL (high-density lipoprotein) or good cholesterol, by significant amounts. The study also showed that Bios Life® improved two other risk factors for heart disease: APOB (Apolipoprotein B) and Homocysteine levels. (Refer to chapter 15 for more information)

Fiber's Role In The Management of Blood Glucose; Good News for Diabetics

Fiber moderates blood sugar levels. Consuming fiber will lower blood sugar levels and increase the amount of time it takes for glucose to be absorbed in the digestive tract. Glucose, a carbohydrate, is the main source of energy for the body. When food is consumed, it is broken down into glucose, after which the body converts it into adenosine triphosphate, commonly known as ATP or energy for the body.

All good things should be consumed in moderation, and glucose is no exception. The body has an elaborate signaling system to ensure that blood sugar levels don't get too high or too low. If the blood sugar level rises in the body, the pancreas, sensing this rise, releases the hormone insulin. Insulin's role is to help facilitate the cells in the body to absorb glucose from the bloodstream. If the blood sugar levels drop too low, then the body sends a hunger signal to eat.

Unfortunately the main staples of the traditional American Diet are processed foods, refined sugar and flour. A negative result of excess consumption is that blood sugar levels in the body rise much faster than if a diet consists of whole grains, fruits, and vegetables. If repeated frequently enough, a sudden spike of sugar in the blood will cause the pancreas to work overtime to produce insulin. An unintended consequence of the hard work of the pancreas is overshooting the amount of insulin the body actually needs. An excess of insulin in the bloodstream causes the body's blood sugar levels to drop rapidly. At that point the body signals to the brain that it is hungry and needs to eat. This cycle repeats until the body no longer recognizes the signaling network and becomes insensitive to insulin. The pancreas, which is overworked to begin with, quits producing insulin, and the result is the disease called diabetes.

The Biosphere Fiber in Bios Life Slim™™ moderates blood glucose levels through two mechanisms. The first involves the gel-like matrix the fiber creates in the gut. This matrix interacts with the food, delaying its absorption. The matrix drags the food along, and every so often a bit of the food escapes and is absorbed in the digestive tract. This is particularly true for carbohydrates.

By delaying the absorption of glucose, blood glucose levels do not reach extreme levels, relieving stress on the pancreas and allowing it to more accurately produce the correct amount of insulin needed to facilitate glucose absorption. In general, the same amount of glucose is absorbed. What has changed is the time it takes to absorb it.

The second mechanism in which Biosphere Fiber moderates blood glucose levels is by changing the glycemic index of food. This is tied into the first mechanism. Some foods generate a high level of blood sugar while others elicit a lower level of blood sugar in the body. The difference is generally based on the amount of carbohydrates that a specific food contains and how available those carbohydrates are to the body. This effect is measured by what is called the glycemic index of foods. The glycemic index describes the glucose effect a food has within the body. The higher the glycemic index of a food, the greater the impact that food will have on glucose values and the rise of glucose in the blood.

Remember that the soluble fibers in Biosphere Fiber will create a gel-like matrix in the gut. When food enters the digestive tract, this matrix will begin to interact with it and will create a coating around the food. This protects the food from digestive enzymes and will delay the breakdown of the food into glucose. As with the first mechanism, the interaction of the gel-matrix with food reduces the overall level of blood glucose levels and spreads out glucose absorption over a longer period of time.

Past research confirms the results of fiber supplementation on blood glucose levels. The Unicity Science team has presented multiple abstracts at scientific conferences with data they have collected at conferences conducted by the American Heart Association. The results show decreases in fasting glucose levels as well as post-prandial (after a meal) glucose levels. Another result of the studies was a decrease in triglyceride levels, a result that is crucial to converting bodies into fat-burning machines as we will discuss later in this chapter.

How Phytosterols Work

Biosphere Fiber contains five different highly soluble fibers: pectin, guar gum, gum acacia, locust bean gum, and oat fiber. Gum is a scientific term for soluble fiber. These fiber sources have been specifically selected for their cholesterol lowering potential. What is also singular is that calcium carbonate is added to this fiber mixture. The calcium carbonate is not there for its nutritional value but for the gel formation. Upon contact with the acidic environment of the stomach, the calcium carbonate starts to release carbon dioxide, and this bubbling disperses the fiber quickly through the gastric fluid. The fiber matrix is therefore formed quickly and efficiently. The manufacturing process and blend of ingredients are trade secrets of Unicity International and therefore, proprietary.

The American Heart Association advises people to consume 25 – 30 grams of fiber per day for proper nutrition and to promote heart health. The average person only consumes about 12 grams per day, so there is a large gap. A single serving of Bios Life Slim™™ provides 4 grams of fiber. Consuming Bios Life Slim™™ can help fill this gap.

Unicity 7X

One of the research discoveries found in Bios Life Slim™™ is the combination of ingredients in our Unicity 7X. This patent-pending, proprietary blend of ingredients contains plant-derived polysaccharides, citric acid, calcium carbonate, and a pinch of orange flavoring. Unicity 7X represents Unicity's most cutting edge research added to the Bios Life® family of products. The primary constituent of Unicity 7X is the proprietary blend of plant-derived polysaccharides. It's this constituent that helps facilitate slimming or fat burning. This blend of plant-derived polysaccharides helps restore the body's hormonal signaling involved in energy metabolism. Recent studies have shown that by consuming these plant-derived polysaccharides, the body is able to restore the brain's sensitivity to a signal (in this case the hormone leptin) that was previously turned off or ignored.

Bios Cardio Matrix

Another constituent of Bios Life Slim™™ is the Bios Cardio Matrix. This matrix is comprised of the following ingredients: phytosterols, policosanol from sugar cane, and an extract from *Chrysanthemum morifolium*, an herb. This group of ingredients derives its name from the function it performs, namely to improve cholesterol levels thereby reducing the risk of cardiovascular disease. These ingredients are unique and have different modes of action, yet they work synergistically to accomplish their task.

Lowering Cholesterol Through Phytosterols

The Bios Cardio Matrix uses three mechanisms to improve cholesterol levels. The first mechanism is to utilize plant phytosterols to prevent the body from absorbing cholesterol from food. A phytosterol is a naturally occurring chemical found in plants. Technically speaking, phytosterols are cholesterol analogs, which mean they have similar functions but different origins.

Scientists estimate that 25 percent of the total cholesterol present in the body is derived from food. Cholesterol is present in many foods—particularly fatty foods. Therefore, it makes sense that in order to lower the total cholesterol, the amount of cholesterol ingested from food should be reduced.

Meet the Cholesterol Transportation Department

After eating, food eventually arrives in the small intestine, which is the place in the body where most food components are absorbed into the blood stream. The body has special transport systems embedded in the inner layers of the intestinal tissue that look for various and specific ingredients found in food. One of the ingredients this system looks for is cholesterol—after all, cholesterol is necessary to build new cells, insulate nerves, and produce hormones.

Channel Proteins—All Brawn, No Brains

This cholesterol transport function is performed by proteins called channel proteins. Once channel proteins recognize cholesterol in the gut, the cholesterol is transported by the channel proteins across the intestinal barrier where the cholesterol can be absorbed into the bloodstream. Even though channel proteins are efficient workers,

they can be fooled into spending their time transporting what they “think” is real cholesterol. Meanwhile, the real cholesterol they should be transporting is passed through the intestines and out of the body, fooling these proteins is the job of the phytosterols in the Bios Cardio Matrix.

How Do Phytosterols Work?

Cholesterol is an important molecule serving as a vital constituent of cell membranes and a precursor to various bio-molecules. Phytosterols serve similar functions in plants.

Cholesterol and phytosterols are so similar that they only differ in one way on the chemical structure—a small difference that has large consequences. The body will not absorb phytosterols as it would absorb cholesterol.

In fact, phytosterols are so similar to cholesterol that if they're present in the gut along with cholesterol, channel proteins can't tell the difference between the two. As a result, some of the phytosterols are picked up by the channel proteins instead of cholesterol, which allows the cholesterol to be passed out of the body and not absorbed into the bloodstream.

In order to position the phytosterols in the small intestine before the cholesterol from the food arrives, we recommend Bios Life Slim™ be consumed with your meals.

There have been many studies done in relation to the cholesterol-lowering potential of phytosterols. Many of these studies were performed by manufacturers of phytosterol-enriched margarine spread. Typically the studies show a reduction of LDL (bad cholesterol) in the 5 to 20 percent range over periods of eight weeks to one year.

Decrease Cholesterol Manufactured by the Liver

The second mechanism of the Bios Cardio Matrix utilizes policosanol derived from sugar cane to naturally decrease the amount of cholesterol manufactured by the liver.

Cholesterol can be brought to its proper levels using several different approaches because cholesterol has many functions in the body. Every function involves its own biochemical reactions, and each one of those is, in principle, a target for intervention.

The most common approach used to lower cholesterol is called HMG-CoA reductase inhibition, or, in other words, decreasing the amount of cholesterol manufactured by the liver. This is the approach that prescription statin medications use.

Cholesterol is synthesized from small building blocks in the body using a long chain of biochemical reactions. In total, more than 20 steps are used to construct the cholesterol molecule. Glucose (sugar) or palmitate (a fatty acid) can be used as the source molecule that is used to generate cholesterol. Every individual building step of the molecule is mediated by enzymes. These are large protein molecules that serve to facilitate the biochemical steps.

If the cholesterol synthesis process is compared to an automobile factory line, the workers and robots are the enzymes that bring the different building blocks together. Since the construction line is a linear process, if only one worker is not working or working slowly, the whole line decreases in speed. This is the idea behind HMG-CoA reductase inhibition.

Inhibiting the HMG-CoA Reductase Enzyme

HMG-CoA reductase is one of the enzymes involved in cholesterol synthesis. This abbreviation stands for 3-hydroxy-3-methylglutaryl CoEnzyme A reductase. This enzyme converts HMG-CoA to mevalonate, which is one of the steps in the production chain. This enzyme can be inhibited (slowed down) by many components. The most well-known of these are the statin molecules.

Statin molecules can slow down HMG-CoA by binding to it. This binding results in a structural change of the enzyme so that it is no longer active in the production chain. Disabling enough of this enzyme throughout the body will reduce the total amount of cholesterol produced.

Policosanol Inhibits HMG-CoA Reductase Naturally

Similar to statin molecules, a specific phytonutrient called policosanol has been shown to inhibit HMG-CoA. Scientists have spent years establishing the cholesterol lowering properties of the policosanol molecule. This molecule is actually a mixture of a couple of different alcohol molecules whose structure is unique in the sense that it also interferes with the effectiveness of HMG-CoA reductase. It is,

in fact, a natural statin and like a statin medication, is also highly effective.

Many studies have been performed with this molecule in dosages comparable to statin dosages, from 5 mg to 40 mg per day. LDL is typically reduced by 20 - 25% in a 12 week period. However, unlike statin medications, the use of policosanol is effective without producing unwanted side effects. If policosanol works identically to statins, why doesn't it cause the same potential side effects? Side effects are not caused by the positive results that the statins have on the enzyme but rather from the aftereffects on other body tissues such as the liver. Consequently, the liver has to filter the statin molecules once the molecules have finished their job. Policosanol does not produce these negative side effects.

Bios Life Slim™™ contains 12 mg per serving of pure policosanol. The benefits of this mechanism do not rely on taking the product before meals, as stated with the other mechanisms. Policosanol works throughout the day because cholesterol synthesis occurs continuously. Therefore, if Bios Life Slim™ is not taken before a meal, it can still be taken after or at any time during the day, yielding positive results.

Policosanol has another beneficial side-effect for the cardiovascular system. Research has shown that it also reduces LDL-oxidation and platelet aggregation. LDL can be oxidized by free radicals, leading to an even greater build-up of atherosclerosis. Slowing this down obviously has an extra benefit in addition to the mere lowering of LDL. Platelet aggregation is the process that may lead to blood clots, which in turn can reduce the blood flow in the body. Policosanol will help the body naturally keep the blood fluid at healthy levels and reduce the risk of clotting.

Boost the Enzymatic Breakdown and Removal of Cholesterol

The third mechanism of Bios Cardio Matrix utilizes a water extract of *Chrysanthemum morifolium* to boost the enzymatic breakdown and removal of cholesterol from the body.

Cholesterol's Bad Reputation

Cholesterol has had a lot of bad press over the years. But, the fact is the body needs cholesterol.

1. Cholesterol is a major building block for many of the hormones in the body. For example, both the estrogen and testosterone hormones begin with cholesterol as a starting molecule.
2. Another important function of cholesterol is to build and maintain cell membranes. Cholesterol floats in the fatty phospholipids that comprise cell walls and maintains the structural integrity of cells.
3. Cholesterol is a fundamental building block for bile acids. The body needs cholesterol—the problem is that too much cholesterol is a health risk.

Manufacturing the Chemicals Needed to Survive

The body is like a high-tech chemical manufacturing facility. It is continually building, tearing down, eliminating or storing the chemicals it needs in order to survive. Bile acid is one of these chemicals that the body continually manufactures and then tears down. Bile acids are biological molecules used to digest fat from the diet. They are made by the liver using cholesterol as a building block.

One of the bile acids is called cholic acid. The first step the body takes to make cholic acid is to convert cholesterol into what's called 7-alpha-hydroxycholesterol. What facilitates this transformation is an enzyme called 7-alpha hydroxylase.

Now imagine being able to give those 7-alpha hydroxylase enzymes an energy drink that makes them work twice as hard. As a result, more cholesterol is taken from the body's storage and converted into cholic acid—thus reducing the total amount of cholesterol in the body. That's exactly what the extract from *Chrysanthemum* does.

Meet the Proprietary Discovery

The Unicity Research and Development Team discovered that a water extract of *Chrysanthemum morifolium* energizes the enzyme 7-alpha hydroxylase. *Chrysanthemum morifolium* is not a new herbal extract. It has been known for centuries that this

flower has healthy benefits when it is consumed as a tea. Particularly in parts of Asia, this flower tea is consumed for the benefits to the eyes and the immune system. In fact, this discovery is the foundation of one of the patents on Bios Life®—making it the only supplement available that possesses this cholesterol-lowering mechanism.

Bios Vitamin Complex

Over the past few years, clinical studies have removed all doubt—Bios Life® is perhaps the most effective all-natural supplement for improving cholesterol levels, lowering triglyceride and blood sugar levels, in the prevention of cardiovascular disease, heart disease, and diabetes. For complete details regarding these studies, refer to chapter 15 of this manual.

The Bios Vitamin Complex found in Bios Life® consists of the following ingredients: calcium carbonate, vitamin A (beta-carotene), vitamin C (ascorbic acid), vitamin E (d-alpha-tocopherols), vitamin B1 (thiamine), vitamin B2 (riboflavin), vitamin B3 (niacin), vitamin B6 (pyridoxine HCl), vitamin B12 (cyanocobalamin), biotin, folate, chromium, selenium, and zinc. Bios Life Slim™'s primary function isn't to be a vitamin supplement but to help burn fat.

With fat burning as the ultimate goal, we have selected vitamins and minerals that will help achieve this goal. For example Niacin, Riboflavin, Biotin, Cyanocobalamin, Folic Acid, and Thiamine HCl provide a powerful vitamin B complex. These vitamins are essential for:

- The breakdown of carbohydrates into glucose (this provides energy for the body)
- The breakdown of fats and proteins (which aids the normal functioning of the nervous system)

Another example is the addition of the mineral chromium. Chromium is believed to enhance the effectiveness of insulin. Supplemental chromium reduces blood glucose levels. Many researchers believe that supplementary chromium could be very useful for diabetics, especially those with Type 2 Diabetes.

The vitamins and minerals selected to be part of the Bios Vitamin Complex all play a synergistic role in helping the body produce energy more efficiently, protecting the cardiovascular system from oxidative damage and aids in the management of blood glucose levels.

How Does Bios Life Slim™ Work?

Now that we have discussed what is in Bios Life Slim™, let's talk about how these elements come together and work to convert the body from a fat-storing machine to a fat-burning machine. Bios Life Slim™ helps the body burn fat in the following six processes:

1. Bios Life Slim™ curbs the appetite by creating a feeling of satiety or fullness. Scientists have known for years that fiber increases satiety or, in other words, fiber makes you feel fuller quicker. As we have previously mentioned, the Biosphere Fiber creates a gel-like matrix in the gut. This gel-like matrix takes up physical space that would normally be occupied by food.
2. Bios Life Slim™ absorbs fat by binding to fatty molecules, prohibiting the absorption of cholesterol into the blood stream. This is one of the ways in which Bios Life Slim™ is able to lower cholesterol to healthy levels. By removing fat from our bodies, we reduce the amount of fat our bodies need to break down or store.
3. Bios Life Slim™ utilizes its fat stores for energy production. We have dubbed these periods as "fat-burning zones." The main reason this occurs is because Bios Life Slim™ moderates blood glucose levels. The Biosphere Fiber in Bios Life Slim™ helps keep glucose levels from spiking too high as well as from dropping too low. This will help curb urges to snack. Once the body has metabolized insulin, it can utilize its own fat storage for energy production. This is one of the steps crucial to converting the body into a fat burning machine.
4. Bios Life Slim™ reduces leptin resistance. Leptin is the signaling hormone between fat cells and the brain. The brain stops craving food when it senses an adequate amount of leptin. This communication helps the brain control the appetite by helping to restore proper hormone signaling to the brain by reducing insulin levels in the body. When insulin levels are high, this communication blocks the release of leptin from the cells, and as a result, fat accumulates. Maintaining high levels of insulin in the body results in a lack of leptin signaling to the brain which can cause the brain to "stop hearing" the leptin signal. This situation is called leptin resistance and is a significant factor in obesity and weight gain. Bios Life Slim™ breaks this cycle by moderating blood glucose levels which in turn moderate insulin levels. By taking Bios Life Slim™ regularly and lowering the level of insulin in the body, the leptin signaling between the fat cells and the brain is reestablished. This may help reduce cravings and appetite leading to fat burn and weight loss.
5. In relation to number two, Bios Life Slim™ lowers blood fat levels, known as triglycerides. Recent studies have shown how triglycerides inhibit leptin from crossing the blood brain barrier, preventing the signal from ever reaching the brain. By reducing triglyceride levels, we are removing one obstacle from allowing leptin to get into the brain. The brain can't ever react to the message if the message is blocked at the door way. Regular use of Bios Life Slim™ reduces the triglyceride levels, thus enabling leptin to cross into the brain.
6. The final benefit of Bios Life Slim™ is its ability to manage lipid profiles and help bring cholesterol levels to a healthy range. We have already discussed how efficient Bios Life Slim™ is in reducing total cholesterol and LDL-cholesterol levels. However, we are just discovering how this is important not only for cardiovascular health but in fat burning. A recent study has shown how LDL-cholesterol acts as a signal from the liver to fat cells, inhibiting lipolysis (the process of breaking down fats). By reducing LDL-cholesterol, Bios Life Slim™ removes an important obstacle in converting the body into a fat-burning machine. Regular consumption of Bios Life Slim™ will reduce total cholesterol levels but more importantly, will reduce LDL-cholesterol levels.

Through the combination and synergy of these six processes, Bios Life Slim™ helps the body become

a fat-burning machine. There simply isn't another supplement on the market like it.

Accelerate the Fat Loss

A couple of questions undoubtedly asked are, "How can I accelerate the fat loss process?" or, "What can I do to help Bios Life Slim™, slim me down?" The research and development team at Unicity has done the research for you. By incorporating the following five steps, you can experience quicker fat loss for yourself as well as teach others how to accelerate their fat loss:

- Start the day off right by jumpstarting your metabolism with a high protein breakfast. Studies have shown that a high protein breakfast leads to a longer feeling of fullness and the consumption of smaller meals throughout the day.
- Take Bios Life Slim™ daily along with three healthy, well balanced meals. Research has shown that people who eat three meals a day are less likely to overeat and keep off long-term weight.
- Use the 4-4-12 rule to space your meals. For example, allow (4) four hours between breakfast and lunch, (4) four hours between lunch and dinner, and (12) twelve hours between dinner and breakfast. Give your body time in between meals to metabolize the insulin produced as a result of eating. A general rule of thumb is that on average insulin will drop to low levels in two hours. Spacing your meals every four hours ensures that your body will enter a period where you use fat stores for energy production previously referred to as the fat burning zone. The key to entering the fat-burning zone is to avoid snacking which will increase glucose levels and insulin levels to spike. The presence of insulin blocks the body's ability to access the fat stores for energy.
- Decrease the glycemic index of your meals. Change what you eat by eating more fruits and vegetables and fewer carbohydrates. If you are going to eat carbs, eat whole grains and avoid refined foods.
- Increase your level of activity. Look for ways to exercise or to simply increase the amount of walking you do. Use the stairs instead of the

elevator. Walk to work or walk during your lunch break. Walking is a great activity that promotes the use of fat-burning for energy.

Bios Life Slim™ is a singular supplement that is designed to help burn fat and improve overall health. By taking Bios Life Slim™ with meals, your body will return to its natural fat-burning mode. Your next meal and every meal after that will be much more enjoyable by knowing that with Bios Life Slim™ you're improving what may be the biggest factors in determining how you look, how you feel, and in determining the quality and length of your life.

Unicity is committed to producing high quality products. Time, energy and money are invested to ensure each and every product is safe, effective and easy to consume. The Research and Development team at Unicity collaborates with various research institutions to insure quality and effectiveness. The results of these collaborations are available to you and can be accessed in Chapter 15.