

Newsletter

Body Change

Volume 1, Issue 11

July 2011

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Special points of interest:

- Congratulations to Daniel for completing the 124 lbs Turkish Get-up! Check it out on our blog.
- If you still have Fat-Burner DVD's will you return them whenever you're finished so that we can redistribute them to other unknowing fat-burners. Thanks!
- New products coming soon! Check out the bigger coconut oil jars.

Coconuts

We are very excited for coconuts. For those of you that haven't noticed our astute research team has been hot on the trail of coconut and coconut oil the last month. We have printed several articles are the amazing fruit. Check out the article on coconut oil and the correlation to Alzheimer's disease. Also Dr. Sharifi has an article written in the Fatburner Gazette featuring coconut oil as the healthiest oil on earth and the blog has published several article both on the fruit and oil, as well. What's so great about coconut oil? It's rich in saturated fat that your body needs to give struc-

ture to cell and aid in vitamin absorption. Notably, coconuts are known for their medium-chain fatty acids (specifically lauric acid). These not only provide the body with antimicrobial properties, but they absorb in the body immediately and can be used instantly as energy for your body and your brain. Breast milk is the other source of medium-chain fatty acids. There are several other reasons to try coconut as well, so make sure to read one of the articles. We are excited to carry



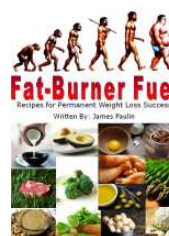
so many coconut products. We now have varying sizes of coconut oil (and we're getting more brands), coconut oil capsules for

non-coconut lovers, desiccated coconut, and coconut flour (a great gluten-free baking/frying alternative). We also are looking into creamed coconut! Make sure to check out the literature and the products, like I said we are very excited about coconuts for our health and all the wonderful benefits they provide, so try some today!

New Cookbook

We've been talking about it, but the release date set for the second edition of our fat-burner cookbook will be August (and who knows maybe there

will be some advanced copies). We are



very excited about it and hope that you will enjoy the over 150 new recipes that we have put together for your enjoyment and convenience!

Featured Blog of the Month: June 28

Fats have been drug through the mud, their reputation tattered and tarnished by the food industries support of studies and support from supposedly helpful organizations, like doctors and the American Heart Associations. Fats, with their saturate and cholesterol levels are responsible for heart disease, right? Well that's what we've been fed for decades now, even though obesity and the incidence of heart disease have only increased since then. There is actually very little evidence out there that saturated fat and cholesterol correlate to increased heart disease or that their elimination leads to any kind of life expansion. So why the bad rap? Well the food industry is the largest and most powerful industry in the country, and pays for all the 'research'. They can't just come out and say 'sorry but we've been wrong now for over 40 years. We told you to eat low fat and to consume

more grains, starches, and sugars, so now you are all fatter and sicker. You should eat more saturated fat, sorry for any inconveniences." Personally I don't think that this would go over very well, so they have to keep up the act that fat is bad. Fats are actually essential for your health. A large percentage of your brain is fat, they help to provide cell structure, and they help in **vitamin absorption** (just some of the benefits). So what are fats? Most of the fats that we take in through our diet are triglycerides. These too have gotten a bad reputation, but they are only dangerous when they come from excess sugars in the liver created by eating foods laden with carbohydrates, specifically refined sugar and white flour. Fats are classified according to different fatty acids:



Saturated: Based on their structure and bonds, saturated fats are highly stable. This makes them especially great for cooking with because they're able to hold up to a higher smoke point and because they don't go rancid as easily. Often they're solid or semi-solid at room-

temperature. Sources of saturated fat include tropical oils and animals' fat. Saturated fats provide structure to cells, help with bone help by assisting with calcium absorption, lower Lp (indicates heart disease), protects the liver from toxins, enhances the immune system, helps omega-3's to be utilized, and they provide antimicrobial properties.

Check out bodychangewellness.wordpress.com for full article

Top Recipe for July: Salmon Cakes

Ingredients:

- 6 oz salmon (run through a processor)
- 1/4 cup cheese
- 1 cup cauliflower rice

- coconut oil
- 1 egg

How to make it:

Heat oil on medium/high heat. Combine the rest of the ingredients and shape into bur-



gers. Fry on both sides and serve on a bed of lettuce (or even better on spinach).

Terre Haute Monthly Transformation

This month we'd like to look at [Cathy Warner](#):

How long have you been here? I started coming here in February

What brought you here? My husband and I were looking for a good diet and exercise program. Julie Hendricks recommended Body Change, and I'm glad she did..

How much weight have you lost? I've lost 23.4 pounds.

What was the hardest part/thing to give up? I miss ice cream, cake, and pizza, but since I'm a cake-a-holic, I just try to stay in the zone and ignore them. It's easier

Staff Photo Shoot

The Body Change staff is on a mission. A mission of transformation. It is our job to lead by example, so we have embarked on a six week program to lower all of our body fats below the designated percentages. Jeannine: 11%, Susan

now than at first.

Your favorite recipe/go-to meal? I've made some really good salmon cakes and I like turkey sausage and sugar-free sauerkraut or the baked sausage and shredded cabbage. I also like steamed cauliflower. I'll eat any veggie except parsnips.

What's your ultimate goal? I plan to be active for life, so I want to stay strong and mentally alert for the rest of my life. It's also nice to fit size 4-6 again. I'll be happy with 128-130 pounds.

Advice you'd give any new changer/someone struggling?

15%, Brittany 15%, Brennan 190 lbs, and Jim 6%. Check out the side board in the gym to track our progress as we near our staff photo shoot on July 19th



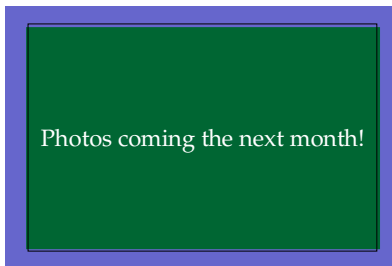
Tell yourself things like— I can wait to eat this or that (if it's not part of the Paleo diet). Look for new recipes to try that are paleo-approved. Give yourself goals. It's exciting to feel stronger and be able to do

things you felt you either couldn't do before or just didn't have the energy to do. Crunch some numbers and plan your meals. Later, when you are used to getting meals and snacks figured out, its gets

easier to do. My results have been very consistent. Keep coming to kettlebell classes! You can do it!

Make sure to tell [Cathy](#) what an awesome job she's doing!

and as we seek to reach our optimum level of health and fitness. We will have different hours on the 19th so check back in to see what they will be.





480 West Honey Creek Drive
 Terre Haute, IN 47802
 83360 W 10th Street
 Indianapolis, IN 46234
 Phone: 812-234-9136
 E-mail: bodychangesp@aol.com

Body Change

Fat to Fit in 84 Days

Check out the blog:
bodychangewellness.blogspot.com

Dates to Remember

- July 1: New Lose 10 lbs in 28 Days Program starts
- July 5: training for new group of 28 Day members
- July 5: New 56 Day Fat-Burner Program starts
- July 7: training for new group of 56 Day members
- July 8-9: Body Analysis
- July 12: Dr. Sharifi lecture on the benefits of becoming a fat-burner (impossible to gain weight, more intelligent, don't die of modern diseases, and anti-aging)
- July 14: Cooking Class 6-8 pm and L & A farms with grass-fed and pasture-raised meat products (set up before 6)
- July 19: New 56 Day Fat-Burner Program starts
- July 19: Staff Photo shoot, announcement of the days hours coming soon
- July 21: training for new group of 56 Day members
- July 22-23: Body Analysis

Upcoming in July

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Lose 10 lbs in 28 Days	2
3	4 Yes We're Open!	5 56 Day Program @ 7 pm	6	7 56 Day Training	8 Body Analysis	9 Body Analysis
10	11	12 Dr. Sharifi lecture @ 7 pm	13	14 Cooking Class	15	16
17	18	19 56 Day Program Staff Photo Shoot	20	21 56 Day Training	22 Body Analysis	23 Body Analysis
24/31	25	26	27	28	29	30