

LIFE, HEALTH, and PROSPERTY

for more information please visit us at: fredthomas.info

The SLIMFX Challenge is designed to provide the ultimate weightloss experience for individuals desiring to burn fat, lose inches or reduce their weight to achieve optimum health. The Vi-Shape meal shake is the center of this program which is designed to accelerate the elevation of the body pH. This low glycemic shake contains 23 vitamins and minerals and more for maximum nutrition plus fiber to ensure improved detoxification and proper pH balance. Fat burning cannot be achieved until the body pH is elevated above the acidic level present in most people who consume unhealthy processed and fast foods or sugar laden beverages. The plan incorporates unlimited thermic vegetables and sensible meals excluding fried foods and sugar or starches. In addition, you should avoid all sodas including diet sodas, alcohol, and energy drinks which contain excessive sugar.

SLIMFX PROGRAM GUIDE AND MENU

We recommend 2 Slim'nUP with breakfast & lunch; plus 2 Reneu with breakfast and 1 Reneu at bedtime

THERMIC VEGETABLES****

- Asparagus
- Bamboo Shoots
- Bean Sprouts
- Beets
- Broccoli
- Cabbage
- Cauliflower
- Celery
- Chinese Cabbage
- Eggplant
- Green Beans
- Greens
- Mushrooms
- Okra
- Onions
- Peppers
- Pumpkin
- Sauerkraut
- Snow Peas
- Spinach
- Squash
- Turnips
- Water Chestnuts
- Wax Beans
- Zucchini

******Thermic vegetables** are specially selected vegetables that supports rapid weight loss and increase the thermogenic (fat-burning) process. You may eat an unlimited quantity of these thermic vegetables because they **consume** more calories than they **contain**.

SALAD INGREDIENTS

- 1/4 Avocado
- Celery
- Chinese Cabbage
- Chives
- Cucumbers
- Endive
- Garlic
- Lettuce
- Mushrooms
- Onions
- Parsley
- Radishes
- Scallions
- Tomatoes

FOOD FLAVORINGS AND SEASONINGS

- Guacamole (2 Tbsp. per serving)
- Horseradish (1 Tsp. per serving)
- Lemon/lime juice
- Lemons/limes
- Liquid smoke
- Olive oil (2 Tbsp. per serving)
- Onion powder
- Real butter (1 Tbsp. per serving)
- Any "light" salad dressing (3 Tbsp. per serving)
- Salsa (3 Tbsp. per serving)
- Sea salt
- Spices and herbs*
- Sugar substitute
- Tomato sauce (3 Tbsp.)
- Vegetable broth

* Season to taste. (use only sugar free seasonings)

BEVERAGES

- Aloe Vera juice (1 serving)
- Coffee/Tea
(Use sugar substitute only to sweeten.)
- Essence flavored seltzers
(must say "no calories")
- Water (at least 8 glasses/day)

SNACKS

- Sugar-free gelatin (Unlimited servings)
- 1/2 cup cottage cheese
- 6 Walnuts or Almonds
- Thermic vegetables (unlimited)
- 1 cup popcorn (no butter or oil)

FRUITS

- 1/2 apple
- 1/2 cantaloupe
- 1/2 grapefruit
- 1/2 pear
- 1/2 cup grapes
- 1 cup blackberries
- 1 cup blueberries
- 1 cup cherries
- 1 cup strawberries

Drink plenty of water

Drink at least 8 glasses of water every day to hydrate your body and to help you feel full.

MAIN MENU

- **1 Vi-Shake***
- Two Eggs (any style)
- Low-fat cottage cheese (1/2 cup)
- Low-fat yogurt (1 cup)
- Ricotta cheese (1/2 cup)
- Skim milk (8 oz. per serving)

POULTRY**

- Chicken
- Game hen
- Turkey

FISH**

- All fresh fish
- Tuna (must be water packed)

MEAT**

- Beef (lean)
- Ham (center cuts only)
- Lamb (lean only)
- Veal (in moderation)

* Order additional shakes as needed

** Up to 6 oz. of lean meat or fish, skin removed.

*** **No fried food, eat only baked, grilled, broiled, roasted or blackened**

SOUPS

- Bean soups
- Vegetable soup

VEGETARIAN

- Lentils
- Soy bean
- Tofu
- Tempeh

BREADS AND GRAINS

- Brown rice (1 cup)
- Ezekiel bread (1 slice)
- Whole grain rye (1 slice)
- Whole wheat bread (1 slice)
- Whole wheat pasta (3/4 cup cooked)

Exercise

Walk or exercise every day for at least 30 minutes. Exercise increases the metabolic effectiveness, builds lean muscle tissue and promotes a feeling of overall well-being.

Do you suffer from a pH imbalance or impaired metabolic function?

If you answer yes to 4 or more of the questions you may have a possible metabolic slow down.

1. Have you been on 3 or more diets in the last 5 years? YES___ NO___
2. Have you gained more than 5 pounds in any six month span of time since you were 18 years old? YES___ NO___
3. Are you over 25 years of age? YES___ NO___
4. Do you skip breakfast? YES___ NO___
5. Do you eat late at night? YES___ NO___
6. Do you eat a lot of meat or dairy? YES___ NO___
7. Do you eat fast food once or more in a week? YES___ NO___
8. Do you tend to bloat after eating? YES___ NO___
9. Do you suffer from gas or indigestion? YES___ NO___
10. Do you drink less than 8 full glasses of water per day? YES___ NO___
11. Are you sometimes or often water retentive? YES___ NO___
12. Do you suffer from leg cramps or joint pain? YES___ NO___
13. Do you sometimes suffer from constipation or diarrhea? YES___ NO___
14. Do you have less than one bowel movement per day? YES___ NO___
15. Do you exercise fewer than 3 times per week? YES___ NO___
16. Are you under noticeable stress frequently? YES___ NO___
17. Do you suffer from frequent fatigue and loss of energy? YES___ NO___
18. Have you taken 3 or more over-the-counter or prescription drugs in the last 3 years? YES___ NO___
19. Do you crave breads and/or sweets? YES___ NO___
20. Do you feel hungry soon after eating a large meal? YES___ NO___

Not intended to diagnose, treat, cure or prevent any medical condition - please consult your physician.

This information is for educational purposes.

Properly balanced body pH is critical for the body's natural defenses against disease as well as healthy weight and BMI

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DO YOU SUFFER FROM:

- € **Weight Gain, Diabetes or Obesity?**
- € **Cardiovascular Disease?**
- € **High Blood Pressure?**
- € **High Cholesterol Levels?**
- € **Kidney Stones?**
- € **Urinary Incontinence?**
- € **Arthritis or Osteoporosis?**

WHAT IS "PH"? *The body is largely made up of water, which is biologically useful in allowing nutrients, oxygen and biochemicals to be transported from place to place. This water-based medium can have either acid or alkaline properties which are measured by a graduated scale called pH (for "potential hydrogen"). The lower the pH number, the greater the acidity, and the higher the pH number, the greater the alkalinity.*

WHY SHOULD I BE CONCERNED? *Since most of the body is water-based, the pH level has profound effects on all body chemistry, health and disease. If the pH deviates too far to the acid side or too far to the alkaline side, cells become poisoned by their own toxic waste and die.*

IS AN IMBALANCED PH DANGEROUS? *Yes. Nothing does well in an overly acidic or alkaline pH environment. Just as acid rain can destroy a forest and alkaline wastes can pollute a lake, an imbalanced pH continuously corrodes all body tissue, slowly eating into the 60,000 miles of our veins and arteries like corrosives eating into marble. An imbalanced pH can lead to the progression of most, if not all, degenerative diseases.*

Proper Fat Metabolism, Weight Control and Healthy Insulin Production:

An imbalanced pH has considerable influence over the majority of metabolic problems, including Weight Gain, Diabetes and Obesity. A habitually acid pH can directly cause immediate weight gain by triggering a condition known as Insulin Sensitivity which causes erratic insulin production by the body. When the body is flooded with insulin, it diligently converts every calorie it can into fat. Thus, an acid pH will likely direct more insulin to be produced, and subsequently demand the body store more fat than usual.

Acidosis is thus thought to be an important precursor to Diabetes Mellitus, and before the advent of synthetic insulin, diabetes was treated historically by buffering the system with alkaline causing powders. With increased pressure to continually produce insulin, beta cells lose phase with one another (cellular communication is thwarted and the Immune System begins to over-respond). Consequently, stress within the cells increases, making it difficult for them to perform adequately, and further, survive. In a very real sense, they simply burn out!

And, to add to the problem of weight gain, although we commonly diet to lose weight, fasting and dieting are known acid-producing conditions that trigger our body's predetermined genetic response to starvation, wherein insulin floods the body so calories can be converted and stored as fat to prepare for the pending "famine." So, unless you balance your pH level, your best attempts at dieting will be thwarted by your body's own metabolic response to the acid produced by a lower caloric intake.

Healthy Oxygen Flow to Tissues to Flush Toxins and Protect Against Premature Aging:

Acidosis decreases the oxygen affinity of hemoglobin in the blood. All biochemical functions are severely compromised if oxygen supplies are decreased to living tissue. An acid pH decreases the amount of oxygen that can be delivered to cells, making normally healthy cells become unhealthy, deteriorate and eventually die.

Acidosis also causes partial lipid breakdown and destructive oxidative cascades, accelerating Free Radical Damage of cell walls and intracellular membrane structures, which then unravel, killing cells in the process. Acidosis is thus thought to be the first step towards premature aging, interfering with eyesight and memory, and creating wrinkling, age spots, dysfunctioning hormonal systems, and a host of other age-related disorders.

Smooth Blood Flow Throughout Arteries, Veins and Heart Tissue:

The cardiovascular system may be thought of as one large working "system of tubular muscles" designed to carry blood and nutrients to every living tissue in the body and is directly affected by blood plasma pH. The heart is the muscular pump at the center of everything, driving blood through the arteries, veins and capillary beds and helping to regulate the pressure and flow of circulation.

All living tissue is sensitive to its chemical environment and the muscle cells of the cardiovascular system are no different. When blood plasma habitually becomes more acid, it acts as a chemical irritant which slowly attacks and eats away at the smooth muscle tissue of the inner walls of arteries and veins, as well as the heart itself. Like acid eating into marble, a continually acid pH erodes and eats into cell wall membranes of the heart, arteries and veins, weakening the structural composition of the heart, arterial and venous walls, causing lesions of plaque and microscopic tearing throughout its framework, and creating irregularities of blood pressure.

Proper Blood Pressure Regulation:

As pH becomes acidic, arteries become dilated as the caliber of blood vessels decreases (venous vasoconstriction). When this happens, peripheral blood is shifted more centrally: the more acidic the patient, the greater the fractional redistribution of blood to the central vessels. This central redistribution of blood adds to the heart's workload when its contractibility is compromised. This may obviously have potentially lethal cardiovascular effects, making it difficult to control high blood pressure/hypertension, various arrhythmias and the advent of a heart attack.

Critical Lipid, Fatty Acid and Hormonal Metabolism:

Acidosis disrupts general lipid and fatty acid metabolism within the body which could lead to neurological problems, including MS and MD, as well as hormonal imbalances within the endocrine system, leading to urinary incontinence and tract infections, especially in women.

SLIMFX

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Cellular Regeneration and DNA-RNA Synthesis:

For DNA-RNA synthesis and the body's natural cleansing and healing processes to occur, cell pH cannot be acidic. Also, cancerous cells grow well in acidic mediums, and therefore an acid pH actually accelerates and increases the possibility of cellular mutations (cancer).

Proper Electrolyte Activity:

Life-essential functions, like electrolyte Potassium (K+) and Sodium (Na+) channels, are inactivated by acidosis. This has far reaching effects on the cardiovascular system since without extended sufficient electrolyte management, the heart's ability to contract and pump efficiently and rhythmically is compromised, increasing the possibility of a heart attack. Inhibition of electrolyte activity also affects the way we feel and behave, and is intimately involved in the energy levels we experience.

Access to Energy Reserves:

An acid pH inhibits efficient cellular and body metabolism by causing chemical ionic disturbances that interfere with cellular communications and functions, such as the ability of each cell's Sodium-Potassium Pump to work efficiently.

Each cell has its own Sodium-Potassium Pump which regulates the amounts of sodium and potassium the cell stores, which uses up to 25% of daily total caloric input to run. In an acidic environment, less sodium will be present, slowing down the processing and induction of nutrition going into cells. This may cause a bevy of problems not the least of which is the fact that the Sodium-Potassium Pump slows down, burning less fat for energy, creating the inability for the body to access its stored energy reserves, leaving us feeling fatigued and lethargic.

Appropriate Cholesterol Levels so Plaque Does Not Form:

As research has shown, simply reducing the amount of cholesterol in the diet isn't enough. The amount of cholesterol ingested daily has not been found to be a major factor in cholesterol plaque formation. Rather, it is because of the fact that an acid pH allows the binding of cholesterol with heavy metals and other cellular debris that pH status appears to be more directly involved.

An acid-induced malfunction of the body's Sodium-Potassium Pump causes an increase in sodium and calcium buildup within the plasma, making it more available to electrostatically bond with LDL-Cholesterol (the "Bad" Cholesterol) and line the vascular network at an accelerated rate. Specifically, an acid pH initiates electrostatic potential, damaging arterial walls, causing cholesterol oxidation and the bonding of plaque resulting in the hardening of the arteries.

Proper Calcium Utilization to Lessen the Probability of Osteoporosis and Osteoarthritis:

While there may be an increase in calcium build-up due to an acid-induced malfunctioning of the Sodium-Potassium Pump, that free calcium – being in an acidic environment – will most likely bond with LDL-Cholesterol and therefore be unavailable for use by the body. With free calcium populations and channels disrupted, calcium may become inordinately leached from bone mass, specifically the pelvis and teeth (as the only other available source) causing Osteoporosis, tooth loss and other degenerative diseases.

CHECK OFF THE ACID PH CAUSING FOODS YOU EAT:

- € **Pasta and Most Breads**
- € **Refined sugar**
- € **Caffeine products**
- € **Beef, Pork, Poultry, Seafood**
- € **Colas including diet sodas**
- € **Beer and Wine**
- € **Dairy Products**
- € **Eggs and other animal protein**

Most Americans eat the type of foods that leave an acidic residue within the body. This occurs when food is metabolized by the body, leaving chemical and metallic residues which yield either acid or alkaline potentials of pH. These residues most strongly influence the body's cellular pH levels. When the diet is imbalanced with a continual excess of these acidic residues, body pH is directly impacted, causing body fluids to lie constantly within the acidic range. Just like acid rain upon a forest, an imbalanced pH slowly compromises cellular integrity and leads to numerous health problems.

**Caution: For any suspected or known illness or dysfunction, always consult your physician for medical diagnosis and treatment first. Statements contained herein have not been evaluated by the Food and Drug Administration. Products mentioned herein are not intended to diagnose, treat, cure or prevent any disease.*

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