



Royal BodyCare

BioShapeTM

Guide For Overweight Control

Caution:

Please consult your physician before starting this or any other weight loss program

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Royal BodyCare, Inc. brings you this Guide for Overweight Control, developed by the International Nutrition Research Center, to help you control excess weight and its causes. It can be successfully implemented with any healthy, balanced weight loss diet. However, the Main Diet can provide you the best results in the shortest amount of time.

Your Guide for Overweight Control is comprised of:

1. The Evaluation Phase
2. The Starting Diet
3. The Main Diet
4. The Ending Diet
5. The Overweight Prevention Phase

1. The Evaluation Phase

A. Fill out the Nutritional Test. Circle the number corresponding to each of your answers. Add the circled values to find the Test result.

Table I.

NUTRITIONAL EVALUATION TEST 1			
1. GENDER a. Male b. Female	-1	0	
2. AGE a. 12-24 years old b. 25-54 years old c. Over 55 years old	-1	0	+1
3. HEIGHT a. Below 5' 3" b. From 5' 3" to 5' 9" c. Over 5' 9"	-1	0	+1
4. BODY FRAME a. Small b. Medium c. Large	-1	0	+1
5. BODY MUSCLE a. Light Built b. Medium Built c. Heavy Built	-1	0	+1
6. PHYSICAL ACTIVITY a. Light b. Regular c. Heavy	-1	0	+1
Total			

B. Evaluate your Nutritional Test Result, according to the following Table.

Table II.

EVALUATION OF THE NUTRITIONAL TEST RESULT				
From				Body Metabolism
-6	to	-1	➔	Low
0	to	+5	➔	Normal

If your Nutritional Evaluation Test Result is:

- From -6 to -1, you have a low metabolism. To obtain the best results, please undergo the Starting Diet before starting the Main Diet.
- From 0 to +5, you have a normal metabolism. Therefore, it is not necessary for you to undergo the Starting Diet. Proceed with the Main Diet.

2. Starting Diet

If you scored from -6 to -1 in the Nutritional Evaluation Test, you must perform the Starting Diet in conjunction with the required physical activity (Table VIII) for a one week period.

The Starting Diet is not a weight loss diet. Its main purpose is to raise or normalize your metabolism.

Table III. Starting/Ending Diet

Breakfast	
• 1 lb. (450 g) of fresh fruit	(mandatory)
• Coffee, tea or allowed beverage	(optional)
Lunch	
• 1/2 lb. (225 g) of chicken or fish	(mandatory)
• 1/2 lb. of fresh vegetables	(optional)
• 1 lb. (450 g) of fresh fruit	(mandatory)
Dinner	
• 1/2 lb. (225 g) of chicken or fish	(mandatory)
• 1/2 lb. of fresh vegetables	(optional)
• 1 lb. (450 g) of fresh fruit	(mandatory)
Snack	
• Fresh fruit, as much as desired	

Starting / Ending Diet Guidelines:

- It is beneficial to include a daily multi-vitamin/mineral supplement, such as Ultimate, Omega Boost One, or Program One available through Royal BodyCare.
- Allowed Beverages: Non-carbonated water, coffee, tea and other no calorie beverage.
- Allowed Seasoning: Lemon juice, vinegar, pepper, and natural herbs.
- The allowed fruits must be chosen from Table IV. Fresh fruits may be cooked or baked without using sugar or fat. Canned or dried fruits are not allowed.
- Vegetables must be chosen from Table V. Fresh vegetables may be steamed, grilled or baked without using salt or fat. Canned vegetables are not allowed.
- Fish must be chosen from Table VI.
- The chicken or fish may be boiled, baked or grilled without using salt or fat. The chicken skin must be removed before cooking it. Canned fish or chicken is not allowed.
- **Vegetarians:** Consume your usual source of vegetable protein in substitution of chicken or fish.
- **Diabetics:** Consult your physician to reduce, if necessary, the amount of allowed fruit or vegetables.

Table IV. Allowed Fruits

Name	Energetic Value Calories/3.5 Oz (100g)	Name	Energetic Value Calories/3.5 Oz (100g)
Apricot	57	Tangerine	43
Pineapple	52	Mango	59
Cherry	63	Apple	58
Plum	47	Orange	42
Papaya	24	Pear	56
Peach	52	Roseapple	63
Strawberry	36	Watermelon	22
Guava	69	Grapefruit	38
Fig	62	Grape	68
Lime	32	Lemon	29

Table V. Allowed Vegetables

Name	Energetic Value Calories/3.5 Oz (100g)	Name	Energetic Value Calories/3.5 Oz (100g)
Artichoke	29	Asparagus	22
Celery	19	Spinach	30
Broccoli	39	Lettuce	13
Onion	45	Cucumber	15
Brussels Sprouts	50	Radish	23
Cabbage	28	Tomato	21
Cauliflower	33	Carrot	41
Endive	20	Chicory	20

Table VI. Allowed Fish

Name	Energetic Value Calories/3.5 Oz (100g)	Name	Energetic Value Calories/3.5 Oz (100g)
Cod	90	Tuna	127
Snapper/ Red Mullet	109	Swordfish	134
Bass	94	Flounder/ Sole	87
Trout	82	Grouper/ Halibut	86

3. The Main Diet

The Main Diet can provide adequate amounts of essential nutrients, such as essential amino acids, vitamins, minerals, trace elements, essential fatty acids, and fiber, which are necessary for a healthy and productive life. At the same time, it provides a reduced amount of non-essential nutrients to obtain the negative energy balance necessary to induce the break down of fat tissue. As a result, the Main Diet can successfully prevent or halt those anomalies commonly associated with weight loss diets, such as hypoglycemia, loss of body constituent proteins, hunger, weakness, headache caused by ketosis, constipation, or decreased libido. When necessary, the Main Diet can be safely performed for years.

The Main Diet can be performed either periodically or occasionally. Therefore:

- Set a realistic weight loss goal.
- Perform the Main Diet at your own pace.
- Take your time. The main purpose is to reach your goal.

Breakfast	
• 1 lb. (450 g) of fresh fruit	(mandatory)
• Coffee, tea or allowed beverage	(optional)
Lunch	
• One serving of BioShape™	(mandatory)
• 1/2 lb. of fresh vegetables	(optional)
• 1 lb. (450 g) of fresh fruit	(mandatory)
or	
• 1/2 lb. of chicken or fish	(mandatory)
• 1/2 lb. of fresh vegetables	(optional)
• 1 lb. (450 g) of fresh fruit	(mandatory)
Dinner	
• One serving of BioShape™	(mandatory)
• 1/2 lb. of fresh vegetables	(optional)
• 1 lb. (450 g) of fresh fruit	(mandatory)
or	
• 1/2 lb. of chicken or fish	(mandatory)
• 1/2 lb. of fresh vegetables	(optional)
• 1 lb. (450 g) of fresh fruit	(mandatory)
Snack	
• Fresh fruit, as much as desired	

The Main Diet must not be initiated during the pre-menstrual week. The increased water and sodium retention associated with the pre-menstrual week could "mask" your weight loss and you could be disappointed.

Main Diet Guidelines:

- Follow the same guidelines as the Starting/Ending Diet.

In addition:

- BioShape™ can substitute chicken or fish only once a day, either at lunch or dinner.
- **Vegetarians:** BioShape™ can substitute the vegetable protein(s) with the most calories, either at lunch or dinner.

Caution:

- If you do not eat the required daily amount of allowed food, your metabolism lowers. As a result, fat tissue break down and weight loss could halt. Under these circumstances, hunger, weakness, hypoglycemia, headache by ketosis, or decreased libido may arise.
- If you eat food to which salt has been added, your body water and sodium retention would increase, thus increasing your body weight. As a result, weakness and discomfort may arise.

Determining your BioShape™ intake during the Main Diet:

- **If your Nutritional Evaluation Test result is from -6 to -1**, take 8 tablets of BioShape™ during the meal that does not include chicken or fish (either lunch or dinner).
- **If your Nutritional Evaluation Test result is from 0 to +5**, take 10 tablets of BioShape™ during the meal that does not include chicken or fish (either lunch or dinner).
- **If you are a vegetarian, independently of your Nutritional Evaluation Test result**, take 10 tablets of BioShape™ during the meal that does not include vegetable protein (either lunch or dinner).

Caution: The Main Diet must not be performed without taking BioShape™. It cannot be substituted, under any circumstance, with other amino acid supplement or dietary protein. If you don't take the suggested amount of BioShape™:

- The amount of your body constituent protein decreases.
- Your water and sodium retention, as well as your body weight, increases.
- Hunger and/or weakness may arise.

Choosing your adequate Physical Activity:

During the Main Diet, the physical activity is mandatory, and it must be chosen from Table VIII. The physical activity has to be performed daily, without interruptions, for the required time. When performed early in the morning, the physical activity should be performed after breakfast to avoid

potential hypoglycemia (low blood sugar) or weakness. The physical activity should be performed, unless this is contraindicated, at a speed and/or intensity capable of increasing your heart rate between 10- 20%. To illustrate: when using a treadmill, your heart rate can be increased either by increasing the treadmill's speed and/or its elevation.

Table VIII. Required Physical Activity

Physical Activity	Minimum Time	Physical Activity	Minimum Time
Walking	1 h	Swimming	1 h
Jogging	1/2 h	Going up and down stairs	1/2 h
Cycling (fixed or mobile)	1 h	Volleyball	1/2 h
Skipping rope	1/2 h	Tennis	1 h
Skating	1 h	Aerobics	1 h
Soccer	1 h	Sitting down and standing up	1/2 h twice a day

Caution: If you do not perform the required daily physical activity, your metabolism decreases. As a result, fat tissue break down and weight loss could halt. Hunger, weakness, hypoglycemia, headache by ketosis, or decreased libido may arise.

How to proceed if you are partially or totally unable to perform the required physical activity:

- With your upper body, then choose any physical activity (Table VIII) you can perform with your lower body.
- With your lower body, then choose any physical activity (Table VIII) you can perform with your upper body.
- With your lower and upper body, then perform for a 1/2 hr. twice a day, a breathing exercise as follows: Slowly and deeply inhale and exhale in a way capable of increasing your heart rate from 10 to 20%.

Table IX. Expected Weight Loss*

DAY	Female		Male	
	Min	Max	Min	Max
1	1/2 lb.	3/4 lb.	3/4 lb.	1 lb.
2	1/2 lb.	3/4 lb.	3/4 lb.	1 lb.
3	1/3 lb.	1/2 lb.	3/4 lb.	1 lb.
4	1/3 lb.	1/2 lb.	1/2 lb.	3/4 lb.
5	1/3 lb.	1/2 lb.	1/2 lb.	3/4 lb.
6	1/3 lb.	1/2 lb.	1/2 lb.	3/4 lb.
7	1/3 lb.	1/2 lb.	1/2 lb.	3/4 lb.
8	1/3 lb.	1/3 lb.	1/2 lb.	3/4 lb.
9			1/2 lb.	3/4 lb.
10			1/3 lb.	1/3 lb.
11				

* Results may vary.

4. The Ending Diet

At the conclusion of the Main Diet, it is mandatory to perform the Starting/Ending Diet (Table III) in conjunction with the required physical activity (Table VIII). The goal is to avoid a weight increase resulting from a sudden increase in energy intake or metabolic secretions.

Caution: Failure to comply with the Ending Diet could result in a sudden weight increase, increased water and sodium retention, increased blood pressure, and general discomfort.

How to determine the duration of the Ending Diet:

- If the Main Diet has been performed for only one week, the Ending Diet and the required physical activity have to be performed for a one week period.
- If the Main Diet has been performed for two or more weeks, the Ending Diet and the required physical activity have to be performed for a two week period.

5. The Overweight Prevention Phase

After the conclusion of the Ending Diet, it is mandatory to perform the Overweight Prevention Phase. This allows you to prevent the causes of overweight by:

- A. Maintaining the body's nitrogen balance, thus preserving or re-synthesizing body proteins.
- B. Maintaining the equilibrium of the body energy balance, preventing:
 - A positive energy balance, which causes an increase in weight and fat tissue.
 - A negative energy balance, which could halt fat tissue catabolism and weight loss.
- C. Reversing any occasional or recurrent weight increase.

How to implement the Overweight Prevention Phase:

- A. Maintain your nitrogen balance in equilibrium by taking your Protein Daily Requirement (PDR) (Table X) in conjunction with the daily required amounts of vitamins, minerals, trace elements, and essential fatty acids.

Table X. Protein Daily Requirements (grams)

Height	Male	Female	Height	Male	Female
5'	45	40	5'11	70	62
5' 1"	47	42	6'	72	64
5' 2"	50	44	6'1	74	66
5' 3"	52	46	6' 2"	77	68
5' 4"	54	48	6' 3"	79	70
5' 5"	56	50	6' 4"	81	72
5' 6"	59	52	6' 5"	83	74
5' 7"	61	54	6' 6"	86	76
5' 8"	63	56			
5' 9"	65	58			
5' 10"	68	60			

B. You can reach your energy balance equilibrium while reassuming your nutritional habits by maintaining your energy intake equal to your energy expenditure. Of course, your behavior is crucial to achieve this because energy intake (food intake) and energy expenditure (mainly physical activity) are voluntary actions.

In order to reach the energy balance equilibrium, perform the following 3 day test. This test must not be performed during the pre-menstrual week because the results may not be reliable.

How to perform the 3 day test:

During any three day test period, your energy intake (food) must be kept constant, as well as your daily physical activity (energy expenditure). The test should be repeated as many times as necessary until you reach your energy balance:

1. You must establish a daily quota of physical activity. For example, 1 hour of walking. An increase in physical activity (in intensity or duration) will allow for an increased energy intake.
2. You must start consuming 1,200 calories/day chosen from your usually preferred foods. The diet must comply with your PDR (Table X) and daily vitamin, mineral, trace element and essential fatty acid requirements.
3. You must maintain your energy intake and daily physical activity unchanged for a 3 day period.
4. Perform the daily test evaluation:
 - a. Assess your weight variation. Your weight should be determined in the morning before breakfast. For accurate results, go to the bathroom first and weigh yourself undressed.
 - b. Ask yourself the following two questions:
 - *Did I comply with the diet?*
 - *Did I perform the required physical activity?*
 - c. After obtaining YES or NO answers to the previous questions:
 - Find the matching sequence of YES or NO corresponding to your weight variation in Control Table No. 1 (Table XI).
 - Find its corresponding row letter (A-L) on the left side of the matching sequence.
 - Find in Control Table No. 2 (Table XII) the matching row letter (A-L) and follow the instructions.

Table XI. Control Table 1

Row Letter	Diet Compliance	Physical Activity Compliance	Weight Variation	Row Letter	Diet Compliance	Physical Activity Compliance	Weight Variation
A	YES	YES	i	G	NO	YES	i
B	YES	YES	=	H	NO	YES	=
C	YES	YES	↑	I	NO	YES	↑
D	YES	NO	i	J	NO	NO	i
E	YES	NO	=	K	NO	NO	=
F	YES	NO	↑	L	NO	NO	↑

Table XII. Control Table 2

A,B	<ul style="list-style-type: none"> If this occurs the first day of the test, no modifications are required. Continue with the test. If this occurs the second day of the test, no modifications are required. Continue with the test. If this occurs the third day of the test, no modifications are required. Continue with the test.
C	<ul style="list-style-type: none"> If this occurs the first day of the test, this weight increase could be due to an increased amount of metabolic secretions or you could have reached the equilibrium of your energy balance during the previous test. No modifications are required. Continue with the test. If this occurs the second day of the test, this weight increase could indicate that you have reached the equilibrium of your energy balance during the previous test. No modifications are required. Continue with the test. If this occurs the third day of the test, this weight increase could indicate that you have reached the equilibrium of your energy balance during the previous test. Proceed to the test evaluation.
D,E,F	<ul style="list-style-type: none"> If this occurs any day during the test, no modifications are required. However, the noncompliance of physical activity has invalidated the test. Begin the test again. Proceed to No.1
G,H,I	<ul style="list-style-type: none"> If this occurs any day during the test, no modifications are required. Noncompliance with the diet has invalidated the test. Begin the test again. Proceed to No.1
J,K,L	<ul style="list-style-type: none"> If this occurs any day during the test, no modifications are required. Noncompliance of physical activity and noncompliance with the diet have invalidated the test. Begin the test again. Proceed to No.1

5. Perform the 3 day test evaluation:

- Find the matching sequence of the your weight variation during days 1, 2 and 3 of the test in Control Table No. 3 (Table XIII).
- Find its corresponding row letter (M, N, O) on the left side of the matching sequence,
- Find in Control Table No. 4 (Table XIV) the matching row letter (M-O). Take into consideration the information and follow the instructions.

Row Letter	Weight Variation	Row	Weight Variation	Row Letter	Weight Variation	Row	Weight Variation
	1 st Day	2 nd Day	3 rd Day		1 st Day	2 nd Day	3 rd Day
M	i	i	i	0	↑	i	=
M	↑	i	i	0	↑	=	↑
M	=	i	i	0	↑	=	i
M	=	=	=	0	i	i	↑
M	=	=	i	0	i	↑	↑
M	↑	=	=	0	i	↑	=
M	=	i	=	0	i	↑	i
M	i	=	=	0	i	=	↑
M	i	i	=	0	=	=	↑
N	↑	↑	↑	0	=	=	i
N	=	↑	↑	0	=	↑	i
O	↑	↑	i	0	=	↑	=
O	↑	↑	=	0	=	i	↑
O	↑	i	↑	0	↑	i	=

Table XIV. Control Table 4

M	<ul style="list-style-type: none"> • You have not yet reached the equilibrium of your energy balance. Add to your diet an additional 300 calories of your preferred foods and perform another test. Return to No. 1.
N	<ul style="list-style-type: none"> • You have reached the equilibrium of your energy balance during the previous test. By complying with the diet assigned during the previous test and performing the chosen physical activity, you can prevent any future weight increase.
O	<ul style="list-style-type: none"> • The results are very unusual. This suggests that your answers are not consistent with your weight variation. The test should be repeated.

6. Once you have reached your energy balance:

- **If you are satisfied with your diet**, you can prevent any future weight increase by complying with the diet assigned during the previous test and performing the chosen physical activity.
- **If you are not satisfied with your diet**, realize that in order to maintain the energy balance in equilibrium any increase of energy intake must come together with a proportional increase of physical activity. Therefore, if your purpose is to increase your energy intake, proceed to repeat the 3 day test, starting from No. 1, by establishing an increased daily physical activity, either in intensity or duration.

C. How to reverse any weight increase

It will be too simplistic to think that you could maintain your energy balance in equilibrium forever. Social or psychological circumstances, as well as the availability of a huge variety of food and beverages, often induce us to eat or drink excessively. It is crucial for you to be able to immediately reverse any weight increase. A weight increase could be either occasional or recurrent.

- To reverse an occasional weight increase, perform the Starting/Ending Diet (Table III) in conjunction with the required physical activity (Table VIII) the day after an occasional weight increase. This procedure can be performed for one or more days according to your needs.
- To reverse a recurrent weight increase, you should perform either the Main Diet (Table VII) or the Starting/Ending Diet (Table III) in conjunction with the required physical activity (Table VIII). This procedure can be performed for one or more days according to your needs.

Reminder: You must be aware that any increase or decrease of carbohydrate, protein, or fat intake can respectively increase or decrease, independently from its energy content, the amount of metabolic secretions (primarily water), thus increasing or decreasing your body weight. To illustrate: an increase of 3.5 Oz (100 g) of carbohydrate will increase the amount of metabolic secretions to approximately 1 1/3 Lb (600 g).