

# Lifestyle

## PRODUCT FOCUS



[Cheese Steak Pasta]

### Savory Entrees

- **Quick**
- **Convenient**
- **Great Taste**

*A hot, delicious meal that takes just minutes to prepare.*

Each serving provides 12 grams of protein.

The carbs in our Entrees come from a selection of vegetables, legumes, even pasta. This lends a variety of taste and textures as well as dietary fiber.

The fats are from a natural vegetable blend. They meet the recommended amounts for a heart healthy diet set by the American Heart Association.

You can choose from SIX tasty entrees that provide complete balanced nutrition in a simple to prepare, pre-measured package. **What could be better?**

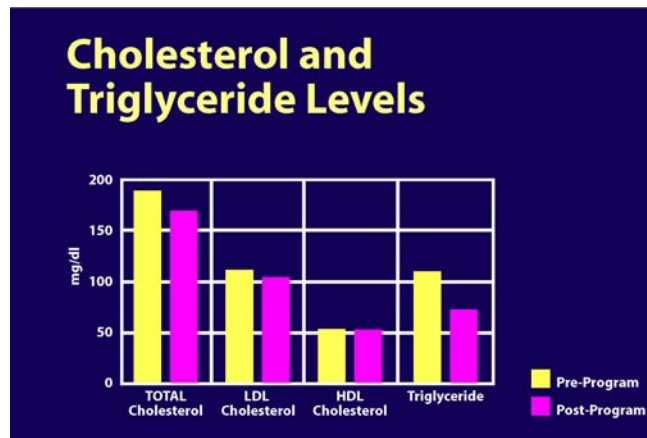
## Beverly Hills... A Plan for Reducing Heart Disease

The *Beverly Hills Weight Loss & Wellness Plan* has been formulated to significantly reduce blood lipid values and the risk of heart disease.

The graph below shows changes in lipid values after only SIX weeks on our **Nutrition Guidance Plan**. Note the decrease in cholesterol, LDL (bad cholesterol) and triglycerides.

And unlike high-carb plans, HDL levels, the good cholesterol, remains unchanged. This is significant because the risk of heart disease *decreases* as HDL levels *increase*. The fact that HDL did not go down is a great plus for the Beverly Hills Plan.

### SIX Weeks on Beverly Hills Nutrition Guidance Plan



**"Bad" Blood lipid levels** are reduced significantly with the Beverly Hills Program, while the "good" cholesterol (HDL) remains unchanged.

## Research Supports Moderate Carb Diet with Adequate Protein

By Donna Dodge, RD  
Corporate Registered Dietitian

High-carb diets throw off your hormonal balance and cause an overproduction of insulin, yet a diet with too much protein strains the internal organs and starves

the brain of necessary carbohydrate energy. Your body needs a precise balance of protein, carbohydrates, and fat for optimal health.

A diet balanced with moderate carbohydrates, protein and fat - *such as the Beverly Hills Program* -

helps supply the right amount of energy to keep these naturally occurring hormonal responses balanced through-out the day.

Minimizing the amount of refined carbs you eat helps stimulate your fat-burning hormone.

## Lost 23 pounds in four months



**Jennifer**  
(Wilmington, NC)

### The Beverly Hills Program *REALLY* works.

Thousands of people have discovered how to get their best body *ever* with Beverly Hills.

Our **Nutrition Guidance Plans** make it possible to permanently lose excess body fat without fad diets, drugs, or surgery.

BH is not a short-term fix, rather it's a lifelong wellness program that emphasizes real foods and exercise and encourages long-term changes for better health.

## Ask the Dietitian: OSTEOPOROSIS

### Q: How Does Strength Training Reduce the Risk of Osteoporosis?

**A:** Weight-bearing exercise is one of the most effective remedies against osteoporosis.

Your bones are actually very porous and soft, and as you get older, your bones can easily become less dense and hence, more brittle, especially if you are not active.

Resistance training can combat this effect because as



you put more tension on your muscles it puts more pressure on your bones, which then respond by continuously creating fresh, new bone.

In addition, as you build more muscle, and make the muscle that you already have stronger, you also put more



constant pressure on your bones.

The last thing you want to consider is to take a drug to improve your bone density, as without question, that is more likely to cause long-term harm than benefit.

### Pumpkin Bread with Vanilla Cheesecake Filling

#### Bread Ingredients

- 2 packets BH Regular Flavored Oatmeal HNS
- 4 slices of diet bread, torn into bite-size pieces
- ½ cup water or 4 oz. skim or 1% milk
- 4 Tbs. of raisins
- 2 tablespoons pumpkin pie spice
- 2 teaspoons of vanilla flavoring
- 1 can of canned pumpkin
- 1 cup Splenda
- 3 eggs

Mix all ingredients together with mixer (will be lumpy). Spray 9 x 13 in. pan with non-stick cooking spray. Spread mixture evenly into pan. Bake at 350°F degrees for 25 to 30 minutes. When cooled cut in half.

#### Filling Ingredients

- 10 tablespoons of light Cool Whip
- 2 teaspoons of vanilla extract
- ¼ cup Splenda
- 1 packet BH Vanilla Pudding HNS
- 1 packet BH New York Cheese Cake Pudding HNS

Spread filling evenly on half of the Pumpkin Bread. Place other half of bread on top of filling. Cut into 4 pieces. Store in container in refrigerator when cooled.

#### **Makes 4 Servings / Each serving equals:**

1 HNS, ½ Fat, ½ Vegetable, ½ Fruit, ½ Starch, ¼ Prot

Recipe submitted by: Mooresville Clinic

### Have a Happy Thanksgiving... *The Beverly Hills Way*

#### Follow Prep (Lean-n-Green)

2 days **prior** to Thanksgiving Day and 2 days **after** Thanksgiving

#### Thanksgiving Day

##### 1<sup>st</sup> Meal

2 HNS  
Coffee (optional)

##### 2<sup>nd</sup> Meal

1 Protein, 1 Vegetable,  
1 Fruit, 1 HNS

##### Holiday Meal

Turkey – all you can eat  
Green Salad – all you can eat  
1 Vegetable

1 Fruit (i.e.: BH Cranberry Salad)

2 or 3 Starches (i.e.: dressing, cornbread, potato)

1 or 2 Fats (i.e.: gravy or butter)

Dessert – 1 small piece  
(*your choice*)

##### Evening Snack

1 HNS