

**Amway**

bodykey

by  NUTRILITE™

# Gut Reset *for* Better Health

Kickstart your weight management journey with a healthier gut.

**BodyKey Gut Reset Weight Management Programme  
User Manual**



**This manual will introduce you to:**



The BodyKey Gut Reset  
Weight Management Programme



The concept of a gut reset



A holistic nutrition plan to follow



A recommended list of products and  
foods to improve your diet

# Table of Contents

## Introduction

- 4** What is Destination: Wellbeing?
- 5** BodyKey Gut Reset Weight Management Programme Monitoring Guide

## Phase 1: Gut Reset Programme (Days 1-14)

### Your Health Begins in The GUT

- 6** What do you need to know about your GUT
- 9** What is the 14-Day Gut Reset?

### Before You Start

- 10** Self-assessment & Medical Health Screening

### Gut Reset for A Better You

- 12** Introduction

### Nutrition

- 14** General nutrition guidelines
- 16** Malaysian Healthy Plate Rules
- 17** Handy hints for portion sizes
- 18** Healthy gut reset guidelines
- 20** Meal plan sample & supplements

- 21** Programme Expectations

- 22** Hydration

- 23** Physical Activity

- 24** Positive Mindset & Community Involvement

- 26** Healthy Recipes Sample

### See The Difference

- 34** Self-assessment & Medical Health Screening

## Phase 2: Weight Management Programme (Day 15-60)

- 36** Healthy Weight Management

### Before You Start

- 37** Know your body weight status
- 39** The principle of weight management: Energy balance

- 41** Goal setting

### General Nutrition Guidelines

- 42** Malaysian Healthy Plate Rules & portion control
- 43** Healthy eating habits

### Physical Activity

- 44** Aerobic & strength training exercises
- 45** Regular exercise routine
- 46** Aim to achieve 10,000 steps per day

### Weight Management

- 47** Supplement guide
- 48** Meal plan sample & supplements
- 49** Healthy Smoothie Recipes with BodyKey Meal Replacement Shake

### See The Difference

- 50** Body composition measurement and self-assessment

# Destination: Wellbeing

## Your guided path to a happier, healthier life

Our general wellbeing contributes to how we enjoy life, how we perform – at work, at home, even our favourite physical activities – and how we feel. Improving your wellbeing is not something that happens overnight. It requires a holistic approach, guidance and support.

Destination: Wellbeing is a guide that combines professional expertise, support and supplements for a holistic, healthy lifestyle. It includes access to programmes, solutions and bundles to address specific wellness needs, and to help you live a better and healthier lifestyle.



### Holistic

Gain solutions to health and wellness needs by focusing on 4 key aspects: **nutrition, hydration, exercise** and **mental health**.



### Scientific

Proven, scientific approach by healthcare professionals for sustainable weight management.



### Trusted

Includes products from Nutrilite - **the world's No. 1 selling vitamins and dietary supplements brand**<sup>1</sup> with more than 85 years of experience in helping people live healthier and happier lives.



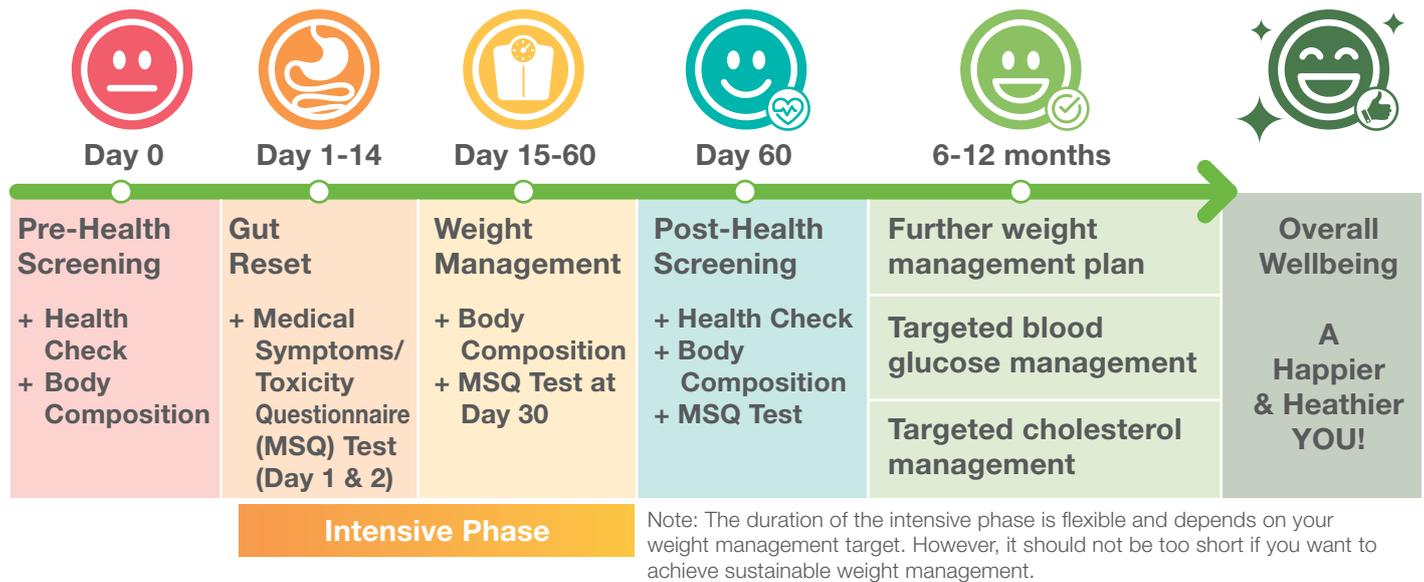
### Supportive

Stay engaged and motivated on your journey with continuous support from your Amway Business Owner and gain free access to digital tools from Amway.

Source: <sup>1</sup> <http://www.euromonitor.com/amway-claims>

# Start the **BodyKey Gut Reset Weight Management Programme** and take care of your wellbeing!

## BodyKey Gut Reset Weight Management Programme Monitoring Guide



### This Gut Reset Weight Management Programme is designed to potentially help you:

- Lose weight and fat more effectively
- Potentially manage metabolic concerns, such as blood glucose, blood cholesterol and blood pressure
- Support the normal function of your digestive system
- Boost your mood so you feel more positive
- Support your immune system
- Improve the quality of your sleep
- Build healthy lifestyle habits

# Your Health begins in the GUT

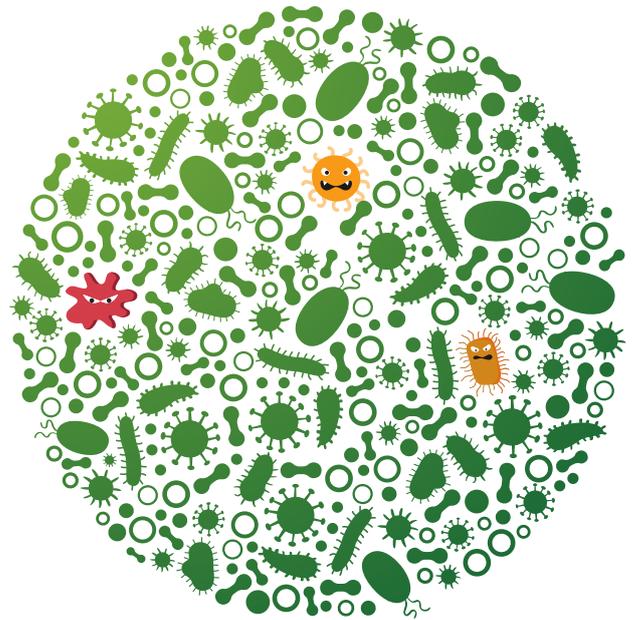
There are many factors linked to weight gain, however the most common one is related to our diet and food intake. An unhealthy diet that is high in fat, sugar, carbohydrates and low in fibre is one of the main culprits of weight gain. That's not all, an unhealthy diet also impacts our gut health by creating an imbalance in the gut microbiome.

## What is the GUT MICROBIOME?

The term "gut microbiome" refers to the microorganisms living in your intestines. Each person has **more than 1,000 different species** of bacteria, viruses and fungi living in our digestive tract.

The gut microbiome has many functions in our body. It helps digest nutrients, regulates energy usage, supports our immune system and sends hormonal cues to the brain that control our hunger and mood.

Any changes in the gut, such as a decrease in beneficial microorganisms **OR** an increase in unwanted microorganisms **OR** lack of diversity of the microorganisms in the gut, can affect our health.



Poor gut microbiome has been associated with heart, lung and skin diseases, poor immunity, and in particular, slowing down the body's metabolism which can lead to weight gain.



### Signs You Need a GUT RESET



Stomach issues like bloating, burping, constipation, diarrhoea and heartburn



Cravings for food high in sugar



Unintentional weight changes



Sleep disturbance and low energy levels



Skin irritation



Poor immune health



Sudden mood swings and poor mental wellbeing

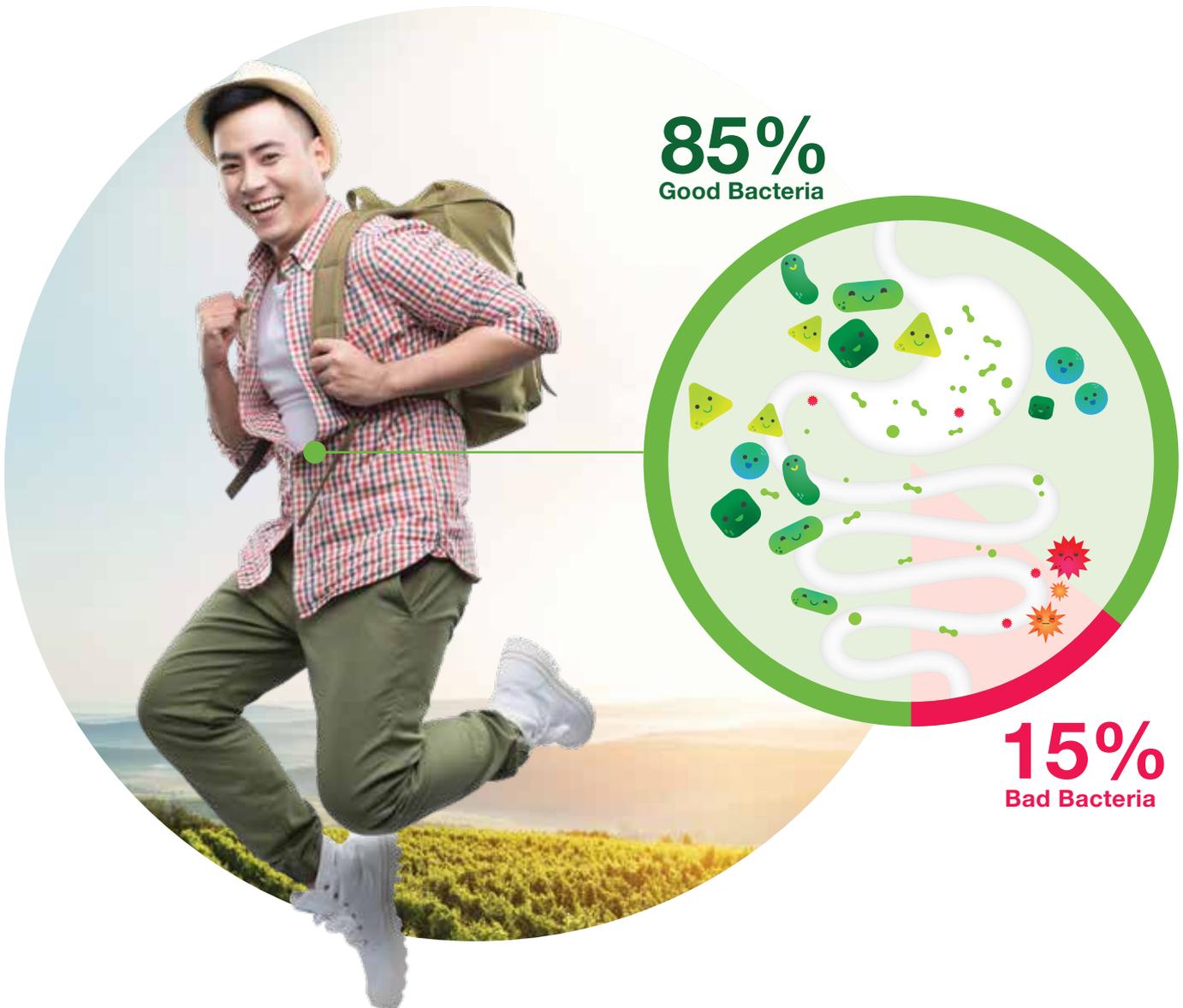


Food intolerance

## How to maintain a **HEALTHY GUT?**

Maintaining a good balance as well as the diversity of the microbiome is important. Your gut must consist of 85% of good bacteria and 15% of bad bacteria.

### Good vs. bad bacteria in the gut

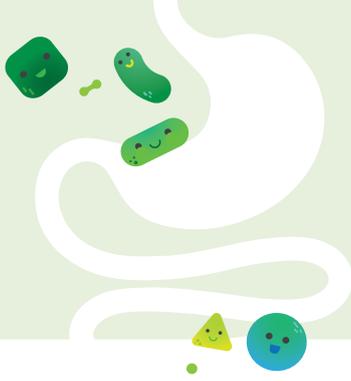


**Sources:**

1. D. Hills, Jr. Ronald, et al. "Gut Microbiome: Profound Implications for Diet and Disease." PubMed Central (PMC), 16 July 2019, [www.ncbi.nlm.nih.gov/pmc/articles/PMC6682904](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC6682904)
2. Conlon M.A., Bird A.R. The impact of diet and lifestyle on gut microbiota and human health. *Nutrients*. 2015;7:17–44
3. Singh R.K., Chang H.W., Yan D., Lee K.M., Ucmak D., Wong K., Abrouk M., Farahnik B., Nakamura M., Zhu T.H., et al. Influence of diet on the gut microbiome and implications for human health. *J. Transl. Med.* 2017;15:73

# Your Health begins in the GUT

Kickstart the **14-Day Healthy Gut Reset** to rebalance your microbiome and prime your body to better absorb nutrients, and subsequently help you adapt to a healthier meal plan and exercise guide.



**G**ood & bad bacteria in a balanced ratio

**U**nique combination of probiotics & prebiotics

**T**ake the new weight management journey with **BodyKey!**

## Objectives of a GUT RESET:



To rebalance the gut microbiome by introducing probiotics and prebiotics into your meal plan.



To prime your body for the weight management programme by removing foods that may cause gut inflammation and replacing them with healthy food habits.



To recharge the mind for sustainable weight loss.



To reset and restore your health by focusing on long-term health benefits, *i.e. managing blood sugar, blood pressure, and cholesterol levels.*

## RESET Your Gut with 4Rs

Remove & Replace		Rebalance & Reset	
<p><b>Remove</b> refined carbohydrates &amp; saturated fats</p> <p>Get rid of all unwanted food and habits such as smoking that may disrupt your gut microbiome.</p>	<p><b>Replace</b> with complex carbohydrates, healthy fats &amp; lean protein</p> <p>Nourish your body with gut-friendly food.</p>	<p><b>Rebalance</b> the gut microbiome with Probiotics &amp; Prebiotics</p> <p>Aids in digestion and body metabolism, supports your immune system and improves other aspects of health.</p>	<p><b>Reset</b> your body and digestive system with high quality protein &amp; functional foods</p> <p>Repair gut cells and reset your body system with beneficial functional foods.</p>

# Before You Start

To know where you're going and how to get there, you must first understand where you are.

## 1 Self Assessment

Take this quick test to get an understanding of your current state of wellbeing.

### MEDICAL SYMPTOMS/TOXICITY QUESTIONNAIRE (MSQ)

The Toxicity and Symptom Screening Questionnaire identifies symptoms that help to identify the underlying causes of illness, and helps you track your progress over time. Rate each of the following symptoms based upon your health profile. Record your symptoms for the last 48 hours ONLY.

#### Point Scale

0 = Never or almost never have the symptom  
1 = Occasionally have it, effect is not severe

2 = Occasionally have, effect is severe  
3 = Frequently have it, effect is not severe

4 = Frequently have it, effect is severe

#### Digestive Tract

- Nausea or vomiting
  - Diarrhoea
  - Constipation
  - Bloating feeling
  - Belching, or passing gas
  - Heartburn
  - Intestinal/Stomach pain
- Total

#### Ears

- Itchy ears
  - Earaches, ear infections
  - Drainage from ear
  - Ringing in ears, hearing loss
- Total

#### Emotions

- Mood swings
  - Anxiety, fear or nervousness
  - Anger, irritability, or aggressiveness
  - Depression
- Total

#### Energy/Activity

- Fatigue, sluggishness
  - Apathy, lethargy
  - Hyperactivity
  - Restlessness
- Total

#### Eyes

- Watery or itchy eyes
  - Swollen, reddened or sticky eyelids
  - Bags or dark circles under eyes
  - Blurred or tunnel vision (does not include near or far-sightedness)
- Total

#### Head

- Headaches
  - Faintness
  - Dizziness
  - Insomnia
- Total

#### Heart

- Irregular or skipped heartbeat
  - Rapid or pounding heartbeat
  - Chest pain
- Total

#### Joints/Muscles

- Pain or aches in joints
  - Arthritis
  - Stiffness or limitation of movement
  - Pain or aches in muscles
  - Feeling of weakness or tiredness
- Total

#### Lungs

- Chest congestion
  - Asthma, bronchitis
  - Shortness of breath
  - Difficult breathing
- Total

#### Mind

- Poor memory
  - Confusion, poor comprehension
  - Poor concentration
  - Poor physical coordination
  - Difficulty in making decisions
  - Stuttering or stammering
  - Slurred speech
  - Learning disabilities
- Total

#### Mouth/Throat

- Chronic coughing
  - Gagging, frequent need to clear throat
  - Sore throat, hoarseness, loss of voice
  - Swollen/discoLOred tongue, gum, lips
  - Canker sores
- Total

#### Nose

- Stuffy nose
  - Sinus problems
  - Hay fever
  - Sneezing attacks
  - Excessive mucus formation
- Total

#### Skin

- Acne
  - Hives, rashes, or dry skin
  - Hair loss
  - Flushing or hot flushes
  - Excessive sweating
- Total

#### Weight

- Binge eating/drinking
  - Craving certain foods
  - Excessive weight
  - Compulsive eating
  - Water retention
  - Underweight
- Total

#### Other

- Frequent illness
  - Frequent or urgent urination
  - Genital itch or discharge
- Total

**Grand Total**

#### Key to Questionnaire

Add individual scores and total each group.  
Add each group's scores to get the grand total.  
• Optimal is less than 10 • Mild Toxicity: 10-50  
• Moderate Toxicity: 50-100 • Severe Toxicity: Over 100

#### Scan and fill out the questionnaire.

It will only take 10 minutes to complete.

Link: <https://bodykeymsq.com>



**Note:** The MSQ is a tracking tool that has been used to assess an individual's progress in dietary and lifestyle changes. It is not intended as a medical diagnosis and, in case of any doubt, please consult a physician.

#### Source:

- Jones DQ,S. Textbook of Functional Medicine. WA: Gig Harbor; 2006.
- Lawrence, Kate, and Jeannette Hyde. "Microbiome Restoration Diet Improves Digestion, Cognition and Physical and Emotional Wellbeing." Microbiome Restoration Diet Improves Digestion, Cognition and Physical and Emotional Wellbeing. PLOS ONE, 14 June 2017.

## 2 Medical Health Screening

Regular health screening or blood testing is one of the important ways to keep track of your overall physical wellbeing. Before starting this programme, we trust that you would have gone for a pre-health screening. It's recommended that you consult a healthcare professional to review the report and understand your health needs.

For your general understanding, you may refer to these values:

### A. Lipid Profile

Parameters	Normal Value
Total cholesterol	<5.2 mmol/L
Triglyceride	<1.68 mmol/L
HDL Cholesterol	>1.03 mmol/L
LDL Cholesterol	<2.58 mmol/L
Non-HDL Cholesterol	<3.37 mmol/L
Total Cholesterol / HDL ratio	<5.0

### B. Blood Glucose

Parameters	Normal Value
Fasting blood glucose	4.1 – 6.1 mmol/L
HbA1c	<5.7% Non-diabetic range <i>Note: For known diabetics, the monitoring values of HbA1c is individualised. Please discuss with your physician.</i>

### C. Blood Pressure

Blood Pressure Category	Systolic mmHg	Diastolic mmHg
Normal	Less than 120	<b>and</b> Less than 80
Prehypertension	120 – 139	<b>Or</b> 80 – 89
High Blood Pressure (Hypertension) Stage 1	140 – 159	<b>Or</b> 90 – 99
High Blood Pressure (Hypertension) Stage 2	160 or higher	<b>Or</b> 100 or higher
Hypertension Crisis (Emergency care needed)	Higher than 180	<b>Or</b> Higher than 110

Source: American Heart Association

**Note:** Please discuss with your physician if you have any abnormal results.

**Disclaimer:** The 'normal' reference values are only to be used as a guide. Reference values may differ between laboratories due to different methodology or instruments used. The values stated here are based on the laboratory appointed by Amway Malaysia.

# Gut Reset For A Better YOU!

This holistic healthy lifestyle programme combines professional expertise, support and supplements to help you **improve your overall wellbeing, nutritional intake and activity level.**

The **14-Day Healthy Gut Reset Programme is not about calorie counting** – it is intended to help you reset and rebalance your body’s natural mechanism, **build positive habits** and **live a happier, healthier life.**

## 5 Pillars of Wellbeing

### Mindset

Wellbeing starts in the mind. Having confidence in your ability to change your behaviour makes it easier to adopt a new, healthier lifestyle.

### Sleep

Getting enough quality sleep has a powerful influence over your ability to manage your weight and improve your health.

### Nutrition

Consuming the right amounts of macronutrients, vitamins, minerals and phytonutrients will improve your gut health for better metabolism (and help control calories!)

### Activity

Building healthy habits around physical activities is a great way to start improving your overall wellbeing.

### Stress

Bring stress under control and you’re more likely to eat less and feel more balanced.



## Why 14 days?

This 14-day gut reset is a great way to reset and prepare your body for the transition to a healthier diet and lifestyle. It also aids in your weight management journey and increases the likelihood of keeping the weight off.

Research shows that our gut bacteria are very responsive to what we eat, and the bacteria population changes almost as soon as we alter our diet. Thus, your **gut composition** can change drastically in only a few days!

---

**Trust your “Gut Feeling” and RESET your gut to a new & healthier GUT.  
Kickstart your weight management journey and let the weight loss begin from your GUT!**

---

# Nutriline Products

## Reset & Rebalance Your Body

### Soy Protein Drink



**Protein from 3 plant sources (wheat, soy & pea)**

Protein is essential for everyone regardless of age or lifestyle as they are the building blocks of your cells. Protein also helps to preserve your lean muscle mass and leaves you feeling full for longer.

This protein drink is your alternative to traditional sources of protein and does not contain artificial flavours, preservatives or colourants.

### Meal Replacement Shakes



**Fulfill 1/3 of your daily nutritional needs**

This shake is an on-the-go nutritious drink with 17g of plant protein, 5g of fibre and 22 vitamins & minerals to keep you energised throughout your busy day.

### Salmon Omega Complex



**Fulfill your dietary gaps of Omega-3 fatty acids**

Omega-3 fatty acids are critical structural components of the cell membranes. They also play a key role in blood lipid metabolism and heart health. However, the body can't make these essential fatty acids – so they must be obtained from food and supplements.

Each softgel contains 300mg of purified and concentrated Omega-3 fatty acids (EPA & DHA) from salmon raised in Norway as well as other fishes.

## The Perfect Match for Gut Health



### Botanical Beverage Mix Chicory Root Extract with Probiotics

Uses "Arrive Alive" and "Stick-To-The-Gut" technology for probiotic strains that are tough enough to reach your gut alive and "stick" once they get there.

Each stick pack serving has 6.3 billion CFUs from an exclusive blend of 5 probiotic strains to help balance and maintain the gut microbiome.



### Mixed Fiber Powder

Contains a special blend of three soluble fibres from naturally derived plant sources. These fibres are also prebiotics, which serve as food for the probiotics (good bacteria) to help maintain good gut health.

# General Nutrition Guidelines

Nutrition plays an important role in your wellbeing, especially your gut health. **The 14-Day Gut Reset smoothens the transition to a diet that includes more of these GUT-FRIENDLY foods:**



## Wholegrains

wholegrain pasta,  
wholegrain breads,  
wholegrain rice,  
barley, oats, rye



## Fruits

apples, oranges,  
strawberries, kiwis,  
melons, pears,  
bananas



## Vegetables

spinach, broccoli,  
cauliflower,  
asparagus,  
sweet potatoes,  
corn, tomatoes



## Legumes

chickpeas, lentils,  
beans



## Nuts and Seeds

almonds, cashews,  
walnuts, flaxseeds,  
chia seeds



## Fermented Dairy Foods

kefir, yoghurt,  
cheese



**Source:** Singh, Rasnik K., et al. "Influence of Diet on the Gut Microbiome and Implications for Human Health." PubMed Central (PMC), 8 Apr. 2017, [www.ncbi.nlm.nih.gov/pmc/articles/PMC5385025](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC5385025).

For additional support on specific health needs, such as high blood pressure, high cholesterol and high blood sugar, do consider blending in these functional foods into your healthy breakfast shakes!



**Beneficial for Gut Health**



Purple cabbage



Black plum



Green pear



Sweet potato



Blueberry



**Beneficial for Blood Pressure Management**



Celery



Beetroot



Green apple



Brussels sprout



Kiwi / citrus fruit



**Beneficial for Blood Cholesterol Management**



Carrot



Dragon fruit



Cherry tomato



Celery



Beetroot



**Beneficial for Blood Sugar Management**



Bitter gourd



Baby spinach



Cucumber



Alfalfa sprout



Walnut / almond

**DON'T FORGET Your Fluid Intake!**

Drink at least **2 litres of water per day** to ensure that your body is sufficiently hydrated. Water contributes to the optimum maintenance of normal physical and cognitive functions.



No food intake after 8.00pm. It is best to drink only plain water after 8.00pm.



# Malaysian Healthy Plate Rules

## Building Your Daily Diet with **SUKU SUKU SEPARUH**

A flexible way to consume the right amount of macronutrients for a well-balanced diet.

### Protein

Meat, poultry, fish, seafood, eggs or dairy. All of these foods contain protein and some fat content. Try to prioritise low-fat varieties of meat and, if possible, remove excess fat before cooking. Legumes are also a source of protein.

Aim to consume 0.8g to 1.2g of protein per kg of body weight.

#### That's equivalent to 4-5 servings per day

1 serving can be:

- + 100g red meat (30g protein)
- + 100g poultry (30g protein)
- + 100g fish (20-22g protein)
- + 100g beans (8g protein)
- + 1 egg (7g protein)
- + 2 scoops (20g) of Nutrilite Soy Protein Drink (16g protein)

### Vegetables

Providing vitamins, minerals, soluble fibre and phytonutrients, vegetables are the part of the plate where you should start each meal. Serve vegetables fresh, boiled or stewed and try to avoid adding too much oil or fat.

#### 5-6 servings in total per day

1 serving can be:

- + 100g greens
- + 100g raw or cooked vegetables (e.g. half a cucumber or 1 pepper)



### Complex Carbohydrates

Whether it's cereals, potatoes, wholegrain pasta or bread, complex carbohydrates are the main source of energy for the body. The optimum portion size is 3/4 of a cup or around 100g. Avoid fried foods and fatty sauces.

#### 2 servings in total per day

1 serving can be:

- + 100g boiled wholegrain pasta or rice (around 50g uncooked)

### Fruits

#### 2 servings in total per day

1 serving can be:

- + 1 medium-size fruit
- + 130g berries

### Fat

For example: nuts on salad, olive oil as salad dressing, oil in fish or fat on meats.

#### 2-4 servings in total per day

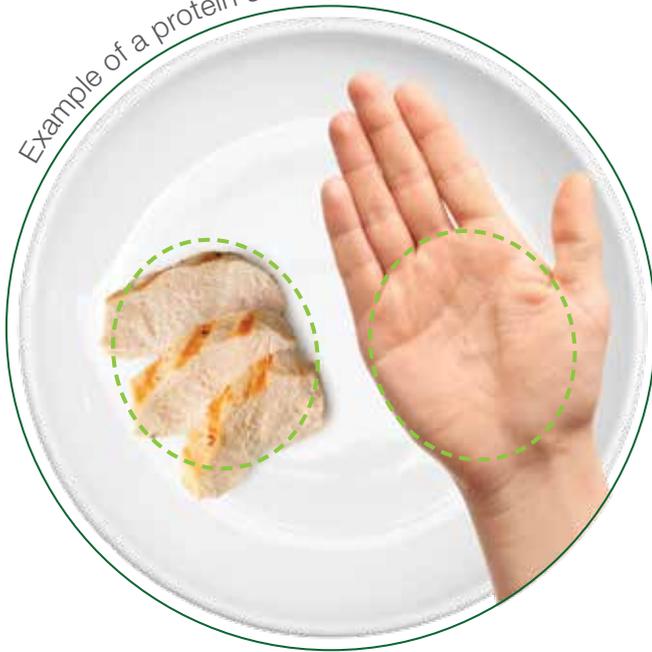
1 serving can be:

- + 1 tablespoon white chia seeds oil
- + oil – 13g fat (monounsaturated fat)

# Handy Hints For Portion Sizes

Use your hand to measure your portion sizes:

Example of a protein serving



**Protein** should be the same size as your palm.



Example of a carbohydrate serving



**Carbohydrates** should be the same size as your fist.



Example of a fat serving



**Fats** (oil, dressing, on meat) should be the same size as your thumb.



# Healthy Gut Reset Guidelines

Here's a quick guide to help you reset your gut microbiome and rebalance your body mechanism.

## 4R Guide: Remove, Replace, Rebalance & Reset

### Remove and Replace

During the gut reset period, focus on removing unhealthy sugars and fats from your diet. These include:



Refined carbohydrates, such as table sugar, ice cream, pastry and cake.



Food high in saturated fat and trans fat, such as processed meat.

Instead, replace refined carbohydrates with a combination of **complex carbohydrates, probiotics and high fibre foods that are rich with prebiotics** to reset and balance the gut microbiome.

Try to eat moderate portions of complex carbohydrates as they provide slow-burning energy throughout the day. Some examples of complex carbohydrates are brown rice, oats, quinoa or sweet potatoes.

Also, bear in mind that good hydration is very important during the gut reset period, as you are increasing your fibre consumption.

It's important to understand that not all fats are equal. The type of fats you eat affects your gut health, so it's important to **increase the good fats in your diet. These include:**

#### 1 Monounsaturated fats:

- Olive, peanut and canola oils
- Avocados
- Nuts such as almonds, hazelnuts and pecans
- Seeds such as pumpkin and sesame seeds

#### 2 Polyunsaturated fats:

- Sunflower, corn, soybean and flaxseed oils
- Walnuts
- Flax seeds

These good fats reduce gut inflammation and improve mucosa production, which help to protect your gut lining, allowing nutrients to be absorbed and the gut microbiome to live. Research also shows that Omega-3 fatty acids correlate with gut microbiome diversity.



#### SMART TIPS:

The recommended daily intake of fibre is 20g-30g. Most fruits and vegetables are high in fibre. Thus, adding a functional juice into your nutritious breakfast shakes can help to "fibre up" your daily intake without adding on too many calories!

#### Source:

1. Marton, Ledyane Taynara, et al. "Omega Fatty Acids and Inflammatory Bowel Diseases: An Overview." PubMed Central (PMC), 30 Sept. 2019, [www.ncbi.nlm.nih.gov/pmc/articles/PMC6801729](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC6801729).
2. Costantini, Lara, et al. "Impact of Omega-3 Fatty Acids on the Gut Microbiota." PubMed Central (PMC), 7 Dec. 2017, [www.ncbi.nlm.nih.gov/pmc/articles/PMC5751248](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC5751248).
3. Menni, Cristina, et al. "Omega-3 Fatty Acids Correlate With Gut Microbiome Diversity and Production of N-carbamylglutamate in Middle Aged and Elderly Women - Scientific Reports." Nature, 11 Sept. 2017, [www.nature.com/articles/s41598-017-10382-2](http://www.nature.com/articles/s41598-017-10382-2).

# Rebalance and Reset

**Besides adding probiotics and prebiotics to rebalance your gut microbiome, it is also important to include more functional foods into your meal plan.**

Functional foods provide health benefits to the body beyond basic nutrition. Certain functional foods are high in phytochemicals, particularly polyphenols that can favourably modify and rebalance the microbiome composition. This increases the proportion of beneficial bacteria and stops potential disease-causing microorganisms from colonising the gut.

Studies also show that soy protein, which contains isoflavones, can serve as nitrogen and energy sources for good bacteria, which support their growth and maintenance in the gut. Adding naturally fermented foods may help strengthen your gut microbiome too!

You may also include **different functional foods into your meal plan to target different health benefits, i.e. managing blood pressure, blood glucose or cholesterol level. Refer to page 15 for the list of functional foods that support specific health needs.**

## Rebalance and reset your gut to kickstart your weight management journey for a healthier you!

### Positive Emotions

#### Balanced Diet + Functional Foods



#### Prebiotics + Probiotics



#### Clean



#### Digestion

#### Clear



#### Cognitive

#### Confident



#### Physical

#### Calm



#### Emotions

**Source:** Huang, H., Krishnan, H. B., Pham, Q., Yu, L. L., & Wang, T. T. Y. (2016). Soy and Gut Microbiota: Interaction and Implication for Human Health. *Journal of Agricultural and Food Chemistry*, 64(46), 8695–8709. <https://doi.org/10.1021/acs.jafc.6b03725>

# Meal Plan Sample & Supplements

**Balanced Lunch** (Portion size to follow the Healthy Plate Rule)

**Sample:**

- Brown Rice + Turmeric Chicken + Roasted Rainbow Vegetables

**Note:** Please refer to page 26 for the recipes.

**After lunch, take 1 softgel of Nutrilite Salmon Omega Complex** (Other options: take it after breakfast/dinner)

**Breakfast**

- 1 slice wholemeal bread (with ¼ can tuna in light mayonnaise)
- 1 cup coffee (black)



**Dinner**

- BodyKey Meal Replacement Shake (1 pouch)
- Soy Protein Drink (1-2 scoops - Depends on one's daily protein requirement)

**Begin your morning with a glass of water**

- Mixed Fiber Powder (1 stick pack)
- Botanical Beverage Mix Chicory Root Extract with Probiotics (1 stick pack)

**Optional:**

- Soy Protein Drink (1-2 scoops)

**No food intake after 8.00pm. Only plain water is allowed.**

**Blend together with functional juice ingredients for extra benefits, for example:**

Health Benefits				
<b>Juice 1</b>	Purple cabbage, black plum, green pear	Beetroot, celery, green apple	Carrot, celery, cherry tomatoes, lemon	Bitter gourd, spinach, lemon, cucumber
<b>Juice 2</b>	Purple cabbage, blueberries, purple sweet potato	Brussels sprout, orange, golden kiwi	Dragon fruit, beetroot, cherry tomatoes	Alfalfa sprouts, walnut, almond, cucumber

**Note:** Please refer to page 32 for the full recipes.

# Programme Expectations

It is a known fact that our dietary habits have an impact on our gut health. A healthy gut is the key to staying fit as it affects various vital functions in our body.

**Besides managing weight, this programme is also designed to potentially help you:**



Improve overall health



Support a healthy gut



Improve the appearance of skin



Help build healthy lifestyle habits



Support a positive mood



Improve the quality of sleep



Help in fat loss



Manage metabolic concerns, *i.e. blood glucose, blood pressure and cholesterol levels*

## You might experience these symptoms during the 14-Day Gut Reset Programme



Everyone's body reacts differently, so you may not experience the same symptoms as others in the programme. Most symptoms are flu-like or a continuation of the digestive issues you had before, which may include:

- Body ache
- Gas and bloating
- Headache
- Fatigue
- Skin irritation
- Nausea
- Diarrhoea

Some individuals might experience a temporary worsening of symptoms during the gut reset programme before seeing an improvement. This is normal and an expected part of the healing process as you are removing processed foods, sugars and highly inflammable foods from your diet.

Our bodies have learnt to depend on these foods for "a quick fix" of energy. As such, the body has not built up the strength and ability to produce its own healthy serotonin and energy.

This is just a temporary setback that the body needs to get over so that it can start to do what it does best - rebuild healthy cells, get rid of bad bacteria and feed the gut with good bacteria from all sorts of yummy food such as whole foods, smoothies, healthy bowls, grains, fats and fibre!

There is no specific duration for how long the symptoms will last. Most symptoms are reduced or completely gone within 2-3 days from the start date. It is rare, but some people do experience symptoms for up to a week or more.

If this happens, be sure to consult a healthcare professional. Please also ensure that you are staying hydrated and getting sufficient sleep throughout the programme.



# Hydration

Hydration is very important for gut health. The human body is made up of a large percentage of water and being hydrated is important for many processes to occur such as:



Proper blood circulation that carries oxygen and nutrients to our cells



Waste product removal by the kidneys

Generally, you should consume **at least 2 litres of water per day**. Start your day with at least one full glass of warm water before you consume any food to promote hydration and jumpstart your digestive pathways.

To ensure that you are well hydrated throughout the day, you may follow the schedule below:

TIME	WATER INTAKE	YES (✓) / NO (X)	
		Day 1	Day 2
7.00am Wake up	 <b>1<sup>st</sup> glass</b> Drink your first glass of water after you wake up to hydrate your body after a long night's sleep.		
9.00am	 <b>2<sup>nd</sup> glass</b> Have another glass about an hour after breakfast to start your workday.		
11.30am	 <b>3<sup>rd</sup> glass</b> Have a glass of water 30 minutes before lunch.		
1.30pm	 <b>4<sup>th</sup> glass</b> Drinking a glass of water an hour after lunch aids in digestion and promotes better absorption of nutrients.		
3.00pm	 <b>5<sup>th</sup> glass</b> Have another glass of water to help you stay hydrated.		
5.00pm	 <b>6<sup>th</sup> glass</b> Have a glass of water about an hour before dinner to keep you satiated and prevent overeating during dinner.		
8.00pm	 <b>7<sup>th</sup> glass</b> Have a glass of water an hour after dinner.		
10.00pm	 <b>8<sup>th</sup> glass</b> Drink the last glass of water an hour before bedtime to help cell repair overnight.		

Note: The schedule may differ depending on your daily commitments.

# Physical Activity

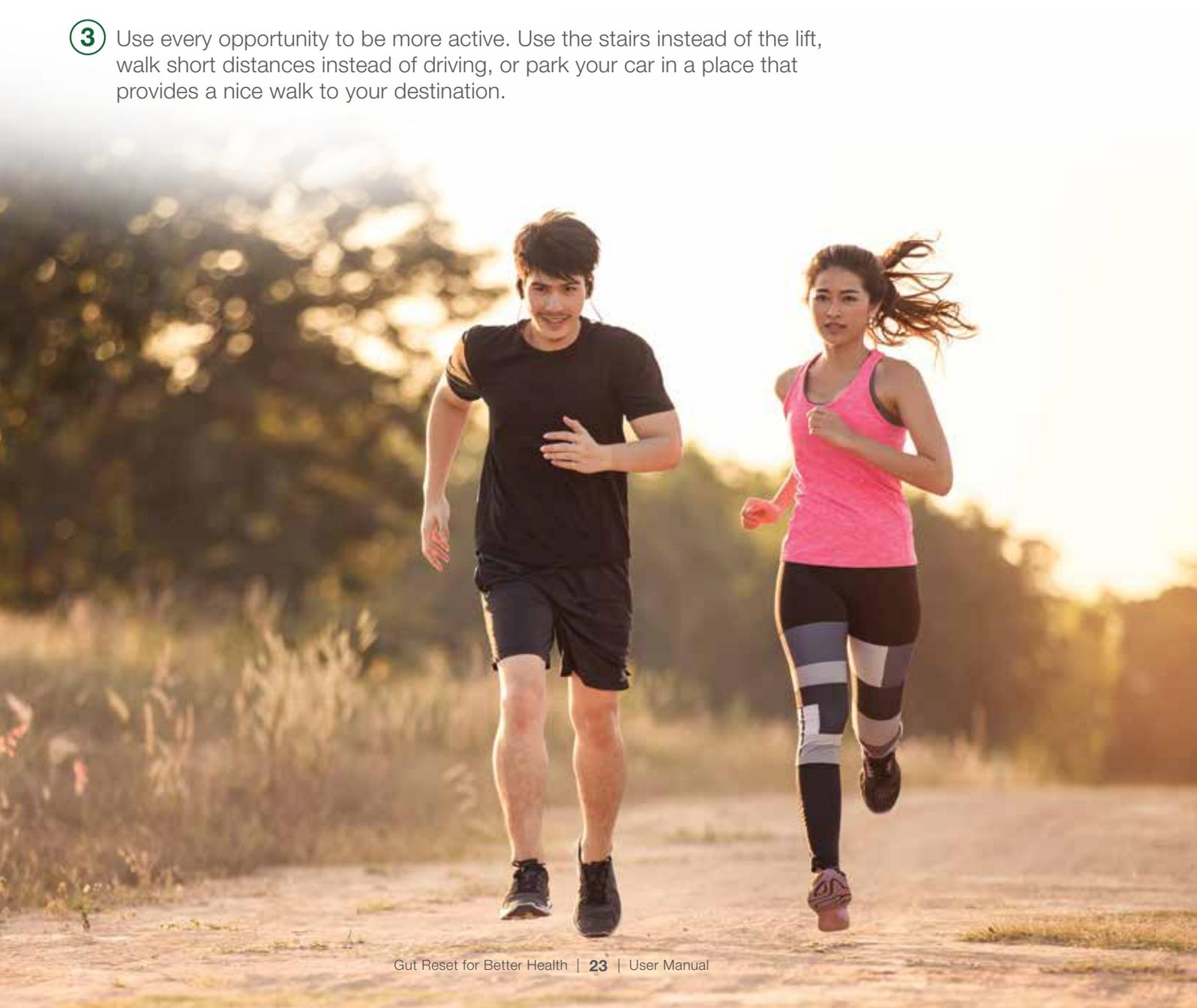
When you **exercise**, your body produces **endorphins**, which **help to improve your mood**. Regular physical exercise also helps improve posture, manage body weight, relieve stress and even improve mental performance.

If you are already physically active and enjoy exercising, carry on and ensure that it's done regularly.

**If you're not used to exercising regularly, here are some tips to help you get started.**

## GETTING STARTED

- 1 Start with simple exercises such as walking or cycling.
- 2 Walking is effective, easy and low risk. It requires no special equipment, except comfortable footwear. Try to set aside at least 30 minutes a day for walking. You can start with 10 minutes and set a goal to increase by +5 minutes every day.
- 3 Use every opportunity to be more active. Use the stairs instead of the lift, walk short distances instead of driving, or park your car in a place that provides a nice walk to your destination.



# Positive Mindset & Community Involvement

Positive thinking is the key to unlocking your wellbeing, ensuring the success of your 14-Day Healthy Gut Reset and subsequently achieving your health goals after 60 days.

- + Create a specific **waking and sleeping schedule** to regulate your body's internal clock.
- + **Wind down before bed** (e.g. take a bath, read, avoid social media)

## SUFFICIENT SLEEP

## PROGRESSIVE MUSCLE RELAXATION

- + **Follow the steps below to experience progressive muscle relaxation:**
  1. Bring **awareness to a specific muscle** in your body (tip: start with your toes and then work your way up.)
  2. Start by **squeezing that muscle** for a few seconds before releasing.
  3. **Feel the sensations**, imagine your tension decreasing with each breath. Release and repeat this process in different areas of your body.



# MINDFULNESS<sup>1</sup>



- + **Don't be too hard on yourself**  
Forgot to follow the programme today? **Don't worry.** Tomorrow is a new day and a **new chance to get back on track.**
- + **Congratulate yourself on your daily achievements** and thank yourself for the benefits you're starting to enjoy.
- + **Reward yourself for achieving interim goals.**

## SELF RECOGNITION

## DIAPHRAGMATIC BREATHING

- + **Give this a try:**
  1. Wear **comfortable clothes** and get in a **comfortable position.**
  2. Place **1 hand on your belly** and the other **hand on your chest** so you can **feel** your belly and lungs **filling with air.**
  3. **Inhale to fill your belly with air, hold** it for a few seconds (3-5secs), **exhale** from your lungs and then belly.

<sup>1</sup> With contribution of Nora Petnehazy, MsC Complex Wellbeing Specialist; Nutritionist; University Lecturer



- + Everything is made easier when done in the **company of others**. Invite other people to join you, **create a group** and share your progress, experiences and exchange motivational messages.
- + **Encourage your family** to share similar meals & recipes that you follow during the programme.
- + **Join future Nutrilite healthy lifestyle events!**



# Healthy Recipes

## Main Meals (Lunch/Dinner)

### Fragrant Pandan Brown Rice

This Fragrant Pandan Brown Rice is made with brown rice, shallots, garlic and ginger for an easy way to jumpstart your first day of the gut reset with plenty of complex carbohydrates. Ginger is known to aid in digestion and help reduce bloating.



**Yield:** 6 servings

#### Ingredients:

- 1 tbsp White Chia Seed Oil
- 2 cups long grain brown rice
- 1L water
- 2 screwpine (pandan) leaves (knotted)
- 5 shallots (sliced)
- 5 cloves garlic (sliced)
- 10g ginger (sliced)

#### Method:

- 1 Sauté the shallots, ginger and garlic with White Chia Seed Oil in the rice cooker pot for a few minutes.
- 2 Add in rice, water and pandan leaves to the pot and cook until it's done.



**Note:** The Fragrant Pandan Brown Rice can be served with Turmeric Chicken and Roasted Vegetables (please refer to the recipes in the following pages). Portion size to follow the Healthy Plate Rule.



## Turmeric Chicken

This chicken dish pairs perfectly with the **Fragrant Brown Rice**. It features asparagus, a prebiotic food, and it includes turmeric, a well-known antioxidant and anti-inflammatory ingredient that contributes to a healthy gut.

### Ingredients:

- 3 tbsp honey
- $\frac{3}{4}$  tsp black pepper
- Sea salt
- $1\frac{1}{2}$  tsp ground turmeric
- 2 tbsp corn flour
- 450g boneless, skinless chicken thighs (cut into 1-inch pieces)
- 1 tbsp white chia seed oil/olive oil
- 300g asparagus (trimmed and thinly sliced on an angle)
- 1 tsp unseasoned rice vinegar

### Method:

- 1** In a small bowl, stir together  $\frac{1}{4}$  cup of water with honey, pepper and  $\frac{1}{2}$  teaspoon of sea salt. Set the honey mixture aside.
- 2** In a medium bowl, stir together corn flour, turmeric and 1 teaspoon of sea salt. Add the chicken and toss until coated.
- 3** In a 10-inch non-stick skillet, heat oil over medium-high heat. Add the chicken and cook until the turmeric is fragrant and the chicken is golden brown on both sides (about 2 to 3 minutes per side). Add the asparagus and cook until crisp-tender (about an additional 1-2 minutes).
- 4** Drizzle the honey mixture over the chicken and asparagus and stir it until the sauce has thickened. This may take around 2 to 3 minutes.
- 5** Remove from heat. Season to taste with salt and pepper.



### Roasted Rainbow Vegetables

#### Ingredients:

- 2 large carrots (peeled and sliced into coins)
- 2 zucchinis (chopped)
- 1 cup Brussels sprouts (peeled and cut into quarters  
(Broccoli can be used as an alternative))
- 1 red onion (peeled and cut into quarters)
- 2 medium beetroot (peeled and chopped into cubes)
- 1 red pepper (de-seeded and sliced)
- 1 yellow pepper (de-seeded and sliced)
- 2 cloves garlic (peeled and crushed)
- ¼ cup olive oil
- 1 tbsp dried rosemary
- ½ tbsp dried thyme
- ¼ tsp salt
- ¼ tsp black pepper

#### Method:

- 1 Preheat oven to 200°C.
- 2 Spread the chopped vegetables on a roasting pan and add the olive oil, herbs, crushed garlic, salt and pepper. Toss together so that the veggies are well coated with the seasoning.
- 3 Cook in the oven for 40-50 minutes, mixing occasionally.
- 4 Remove from the oven when all veggies are fork-tender and serve.





## Poke Bowl with Shrimp

**Yield:** 3 servings

### Ingredients:

#### For quinoa:

- 1 cup quinoa
- 1¾ cup water
- 1/2 tsp salt

#### For shrimp:

- 450g shrimp (substitute with tofu for vegetarians)
- 1 small onion (finely chopped)
- 4 cloves garlic (minced)
- 1 tsp paprika powder
- 1/3 tsp sea salt
- 1 tbsp oil

#### Toppings:

- 1 medium carrot (shaved or chopped)
- 1 small avocado (thinly sliced)
- 4 tbsp red cabbage sauerkraut (may be replaced with other fermented foods)
- A handful of sprouts
- 1/2 bell pepper (sliced)
- 2 tbsp sesame seeds (for garnishing)

#### For sauce:

- 2 tbsp balsamic vinegar
- 2 tbsp honey
- 1 tbsp white chia seed oil/olive oil

### Method:

#### For quinoa:

- 1 Rinse quinoa thoroughly under cool water. Add water and bring to a boil – 1 cup quinoa to 1¾ cup water is the perfect ratio.
- 2 Turn the heat down to the lowest setting, cover and cook for 5 minutes. Remove from heat and let it stand covered for 10-15 minutes (without peeking!).
- 3 Fluff the quinoa gently with a fork and serve.

#### For shrimp:

- 1 Defrost shrimp and tap dry with a paper towel.
- 2 Sauté the shrimp with onion and garlic with oil in a pan (2 minutes per side). Season with salt and paprika.

#### Assemble the poke bowl:

- 1 Scoop the desired amount of quinoa into a bowl, add the shrimp and the rest of the toppings.
- 2 Drizzle the sauce and sprinkle sesame seeds before serving.

### Grilled Salmon and Sweet Potato Bowl with Veggie Dip

This bowl is the perfect marriage of healthy and flavourful ingredients – Omega-3 fatty acids from the salmon paired with the prebiotic, antioxidant power of sweet potatoes and spinach. Top it off with Greek yoghurt to take your gut health to the next level.



#### Ingredients:

- 1 medium salmon fillet
- 1 medium sweet potatoes (peeled and cut into 1-inch cubes)
- 1 tbsp White Chia Seed Oil
- Pinch of sea salt
- 1 lime
- Black pepper
- 1 avocado (sliced thinly)
- 1 large handful spinach
- 1/3 cup pine nuts
- Greek yoghurt

#### Method:

- 1** Preheat oven to 190°C. Line 2 baking trays with parchment paper and set aside.
- 2** Mix 1 tablespoon of oil and a pinch of salt in a large mixing bowl. Add the sweet potatoes and toss until each piece is coated with oil. Pour the seasoned potatoes onto one baking tray, making sure they are evenly spread.
- 3** Place salmon, skin side down, on your second baking tray. Rub the remaining oil over your salmon fillet. Slice one lime and put it on top of your salmon. Sprinkle black pepper to taste.
- 4** Place both baking trays in the oven. Cook until potatoes are tender and the salmon reaches an internal temperature of 62.8°C.
- 5** In the meantime, prep the rest of your ingredients. Slice the avocado and cut the last of the lime into wedges.
- 6 To assemble the bowl:** Place a handful of spinach at the bottom of the bowl, top it with a handful of sweet potatoes, the salmon fillet, a few slices of avocado, 1 to 2 tablespoons of pine nuts and a lime wedge. Optional: Finish with a spoonful of Greek yoghurt.



## Veggie Dip

1. Prepare a platter with crisp crunchy veggies like carrots, celery, cucumber and cherry tomatoes.
2. Serve with any of the dressings below:

### Dressing 1: Guacamole

#### Ingredients:

- 1 cup frozen peas, slightly thawed
- 1 medium avocado (chopped)
- Juice from 1 lime
- ½ cup cherry tomatoes (diced)
- ½ cup red onion (diced)
- ¼ cup fresh cilantro (optional, chopped)
- 2 cloves fresh garlic (minced)
- Fine sea salt to taste
- 1 tbsp white chia seed oil/olive oil

#### Method:

- 1 Place your frozen peas in a food processor and pulse until the peas are blended smooth.
- 2 In a medium bowl, mix your blended peas, tomato, onion, cilantro, garlic, lime juice and white chia seed oil. Season with salt and pepper to taste.
- 3 Add in your chopped avocado and mix to combine. Mash with a fork to your desired thickness.
- 4 Serve with veggies of your choice.

### Dressing 2: Yoghurt Dressing

#### Ingredients:

- PhytoPowder lemon – 2-3 tbsp
- Greek yoghurt – 1 cup

#### Method:

- 1 Mix the two ingredients together in a bowl. Serve with veggies of your choice.

# Healthy Juice Recipes



## Recipe 1

- 1x green apple
- 1x celery stalk
- ½ small beetroot
- 1x stick Nutrilite Mixed Fiber Powder
- 1x stick Nutrilite Botanical Beverage Mix Chicory Root Extract With Probiotics
- 200ml cold water



## Recipe 2

- 3x Brussels sprouts
- 1x orange
- 1x golden kiwi
- 1x stick Nutrilite Mixed Fiber Powder
- 1x stick Nutrilite Botanical Beverage Mix Chicory Root Extract With Probiotics
- 200ml cold water

## Recipe 1

- ½ carrot
- 1x celery stalk
- 5x cherry tomatoes
- ½x lemon
- 1x stick Nutrilite Mixed Fiber Powder
- 1x stick Nutrilite Botanical Beverage Mix Chicory Root Extract With Probiotics
- 200ml cold water



## Recipe 2

- ½ white or red dragon fruit
- ½ beetroot
- 5x cherry tomatoes
- 1x stick Nutrilite Mixed Fiber Powder
- 1x stick Nutrilite Botanical Beverage Mix Chicory Root Extract With Probiotics
- 200ml cold water

Disclaimer: The juicing recipe provided above is for reference only. If you have any medical condition or are taking any medication, please consult your doctor before making any significant changes to your diet, including incorporating healthy juices into your daily diet plan. While juicing can be a healthy addition to your diet, it may not be suitable for everyone and could have potential interactions with medications. Feel free to create your own healthy juices with different fruits and vegetables that work for you.





### Recipe 1

- ½ medium bitter melon
- ½ cup spinach
- ½ lemon
- ½ cucumber
- 1x stick Nutrilite Mixed Fiber Powder
- 1x stick Nutrilite Botanical Beverage Mix Chicory Root Extract With Probiotics
- 200ml cold water



### Recipe 2

- ⅓ cup Alfalfa sprouts
- 5x walnuts
- 10x almond nuts
- ½ cucumber
- 1x stick Nutrilite Mixed Fiber Powder
- 1x stick Nutrilite Botanical Beverage Mix Chicory Root Extract With Probiotics
- 200ml cold water

### Recipe 1

- 1x large purple cabbage leaf
- ½ black plum
- ½ green pear
- 1x stick Nutrilite Mixed Fiber Powder
- 1x stick Nutrilite Botanical Beverage Mix Chicory Root Extract With Probiotics
- 200ml cold water



### Recipe 2

- 10x blueberries
- 2x steamed large purple cabbage leaves
- ½ steamed purple sweet potato
- 1x stick Nutrilite Mixed Fiber Powder
- 1x stick Nutrilite Botanical Beverage Mix Chicory Root Extract With Probiotics
- 200ml cold water

Disclaimer: The juicing recipe provided above is for reference only. If you have any medical condition or are taking any medication, please consult your doctor before making any significant changes to your diet, including incorporating healthy juices into your daily diet plan. While juicing can be a healthy addition to your diet, it may not be suitable for everyone and could have potential interactions with medications. Feel free to create your own healthy juices with different fruits and vegetables that work for you.



# See the Difference

Once you've completed the first 14 days of the BodyKey Gut Reset Weight Management Programme, retake the **Medical Symptoms/Toxicity Questionnaire (MSQ)** and compare the results. We encourage you to retake the test at Day 30 and Day 60 to track your progress.

## SELF ASSESSMENT

### MEDICAL SYMPTOMS/TOXICITY QUESTIONNAIRE (MSQ)

The Toxicity and Symptom Screening Questionnaire identifies symptoms that help to identify the underlying causes of illness, and helps you track your progress over time. Rate each of the following symptoms based upon your health profile. Record your symptoms for the last 48 hours ONLY.

#### Point Scale

0 = Never or almost never have the symptom  
 1 = Occasionally have it, effect is not severe  
 2 = Occasionally have, effect is severe  
 3 = Frequently have it, effect is not severe  
 4 = Frequently have it, effect is severe

#### Digestive Tract

- Nausea or vomiting
  - Diarrhoea
  - Constipation
  - Bloating feeling
  - Belching, or passing gas
  - Heartburn
  - Intestinal/Stomach pain
- Total

#### Ears

- Itchy ears
  - Earaches, ear infections
  - Drainage from ear
  - Ringing in ears, hearing loss
- Total

#### Emotions

- Mood swings
  - Anxiety, fear or nervousness
  - Anger, irritability, or aggressiveness
  - Depression
- Total

#### Energy/Activity

- Fatigue, sluggishness
  - Apathy, lethargy
  - Hyperactivity
  - Restlessness
- Total

#### Eyes

- Watery or itchy eyes
  - Swollen, reddened or sticky eyelids
  - Bags or dark circles under eyes
  - Blurred or tunnel vision (does not include near or far-sightedness)
- Total

#### Head

- Headaches
  - Faintness
  - Dizziness
  - Insomnia
- Total

#### Heart

- Irregular or skipped heartbeat
  - Rapid or pounding heartbeat
  - Chest pain
- Total

#### Joints/Muscles

- Pain or aches in joints
  - Arthritis
  - Stiffness or limitation of movement
  - Pain or aches in muscles
  - Feeling of weakness or tiredness
- Total

#### Lungs

- Chest congestion
  - Asthma, bronchitis
  - Shortness of breath
  - Difficult breathing
- Total

#### Mind

- Poor memory
  - Confusion, poor comprehension
  - Poor concentration
  - Poor physical coordination
  - Difficulty in making decisions
  - Stuttering or stammering
  - Slurred speech
  - Learning disabilities
- Total

#### Mouth/Throat

- Chronic coughing
  - Gagging, frequent need to clear throat
  - Sore throat, hoarseness, loss of voice
  - Swollen/discolored tongue, gum, lips
  - Canker sores
- Total

#### Nose

- Stuffy nose
  - Sinus problems
  - Hay fever
  - Sneezing attacks
  - Excessive mucus formation
- Total

#### Skin

- Acne
  - Hives, rashes, or dry skin
  - Hair loss
  - Flushing or hot flushes
  - Excessive sweating
- Total

#### Weight

- Binge eating/drinking
  - Craving certain foods
  - Excessive weight
  - Compulsive eating
  - Water retention
  - Underweight
- Total

#### Other

- Frequent illness
  - Frequent or urgent urination
  - Genital itch or discharge
- Total

**Grand Total**

#### Key to Questionnaire

Add individual scores and total each group. Add each group's scores to get the grand total.

- Optimal is less than 10
- Mild Toxicity: 10-50
- Moderate Toxicity: 50-100
- Severe Toxicity: Over 100

#### Scan and fill out the questionnaire.

It will only take 10 minutes to complete.

Link: <https://bodykeymsq.com>

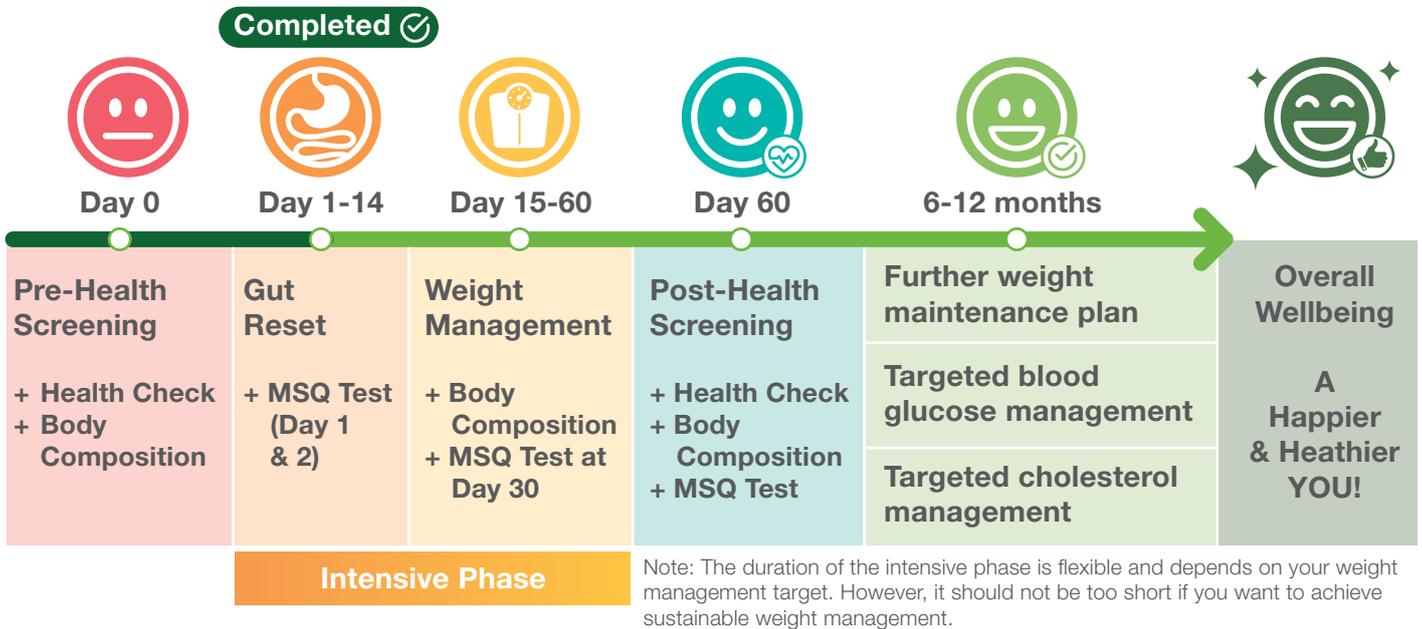


**Note:** The MSQ is a tracking tool that has been used to assess an individual's progress in dietary and lifestyle changes. It is not intended as a medical diagnosis and, in case of any doubt, please consult a physician.

#### Sources:

1. Jones DQ,S. Textbook of Functional Medicine. WA: Gig Harbor; 2006.
2. Lawrence, Kate, and Jeannette Hyde. "Microbiome Restoration Diet Improves Digestion, Cognition and Physical and Emotional Wellbeing." Microbiome Restoration Diet Improves Digestion, Cognition and Physical and Emotional Wellbeing. PLOS ONE, 14 June 2017

## BodyKey Gut Reset Weight Management Programme Monitoring Guide



**Congratulations! You have followed the Phase 1: Gut Reset Programme (Day 1-14) closely and now you get to enjoy a healthier GUT.**

**A healthy gut is key to successfully losing weight. Now, take the next step which is the weight management programme to achieve healthy and sustainable weight loss.**



# Healthy Weight Management

The BodyKey Weight Management Programme combines gut health and healthy weight management. Kickstart the weight management phase to unlock a NEW you.



## Benefits of the BodyKey Weight Management Programme:

**1** It helps to break through your weight management barriers. This personalised programme is based on your personal lifestyle to give you long-term results that are easy to follow.

**2** A personalised weight management programme that focuses on a balanced diet, supplementation, and exercise. It helps you to safely and effectively lose weight and help you keep it off.

## MANAGE Your Weight via a Balanced Diet, Exercise, and Supplementation!

### Balanced Diet



Malaysian Healthy Plate Rules & Portion Control

Healthy Eating Habits

### Exercise/ Physical Activity



Aerobic and Strength Training Exercise

Establish A Regular Exercise Routine

### Supplementation



Mixed Fiber Powder, Botanical Beverage Mix Chicory Root Extract with Probiotics, BodyKey Meal Replacement Shake, Soy Protein Drink, Salmon Omega Complex

# Before You Start

It is strongly recommended that you perform a body composition test before you begin the Phase 1 and Phase 2 programmes to know your initial body weight status. Perform the test again after completing the Phase 2 programme to measure the changes in your body weight status. You may also perform the test regularly along your weight management journey to track your progress.

**Here are several key information you need to know about your body weight status!**

## 1 Body Mass Index (BMI)

This is the most established and widely used measurement defined as:

$$\text{BMI} = \frac{\text{Weight (kg)}}{\text{Height x Height (m}^2\text{)}}$$

BMI (kg/m <sup>2</sup> )	Classification	Level of Health Risks
<18.5	Underweight	Low*
18.5 – 22.9	Normal	Average
≥23	Overweight	Moderate
23.0 – 24.9	Pre-Obese	High
25.0 – 29.9	Obese I	Very high
≥30	Obese II	Extremely high

Aim to achieve and maintain a healthy BMI of 18.5-22.9 kg/m<sup>2</sup>.

\*Increased risk of other clinical problems  
Source: WHO Asian BMI Classification

## 2 Body Composition

Body composition simply means what the body is made of, namely fat, protein, minerals, and water. It describes our body weight more accurately compared to BMI and gives a better picture of your overall health. Use the body composition scale to know your body fat percentage.

Suggested Body Fat Percentage %	
Female	18 - 28%
Male	10 - 20%

Source: Inbody USA



### 3 Waist Circumference & Waist to Hip Ratio

**Abdominal obesity** (also known as central or visceral obesity) is defined as **excess deposits of fat in the abdominal region**. It is directly associated to non-communicable diseases (NCDs).

Abdominal Obesity		
	Waist Circumference	Waist to Hip Ratio
Female	>80cm (32 inches)	> 0.85
Male	>90cm (35 inches)	> 1.0

Your waist circumference and waist to hip ratio should be **below** the recommended cut off point.

Source: World Health Organization

**Hip Circumference**

Measurement should be taken around the widest portion of the buttocks.

**Waist Circumference**

Measurement be made at the approximate midpoint between the lower margin of the last palpable rib and the top of the iliac crest.

**Waist to Hip Ratio**  
Waist circumference divided by the hip circumference

**Example:**  
Waist circumference : 75cm  
Hip circumference : 90cm  
**Your waist-hip ratio : 0.83**

#### Weigh and measure yourself regularly

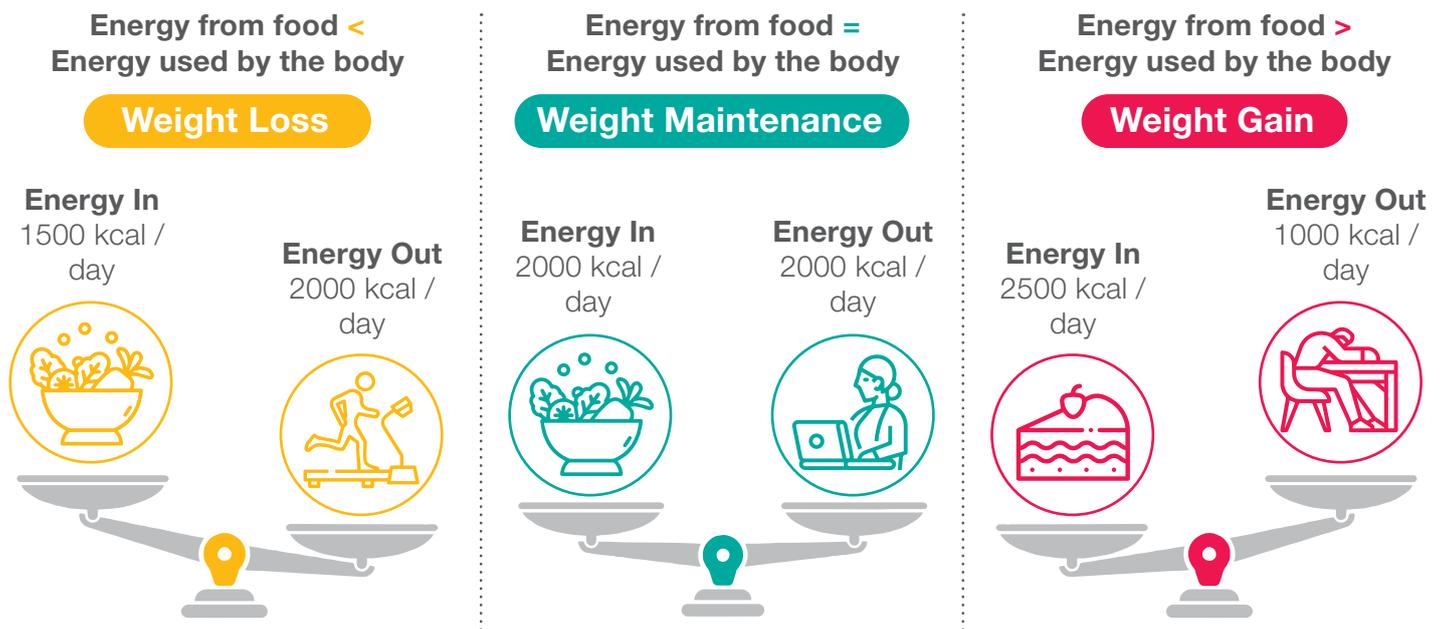
**1** Weigh yourself in light clothing and without shoes using the same weighing scale at least once a week, preferably before breakfast.

**2** Measure waist circumference using a measuring tape, at least once a month.

# The Principle of Weight Management: Energy Balance

Your energy balance is the balance of calories consumed through eating and drinking compared to calories burned through physical activity. What you eat and drink is **ENERGY IN**. What you burn through physical activity is **ENERGY OUT**. Energy is measured in calories.

## Calorie INPUT & Calorie OUTPUT Determines Your Weight



**Proper nutrition (eating a well-balanced diet)** and **daily physical activities** are key components of any effective weight management programme.

At its core, weight loss occurs only through a **negative energy balance or caloric deficit**, which is produced when we use or burn more calories than we take in.

The most effective way of creating this caloric deficit is through a combination of diet (restricting calorie intake) and exercise (increasing calorie expenditure).

In essence:  
**CALORIES CONSUMED < CALORIES BURNED  
= WEIGHT LOSS**



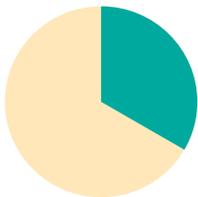
# Increase Your **Calories Burned** by Increasing Your Protein Intake

We get our calories from food. Carbohydrates, fats, and proteins are the main macronutrients that provide you energy in the form of calories that are needed to maintain your body's functions and structure. Carbohydrates provide 4 calories per gram, protein provides 4 calories per gram, and fat provides 9 calories per gram.

To lose weight, limit calorie intake from high fat and high-carb foods. Meanwhile, you might benefit by **adding more protein** in your diet as protein can play a role in successful weight loss. Adding more protein to your diet **may promote a feeling of fullness and prevent muscle loss. Protein also has the highest thermic effect**, meaning it takes more calories to digest compared to carbohydrates or fats.

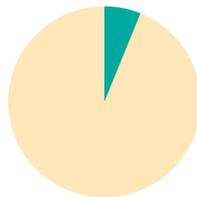
## Why the Increase in Protein?

Digesting Protein burns more calories compared to Fat and Carbohydrates



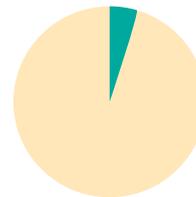
Burns 30-40%  
of calories

Protein



Burns 5-6%  
of calories

Carbohydrates



Burns 4-5%  
of calories

Fat



## How Much Protein Do You Need?

Bare minimum to prevent deficiency; insufficient to promote optimal health

**0.8g x body weight (kg)**

Ideal Amount

**1g\* x body weight (kg)**

*\*RNI, MOH (2017)*

Athletes, body builders and those who exercise often

**1.2g - 1.7g x body weight (kg)**

Slowly increase your protein intake by replacing processed foods or excessive carbohydrates or fats with protein-rich foods.

Look for **lean animal-based sources of protein** like meat, fish, poultry, eggs, and dairy. You can also get your protein from **plant-based sources** like soy and legumes. Protein powder is also a good option to increase your protein intake.

# Goal Setting

## Setting Realistic & Achievable Goals

Having a clear vision of your weight loss goals is critical to your success. Unfortunately, many people give up on their weight loss goals because they expect fast results that do not take any effort, time, or perseverance. When they are confronted with the amount of effort that is required, it can leave them feeling too overwhelmed to do anything at all. You can overcome this feeling of paralysis by analysis through setting realistic, achievable goals that push you out of your comfort zone.



**G**row what matters  
**O**ne step  
**A**t a time  
**L**ittle by little, your  
**S**teps will add up.

## Example of realistic and achievable goals:

A clipboard with a grey clip at the top. It contains three rows of text, each with a green icon and a checkmark in a circle to its right. The first row has a scale icon, the second a person on a treadmill, and the third a pair of underwear.

- Weight loss rate: **0.5kg – 1kg per week**  
(Lose about 2 – 4kg per month)
- Lose at least **5-10%** of initial weight over 6 months
- Reduce **at least 4cm** of waist circumference or achieve normal measurement over 6 months

Even a modest weight loss of 5-10% of your total body weight is likely to **produce health benefits**, such as **improvement in blood pressure, blood cholesterol, and blood sugar.**

Source: CDC, 2022

# General Nutrition Guidelines

## BALANCED

Eat food from all food groups in every meal.

## MODERATE

Eat portions in moderation. Just eat enough, not too much or too little of any food.

## VARIETY

Include a variety of foods in your daily diet. Mix and match!



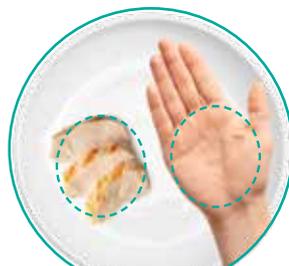
## Malaysian Healthy Plate Rules

*#SukuSukuSeparuh*



## Portion Control

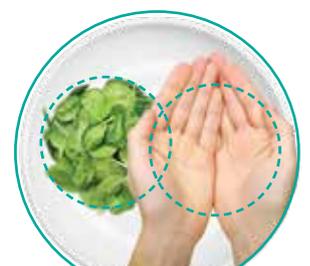
A flexible way to consume the right amount of macronutrients for a well-balanced diet.



Protein



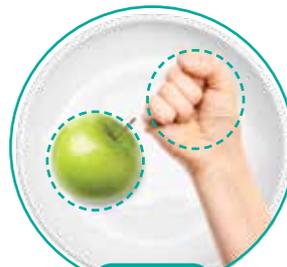
Carbohydrates



Vegetables



Oils



Fruits



Water

## Healthy Eating Habits

Mindful eating is a technique that helps you better manage your eating habits. Mindful eating involves paying closer attention to your food and how it makes you feel. It helps you learn to distinguish between physical and emotional hunger. It has also been shown to reduce disordered eating behaviours, support weight loss and help you feel better.

## Mindful Eating

Eat slowly. Chew 20-30 times before swallowing.

Maintain regular meal times.

Eat with no distractions.

Avoid having late dinners or heavy suppers.

Postpone desire of emotional eating and avoid food temptation.

Stop eating when you are full.

Make healthier snack choices.

Listen to true hunger cues.

Avoid eating snacks straight from the bag.



# Physical Activity

## Aerobic and Strength Training Exercise

BodyKey recommended exercise plans are synchronised to your fitness level and long-term weight-loss goals. There is strong scientific evidence that shows getting the right amount of structured activity supports your effort to both lose weight and keep the weight off. Physical activity also increases energy expenditure and has a positive impact on stress, sleep, and mood.

## What is the recommended activity level?

The latest WHO recommendation advocates for adults to engage in **at least 30 minutes of moderate to vigorous intensity aerobic exercise, at least five days a week** for substantial health benefits. You can spread out your activity out during the week and break it up into smaller chunks of time.

**Muscle strengthening activities** involving major muscle groups should be carried out on **at least two days a week** to help increase muscle mass.



### You do not have to be an athlete! Little movements add up!

Engaging in exercises and general daily movements that are right for you can make it faster and easier for you to reach your weight management goals.

## Regular Exercise Routine

If you are not used to exercising regularly and do not know where to start, here is an **exercise guide** to help you get started.



Try to fit any of the following exercises into your schedule:

Exercise	Target/Duration	Frequency
	 10,000 steps	 Daily
	 15 minutes	 Daily
	 30 minutes	 2 - 3 times a week
	 20 minutes	 2 - 3 times a week

# Physical Activity

## Aim to achieve **10,000** steps per day

Another tip to become more physically active is to walk 10,000 steps per day.

**Here are some tips to help you start accumulating steps and achieve this goal.**



Go for a 10-minute brisk walk around the neighbourhood.

Walk to lunch or to the store.

Take a walk during your lunch break.

Park your car further away to gain extra steps.

At work, walk to your colleague's desk instead of calling or messaging them.

Set a timer to get up every half hour or so and walk around your home or office.

Take the stairs instead of using lifts or escalators.

Walk in place/ jog on treadmill/ jump rope while watching TV.

Pace while you talk on the phone.

Do house chores more often and do it manually, such as sweeping and mopping the floor, washing the car.

# Weight Management Supplement Guide

## Salmon Omega Complex

**Omega-3 fatty acids are critical structural components of cell membranes. They also play a key role in blood lipid metabolism and heart health.**

Take one softgel per day after a meal to fulfill your dietary gap of Omega-3 fatty acids. Take it either after breakfast, lunch, or dinner.

## Mixed Fiber Powder

**It is a good source of prebiotics, which serve as food for the probiotics (good bacteria) to enhance gut health.**

Take 1 stick in the morning or any other preferred time for satiety, good digestive health, and improve metabolic functions. It can also be mixed with the Meal Replacement Shake and Soy Protein Drink.

## Botanical Beverage Mix Chicory Root Extract with Probiotics

**Each stick pack serving has 6.3 billion CFUs from an exclusive blend of 5 probiotic strains to help balance and maintain the gut microbiome.**

Consume one stick pack daily. This product may be consumed any time on an empty stomach. Sprinkle directly onto the tongue or mix with cold foods and beverages.

## Meal Replacement Shakes

**A nutritional drink that contains protein, fibre, 22 vitamins and minerals that provide at least one third of our daily nutritional needs while controlling calorie intake.**

Replace 1 meal at night. If a light dinner is usually consumed, replace the heaviest meal in the day with a shake. The meal replacement shake can also be taken as a healthy breakfast.

## Soy Protein Drink

**Unique combination of soy, wheat and pea provides excellent source of high-quality dietary protein for growth, maintenance and repairing of muscles and tissues.**

Take 1-2 scoops (depends on one's daily protein requirement) together with the Meal Replacement Shake for satiety and muscle mass preservation.



# Meal Plan Sample & Supplements

## Balanced Lunch (441 Kcal)

- 1 bowl of rice
- 1 scoop stir-fried vegetables
- 1 scoop legumes
- 1 palm-sized fish slices with gravy vegetable soup

## After lunch, take 1 softgel of Nutralite Salmon Omega Complex

(Other options: take it after breakfast/dinner)

## Healthy Breakfast (340kcal)

- Garden salad
- 2 tbsp Asian sesame dressing
- 2x hard-boiled eggs
- 1 serving fruits

## Healthy Snacks (179 Kcal)

- A handful of mixed roasted nuts



## Begin your morning with a glass of water

- Mixed Fiber Powder (1 stick pack)
- Botanical Beverage Mix Chicory Root Extract with Probiotics (1 stick pack)

## Meal Replacement (approximately 245Kcal)

- BodyKey Meal Replacement Shake (1 pouch)
- Soy Protein Drink (1-2 scoops - Depends on one's daily protein requirement)



# Healthy Shakes Recipes

## with BodyKey Meal Replacement

You may blend the BodyKey Meal Replacement Shake and Soy Protein Drink with functional foods for extra benefits, for example:

### Recipe 1

- 1x green apple
- 1x celery stalk
- ½ small beetroot
- 1x stick Nutrilite Mixed Fiber Powder
- 1x stick Nutrilite Botanical Beverage Mix Chicory Root Extract With Probiotics
- 1x pouch BodyKey By Nutrilite Meal Replacement Shake (Berry)
- 1x scoop of Nutrilite Soy Protein Drink
- 250ml cold water

### Recipe 2

- ½ avocado
- ½ banana
- 1 cup baby spinach
- 1x stick Nutrilite Mixed Fiber Powder
- 1x stick Nutrilite Botanical Beverage Mix Chicory Root Extract With Probiotics
- 1x pouch BodyKey By Nutrilite Meal Replacement Shake (Chocolate)
- 1x scoop of Nutrilite Soy Protein Drink
- 250ml cold water

### Recipe 3

- ½ cup Alfalfa sprouts
- 5x walnuts
- 10x almond nuts
- ½ cucumber
- 1x stick Nutrilite Mixed Fiber Powder
- 1x stick Nutrilite Botanical Beverage Mix Chicory Root Extract With Probiotics
- 1x pouch BodyKey By Nutrilite Meal Replacement Shake (Café Latte)
- 1x scoop of Nutrilite Soy Protein Drink
- 250ml cold water

### Recipe 4

- 1x large purple cabbage leaf
- ½ black plum
- ½ green pear
- 1x stick Nutrilite Mixed Fiber Powder
- 1x stick Nutrilite Botanical Beverage Mix Chicory Root Extract With Probiotics
- 1x pouch BodyKey By Nutrilite Meal Replacement Shake (Café Latte)
- 1x scoop of Nutrilite Soy Protein Drink
- 250ml cold water

Disclaimer: The healthy shakes recipe provided above is for reference only. If you have any medical condition or are taking any medication, please consult your doctor before making any significant changes to your diet, including incorporating healthy juices into your daily diet plan. While healthy shakes can be a healthy addition to your diet, it may not be suitable for everyone and could have potential interactions with medications. Feel free to create your own healthy shakes with different fruits and vegetables that work for you.



# See the Difference

## BodyKey Gut Reset Weight Management Programme Monitoring Guide



**Congratulations! You have followed the programme closely and are now enjoying the benefits of happier, healthier living.**

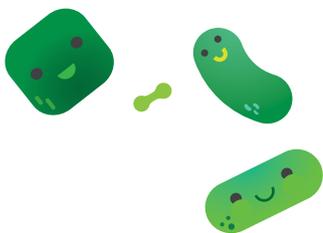
**Now, take the next step in your journey by using a targeted solution or product bundle specific to your health goal.**

Continue your journey to healthier, happier living and enjoy the support of Nutrilite™ products every step of the way.



# References

- <http://www.euromonitor.com/amway-claims>
- Hills, Jr. Ronald, et al. "Gut Microbiome: Profound Implications for Diet and Disease." PubMed Central (PMC), 16 July 2019, [www.ncbi.nlm.nih.gov/pmc/articles/PMC6682904](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC6682904)
- Conlon M.A., Bird A.R. The impact of diet and lifestyle on gut microbiota and human health. *Nutrients*. 2015;7:17–44
- Singh R.K., Chang H.W., Yan D., Lee K.M., Ucmak D., Wong K., Abrouk M., Farahnik B., Nakamura M., Zhu T.H., et al. Influence of diet on the gut microbiome and implications for human health. *J. Transl. Med.* 2017;15:73
- Jones DQ,S. *Textbook of Functional Medicine*. WA: Gig Harbor; 2006.
- Lawrence, Kate, and Jeannette Hyde. "Microbiome Restoration Diet Improves Digestion, Cognition and Physical and Emotional Wellbeing." *Microbiome Restoration Diet Improves Digestion, Cognition and Physical and Emotional Wellbeing*. PLOS ONE, 14 June 2017
- American Heart Association
- Singh, Rasnik K., et al. "Influence of Diet on the Gut Microbiome and Implications for Human Health." PubMed Central (PMC), 8 Apr. 2017, [www.ncbi.nlm.nih.gov/pmc/articles/PMC5385025](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC5385025).
- Malaysia Dietary Guidelines, 2020
- Marton, Ledyane Taynara, et al. "Omega Fatty Acids and Inflammatory Bowel Diseases: An Overview." PubMed Central (PMC), 30 Sept. 2019, [www.ncbi.nlm.nih.gov/pmc/articles/PMC6801729](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC6801729).
- Costantini, Lara, et al. "Impact of Omega-3 Fatty Acids on the Gut Microbiota." PubMed Central (PMC), 7 Dec. 2017, [www.ncbi.nlm.nih.gov/pmc/articles/PMC5751248](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC5751248).
- Menni, Cristina, et al. "Omega-3 Fatty Acids Correlate With Gut Microbiome Diversity and Production of N-carbamylglutamate in Middle Aged and Elderly Women - Scientific Reports." *Nature*, 11 Sept. 2017, [www.nature.com/articles/s41598-017-10382-2](http://www.nature.com/articles/s41598-017-10382-2).
- Huang, H., Krishnan, H. B., Pham, Q., Yu, L. L., & Wang, T. T. Y. (2016). Soy and Gut Microbiota: Interaction and Implication for Human Health. *Journal of Agricultural and Food Chemistry*, 64(46), 8695–8709. <https://doi.org/10.1021/acs.jafc.6b03725>
- Lang, A. (2022, January 5). 8 impressive health benefits of Apples. Healthline.
- Sandoval-Ramírez, B. A., Catalán, Ú., Calderón-Pérez, L., Companys, J., Pla-Pagà, L., Ludwig, I. A., Romero, M. P., & Solà, R. (2020). The effects and associations of whole-apple intake on diverse cardiovascular risk factors. A narrative review. *Critical reviews in food science and nutrition*, 60(22), 3862–3875.
- Azizah, N. C., Astuti, D., Fanani, Z., Karyati, S., & Kurnia, W. (2020). The influence of celery juice against blood pressure reduction in hypertension. *Journal of Physics: Conference Series*, 1477(6), 062009. <https://doi.org/10.1088/1742-6596/1477/6/062009>
- Karthik Kumar, M. B. B. S. (2021, March 4). What are the benefits of eating celery? MedicineNet.
- Marengo.K (2019). Beetroot juice: 6 health benefits, nutrition, and how to use it. Medical News Today.
- Bonilla Ocampo, D. A., Paipilla, A. F., Marín, E., Vargas-Molina, S., Petro, J. L., & Pérez-Idárraga, A. (2018). Dietary Nitrate from Beetroot Juice for Hypertension: A Systematic Review. *Biomolecules*, 8(4).
- Johnson.M (2022). Health benefits and nutritional value of spinach. Medical News Today.
- Link, R. (2020, March 27). 5 evidence-based benefits of spinach juice. Healthline.
- Booth, S. (2022, August 8). Everything you need to know about avocados. WebMD.
- Bjarnadottir, A. (2021, October 29). Bananas: 11 evidence-based health benefits. Healthline.
- Bjarnadottir, A. (2019, March 25). Tomatoes 101: Nutrition facts and health benefits. Healthline.
- Collins EJ, Bowyer C, Tsouza A, Chopra M. Tomatoes: An extensive review of the associated health impacts of tomatoes and factors that can affect their cultivation. *Biology (Basel)*. 2022;11(2):239. doi:10.3390/biology11020239
- Khan, Yasmin & Khan, Rafeeq & Afroz, Syeda & Siddiq, Afshan. (2010). Evaluation of hypolipidemic effect of citrus lemon. *J. basic appl. Sci.* 6. 39-43.
- Woolley, E. (2022, April 24). Should you eat more lemons if you have diabetes? Verywell Health.
- Olsen N (2019). Cucumbers: Health benefits, nutritional content, and uses. Medical News Today.
- Sobel, A. (2019, July 9). Cabbage juice: Uses, benefits, and side effects. Healthline.
- Elliott, B. (2017, May 13). 7 health benefits of plums and prunes. Healthline.
- Kaulmann, A., Legay, S., Schneider, Y. J., Hoffmann, L., & Bohn, T. (2016). Inflammation related responses of intestinal cells to plum and cabbage digesta with differential carotenoid and polyphenol profiles following simulated gastrointestinal digestion. *Molecular nutrition & food research*, 60(5), 992–1005. <https://doi.org/10.1002/mnfr.201500947>
- Wartenberg, L. (2019, July 12). 9 health and nutrition benefits of pears. Healthline.
- Link, R. (2022, November 28). 8 ways Brussels Sprouts Benefit Your Health. Healthline. <https://www.healthline.com/nutrition/benefits-of-brussels-sprouts>
- Kubala, J. (2019, March 18). Oranges 101: Health Benefits and nutrition facts. Healthline.
- Kubala, J. (2022, January 31). Kiwi benefits: Heart health, digestion, and more. Healthline.
- Meixner Ms, M. R. (2018, May 23). 7 Great Reasons to Add Dragon Fruit to Your Diet. Healthline. <https://www.healthline.com/nutrition/dragon-fruit-benefits>
- Jones, R. T. D. (2016, September 3). Alfalfa. Healthline. <https://www.healthline.com/nutrition/alfalfa>
- Leech, M. J. S. (2018, October 9). 10 Proven Health Benefits of Blueberries. Healthline. <https://www.healthline.com/nutrition/10-proven-benefits-of-blueberries>
- McCulloch, M. M. S. (2018, July 9). 13 Proven Health Benefits of Walnuts. Healthline. <https://www.healthline.com/nutrition/benefits-of-walnuts>
- Leech, M. J. S. (2018a, September 6). 9 Evidence-Based Health Benefits of Almonds. Healthline. <https://www.healthline.com/nutrition/9-proven-benefits-of-almonds>
- Julson, M. E. S. (2022, November 15). 6 Surprising Health Benefits of Sweet Potatoes. Healthline. <https://www.healthline.com/nutrition/sweet-potato-benefits>
- Silver, N. (2021, February 24). Bitter Melon and Diabetes. Healthline. <https://www.healthline.com/health/diabetes/bitter-melon-and-diabetes>
- Bjarnadottir, M. A. S. (2019, May 3). Carrots 101: Nutrition Facts and Health Benefits. Healthline. <https://www.healthline.com/nutrition/foods/carrots>
- WHO, IOTF/IASO. The Asia-Pacific perspective: Redefining Obesity and its treatment. 2000.
- InBody USA. (2018, August 9). Is it healthy to have a low body fat percentage? InBody USA. <https://inbodyusa.com/blogs/inbodyblog/is-it-healthy-to-have-a-low-body-fat-percentage/>
- World Health Organization. (2011). Waist circumference and waist-hip ratio: Report of a Who expert consultation, Geneva, 8-11 december 2008.
- NCCFN (2017). Recommended Nutrient Intake for Malaysians. National Coordinating Committee on Food and Nutrition, Ministry of Health Malaysia, Putrajaya.
- Centers for Disease Control and Prevention. (2022, September 19). Losing weight. Centers for Disease Control and Prevention.



This user guide is meant for Amway Business Owners only. It is not meant to be circulated to the public. The contents are for informative purpose only and are not a substitute for professional medical advice. Please consult your physician on any questions or concerns you may have regarding your health.

