Maximum Energy Quick Start Guide


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Welcome to the EnergyFirst Maximum Energy Program

This EnergyFirst Quick Start Guide provides all the information you need to jump start your new healthy, high energy lifestyle. It includes a description of the core EnergyFirst products, a summary of the key concepts underlying the EnergyFirst program, and the basic steps to get you started.

For more detailed information on the concepts forming the foundation of the EnergyFirst program and for constant motivation and reinforcement, please refer to The EnergyFirst Practical Guidebook. For additional information, visit www.EnergyFirst.com. We are constantly adding new information to keep you informed on all the latest research in health and fitness.

Leading a healthy lifestyle is one of the best decisions you will ever make, one which will impact all aspects of your life. Your physical, mental, and emotional performance is at stake. The EnergyFirst Team is here to support you in your quest for a healthy, high energy lifestyle.

Please contact an EnergyFirst nutritional consultant at info@energyfirst.com with any questions.

Thank you for choosing EnergyFirst!
Key Concepts of the EnergyFirst Program

The EnergyFirst Program represents a new paradigm in healthy living. The concepts underlying this program are derived from the latest in human biochemistry research and the experiences of top physicians.

The quality and ratio of proteins, fats and carbohydrates that we eat dictate the quality of our biochemistry. Our biochemistry determines how good we feel, how good we look, the strength of our immune systems, and how long we are going to live.

A MAJOR KEY TO HEALTH IS STABLE BLOOD SUGAR. YOUR BRAIN CAN ONLY BURN GLUCOSE (BLOOD SUGAR). YOUR BRAIN CANNOT STORE GLUCOSE. YOUR BRAIN CONTROLS ALL BODILY FUNCTIONS AND IS TOTALLY DEPENDENT UPON THE LEVEL OF GLUCOSE IN YOUR BLOOD AT ANY GIVEN MOMENT. THE STATE OF YOUR PHYSICAL AND MENTAL HEALTH IS DICTATED BY WHAT YOU EAT AND DO NOT EAT. THE KEY IS TO KEEP YOUR BLOOD SUGAR STABLE AT ALL TIMES.

How Do You Stabilize Your Blood Sugar?

The best source of glucose is carbohydrates. The key is how rapidly these carbohydrates enter your bloodstream. If they rush in by eating processed carbohydrates or too many carbohydrates for your body, then you will have excess glucose in your bloodstream and your blood sugar will spike. Your pancreas secretes a powerful hormone called insulin. Insulin is your body’s most powerful storage hormone. Insulin prevents the body from burning fat. Insulin clears the bloodstream of glucose, converts the excess blood sugar into triglyceride (blood fats), and stores these fats in your fat cells. High insulin levels also cause excessive inflammation in the body. Research is showing this to cause degenerative diseases like heart disease, cancer, arthritis, joint pain, digestive disorders, respiratory disorders, and autoimmune disorders. High insulin levels also cause increased production of cholesterol. Excess insulin causes blood sugar levels to drop, leaving you in a hypoglycemic (low blood sugar) state. This is a stressful state that triggers the release of cortisol, a hormone that breaks down muscles and bones, accelerates brain aging, increases fat storage, and shuts down the immune system.

Because your brain is totally dependent on glucose, low blood sugar means that your brain is starving. Food becomes the highest priority. The most appealing food to your glucose starved brain is sugar and other processed carbohydrates. Excess insulin causes you to store fat while becoming mentally foggy and hungry. It is not lack of will power that causes cravings and binge eating, it is a lack of blood sugar balance. What is the answer? Get “Energy First.” Start every meal with lean, complete protein. Add one or two tablespoons of good fats/oils, and no more than ONE serving of unprocessed carbohydrates. Why does this work? The lean protein and good fat slow down the conversion of the carbohydrates into glucose in the blood stream. This keeps your blood sugar stable and controls the release of insulin.

The results? Your body is geared to burn fat rather than store fat. Your brain is fed the right amount of glucose and you think more quickly and clearly. Your emotions become more stable when you are not in a low energy, low blood sugar state. Your immune system is strengthened against disease. You no longer crave sugar and carbohydrates, and eliminate the need to compulsively overeat. Your liver no longer overproduces cholesterol. By getting leaner and increasing your resistance to disease, you increase your longevity significantly.
Getting Started...
Four Steps to Success

The EnergyFirst Program is a complete lifestyle approach that combines proper nutrition, exercise, and supplementation. The basic steps include:

1. **Drink at least 10 eight ounce glasses of Pure Water every day.**
2. **Drink an EnergyFirst Shake for breakfast.**
3. **Perform Effective Aerobic Exercise at least 30-45 minutes, 3-6 times per week; and work out with Weights once or twice a week.**
4. **Take daily Essential Supplementation (Multi +ACE).**

**Step 1
Drink Pure Water**

Staying hydrated is essential for energy, burning fat, enhancing your metabolism, detoxifying your body, transporting nutrients to your cells, and for mental alertness. Dehydration is the biggest cause of memory loss and fatigue. Dehydration also causes cholesterol in your body to stick to and build up on your arterial walls, increasing the risk of heart disease.

How much? To stay hydrated, you need to drink at least half your body weight in ounces of pure water throughout the day. If you weigh 150 pounds, you need at least 75 ounces of pure water a day. Remember, you cannot drink too much pure water—the more the better.

How do you know if you are hydrated? Your urine should be clear at least once a day. By the time you get thirsty, you are already 2-3% dehydrated and your energy is depleted by 20-30%. Drink often.

**What does not count towards your pure water intake?**

Many foods and liquids actually dehydrate and de-energize you.

- **Coffee and anything with caffeine:** Caffeine stimulates the liver to release glycogen into the blood stream which raises blood sugar and insulin levels. It is a diuretic and causes your body to lose water. It binds to iron and calcium, contributing to anemia and bone loss.
• **Alcohol**: Alcohol is a diuretic that causing dehydration. It depletes the body of vitamins and minerals, including B-vitamins which are essential for energy production. Alcohol is also addictive. If you crave sugar, you may also crave alcohol, because sugar and alcohol are nearly identical in their molecular structure. Alcohol slows down the metabolism, impeding fat burning. Seven Weeks To Sobriety by Joan Matthews Larsen talks in depth about the biochemical connection with alcohol and how to heal alcoholism through nutrition.

• **Fruit juice**: Fruit juice, even freshly squeezed, is pure sugar, which raises blood sugar and insulin levels, and is a major dehydrator.

• **Sodas**: Regular sodas are high in sugar, so they raise your blood sugar and dehydrate you. They also produce acid in your body and contribute to tooth decay, cavities, gum disease, and bone loss. Sodas containing artificial sweeteners cause a rise in insulin levels, blocking fat burning and encouraging fat storage. Aspartame (also known as NutraSweet and Equal) is metabolized into methanol (wood alcohol) which is then broken down into formaldehyde (a substance highly toxic to the brain) and formic acid (ant poison). Aspartame has been shown to accelerate brain aging and affect the nervous system causing vertigo, headaches, migraines, muscle pain, and fibromyalgia. Other sweeteners like Sucralose, ace-sulfame-K, and Saccharin are also linked to various health disorders.

• **Commercial Sports Drinks (Gatorade etc)**: Most are high in sugar (check the nutrition facts), and dehydrating. If you are exercising and need to replenish your electrolyte stores, make sure to dilute the sport drink in water at least 2-3 time water to 1 part sports drink.

**Hints for getting your daily intake of pure water**

• Aim to drink at least one 8 oz. cup of pure water every hour you are awake.

• Keep pure water always in sight—in your office, kitchen, bedroom, bathroom, take it with you.

• Discover ways in which you enjoy drinking water. Try herbal teas, sparkling waters (can be flavored but not sweetened e.g. Perrier), room temperature or cold, add mint leaves to your water or a squeeze of lemon or lime.
Step 2 - The EnergyFirst Shake
The Perfect Meal

The EnergyFirst Shake is the perfect meal. It is a 100% natural blend of the highest quality lean protein, good fats/oils (containing essential fatty acids omega 3 and 6), and high fiber fruit in the perfect balance for optimal health and energy. As opposed to ready-to-drink products with artificial sweeteners, fillers, and preservatives, the EnergyFirst Shake uses only 100% natural ingredients in their purest form, and you can prepare it in under 2 minutes. All you need is a blender! The EnergyFirst Shake will help keep your blood sugar stable, end hunger and cravings, increase energy, stimulate your metabolism, increase fat burning, lower triglycerides and cholesterol, and improve your performance. Drink an EnergyFirst Shake for breakfast every day. The EnergyFirst Shake is also the perfect lunch, post workout recovery drink, and between meal snack.

To make an EnergyFirst Shake, follow these simple steps:

<table>
<thead>
<tr>
<th>Step</th>
<th>Instructions</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Step 1</strong></td>
<td>Add to a blender: Healthy Liquid: 1 1/2 cups of cold water, non-fat milk, or soy milk. Do not use fruit juice.</td>
</tr>
<tr>
<td><strong>Step 2</strong></td>
<td>Add Lean Protein: 2 scoops of EnergyFirst Whey Isolate Protein Powder (Vanilla or Chocolate)</td>
</tr>
<tr>
<td><strong>Step 3</strong></td>
<td>Add Good Fat: 1 TBS. EnergyFirst Omega Oil Blend OR 1/4 cup EnergyFirst Omega Seed Mix (pre-ground)</td>
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<tr>
<td><strong>Step 4</strong></td>
<td>Add Unprocessed Carbohydrates: 1/2 to 1 cup of fresh or frozen (unsweetened) fruit (strawberries, blueberries, raspberries, apples, etc.)</td>
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<tr>
<td><strong>Step 5</strong></td>
<td>Add Greenergy Superfood: 1 scoop of EnergyFirst Greenergy for extra energy; antioxidants, and immune system boost</td>
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Blend on high until smooth and enjoy. This recipe makes about 28 ounces of shake. Drink the full shake for a complete meal. Drink half for a snack.

Take EnergyFirst Mega Multi+ACE supplements with your shake.
EnergyFirst Shake Recipes

The Energizer
Steps 1-3 with Vanilla Protein Powder
Add: 1/2 –1 chopped green apple
1 tablespoon Greenenergy
1/4 cup raw almonds
Ice

Vanilla Nut
Steps 1-2 with Vanilla Protein Powder
Add: 1/4 cup raw organic oatmeal
1 tablespoon raw cashew butter
1/2 tsp cinnamon

Cherry Ripe
Steps 1-3 with Chocolate Protein Powder
Add: 1/4-1/2 frozen banana
1/4-1/2 cup frozen black cherries

Almond Peach Delight
Steps 1-2 with Vanilla Protein Powder
Add: 1/2-1 cup frozen peaches
1/2 tsp almond extract
1/2 tsp cinnamon

Choc Banana Nut
Steps 1-2 with Chocolate Protein Powder
Add: 1/2 frozen banana
1 tablespoon of raw cashew butter

Apple Cinnamon
Steps 1-3 with Vanilla Protein Powder
Add: 1/2-1 cup of chopped frozen green apple
1 tsp cinnamon
1 scoop greens supplement (optional)

Blue Mango Heaven
Steps 1-3 with Vanilla Protein Powder
Add: 1/4-1/2 cup frozen mango
1/4-1/2 cup blueberries

Tropical Dream
Steps 1-3 with Chocolate Protein Powder
Add: 1/2-1 cup of chopped frozen pineapple

Raspberry Rhubarb Magic
Steps 1-3 with Vanilla Protein Powder
Add: 1/4-1/2 cup frozen chopped rhubarb
1/4-1/2 cup frozen raspberries

Chocoholics Delight
Steps 1-3 with Chocolate Protein Powder
Add: 1/4-1/2 cup of raspberries or blueberries
1/4-1/2 frozen banana

Blueberry Vanilla Pear
Steps 1-3 with Vanilla Protein Powder
Add: 1/4-1/2 cup frozen blueberries
1/4-1/2 cup chopped pear
Ice

Coffee Lovers Delight
Steps 1-2 with Vanilla Protein Powder
Add: 1/4-1/2 cup raw almonds or cashews
1-2 teaspoons instant decaffeinated coffee

Blueberry Vanilla Pear
Steps 1-3 with Vanilla Protein Powder
Add: 1/4-1/2 cup of chopped frozen blueberries
1/4-1/2 cup chopped pear

Have fun and experiment with your own flavors!

Melon madness
Steps 1-3 with Vanilla Protein Powder
Add: 1/4-1/2 cup frozen watermelon pieces

Strawberry Delight
Steps 1-3 with Vanilla Protein Powder
Add: 1/4-1/2 cup frozen strawberries
1/4-1/2 cup frozen mango slices

Banapple Blast
Steps 1-2 with Vanilla Protein Powder
Add: 1/2 small green apple
1/2 frozen banana
1/2 tsp cinnamon

Apricot Fantasy
Steps 1-2 with Vanilla Protein Powder
Add: 1- 2 small apricots
1/4 cup raw almonds
1/2 tsp almond extract
Ice
Who is the EnergyFirst Shake For?

The EnergyFirst Shake is the perfect meal for everyone.

- Adults: As we age our bodies become less efficient at absorbing protein. Whey protein is the most easily absorbed protein available. It helps reverse the aging process by building lean muscle and bone mass, burning excess body fat, and boosting your immune system against diseases like cancer, stroke, diabetes, and heart disease.

- Athletes and body builders: Whey protein has the highest amino acid profile of any protein for optimum muscle growth and strength increase.

- Pregnant or lactating women: Protein and omega 3/6 fatty acids are essential for proper fetal and infant development, especially brain development, and preventing gestational diabetes.

- Children: Because whey protein stabilizes blood sugar, it has been effective in improving the attention of children, particularly those with ADD and ADHD.

- Toddlers: Whey protein isolate is composed of the same basic proteins that are found in human breast milk, making EnergyFirst shakes the perfect meal for young children.

What Is Whey Protein Isolate?

Whey is a by-product of the cheese manufacturing process. For decades it was used as animal feed. Veterinarians, who are some of the best nutritionists in the world, noticed how healthy the animals got when they were fed whey. By 1992, a process was developed to extract the pure amino acids from whey (milk proteins), leaving the lactose and fat behind. This resulted in the formulation of whey protein isolate, the purest, cleanest, most biologically available source of protein in history. Whey protein isolate is the richest source of the 8 essential amino acids the body needs for growth, energy, and vibrant health. It is also the most easily absorbed and assimilated protein on the planet. Pure whey protein isolate has a very similar nutritional profile to that of mother’s breast milk.

EnergyFirst Whey Protein Powder is the purest whey protein available. It contains only 100% pure whey protein isolate, which means it has zero fat, lactose, and cholesterol, and comprises pure amino acids in their most absorbable form. It is safe for people with lactose intolerance, and dairy allergies. It contains only 100% natural, hormone-free, and chemical-free ingredients. It is sweetened with Stevia Leaf Extract, a 100% natural, low-glycemic sweetener that keeps your blood sugar stable. EnergyFirst Whey Protein Isolate is great for diabetics or those with high cholesterol.
What Are The Benefits of Whey Protein Isolate?

Research has proven that Whey Protein Isolate helps:

- Stabilize blood sugar and insulin
- Promote fat loss
- Reduce inflammation
- Stimulate muscle growth
- Enhance immune system
- Increase exercise capacity
- Fight infections
- Encourage bone growth
- Fights cancer
- Lowers triglycerides, lowers LDL cholesterol, and increases HDL cholesterol
- Fights cancer
- Lowers triglycerides, lowers LDL cholesterol, and increases HDL cholesterol

How Much Protein Do You Need?

Exercise physiology research has shown that 0.75 to 1 gram of lean protein per pound of body weight per day is ideal. If you are highly active, athletic, pregnant, under a lot of stress, or a weight trainer, you will need 1 gram of protein per pound of body weight per day. For instance if you are active and weigh 150 pounds, you need 150 grams of pure protein every day, spread out over the day. You could have 3 meals of 40 grams (120 grams) and two snacks of 15 grams each (30 grams).

EnergyFirst Whey protein isolate (the brand new formulation) has 19 grams of protein per 25 gram serving. Suggested serving of whey protein for the EnergyFirst shake (for a full meal): Men: 2-3 scoops per shake (38-57 grams); Women: 1.5-2 scoops per shake for women (28.5-38 grams); Children). Use half these amounts for a snack-sized shake.

What is EnergyFirst Greenergy and What Are The Benefits?

EnergyFirst Greenergy is a nutritional supplement that combines phytonutrients, digestive enzymes, probiotics, and an energy blend into a great tasting and easy to mix powder. It contains concentrated green superfoods, rich vitamins, alkalinizing minerals, disease fighting antioxidants, phyto-chemicals, and chlorophyll. Antioxidants slow the damage caused by free radicals. Free radicals are implicated in many
disease states, including heart disease, cancer, diabetes, and stroke. It is not just high cholesterol that is the problem with heart disease, but rather oxidation of cholesterol which increases its stickiness and propensity to clog arterial walls.

Greenergy helps increase energy, metabolize fat, boost your immune system against cancer and heart disease, detoxify your system, lower cholesterol and triglycerides and optimize your health and well being. Greenergy is also rich in green tea extract, which contains catechin polyphenols. These substances have been proven to reduce the risk of stroke and certain cancers and lower cholesterol.

Greenergy contains a combination of concentrated organic green superfoods including: Spirulina, Chlorella, Dunaliella, and other sea vegetables; green tea extract; green grasses and grains including: barley, brown rice, and wheat grass; pure concentrates of green vegetables; and immune boosting herbs, as well as MSM which is a proven anti-inflammatory. 1 tablespoon contains the nutritional equivalent of 5 servings of superfoods. Greenergy tastes great blended with EnergyFirst Vanilla Ultimate whey protein isolate, raw nuts or raw oil, and frozen apple or pear. You will love the feeling you get from drinking it.

Why Do We Recommend You Use Good Fat/Oils In The EnergyFirst Shake?

Raw fats and oils are a vital component of the EnergyFirst Shake because they contain omega 3 and 6 essential fatty acids. “Essential” means your body must have it, but your body cannot produce it, so you must ingest it. Most people are deficient in omega 3, which is not readily found in foods. Signs of omega 3 deficiency include dry skin and other skin problems like eczema; colitis; ileitis; arthritis; heart disease, Crone’s disease, asthma, high cholesterol, and other conditions of inflammation. Research has shown the body needs 2:1 omega 3 to omega 6 to restore a healthy essential fatty acid balance. The body uses essential fatty acids for growth and functional needs including:

- Maintaining structure and functioning of cellular membranes;
- Producing master hormones (prostaglandins), which regulate many physiological functions;
- Maintaining proper brain and nervous-system functioning;
- Forming healthy skin and hair;
- Speeding metabolism;
- Boosting immunity against disease;
- Slowing gastric emptying making carbohydrates time release (they are a key to stable blood sugar);
- Aiding the digestive process;
- Reducing inflammation and helping prevent and alleviate the inflammation and pain associated with arthritis, colitis, ileitis, asthma, heart disease, and other conditions of inflammation;
• Reducing platelet stickiness, and preventing hardening of the arteries; and

• Helping lower cholesterol and triglycerides.

Raw flax seed is the richest source of omega 3. Raw sesame, pumpkin, sunflower, and evening primrose are the richest sources of omega 6. EnergyFirst Omega 3/6 oil blend and Omega seed mix (which are a combination of raw flax, sesame, pumpkin, and sunflower seeds) contain the perfect balance of omega 3 to omega 6 for optimal health. Both products are formulated to the exacting specifications of Udo Erasmus PhD, author of Fats that Heal, Fats that Kill.

**Getting The Perfect Balance For Your Body**

If you are hungry, tired, mentally foggy, or craving sweets within 1-2 hours after your EnergyFirst shake, your body is letting you know you need to change the amount and ratio of the ingredients in your shake to better suit your body. Try making the following changes in this order:

• Use water instead of milk or try half water, half milk.

• Decrease the amount of fruit you are using in your shake e.g. 1/2 cup instead of 1 cup.

• Change the type of fruit you are using in your shake to higher fiber (lower glycemic) fruit (e.g. use apples, pears, or berries instead of bananas or tropical fruit (higher glycemic)).

• Increase the amount of EnergyFirst whey protein you put in your shake e.g. 2 scoops instead of 1.

You will know you have got the perfect balance for your body when your feel energized and full for at least 4 hours after your EnergyFirst Shake.
Foods to Emphasize —— Summary

### Lean Protein

**Criteria:**
- Lean (less than 20% calories from fat)
- Complete (all 8 essential amino acids)

**Goal:**
- 3/4 to 1 gram lean protein per pound of body weight, spread out over the day.
- At least a "fist-sized" portion per meal.

**Examples (organic, free range is best):**
- 2 scoops EnergyFirst whey protein powder
- 1 cup egg whites (or All Whites)
- 2-3 free range eggs
- 4-6 oz. chicken (white meat, no skin)
- 4-6 oz. turkey (white meat, no skin)
- 4-6 oz. salmon or tuna
- 4-6 oz. wild organic red meat (venison, beef, moose etc.)
- 4-6 oz. white fish of any kind
- 4-6 oz. shellfish
- 6 oz can water-packed tuna
- 1 cup non-fat or low-fat cottage cheese
- 1 cup non-fat plain yogurt
- 1 cup non-fat milk (if you can tolerate dairy)
- 4-6 oz. non-fat cheese

### Good (Raw) Fats/Oils

**Criteria:**
- Raw (not cooked), from plants
- Contains essential fatty acids omega 3/6

**Goal:**
- At least 1TBS raw oil or 1/4 cup raw nuts/seeds per meal
- 3 times per day
- At least a "thumb" sized serving per meal 3 times per day

**Examples (raw, organic is best):**
- Raw seed oil blend (e.g. EnergyFirst.com Omega oil blend)
- Raw ground seed blend (e.g. EnergyFirst.com Omega seed mix)
- Whole raw seeds (pumpkin, sunflower, sesame)
- Raw seed butters (tahini, pumpkin seed)
- Raw nuts (almonds, cashews, etc; not peanuts)
- Raw nut butters (cashew or almond)
- 1/3 – 1⁄2 Avocado
- Extra virgin olive oil

### Unprocessed Carbohydrates

**Criteria:**
- Unprocessed, rich in fiber, low glycemic

**Goal:**
- 1 serving per meal/snack

**Examples of 1 serving (organic is best):**
- 1 scoop EnergyFirst Greenergy (equivalent to 2lbs organic green vegetables)
- 2-3 cups raw, steamed, grilled, or baked non-starchy vegetables (all green, yellow, orange, red vegetables)
- Greens are best!
- 1/2 yam or sweet potato (not white potatoes)
- 1 cup cooked or 1/3 cup uncooked old-fashioned oatmeal (not quick-oats)
- 1 cup cooked brown rice, wild rice, barley, quinoa, or other whole grain
- 1 cup cooked beans, peas, lentils
- 1 slice of whole grain low carb bread
- 1 whole wheat low-carb tortilla
- 1 cup whole what pasta
- 1 cup fresh or frozen fruit (plain)

### Pure Water

**Criteria:**
- The more pure, the better
- Must be unsweetened
- Thirst is not a good guide. You are already dehydrated by the time you experience thirst.

**Goal:**
- 1⁄2 your body weight in pounds = minimum no. of ounces of pure water every day. Aim for 1 8-12oz. glass of pure water every hour you are awake.

**Examples:**
- Distilled water (best)
- Reverse osmosis filtered water (best)
- Bottled/spring water (check brand for purity)
- Plain sparkling water
- Herb tea (caffeine-free)
- Decaf coffee (1-2 cups per day only)
## Foods to Avoid — Summary

### Bad Fats

**Criteria:**
- Animal fats
- Processed fats (such as hydrogenated oils)
- Fats exposed to high heat (fried foods)

**Why?**
- They are stored as fat in your body.
- They tie up your red blood cells, causing fatigue, and lack of mental clarity.
- They block your body’s ability to burn fat.
- They raise your cholesterol, and have been linked to heart disease and cancer.

**Examples:**
- Anything fried
- Butter
- Lard
- Margarine
- Mayonnaise
- Regular salad dressing
- Cream sauce (Alfredo or Béarnaise)
- Bacon or sausage
- Hot dogs
- Regular lunch meats
- Red meat (beef, pork, lamb, veal)
- Whole eggs
- Regular cheese (60-90% fat)
- Whole-fat dairy products (milk, sour cream, cream cheese)
- Low-fat dairy products (low-fat milk, sour cream, cream cheese)
- All types of processed vegetable oils
- Roasted nuts or seeds
- Peanut butter
- Ice cream
- Gravy

### Processed Carbohydrates

**Criteria:**
- Processed and highly refined (usually white)
- Worse on an empty stomach
- Avoid any carbohydrate by itself

**Why?**
- They trigger the release of excess insulin which blocks fat burning and promotes insulin resistance.
- They encourage your body to store fat.
- They cause hypoglycemia (low blood sugar).
- They cause hunger, cravings & overeating.
- They cause low energy and mood swings.
- They lower your immune system, decreasing resistance to disease.

**Examples:**
- Alcohol of any type is the most refined carbohydrate
- Sugar of any type
- Sweeteners of any type (Nutrasweet, Equal)
- White flour products of any type (bread, bagels, tortillas)
- Dry breakfast cereals of any type
- Cake of any type
- Candy of any type
- Cookies of any type
- Pie of any type
- Dried fruit of any type
- Granola or Muesli of any type
- Jam or jelly of any type
- Muffins or donuts of any type
- White flour pasta
- Popcorn of any type
- White potatoes (Brown Russet, etc.)
- White rice or rice cakes of any type
- Rolls of any type
- Sodas of any type, including diet soda
Step 3
Effective Exercise

Regular exercise is an essential part of the EnergyFirst Program and will attribute to 20% of your healthy lifestyle. Exercise is proven to lower cholesterol and blood sugar levels.

Focus on getting leaner (lowering your body fat percentage) with full body, aerobic (fat burning exercise) at least 30-45 minutes, 3-6 times a week. If you want to burn more fat, exercise for 45 minutes to an hour, 5-7 times a week. Start a weight workout once you reach your optimum body composition—22% or less for women; 15% or less for men.

Heavy Hands Walking: The Best Aerobic (Fat Burning) Exercise
When you exercise you burn calories, but you only burn FAT up to a certain point. After this point the amount of body fat you burn drops dramatically. Why? Your body needs a surplus of oxygen to burn fat. This upper limit is the point at which your body can no longer supply oxygen fast enough to your cells to burn fat for fuel. When you exceed this upper limit your body switches energy systems from aerobic (technically meaning “with oxygen”) to an anaerobic energy system. In this state, your body burns mostly protein and carbohydrate and very little fat.

Key: To get lean and enhance cardiovascular fitness, train in your Aerobic Fat Burning Zone (between 60% and 75% of your Maximum Heart Rate). To ensure you stay within this zone, wear a Heart Rate Monitor.

Your maximum heart rate is calculated as 220 minus your age. E.g. For a 40-year-old person, the Maximum Heart Rate is 220 – 40 = 180. The upper limit for the aerobic zone is 0.75 X 180 = 135. And the lower limit of the aerobic zone is 0.6 X 180 = 108. The Optimal fat burning zone for this person is between 108 and 135 bpm.

The best aerobic (fat burning) exercise is Walking with Heavy Hands, because it is weight bearing and works both your upper and lower body simultaneously. Other effective fat burning exercise includes walking, jogging, cycling, elliptical training, cross-country skiing, and low intensity aerobics classes.

The time of day when you burn fat most efficiently is in the morning before your EnergyFirst shake, because that is when your insulin levels (fat storage hormone) are at the lowest. However, the best time is any time that works for you.

What is Heavy Hands Walking?
Heavy Hands Walking involves walking at a comfortable steady pace (approximately 3.0-3.5 miles per hour) while pumping light hand weights. As you walk, you perform three different exercises with your hand weights (Chest Flyes, Lateral Raises, and Overhead Presses—for shorthand purposes, referred to as “F.L.O.”). You pump and walk to warm up and in between each set of the three exercises.
Step 4
Essential Supplementation

Vitamin/mineral supplementation is an essential part of the EnergyFirst Program. Why? We cannot get all the vitamins and minerals essential for optimal health from food alone. It is necessary to supplement our nutrition with certain essential vitamins and minerals.

The basic supplements that are essential for optimum health, fitness, and disease prevention are: MULTI + ACE.

This means a high quality multi-vitamin/mineral PLUS additional disease-fighting antioxidants, the most important of which are Vitamin A in the non-toxic form of Beta-Carotene, Vitamin E, and Vitamin C.

EnergyFirst VitaEnergy Mega Multi Plus ACE combines the highest quality and highest potency of all the essential vitamins and minerals plus the additional antioxidants in the right balance for essential for optimum health and disease prevention.

Dosage: 1 tab up to three times a day with meals.

Note: Please always take supplements with food and a large glass of water.

For information on all EnergyFirst supplements, please refer to The EnergyFirst Practical Guidebook and www.EnergyFirst.com.
Track Your Progress

It is important to set goals and to track your progress towards your goals so you can identify what is working for you and what needs to be fine tuned in the EnergyFirst Program. The most effective way to track your progress is with objective measurements. You first need to set measurable goals with reasonable deadlines, establish your starting point, and then take regular measurements to track your progress. Use the following chart as a guide:

<table>
<thead>
<tr>
<th>Health Indicator</th>
<th>Starting Point Date:</th>
<th>Goal Measurements Date:</th>
<th>4 week check point Date:</th>
<th>8 week check point Date:</th>
<th>12 week check point Date:</th>
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</thead>
<tbody>
<tr>
<td>Body Fat%</td>
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<tr>
<td>Weight (lbs)</td>
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<td>Blood Pressure</td>
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<td>Resting Heart Rate (bpm)</td>
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<td>Total Cholesterol</td>
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<td>LDL cholesterol</td>
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<td>HDL cholesterol</td>
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<td>Glucose</td>
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<td>Triglycerides</td>
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<td>Waist (inches)</td>
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<td>Hips (inches)</td>
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<td>Thigh (inches)</td>
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<td>Chest/Bust (inches)</td>
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<td>Biceps (inches)</td>
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In addition to these objective measurements, you may also wish to take some subjective measurements. These are measurements for which there are no numbers, but feelings. These measurements are equally important and are often indicators of your quality life. These may include: Energy Level or Mood Level.

At the completion of 12-weeks on the program, you should compare your starting point measurements to your 12-week measurements to determine how much progress you have made. If you find yourself surpassing your goals before the end of your 12-week program, reassess your goals and set them higher.
Thank You for Choosing the EnergyFirst Program!

To ensure your ongoing success, please contact our professional staff to answer your questions and to provide us feedback on how we can improve our program and products to better serve you. Our CEO, Gerry Morton, is a peak performance expert and national speaker that is available for group meetings and events.

Visit our web site at www.EnergyFirst.com

Call toll free 888-88-ENERGY

Or email us at info@energyfirst.com for more information

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If for any reason you are dissatisfied with your purchase, simply return the unused portion within 30 days for a full refund.

Gerry T. Morton, CEO