

## 100% Whey Protein Isolate Powder

Protein is your most important food component. It provides your body with essential amino acids—the building blocks of your muscles, bones, and organs. Because it triggers the release of glucagon, protein minimizes the production of insulin, keeping your blood sugar stable, facilitating fat burning, and lowering cholesterol production. In addition, protein boosts your immune system! Eating protein at every meal and snack will give you more consistent energy and helps you to lose fat!

### How to Choose the Best Protein?

Whey Protein Isolate is the most expensive protein powder you can buy. That's because it is the best. The Natural Whey protein is a step above the rest. It contains more of the 8 essential amino acids (the building blocks of your body) and it has the highest biological value (a measure of nitrogen retained for growth or maintenance) of any source of protein.

**No Sugar - No Artificial Flavors or Sweeteners**  
**No Cholesterol - No Fat - No Lactose**

The Natural Whey protein isolate powder is the result of a cross-flow micro-filtration process. This is a non-chemical technique that produces a protein powder which is 99% pure. Other processes can destroy up to 30% of the important parts of the protein. Many lower cost powders use soy protein, whey protein concentrate and/or whey hydrolysate. These are less complete proteins, not as easily or completely absorbed, utilized and retained by your body.

Good for the Whole Family: The Natural Whey is as easy to digest as water. Natural Shakes are an excellent source of nutrition for children from infants to high school athletes; busy housewives and executives; and senior citizens.

### How Many Jars Should I Buy?

You need 1 to 1 1/2 grams of protein per pound of body weight per day, spread across the day. For example, an active man weighing 200 pounds needs 200-300 grams of protein per day. A 3 scoop Natural Shake for breakfast will start his day with 78 grams of protein. The remaining daily requirement can come from food or additional snack shakes. Good protein sources include lean meat, chicken, fish, eggs and low-fat dairy products. Men: 2-3 scoops/shake; Women: 1-2 scoops/shake.

### Tips for ordering:

1 Jar=45 scoops (about 2 weeks of 3 scoop shakes)

1 Case (4 Jars)=180 scoops (about 2 months of 3 scoop shakes and is less expensive per jar)

For a free Introductory Kit, including protein samples, call 1-866-601-7777, or go online [www.7NaturalLaws.com](http://www.7NaturalLaws.com).

## the NATURAL SHAKE™ A Complete Balanced Meal

Stabilize your blood sugar - Lose fat - Lower your cholesterol

This recipe makes a 1 scoop shake. For a 2 scoop shake, double all ingredients except Udo's Oil (1-2 tablespoon(s)/day)

1 scoop The Natural Whey Protein

18 grams protein; 2 grams carbohydrate; 80 calories

1 cup nonfat milk

8 grams protein; 12 grams of carbohydrate; 80 calories

1/2 cup fruit

12 grams carbohydrate; 48 calories

1 tablespoon Udo's 3-6-9 Oil

Best source of balanced Omega 3,6 & 9 Fatty Acids

14.5 grams fat; 125 calories

The Natural Whey Shake is an easy way to start your day with a protein-rich, stabilizing and energizing meal - or to add protein throughout the day.

Snacks: 1 scoop shakes    Meals: 2-3 scoop shakes



To Order  
1.866.601.7777  
[www.7NaturalLaws.com](http://www.7NaturalLaws.com)



7 Natural Laws™ Brings You . . .

# the NATURAL Whey

· Breathing · Awareness · Liquid · Antioxidants · Nutrition · Conditioning · Effective Rest ·



# BEGINNING BASICS

## Beginning Basics

Take the first step toward a longer, healthier rest of your life. Begin your new healthy lifestyle with 3 simple behaviors and you can expect big improvements in how you look and feel.

**1. Drink a Protein Shake** each morning for breakfast. Skip the coffee and pastry. Nourish yourself with a complete liquid meal. It is a quick, easy and healthy way to begin your day! (See recipe on back)



**2. Drink Plenty of Liquid.** Start the day with your shake (non-fat milk counts as a good liquid) and keep drinking an ounce of water for every 2 pounds you weigh or an 8-ounce glass for every hour you are awake.



**3. Exercise 3 times a week** for 30 minutes a day. Use Heavy Hands (hand weights) and walk for a low stress, highly effective aerobic workout. Arm movements make walking a perfect exercise for energy, fat loss and health!



## Creating a life in BALANCE

You can't always control what happens to you, but you can control your response. The most difficult circumstances can be excuses for failure or reasons for growth. It's your choice. Living the 7 Natural Laws lifestyle puts you solidly on your feet growing stronger, more stable and more powerful.

Use the acronym BALANCE to remember these 7 keys to a healthy, energetic lifestyle: Breathing; Awareness; Liquids; Antioxidants; Nutrition; Conditioning and Effective Rest.

### 1 Breathing

Start with your breath. Breathing is more important than food or water. You can live weeks without food and days without water, but only minutes without air (oxygen). Oxygen is THE key to energy, leanness, mental acuity, youthfulness and fat burning. You need a well-developed cardiovascular system to make sure your body gets the oxygen it needs. Regular aerobic exercise strengthens your heart and lungs for more energy and a healthier body. Your breath also helps you manage your stress.

### 2 Awareness

Your body is your best coach. Listen to it. Reconnect to your body's wisdom and your gut reactions. Slow down. Pay attention. If you are not healthy, you may not be reading your body's signals correctly or at all. Your body tells you what's best for you. Learn its language.

### 3 Liquid

Your body is more water than anything else. Keep yourself fresh, healthy and energetic. Drink plenty of water. Like a plant, you wilt when you are dehydrated. When you don't drink enough, you become weaker and your brain can be affected. The next time you are hungry, drink a glass of water instead of eating. Often you are thirsty, not hungry, and can't tell the difference. Water is the great detoxifier. Flush out your system with an 8-ounce glass of water for every hour you are awake.

### 4 Antioxidants

Antioxidants boost your immune system and slow down the aging process. We live in an increasingly toxic environment where poor quality water, air and soil erode our health. It is difficult to fuel our bodies with all that they need to counter our stress-filled world. Take a good multi-vitamin with minerals together with additional Vitamin C and Vitamin E to boost your body's ability to prevent disease and to maintain a youthful look and feel.

### 5 Nutrition

Improve your health and energy by paying attention to what, where, when and why you eat. What you feed yourself affects your moods and health as much as your girth. There are 5 basic nutrients in food: (1) protein, (2) carbohydrate, (3) fat, (4) water and (5) vitamins and minerals. Learn how to balance what you put in your body to provide balance inside your body. Don't starve yourself. Provide nourishment throughout the day in at least 3 to 5 meals. Focus on protein. Eat good carbohydrates (avoid sugar and starches that destabilize your body chemistry). Eat enough good (raw, unprocessed) fats!

### 6 Conditioning

Your body is meant to move. Use it! You don't have to be an athlete, play a sport or join a health club, but you do need to be active. Walking with Heavy Hands (hand weights) is an ideal exercise to look and feel better. A little bit every day (minimum: 3 times a week for 30 minutes a day) will dramatically improve your health and help you reach and maintain your best weight.

### 7 Effective Rest

Your body and mind need down-time. Rest is as important as lifting weights when you are trying to build muscle. Your body needs time to repair and rebuild itself. Get 8 hours of natural sleep. Take naps when you can, even if it is a 2-minute meditative break.

