



Restore your Health
&
Lose Weight



Manna Diet eBook

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What Causes Weight Gain and /or Prevent you from Losing Weight?

Weight gain and losing it can be extremely frustrating and usually we associate it with eating too much. However, there could be other reasons why you may be gaining weight and / or prevent you from losing it, even if you are exercising regularly and eating healthily. Reasons, which you might not have thought about, can include:

A medical condition



For many people the cause of their weight gain is medical. It could be that there is an underlying medical problem such as Diabetes or another serious illness. There are many more medical reasons for weight gain than most people realize.

While thyroid problems are often cited as an excuse for excessive weight, it can often be a contributing factor to weight gain as it regulates the body's metabolism. Some sources have speculated that as many as 10% of women may have thyroid trouble of some degree. Other medical conditions such as menopause and other hormonal imbalances can have a serious impression on your weight over time. It could be that you have recently taken a new medication and that is responsible for the weight gain. The contraceptive pill for example is well known for adding extra weight to the body and so if you have just started taking it, it may be worth switching pills.

The contraceptive pill is not the only medication that is well known for increasing weight, steroids and similar medications can lead to putting on weight.

Some medical conditions such as IBS (Irritable Bowl Syndrome) and asthma are often treated using steroids, and this could lead to weight gain.

Please read the insert of your medication and see whether the product can cause weight gain. *(See section on medications which causes weight gain)*

You could be lacking essential fats

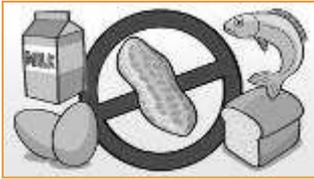


Many people do not realize that they do in fact need some fats in their diet. Not all fats are bad and foods such as fish and olive oil contain these essential fats that our bodies need. These fats, often known as Omega-3 fats are found in fish and can lower cholesterol and reduce the risks of arthritis and other joint problems.

It is recommended that at most 33% of our calorie intake is fat, and no more than 10% of our calories should be from saturated fats because of the increased health risks such as increased cholesterol from eating too much "bad" fats.

If you don't get enough of the beneficial fats such as Omega-3 you can end up having cravings for fatty foods, and that is when you give in and gain weight. So, ensure that you add good fats in the form of supplements or fish like sardines, salmon, etc. into your diet.

Food allergies



Another common cause of weight gain can include allergies to certain foods. The most common food allergies tend to be dairy and nuts. Obviously some food allergies can be deadly but in many cases the foods just make you gain weight and feel a little nauseous.

So, it may well be worth going to the doctors and having an allergy test to see if you are in fact allergic to any foods. Some food allergies occur due to damaged or defective digestive enzymes, which got damaged by medication, especially antibiotics, cortisone and contraceptives.

Quitting smoking



Many people who are trying to improve their lifestyle by quitting smoking notice that their weight goes up when they do. Often this can be due to replacing the cigarettes with snacks, but there are other reasons as well.

Not many people realise that smoking actually burns calories, up to 200 calories a day in a heavy smoker. In addition, it also suppresses the appetite so you feel less hungry while you are a smoker.

Because cigarettes are a stimulant and burn calories, smoking can actually speed up your metabolism somewhat too, so when you quit there are many reasons that you are likely to gain weight. However, it is still the healthier option to quit smoking.

Emotional reasons



Your emotions obviously affect how you feel, and by extension how you feel about yourself. If you are feeling low, food can often be a great comforter. Unfortunately, it is usually the 'bad' foods that we reach for to make us feel better.

Comfort foods such as chocolate, sweets, crisps and fried foods can make us feel better but they are not good for us.

This can sometimes lead to a downwards spiral as you eat because you feel bad, and this then makes you feel worse because you know that eating foods like this will make you fatter.

Comfort eating is only one way that your emotions can contribute to an increase in weight. Most (Psychotic) or depression medication can adversely affect your metabolism and lead to weight gain.

Hormones and age



The menopause is a difficult enough time in any woman's life, and one symptom that is very common for women is weight gain - particularly around the waist and hips.

Hormones and fat cells are all linked into your metabolism, appetite and digestive system, and an imbalance or radical change in the levels within this system can lead to drastic changes in your weight.

The changes in hormone levels are not the only cause of weight gain during this period of our lives, ageing can lead to weight gain in both men and women. As we age, our metabolism slows down, and our digestive system can have more difficulty in processing our food correctly.

Some studies show regular runners in good health would have to run an additional 2.2 kilometer per week every year to combat the changes in their metabolic rate. Due to metabolic rate changes and the tendency of the body as you age to lose muscle mass and increase fatty tissue it can be an uphill struggle to even stay at your usual weight as you age.

As you get older, you actually need less energy so you have to adjust your food intake.

Stress



Most of us would say that stress can be a cause of weight loss due to irregular eating and lack of appetite. However, the opposite is often true.

Stress hormones, such as **Cortisol** can block weight loss, and even contribute to weight gain.

The body can sometimes interpret stress in any form (whether it is emotional, physical, or even diet-related) as a 'famine' state.

When this happens, the body automatically turns as many calories as it can into fat, even if you are dieting.

In extreme cases of this, often linked to yo-yo dieting and high-carb, low-fat diets, this can lead to **insulin resistance**, and the body storing all calories as fat, even though the body's cells are being starved of nutrients.

Lack of Sleep



You might be gaining weight because of a lack of sleep. The body functions best when well rested. When you don't get enough sleep, your body experiences physiological stress and, biochemically, you store fat more efficiently.

When you're tired, you also don't handle stress as well, so you may reach for food as a coping mechanism.

Further, you may be taking in extra calories from late-night snacking. Some people think eating might help them get back to sleep, but all it really does is add more calories to their daily total.

Symptoms that you may not be getting enough rest include fatigue, low energy levels, nodding off easily, and feeling irritable.

The less you sleep, the more you crave high carbohydrate food (starches, chips, cookies, cake and pastries) the following day.

Insulin Resistance



People that have bombarded their bodies with high-glycemic carbohydrates and processed foods over their lifetimes have become somewhat resistant to the effects of insulin. Therefore, when they eat carbohydrates, it causes a larger release of insulin. This inhibits the release of fatty acids.

Higher insulin levels = more fat storage

When the body's cells become resistant to insulin, insulin remains in the blood stream and therefore it is impossible for the cells to release energy (stored as fat).

That is why weight loss is impossible if you are insulin resistant.

Poor Blood Sugar control leads to insulin resistance, which can lead to...

- Overweight and obesity
- Metabolic Syndrome
- Type 2 Diabetes
- PCOS (polycystic ovarian syndrome)

Poor Gut Health



The bacteria and microorganisms in the gut get damaged by the “wrong” foods, medication and stress. Poor gut health cause poor uptake of nutrients from the food we eat, which lead to numerous health complications as well as weight gain.

Your total immune system revolves around the gut. If the microorganisms in the gut are not in balance, it can manifest in numerous different ailments, such as...

- Weight gain and obesity
- Insulin resistance
- Type 2 Diabetes
- Candida
- Allergies
- Sinus
- Infertility
- Skin disorders, etc.

Energy input is greater than Energy output

The fact of the matter is: We consume more energy than what we need to function each day and therefore the extra energy is stored as fat.

In most cases, what we eat and how much we eat determine weight gain or weight loss.

To Summarise:

The Cause of weight gain can be...

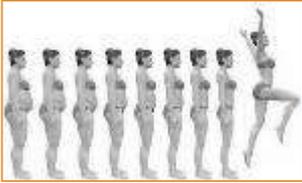
- Medical conditions
- Medication
- Lacking essential fats
- Food Allergies
- Quitting smoking
- Emotional Reasons
- Hormones and age
- Stress
- Lack of Sleep
- Insulin Resistance
- Poor Gut Health
- Energy input is greater than energy output

Recommendation:

To lose weight, rather focus on your health and healthy living which will lead to weight loss.

Follow the very simple and easy Manna Diet, which is more of a lifestyle change than a diet.

How to lose weight the healthy way



If we look at the causes of weight gain, dieting is a waste of time and therefore it is advisable to learn more about your body, food, sleep and exercise, which can lead to making the right decisions regarding your lifestyle, which can lead to healthy weight loss.

Understand your body, food, sleep and exercise to regain your health and lose weight.

- **Blood Sugar**

The body's fuel is called blood sugar or blood glucose, and it comes from the food we eat. The energy is needed to fuel our brain, nervous system, and tissues. A healthy body makes glucose not only from ingested carbohydrates (starches and sugars), but also from proteins and fats, and would not be able to function without it. Maintaining a balanced blood sugar level is crucial for the body's everyday performance.

Uneven or unregulated blood sugar levels causes havoc in the body and can lead to fat accumulation, insulin resistance, obesity, diabetes and other serious health complications.

To test blood sugar levels are very simple and you can have it done at your local pharmacy.

Healthy blood sugar readings should be between: 3.8mmol/L and 6 mmol/L.

- Too High Blood Sugar Levels are called Hyperglycemia.
- Too Low Blood Sugar Levels are called Hypoglycemia.

You can control your blood sugar levels with the correct diet, exercise, enough sleep, less stress and enough clean water.

- **Insulin & Insulin Resistance**

Insulin is a hormone that is produced by the pancreas which regulates the level of glucose in the blood, to provide the body with a constant flow of energy. If a person has more sugar (glucose) in the blood than what is needed at the time, insulin stores it as fat in the cells. That is why we also call insulin the fat storing hormone.

Due to the "wrong" diet, containing mostly of refined, high carbohydrate foods, the pancreas constantly need to release more insulin, storing more fat in the cells up to a point where the cells become resistant to the insulin storing mechanism. We call it insulin resistance.

That is why it is crucial to manage your blood sugar levels with what you eat, to be able to manage your insulin level, before you will be able to lose weight and reverse the weight related ailments.

This is the reason why we advocate a Low GI diet and active lifestyle.

- **Leptin & Leptin Resistance**

Leptin is another hormone which tells your brain that you have enough energy stored in the fat cells. The problem is that overweight people have large amounts of leptin,

but their brains aren't getting the important signal to stop eating. How come the brain doesn't get it? That phenomenon is called 'leptin resistance'.

In leptin resistance, your leptin is high, which means you're fat, but your brain can't see it. In other words, your brain is starved, while your body is obese. And that's what obesity is: its brain starvation.

Insulin resistance generates leptin resistance.

The practical advice is: Get your insulin down with correct diet and exercise.

- **Cortisol**

Cortisol has long been termed the "stress hormone," but the fact is that it has several important functions in the body. However, having constantly high levels of cortisol in your bloodstream can lead to several negative health conditions, one of them being weight gain.

Cortisol also increases blood sugar when you're feeling stressed. When the stressful event is over and you still have a high level of blood sugar, the excess glucose becomes stored as fat. Some studies have shown that excess cortisol not only leads to fat deposits but that the hormone can also affect where the fats are stored.

Researchers believe that individuals who gain weight due to cortisol are more likely to have abdominal fat. (belly fat)

You will probably do better by avoiding stress and finding healthy ways to deal with stressful situations.

The bad news: Coffee also promotes cortisol production which leads to weight gain and insulin resistance.

- **Hormones (Menopause and Andropause)**

Women:

Estrogen is a group of hormones that are important for female sexual and reproductive development. Estrogen levels normally start to reduce significantly from the age of 40, when women go into Menopause.

Reduced estrogen may lower metabolic rate, the rate at which the body converts stored energy into working energy. Evidence suggests that estrogen hormone therapy increases a woman's resting metabolic rate. This might help slow weight gain. Lack of estrogen may also cause the body to use starches and glucose less effectively (insulin resistance), thus increasing fat storage and making it more difficult to lose weight.

Men:

Testosterone is a hormone which is responsible for many of the physical characteristics specific to adult males. It plays a key role in reproduction and the maintenance of bone and muscle strength.

Men experience some similar symptoms as women in Menopause, which is why we call the men's version of Menopause, Andropause.

Low testosterone levels can cause a variety of male health problems, including depression, low libido, fatigue and unsightly weight gain.

- **Emotions**

Sometimes the strongest cravings for food happen when you're at your weakest point emotionally. You may turn to food for comfort — consciously or unconsciously — when you're facing a difficult problem, stressed or just eating to keep yourself occupied.

But emotional eating can sabotage your weight-loss efforts.

Emotional eating often leads to eating too much, especially too much of high-calorie, sweet, fatty foods.

But the good news is that if you're prone to emotional eating, you can take steps to regain control of your eating habits and get back on track with your weight-loss goals.

If you've tried self-help options but you still can't get control of your emotional eating, consider therapy with a professional mental health provider.

Therapy can help you understand the motivations behind your emotional eating and help you learn new coping skills.

Exercise is also highly beneficial to conquer emotional eating.

- **Gut Health**

Poor gut health directly contribute to the metabolic syndrome by increasing the production of insulin (leading to insulin resistance), and by causing inflammation of the hypothalamus (leading to leptin resistance).

Healthy gut bacteria ("flora") are crucial to maintaining normal weight and metabolism.

Unfortunately, several features of the modern lifestyle directly contribute to unhealthy gut flora, like:

- Antibiotics and other medications like birth control and NSAIDs
- Diets high in refined carbohydrates, sugar and processed foods
- Diets low in fermentable fibers
- Dietary toxins like wheat and industrial seed oils that cause leaky gut
- Chronic stress
- Chronic infections

You can rectify your gut health with a good probiotic and to eliminate certain food and medicine (if possible).

Take the [Manna GUT Support](#) to reinstate the good flora, digestive enzymes and seal the inner gut lining with L-glutamine.

- **Metabolism**

In the simplest terms, metabolism is the rate at which your body burns calories ("fuel"). Very few people have a fast metabolism. A faster metabolism will enable you to lose more weight than a person with the same activity level, diet, and weight.

There are some factors that you can control and change, and some factors that you can't.

- Age - Metabolic rate decreases 5% each decade, after the age of 40, partly because of decreased muscle mass.
- Gender - Men generally burn calories more quickly than women because they have more muscle tissue.
- Heredity - You can inherit your metabolic rate from previous generations.
- Thyroid disorder - Hypothyroidism (underactive thyroid gland) and hyperthyroidism (overactive thyroid gland) can slow down or speed up metabolism.
- Weight - different tissues of your body contribute different amounts to resting metabolism. Muscle burns more calories than fat does. That is why weight training leads to a higher metabolism.

Make a lifestyle change and use the Manna Diet to ref up your metabolism with the right foods and exercise.

**Applied knowledge is power and what you know
and do can help you improve your health.**

- **Sugar**



Death by sugar may not be an overstatement—evidence is mounting that sugar is THE MAJOR FACTOR causing obesity and chronic disease.

Most fat produced by the body is due to conversion of excess glucose into fatty acid. In this way, the body does turn sugar into fat as part of the metabolic process when excess sugar is present.

Whether sugar comes from sweets, table sugar, sugary drinks, fruit juices, or sugar hidden in foods, it all causes a rapid rise in blood sugar levels which lead to insulin secretion, causing the insulin to store excess glucose as fat.

Inordinately high glucose levels can cause hyperactivity, weight gain, diabetes, brain damage, nerve damage, liver damage and renal damage, among other health complications.

Even artificial sugar with no carbohydrates, cause the brain to give a signal to the pancreas to release insulin, which lead to a drop in blood sugar levels and increase hunger.

Sugar comes in a lot of different forms and is disguised under fancy names, but the secret is to stay away from processed foods, sugary drinks and keep it simple with fresh, natural food.

- **Low GI**

The Glycemic Index (GI) is a numerical scale used to indicate how fast and how high a particular food can raise our blood glucose (blood sugar) level. A food with a low GI will typically prompt a moderate rise in blood glucose, while a food with a high GI may cause our blood glucose level to increase above the optimal level.

An awareness of foods' Glycemic Index can help you control your blood sugar levels, and by doing so, may help you prevent heart disease, improve cholesterol levels,

prevent insulin resistance and type-2 diabetes, prevent certain cancers, and achieve or maintain a healthy weight.

Example: Foods that are white tend to have a higher glycemic index. This includes processed foods made with white flour and white sugar-but even white potatoes have a high GI.

○ **Water**



The problem with dehydration is that we sometimes experience hunger while we are in fact thirsty. Always drink water first when you feel hungry, just to be on the safe side regarding calorie intake.

Did you know that the body requires 2 grams of water for every gram of carbohydrate?

Thus, when you eat starchy or sugary food, the body tends to gain weight twice as fast.

When you start with a weight loss program and reduce the starches and sugars, you tend to lose weight fast for the first week, because you are losing a lot of water.

Benefits of Drinking Water: Don't Medicate, Hydrate!

1. **Increases Energy & Relieves Fatigue** –

Since your brain sits mostly in water, drinking it helps you think, focus and concentrate better and be more alert. As an added bonus, your energy levels are also boosted!

2. **Promotes Weight Loss** –

Removes by-products of fat, reduces eating intake, reduces hunger, raises your metabolism and has zero calories!

3. **Flushes Out Toxins** –

Help to get rid of waste through sweat and urination which reduces the risk of kidney stones and UTI's (urinary tract infections).

4. **Improves Skin Complexion** –

Moisturizes your skin, keeps it fresh, soft, glowing and smooth. Gets rid of wrinkles. It's the best anti-aging treatment around!

5. **Maintains Regularity** –

Aids in digestion as water is essential to digest your food and prevents constipation.

○ **Sleep**

Strive to get eight hours of quality sleep each night.

Add about 15 minutes to your bedtime and see how you feel. Continue to experiment with additional 15-minute increments until you find the correct amount of sleep that is right for you.

When you develop good sleeping rituals and get regular exercise, you sleep better and it can help with weight loss.

○ **Good Fats / Bad Fats**

To understand good and bad fats, you need to know the names of the players and some information about them. There are four major types of fats:

Monounsaturated fats and polyunsaturated fats are known as the “**good fats**” because they are good for your heart, your cholesterol, and your overall health.

Monounsaturated fat	Polyunsaturated fat
<ul style="list-style-type: none"> • Olive oil • Canola oil • Sunflower oil • Peanut oil • Sesame oil • Avocados • Olives • Nuts (almonds, peanuts, macadamia nuts, hazelnuts, pecans, cashews) • Peanut butter 	<ul style="list-style-type: none"> • Soybean oil • Corn oil • Safflower oil • Walnuts • Sunflower, sesame, and pumpkin seeds • Flaxseed • Fatty fish (salmon, tuna, mackerel, herring, trout, sardines) • Soymilk • Tofu

Saturated fats and trans fats are known as the “**bad fats**” because they increase your risk of disease and elevate cholesterol.

Appearance-wise, saturated fats and trans fats tend to be solid at room temperature (think of a stick margarine), while monounsaturated and polyunsaturated fats tend to be liquid (think of olive or corn oil).

Saturated Fat	Trans Fat
<ul style="list-style-type: none"> • High-fat cuts of meat (beef, lamb, pork) • Chicken with skin • Whole-fat dairy products (milk and cream) • Butter • Cheese • Ice cream • Palm and coconut oil • Lard 	<ul style="list-style-type: none"> • Commercially-baked pastries, cookies, doughnuts, muffins, cakes, pizza dough • Packaged snack foods (crackers, microwave popcorn, chips) • Stick margarine • Vegetable shortening • Fried foods (French fries, fried chicken, chicken nuggets, breaded fish) • Candy bars

General Guidelines

With so many different sources of dietary fat—some good and some bad—the choices can get confusing. But the bottom line is simple: **don’t go no-fat, go good fat.**

If you are concerned about your weight or heart health, rather than avoiding fat in your diet, try replacing saturated fats and trans fats with good fats. This might mean replacing some of the meat you eat with beans and legumes, or using olive oil rather than butter.

- **Try to eliminate trans fats from your diet.** Check food labels for trans fats. Avoiding commercially-baked goods goes a long way. Also limit fast food.

- **Limit your intake of saturated fats** by cutting back on red meat and full-fat dairy foods. Try replacing red meat with beans, nuts, poultry, and fish whenever possible, and switching from whole milk and other full-fat dairy foods to lower fat versions.
- **Eat omega-3 fats every day.** Good sources include fish, walnuts, ground flax seeds, flaxseed oil, canola oil, and soybean oil.

○ **Good "Carbs" / Bad "Carbs" - (Carbohydrates)**

Between 45 and 60 percent of the calories we consumes each day should come from carbohydrates. However, that doesn't mean that the carbs you'll find in candy, cookies and other highly processed foods are the same as those in vegetables and whole grains.

If you had to make a list of carbs that you should eat more of versus carbs you should avoid, it basically breaks down into simple carbs being "bad" and complex carbs being "good."

Complex and simple are terms that deal with how food is broken down into energy (sugar) in the body.

Complex Carbs Are Good

Complex carbs are the ones that give your body the best fuel. They are usually found in foods high in fiber, which break down more slowly, giving you a steady blood sugar level through the day and making you feel less hungry and irritable when mid-afternoon rolls around.



It's a great idea to get more of these carbs into your daily diet:

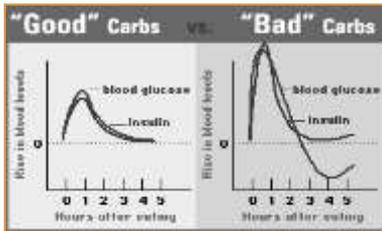
- Fresh fruit, ideally those with a low glycemic Index like apricots, raspberries, strawberries and blackberries
- Non-starchy vegetables
- Whole grains and foods made from whole grains, such as certain types of bread and cereal (not refined, processed wheat and flour products)
- Nuts & Legumes
- Dairy products that are not sweetened with sugar, such as yogurt, sour cream, cheese and milk

Simple Carbs are Bad and Should Be Avoided

Your body quickly breaks down simple carbs, giving your blood sugar a spike and sending you running back to the kitchen or snack machine within hours of your last fix. Unless you're an athlete or need a sudden rush of energy for some reason, it's usually best to avoid these carbs in your daily diet:



- Refined grains like white bread, white rice and white pasta.
- Processed foods such as cake, candy cookies and chips



- White potatoes
- Sweetened soft drinks
- Sugar

The following graph shows what good carbs and bad carbs does to your blood sugar and insulin levels.

○ **Protein**



Along with fats and carbohydrates, protein is an essential nutrient that your body needs to function properly every day. Eating protein does not make you gain weight.

However, because protein-rich food isn't calorie-free, eating it in excess will lead to weight gain.

To prevent the protein from settling as fat, monitor your total calorie intake and cut down if necessary.

Many high-protein foods and protein supplements are marketed as weight loss aids, so it seems counterintuitive that they could actually cause weight gain. The problem lies in overdoing it.

Consuming too much protein can actually make losing weight more difficult. For weight loss, the average protein intake per day should not be more than 2gram protein per 1Kg of body weight. (Roughly 200g protein per day)

○ **Sunshine**



Vitamin D is known to play a major role in the health of humans. The many functions of vitamin D include its ability to control blood pressure, its role in calcium absorption and its involvement in the development of healthy bone and teeth.

More recently, it has been suggested that Vitamin D is also necessary for maintaining a healthy weight.

Vitamin D Deficiencies Research suggests that inadequate levels of vitamin D not only causes many health related problems but is associated with weight gain.

Insufficient vitamin D in the blood interferes with the hormone leptin, which signals to the brain when the stomach is full.

The most common source of Vitamin D comes from ultraviolet sun rays and is absorbed through the skin.

A daily 10 minute exposure to direct sunlight on bare skin is sufficient to produce the much needed vitamin D for ultimate health.

Age, skin color, clothing, exposure time and where you live all determine the amount of Vitamin D your body will be able to produce.



- **Medication**

Many prescription drugs can stall your weight loss. Discuss any change in treatment with your doctor. Here are the worst three:

- 1. Insulin injections**, especially at higher doses, are probably the worst obstacle for weight loss. There are three ways to reduce your need for insulin:
 - A.** Eat less carbs, which makes it a easier to lose weight. The less carbs you eat the less insulin you need. Remember to lower your doses if you can.
 - B.** If this isn't enough, treatment with Manna Blood Sugar Support tablets (at a dose of 2 tablets with each meal) can decrease the need for insulin (at least for type 2 diabetics).
- 2. Other diabetes medications.** Insulin-releasing tablets (e.g. sulphonylureas) often lead to weight gain. These include: Minodiab, Euglucon, Daonil, and Glibenclamide. Tablets like *Avandia*, *Actos*, *Starlix* and *NovoNorm* also encourage weight gain. But not *Metformin*.
- 3. Cortisone** as an oral drug is another common culprit (e.g. Prednisolone). Cortisone often causes weight gain in the long run, especially at higher doses (e.g. more than 5 mg Prednisolone per day).

Unfortunately cortisone is often an essential medicine for those who are prescribed it, but the dose should be adjusted frequently so you don't take more than you need. Asthma inhalers and other local cortisone treatments, like creams or nose sprays, hardly affect weight.

These other medications can also cause problems:

- 1. Neuroleptics/antipsychotic drugs** can often encourage weight gain. Especially newer drugs like *Zyprexa* (*Olanzapine*).
- 2. Some antidepressant medications** can cause weight gain, especially the older tricyclic antidepressants (TCAs) such as *Tryptizol*, *Saroten*, and *Clomipramine*; as well as newer drugs such as *Remeron* (*Mirtazapine*). *Lithium* (for manic-depressive disorder) often leads to weight gain. The most common antidepressants known as SSRI's (for example *Citalopram* and *Sertraline*) usually don't impact weight significantly.
- 3. Some contraceptives** often contribute to slight weight gain, especially those that contain only progesterone and no estrogen, for example the mini-pill, the contraceptive injection, or a contraceptive implant.
- 4. Blood pressure medicine**, in the form of beta blockers can cause weight gain. These drugs include: *Seloken*, *Metoprolol* and *Atenolol*.
- 5. Epilepsy drugs** may cause weight gain (e.g. *Carbamazepine* and *Valproate*).
- 6. Allergy medicines** called antihistamines can cause weight gain, especially at high doses. Cortisone is even worse (see above).

7. **Antibiotics** can possibly lead to a temporary weight gain by disturbing the gut microbiota and increasing the amount of energy we absorb from food. This is another reason not to use antibiotics unless you truly need it. (extract from www.dietdoctor.com)

○ **Toxins**

Our bodies are designed to store toxins in the fat cells. Toxins come in different forms, such as...

- Sugar
- Alcohol
- Soft drinks, like soda's (coca cola etc.), processed fruit juices, diet soft drinks
- Processed foods, whether low carb, low calorie or not
- Excess caffeine (more than 2 cups of coffee per day)
- Environmental toxins, such as pollution
- Chemicals from medication, pesticides sprayed on vegetables and fruit

If you don't eliminate these toxins, as far as possible, from your diet and lifestyles, you will find it hard to lose weight. That is why we have the 7-day damage control program to teach you some lifestyle changes, get rid of these toxins and to prepare your body for healthy weight loss.

○ **Alcohol**



After drinking alcohol, it is quickly absorbed in the stomach and small intestine.

It enters the circulatory system, and goes directly to the brain, liver and other tissues. It is then broken down and either used as energy or stored as fat.

It takes a while for the alcohol to turn into a source of energy, which is what causes the blood alcohol level to increase as you drink more alcohol.

Alcohol can't be stored in the body, so when you drink alcohol, your body will use the alcohol as fuel before other energy sources. Based on the evidence, alcohol can cause weight gain if you drink large quantities of it.

The study stated greater than or equal to 30g/day will not cause weight gain.

Drinking alcohol can make you crave other foods, or possibly even binge eat at night.

○ **Coffee**



Conventional wisdom about weight loss suggests coffee may be a good addition to a diet plan since it has minimal calories and no fat. While this seems logical, a more holistic view evaluates coffee from the perspective of its influence on the body's ability to metabolize the other food we eat.

Like alcohol, coffee also dehydrates your body, which causes blood sugar levels to rise.

Recent studies suggest that despite its low calorie count, coffee may actually promote weight gain as well as type 2 diabetes by stimulating cortisol production and insulin resistance. (see the section on *Cortisol & Insulin*)



Dietary Supplements:

A dietary supplement is exactly what the word mean: (a supplement to your diet) However, the suggested supplements are formulated to assist the body in a holistic way to supplement the diet, enhancing certain bodily functions.



[Manna Health Products](#) can assist in the following health problems:

- **Manna Blood Sugar Support**

If you struggle to get your blood sugar levels under control, you can take the Manna Blood Sugar Support supplement with each meal, to assist in the reduction

of the blood sugar levels. You can take the product in conjunction with your current medication, but need to monitor blood sugar levels carefully, because the

levels can get too low, which mean that you need to adjust your medication or supplement intake.

If you need to lose weight, you can download the free [Manna Weight Loss e-book](#) from the website.

- **Manna PH Balance**

Most diabetics suffer with gout, because of a buildup of excess uric acid in the body. If you are a gout sufferer, the Manna PH Balance product can help to excrete the excess uric acid for a gout-free lifestyle. However, it is important to change your diet to include more alkalinizing food and to eat less acidic foods. (see list at the end of this book)

- **Manna GUT Support**

Poor gut health can be the cause of your insulin resistance and/or type 2 diabetes. Antibiotics, chronic medication, cortisone, stress and alcohol can damage the food flora and digestive enzymes in the gut.

When you struggle to lose weight, have abnormal sugar cravings and are prone to diarrhea and infections, you might have imbalanced gut microbes.

Improve digestion and immune function with the assistance of the Manna GUT Support supplement and a diet free of sugar, sugary drinks, alcohol and starchy and refined foods like bread, pasta, white rice and potato.

- **Manna Candida Support**

One of the side effects of damaged gut health is the overgrowth of the candida fungus. Candida overgrowth can lead to serious health problems and the fungus can get into the blood stream which can lead to an early death.

See the [Manna Candida e-book](#) if you want to learn more on this subject and what you can do to reverse the problem.

- **Manna Blood Circulations Support**

Diabetics generally have a problem with poor blood flow to the extremities. This supplement can help to enhance blood flow without any side effects.

Focus on Your Health and you will Lose Weight

Taking everything written so far in consideration can be daunting and you can ask yourself where to begin.

The Manna Diet

As it is not always easy to understand exactly what to do to rectify one's health and to lose weight, we have developed the Manna Diet as an easy-to-follow guideline. This is not so much a diet as it is a new way of taking responsibility of your own health.

- Start with the [7-day damage control section](#) of the Manna Diet to get rid of toxins and to prepare your body for weight loss.
- After the Detox period, you need to continue with a healthy lifestyle to complete the restoration process and to lose weight the healthy way. The 2 major areas are to consume the correct amount of energy to sustain daily upkeep and to exercise.

Food List

Here are some good examples of the choices you can make as part of your new lifestyle.

Grains and Breads

Best Choices	Worst Choices
Whole-grain flours, such as whole wheat flour	White flour
Whole grains, such as brown rice	Processed grains, such as white rice
Cereals containing whole-grain ingredients and little added sugar	Cereals with little whole grain and lots of sugar
Whole-grain bread	White bread
Whole-grain flour or corn tortillas	Fried white-flour tortillas

Vegetables

Best Choices	Worst Choices
Fresh vegetables, eaten raw or lightly steamed, roasted, or grilled	Canned vegetables with lots of added sodium
Frozen vegetables, lightly steamed	Vegetables cooked with lots of added butter, cheese, or sauce
Fresh cucumbers	Pickles (only if you need to limit sodium; otherwise, pickles are a good choice)
Fresh shredded cabbage or coleslaw	Sauerkraut, (same as pickles; limit only if you have high blood pressure)

Fruits

Best Choices	Worst Choices
Frozen fruit	Canned fruit with heavy sugar syrup
Fresh fruit	Chewy fruit rolls
Sugar-free or low-sugar jam or preserves	Regular jam, jelly, and preserves (unless portion is kept small)
No-sugar-added applesauce	Sweetened applesauce
100% fresh, pure fruit juice	Fruit punch, fruit drinks, fruit juice drinks, sweetened soda

Meat and other Protein

Best Choices	Worst Choices
Baked, broiled, grilled, or stewed meats	Fried meats
Lower-fat cuts of meat, such as top sirloin	Higher-fat cuts of meat, such as ribs
Turkey bacon	Pork bacon
Low-fat cheeses	Regular cheeses
Skinless breast of chicken or turkey	Poultry with skin
Baked, broiled, steamed, or grilled fish	Fried fish
Tofu lightly sautéed, steamed, or cooked in soup	Fried tofu
Baked or stewed beans	Beans prepared with lard

Dairy

Best Choices	Worst Choices
1% or skim milk	Whole milk
Low-fat yogurt	Regular yogurt
Low-fat cottage cheese	Regular cottage cheese
Non-fat sour cream	Regular sour cream
Frozen low-fat, low-carb yogurt	Regular ice cream

Fats, Oils

Best Choices	Worst Choices
Olive oil, Grape seed oil, canola oil, butter	Lard, hydrogenated vegetable shortening, margarine, vegetable oil
Reduced-fat mayonnaise	Regular mayonnaise
Light salad dressings	Regular salad dressings
Air-popped or calorie-controlled popcorn	Butter-flavoured stove-top popcorn

Drinks

Best Choices	Worst Choices
Water, still or sparkling water	Regular sodas, energy and sport drinks, flavoured & sweetened water, processed fruit juices
Light beer, small amounts of wine or non-fruity mixed drinks	Regular beer, fruity mixed drinks, dessert wines
Unsweetened tea (add a slice of lemon)	Sweetened tea
Coffee, black or with added low fat milk and sugar substitute	Coffee with sugar and cream
Home-brewed coffee and hot chocolate	Flavoured coffees and chocolate drinks

Acid / Alkaline Foods

The following is an indication of the foods which cause the body to become more or less acidic. If you do have a problem with acidity, try to reduce or eliminate the acid forming foods from your diet.

Eat More		←————→				Eat
Less						
Highly Alkaline	Moderately Alkaline	Mildly Alkaline	Neutral/ Mildly Acidic	Moderately Acidic	Highly Acidic	
pH 9.5 alkaline water	Avocado	Artichokes	Black Beans	Fresh, Natural Juice	Alcohol	
Himalayan salt	Beetroot	Asparagus	Chickpeas/Garbanzos	Ketchup	Coffee & Black Tea	
Grasses	Capsicum/Pepper	Brussels Sprouts	Kidney Beans	Mayonnaise	Fruit Juice (Sweetened)	
Cucumber	Cabbage	Cauliflower	Seitan	Butter	Cocoa	
Kale	Celery	Carrot	Cantaloupe	Apple	Honey	
Kelp	Collard/Spring Greens	Chives	Currants	Apricot	Jam	
Spinach	Endive	Courgette/Zucchini	Fresh Dates	Banana	Jelly	
Parsley	Garlic	Leeks	Nectarine	Blackberry	Mustard	
Broccoli	Ginger	New Baby Potatoes	Plum	Blueberry	Miso	
Sprouts (soy, alfalfa etc)	Green Beans	Peas	Sweet Cherry	Cranberry	Rice Syrup	
Sea Vegetables (Kelp)	Lettuce	Rhubarb	Watermelon	Grapes	Soy Sauce	
Green drinks	Mustard Greens	Swede	Amaranth	Mango	Vinegar	
All Sprouted Beans/ Sprouts	Okra	Watercress	Millet	Mangosteen	Yeast	
	Onion	Grapefruit	Oats/Oatmeal	Orange	Dried Fruit	
	Radish	Coconut	Spelt	Peach	Beef	
	Red Onion	Buckwheat	Soybeans	Papaya	Chicken	
	Rocket/Arugula	Quinoa	Rice/Soy/Hemp Protein	Pineapple	Eggs	
	Tomato	Spelt	Freshwater Wild Fish	Strawberry	Farmed Fish	
	Lemon	Lentils	Rice & Soy Milk	Brown Rice	Pork	
	Lime	Tofu	Brazil Nuts	Oats	Shellfish	
	Butter Beans	Other Beans & Legumes	Pecan Nuts	Rye Bread	Cheese	
	Soy Beans	Goat & Almond Milk	Hazel Nuts	Wheat	Dairy	
	White Haricot Beans	Most Herbs & Spices	Sunflower Oil	Wholemeal Bread	Artificial Sweeteners	
	Chia/Salba	Avocado Oil	Grapeseed Oil	Wild Rice	Syrup	
	Quinoa	Coconut Oil		Wholemeal Pasta	Mushroom	
		Flax Oil/ Udo's Oil		Ocean Fish		

Portion Size

We have been told repeatedly that portion sizes of many restaurant foods are too large.

We know that our portion sizes need to be reduced for weight control, but how do we determine what the proper portion size is?

There are a few general portion rules for the food groups, but it always depends on how many calories you need to eat in the day, which varies based on the individual's needs. Some may need to only eat one portion while others may need to eat five or ten for optimal health.

Portion control is an important concept when you're trying to lose weight and keep it off. But you don't need to memorize a food list or carry around measuring cups to get a better handle on serving sizes.

Instead, use common visual cues to remind yourself of appropriate serving sizes.



How?

Many foods match up to everyday objects.

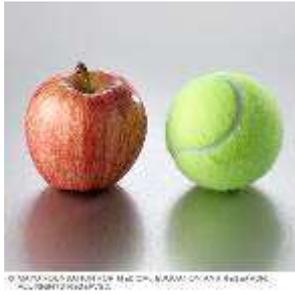
For example, a medium pepper is about the size of a baseball and equals one vegetable serving.

While not all foods perfectly match visual cues, this method can help you better judge serving sizes and practice portion control, which may help with weight loss.

If you think the servings seem small, don't panic. Remember that you can eat multiple servings every day from each food group.

Fruits

One small apple is about the same size as a tennis ball and equals one fruit serving, or about 60 calories. The same is true for a medium orange, which is also the size of a tennis ball and about 60 calories.



Other fruit servings

Fruit - 1 serving size (60 calories)

- Banana - 1 small
- Cherries - 15 whole
- Strawberries, whole - 1½ cups
- 100 percent pure fruit juice, unsweetened - 1/2 cup

Vegetables

Half a cup of cooked carrots is about the same as half a baseball and equals one vegetable serving, or about 25 calories. You can eat even more raw leafy vegetables. Two cups of spinach — think of two baseballs — are about 25 calories.



Other vegetable servings

Vegetable 1 serving (25 calories)

- Asparagus, cooked 1/2 cup (6 spears)
- Cauliflower 1 cup florets (about 8)
- Green beans, canned or frozen 2/3 cup
- Tomato sauce, canned 1/3 cup
- Zucchini, cooked or fresh 3/4 cup

Carbohydrates

Half a cup of whole-grain cooked pasta is about the same size as a hockey puck and equals one carbohydrate serving, or about 70 calories. If pasta isn't your thing, picture brown rice instead. You can have 1/3 cup of cooked brown rice for 70 calories. Try to stay away from pasta if you want to lose weight.



Other carbohydrate servings

<u>Carbohydrate</u>	<u>1 serving (70 calories)</u>
Bun or roll, whole-grain	1 small
Cereal, cold, flake-type	3/4 cup
Crackers, whole-wheat	8
Muffin, any flavor	1 small

Protein/Dairy

40 to 55 gram of low-fat hard cheddar cheese are about the same size as three to four dice and equal one protein/dairy serving, or about 110 calories.



Other protein/dairy servings

<u>Protein/dairy</u>	<u>1 serving (110 calories)</u>
Cheese, ricotta, part-skim	1/3 cup
Cheese spread	30 gram
Cottage cheese, low-fat	2/3 cup
Milk, skim or 1%	1 cup
Soy milk, low-fat	1 cup
Yogurt, plain, unsweetened	2/3 cup

Protein

A 70 gram piece of cooked skinless chicken is about the same size as two-thirds of a deck of cards and equals one protein/dairy serving, or about 110 calories. The same is true for a 55 gram patty of cooked lean hamburger, which equals one serving and has about 110 calories.



Other protein/dairy servings

<u>Protein/dairy</u>	<u>1 serving (110 calories)</u>
Baked beans, canned	1/2 cup
Egg	1 whole
Fish (haddock), grilled or broiled	85 gram
Pork sausage, smoked	2 small links
Tofu, firm or silken soft	2 slices (25mm width)

Fats

Two teaspoons of regular mayonnaise are about the same size as two dice and equal one fat serving, or about 45 calories.



Other fat servings

<u>Fat</u>	<u>1 serving (45 calories)</u>
Almonds	7 almonds
Avocado	1/6 section of fruit

Butter, regular	1 teaspoon
Peanut butter, chunky or smooth	1½ teaspoons
Salad dressing, ranch, regular	2 teaspoons
Vegetable oil (olive, canola, safflower)	1 teaspoon

Putting it all together



It may take some practice to become a better judge of serving sizes and portions, especially as you put entire meals together. But the more you practice visualizing the cues, the more control you'll have over portion sizes.

Controlling portion sizes also means controlling calories — and that's key to achieving your weight-loss goals.

(Food Portion Size – Source and pictures: www.mayoclinic.com)

Step-by-Step Program to lose weight the healthy way.

1. Follow the **7-Day Damage Control Program** to get rid of toxins and to get the body's insulin requirement as low as possible, as well as to reduce sugar in the blood, before you can start to burn fat and lose weight.
 - Exchange poor food choices for good food choices (bad carbs vs good carbs)
 - Fats – Good vs Bad
 - Drinks
2. After the 7-day damage control program, continue with the correct food choices and control portions (see food list)
3. Exercise
4. Sleep
5. Vitamin D (sunlight)
6. Supplements

7-Day Damage Control Program (Detox)

The 7-day Program is crucial to rid your body of toxins, reduce blood sugar levels and to assist the body to require less insulin from the pancreas.

The main objective is to manage insulin and blood sugar levels to lose weight the healthy way.

The – 7 day damage control program is designed to start repairing the damage done over years of poor insulin management and to detoxify your body from accumulated toxins trapped in the fat cells before you can burn fat and lose weight.

The first 7 days is very important to prepare your body for a complete recovery.

The program can help to re-balance...

1. blood sugar levels

2. Insulin Levels
3. Serotonin levels for a "feel good mood".
4. energy levels and
5. gut flora

After the re-balancing process, your body will be ready to take healthy living to the next level.

Weight Loss

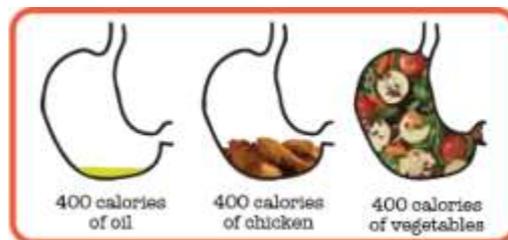
Normally one lose weight fast when detoxing, because you are avoiding fats, sugars and all the other foods and drinks which pile on calories. By altering your diet, you also lose a lot of excess water during the first 7-days.

Note: If you return to your previous eating patterns after the seven days, you will soon replace any lost kilograms. However, you can choose to regain complete health and continue with a healthy lifestyle.

By making healthy food choices after completion of the 7-day program, is just as important to continue burning fat and losing weight.

Golden rule: Stay off processed and packaged foods and keep eating fresh as much as possible. You probably will not need to calorie-count or reduce your portions- few people overeat on such a healthy diet. The only danger is slipping back to old ways of eating.

Tip: Fill your stomach with food that can fill you up without it making you fat.



Foods to Avoid during the first 7 days

- **No** - caffeine, alcohol, sugary drinks (even artificial sweetened and diet drinks) allowed.
- **No** - fruit juices, because it contains too much carbohydrates (sugar)
- **No** - dairy foods are permitted on the 7-day detox. Milk and cheese increase mucus production and are difficult to digest. Lactose causes a common food allergy. You can replace milk with almond milk, rice milk, oat milk or soya milk. Sheep and goat milk products are easier to digest if you really cannot do without dairy. However, plain or Greek yogurt is permitted, because it is fermented products.
- **No** - wheat or gluten-containing grains, which have an acid causing effect on the digestion. This means no bread, pasta or white rice. Rather choose rolled oats, brown rice, millet and quinoa.

- **No** - processed or ready-made foods whatsoever. Everything should be fresh and cooked with salt, but no sugar or sweeteners. Use fresh herbs for seasoning.

What can I eat?

Always keep your diet as fresh as possible. Protein, Vegetables and Salads.

Your food doesn't need to be bland – look at the nice and tasty recipes towards the end of the book.

Try to drink 2 liters of water per day and have cups of herbal (non-caffeine-containing) teas without sugar, whenever you feel like it.

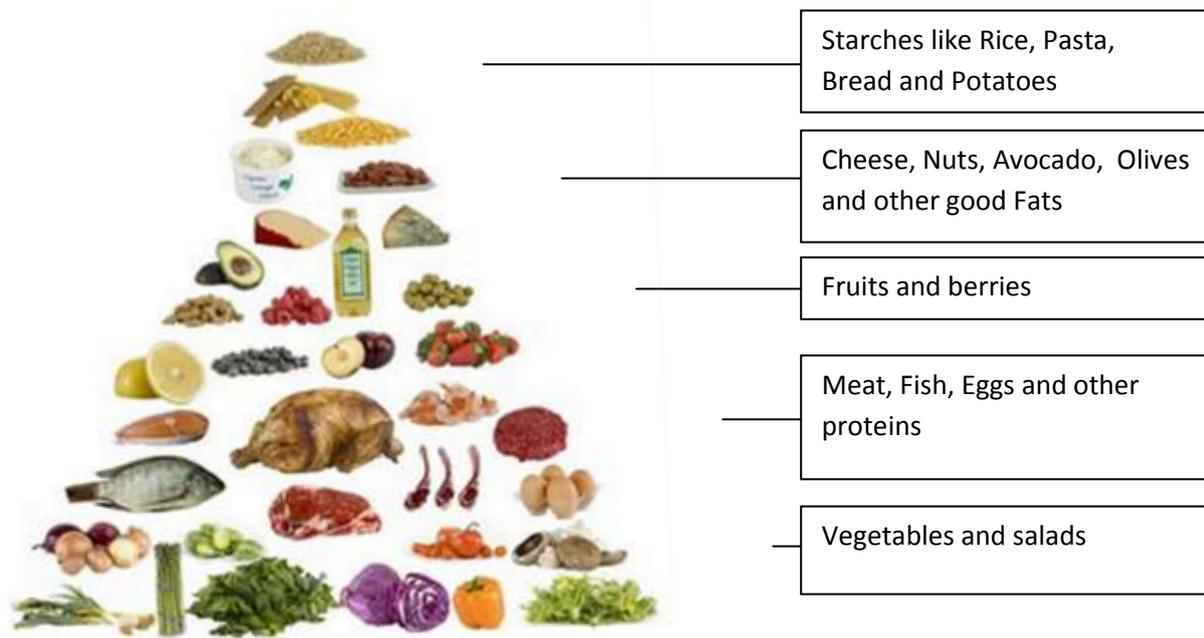
Put some flavor into your drinking water with lemon, a slice of orange, cucumber or some mint leaves.

Foods to include in the plan and make it part of your new lifestyle

- **Fruit** – your plan can include any fresh fruit. This includes apples, bananas, pears, oranges, grapefruit, satsumas, sultanas, raisins, pineapple, mango, kiwi fruit, strawberries, raspberries, blackcurrants, nectarines, peaches, melons, star fruit etc. Please keep track of portion size and the amount of calories you will be consuming.
- **Fruit & Vegetable Juice** – either make homemade fruit & vegetable juices or smoothies from fresh fruit. Processed juices are not an option, because the juice has to be heated to have a shelf life and this process destroys all goodness. Only if the juice is freshly squeezed, it is suitable, but please beware of the amount of extra sugar you will be consuming.
- **Vegetables** – eat any fresh vegetables. This includes carrots, onions, turnip, sprouts, cabbage, peppers, mushrooms, sweetcorn, peppers, leeks, broccoli, cauliflower, salad, tomatoes, cucumber, spring onions, sweet potatoes, baby marrow, bringles, etc., but not potatoes.
- **Beans and lentils** – eat any beans, including those that have been dried or canned in water. This includes red kidney, haricot, cannellini, butter, black eye, pinto, red lentils, green lentils and brown lentils.
- **Rolled Oats** – sprinkle rolled oats (not jungle oats) over fresh fruit or use it to make porridge. Cooked rolled oats with fresh fruit and nuts. Oats is the most underrated food on earth, especially for weight loss and if you want to restore your health.
- **Brown rice** (only after day 7) – no white rice
- **Fresh fish** – eat any fresh fish including cod, hake, mackerel, salmon, lobster, crab, trout, haddock, tuna, prawns, sole, red mullet, halibut, monkfish, swordfish etc. Canned fish in water is suitable too eg. salmon or tuna
- **Unsalted nuts** – eat almonds only – one handful per day.

- **Unsalted seeds** – eat any including sunflower and pumpkin
- **Plain popcorn** – with a little salt
- **Live natural yoghurt** – Greek or Plain – No sweetened or flavored yogurts
- **Extra virgin olive oil**, grape seed oil, avocado oil
- **Garlic, ginger and fresh herbs**
- **Ground black pepper**
- **Herbs and spices** - without msg, stabilizers, sugars or modified starch (read the label)

The food Pyramid for this lifestyle will look something like this.



What can you expect on the 7-day program?

Headaches and fatigue are normal in the first few days of detox. Some people even feel as though they are coming down with the flu, a syndrome that complementary therapists call a 'healing crisis'. Some people break out in spots or pimples as their body sheds toxins through the skin; others get constipation, diarrhea or bad breath with the change in digestive routine; yet more feel giddy and nauseous. Take it easy and keep drinking 1.5 to 2 liters of water throughout the day. If symptoms don't pass in four days, consult a doctor to rule out any underlying illness. Although you won't purge a lifetime's worth of toxins during your first-ever detox, you will have made a significant difference. Next time you try a detox, the healing crisis won't be so severe and will probably not last so long.

The 7-day damage control program is a step towards better health but you should find that by the end of it, your skin looks clearer and glowing, and you feel more energetic and clear-headed.

Your bowel and liver should function more efficiently and you'll have given your immune system a mini-boost.

Where to Start with the 7-Day Damage Control Program?

Start your day with a glass (250ml) of cold or warm water with fresh lemon juice squeezed into it. Please stay away from coffee and sugar for the duration of the Program. Drink fresh water and herbal teas throughout the day. NO sugar or artificial sweeteners!

Water is just as important as the right food in order to control blood sugar levels. Whenever you feel hungry or when you crave for certain foods, it might be that your body requires moisture instead of food. Drink water and herbal teas as and when you feel like it –

Note: too much water can wash out essential nutrients.

Tip: Keep a bottle of purified water at hand - sip as often as possible.

Why lemon juice in the water?

1. **Boosts your immune system:** Lemons are high in vitamin C, which is great for fighting colds. They're high in potassium, which stimulates brain and nerve function. Potassium also helps control blood pressure.
2. **Balances pH:** Drink lemon water every day and you'll reduce your body's overall acidity. Lemon is one of the most alkaline foods around. Yes, lemon has citric acid but it does not create acidity in the body once metabolized.
3. **Helps with weight loss:** Lemons are high in pectin fiber, which helps fight hunger cravings. It also has been shown that people who maintain a more alkaline diet (see #2) lose weight faster.
4. **Aids digestion:** Lemon juice helps flush out unwanted materials. It encourages the liver to produce bile which is an acid required for digestion. Efficient digestion reduces heartburn and constipation.
5. **Is a diuretic:** Lemons increase the rate of urination, which helps purify the body. Toxins are, therefore, released at a faster rate which helps keep your urinary tract healthy.
6. **Clears skin:** The vitamin C component helps decrease wrinkles and blemishes. Lemon water purges toxins from the blood which helps

keep skin clear as well. It can actually be applied directly to scars to help reduce their appearance.

7. **Freshens breath:** Not only this, but it can help relieve tooth pain and gingivitis. The citric acid can erode tooth enamel, so you should monitor this. Please be careful not to drink too much lemon juice.
8. **Relieves respiratory problems:** Warm lemon water helps get rid of chest infections and halt those pesky coughs. It's thought to be helpful to people with asthma and allergies too.
9. **Keeps you zen:** Vitamin C is one of the first things depleted when you subject your mind and body to stress. As mentioned previously, lemons are loaded with vitamin C.
10. **Helps kick the coffee habit:** After having a glass of hot lemon water, you should not crave for coffee in the morning.

The reason why the water has to be warm and not boiling hot. Either too hot or too cold water is a shock on your system so early in the morning. Water that is more or less body temperature is the best for your lemon juice regimen.

How much lemon is recommended in the water? 1 or 2 teaspoons of freshly squeezed lemon juice to a glass or cup of warm water.

Tip: Drink your warm lemon water in coffee cups.

Tip: Grind the used lemon rinds in your garbage disposal to help deodorize it.

When is the Best Time to Drink Lemon Water?

While lemon water may be taken at any time of the day, the best time is first thing in the morning. Unlike coffee which is loaded with the diuretic caffeine, lemon water can re-hydrate your body within minutes of drinking it. Lemon water should also energize you, while it helps to stimulate your bowel to eliminate accumulated waste.



Try to detoxify over the weekend (you can start on Friday morning)

7-Day Damage Control - Daily Regimen & Tips

- 1.** Have 1 glass of water (with or without lemon juice) after waking up in the morning.
- 2.** 1 Glass of water 30 minutes before each meal.
- 3.** Use olive oil only in salads, but rather use canola oil to cook with.
- 4.** Eliminate coffee, soft drinks and alcohol for the duration of the program. Drink only herbal teas and water when thirsty. (at least 1.5 liter of water per day)
- 5.** Get enough sunlight exposure every day, because it is the best way to get vitamin D.
- 6.** Exercise – Plan your day to get at least 30 to 45 minutes of good exercise of choice.
- 7.** Try to eat your evening meal by 7 pm, but not later than 8 pm.
- 8.** Evening snacks are optional, and should only be taken if you feel you need them.
- 9.** Sleep – 6 to 8 hours sleep per night is crucial to revitalize your body. If you don't get enough quality sleep, you tend to crave carbohydrates the next day.
- 10.** Try to stick to the program. Plan ahead if you have a hectic lifestyle and you know that you might fail. It is your health that we are talking about and nobody else can do it except you!

The detox process must not feel like self-punishment, but rather as a stepping stone to regain your health.

“The Choice is yours, whether to reverse type 2 diabetes or just manage it.”

Start: 7-Day Detox

Juice Example during Detox Period (don't buy ready-made juices, because it has been processed and lost its goodness)
It is crucial that - before or during your detox - you get plenty of green **vegetable juice**, like....

Carrot Juice

Ingredients

500g large carrots (washed and peeled)
½ lemons (peeled)
1 apple

Directions

Put all ingredients in your juicer. (A centrifuge juicer is easiest for carrots.) Mix. Drink immediately.

NOTE: Peel the carrot for taste (otherwise it tastes too earthy).

If you don't have a juicer, you can always grate these ingredients and eat it as part of your breakfast.

Health benefits of carrot juice: It provides Vitamin A, B Vitamins, Vitamin E and many

Minerals including calcium).

Try not to take any supplements during the first 3 days of the detoxifying process



Example: Day 1 of 7(Detoxifying process)

Early Morning

1st Drink 1 glass of water after waking up in the morning

2nd Prepare your Carrot Juice blend and immediately drink 250 tot 300ml of the blend (or eat the grated mix with your breakfast)

3rd Breakfast



Oats, Fruit and Nuts

Ingredients:

3 to 5 tbsp cooked rolled oats
1 tbsp raisins
2 tbsp almonds
(you can add sesame, seeds, pumpkin seeds, sunflower seeds)
1 pinch cinnamon (optional)
3 strawberries, sliced (when in season)

Mid Morning Snack

1 fruit with 50 gram of unsalted nuts (almonds)

Lunch



Chicken salad

(this you can take in a lunch box to work)

Ingredients (serves 4)

Olive oil spray
2 (about 200g each) chicken breast fillets (free range chicken)
2 baby lettuces, trimmed, leaves separated, coarsely torn
½ cup fresh parsley leaves

6 cocktail tomatoes (halved)

2 hard-boiled eggs, peeled, quartered

Dressing: Sprinkle with a mix of olive oil, lemon juice and spices

Method

Spray a non-stick frying pan with oil. Heat over medium-high heat. Cook the chicken for 4-5 minutes each side or until golden and cooked through. Set aside to cool slightly. Thinly slice.

Combine the chicken, lettuce, parsley and egg in a serving bowl. Drizzle over the dressing.

Mid afternoon Snack

1 Fruit + 50 gram almonds

Dinner



Lemon fish with sautéed beans and tomatoes

Ingredients (serves 4)

4 (150g each) white fish fillets (such as hake),

1 lemon, rind finely grated, juiced

2 teaspoons olive oil

250g green beans, trimmed

250g cherry tomatoes, halved

1 garlic clove, crushed

150g baby spinach leaves

2 tablespoons red wine vinegar

Method

Place fish in a shallow ceramic dish. Place lemon rind, 2 tablespoons lemon juice and 1 teaspoon oil in a small jug. Whisk to combine. Season with pepper. Pour lemon mixture over fish and turn to coat. Cover. Set aside for 10 minutes.

Preheat grill on medium heat. Line a grill tray with foil. Heat remaining oil in a large, non-stick frying pan over medium-high heat. Add beans to pan. Cook, tossing often, for 2 to 3 minutes or until bright green. Add tomatoes and garlic. Cook for 1 to 2 minutes or until tomatoes soften. Add spinach and vinegar. Toss until spinach just starts to wilt.

Meanwhile, place fish on grill tray. Cook for 4 to 5 minutes (depending on thickness) or until just cooked through.

Divide bean mixture among serving plates. Top with fish. Season with cracked black pepper.

Day 2 of 7 (Detoxifying process)

Early Morning

1st Drink 1 glass of water after waking up in the morning

2nd Prepare your Carrot Juice blend and immediately drink 250 tot 300ml of the blend

3rd **Breakfast**

Veggie Omelette



Ingredients (serve 2)

- 2 tablespoons butter
- 1 small onion, chopped
- 1 green bell pepper, chopped
- 1 cup of chopped button mushrooms
- 4 eggs
- 2 tablespoons milk
- 3/4 teaspoon salt
- 1/8 teaspoon freshly ground black pepper
- 8 cocktail tomatoes

Method

Melt one tablespoon butter in a medium skillet over medium heat. Place onion and bell pepper and mushrooms inside of the skillet. Cook for 4 to 5 minutes stirring occasionally until vegetables are just tender.

While the vegetables are cooking beat the eggs with the milk, 1/2 teaspoon salt and pepper.

Remove the vegetables from heat, transfer them to another bowl and sprinkle the remaining 1/4 teaspoon salt over them.

Melt the remaining 1 tablespoon butter (in the skillet just used to cook the vegetables) over medium heat. Coat the skillet with the butter.

When the butter is bubbly add the egg mixture and cook the egg for 2 minutes or until the eggs begin to set on the bottom of the pan. Gently lift the edges of the omelette with a spatula to let the uncooked part of the eggs flow toward the edges and cook. Continue cooking for 2 to 3 minutes or until the centre of the omelette starts to look dry.

Spoon the vegetable mixture into the centre of the omelette. Using a spatula gently fold one edge of the omelette over the vegetables. Let the omelette cook for another two minutes. Slide the omelette out of the skillet and onto a plate. Cut in half and serve.

Mid Morning Snack

- 1 Fruit with almonds or 50 gram lean biltong

Lunch

Tuna Salad



Ingredients (serves 2-4) (works good for lunch box)

- 1 baby lettuce, leaves torn
- 200g red cocktail tomatoes, halved
- 1 small red onion, halved, thinly sliced
- 1 English cucumber, cut into 2cm cubes
- 1 green bell pepper (capsicum), cut into 2cm cubes
- 2/3 cup pitted kalamata olives
- 2 tablespoons chopped fresh oregano
- 2 x 185g cans Tuna in brine
- Lemon Juice / Spices and Olive oil dressing

Method

Place lettuce, tomatoes, onion, cucumber, bell pepper (capsicum), olives and oregano in a large bowl. Add tuna. Drizzle with suggested dressing. Season with pepper. Toss gently to combine. Serve.

Mid afternoon Snack

1 Fruit with 50 gram of almonds or 50 gram of lean biltong

Dinner**Roasted ratatouille chicken**

A classic chicken recipe that will keep the crowds coming back for more.

**Ingredients** (serves 4)

1 onion, cut into wedges
2 red bell pepper, seeded and cut into chunks
1 large baby marrow, cut into chunks
1 medium sweet potato, cut into chunks
4 tomatoes, halved
4 tbsp olive oil, plus extra for drizzling
4 chicken breasts, skin on
few rosemary sprigs (optional)

Method

Heat oven to 200C/fan 180C/gas 6. Lay all the vegetables and the tomatoes in a shallow roasting tin. Pour over the olive oil and give everything a good mix round until well coated (hands are easiest for this).

Put the chicken breasts, skin side up, on top of the vegetables and tuck in some rosemary sprigs, if using. Season everything with salt and black pepper and drizzle a little oil over the chicken. Roast for about 35 mins. until the vegetables are soft and the chicken is golden. Drizzle with oil before serving.

Day 3 of 7 (Detoxifying process)

Early Morning

1st Drink 1 glass of water after waking up in the morning

2nd Prepare your Carrot Juice blend and immediately drink 250 tot 300ml of the blend

3rd Breakfast



Oats, Fruit and Nuts

Ingredients:

- 3 to 5 tbsp cooked rolled oats
- 1 tbsp raisins
- 2 tbsp almonds
- (you can add sesame, seeds, pumpkin seeds, sunflower seeds)
- 1 pinch cinnamon (optional)
- 3 strawberries, sliced (when in season)

Mid Morning Snack

1 Fruit plus 50 gram of Almonds or lean Biltong

Lunch



Chicken Salad

Ingredients (serves 4)

- 1 cup almonds;
- 1 cup diced celery
- 1 cup cubed roasted/fried chicken breast
- 2 red apples, cored and sliced
- ¼ cup green onions
- 2 tbsp lemon juice
- Sprinkle with salad dressing
- lettuce leaves for serving;
- Salt and pepper to taste.

Method

Add the almonds, celery, apples, green onions, chicken and mix it all together. Sprinkle enough salad dressing. Serve the salad on a bed of romaine lettuce.

Mid afternoon Snack

1 Fruit plus 50 gram of Almonds or lean Biltong

Dinner



Cabbage & apple stir-fry

This stir-fry is a little bit different in that it features prominently the cabbage and also makes use of stir-fried apple. This is a great example of a sweeter stir-fry, which is also mixed with fresh and crunchy almonds. The apple cider vinegar bring a nice and tangy touch to it and add to the apple undertone of the dish. Eat it as a meal or serve as a side dish to your main course.

Ingredients

- canola oil for cooking
- ±750g cabbage (a mix of red and green is ideal);
- 1 large apple;
- 1 thinly sliced onion;
- 1 finely chopped red chili;
- 1 tbsp chopped thyme;

1 tbsp apple cider vinegar;
¾ cup chopped almonds;

Method

Chop the cabbage finely and dry with a towel. Core and slice the apple. Stir-fry the apple for a minute in clarified butter or coconut oil until it just barely starts to soften. Remove the apple from the wok and set aside. Reheat the wok and stir-fry the onion for another minute with a little bit more cooking fat. Add the cabbage and stir-fry for another 3 minutes. Return the apple slices, add the thyme and cider vinegar and cover to steam for a minute. Add the almonds and stir well. Serve and enjoy!

DAY 4 of 7

1st Drink 1 glass of water after waking up in the morning

2nd Prepare your Carrot Juice blend and immediately drink 300ml of the blend

3rd Breakfast

Tuscan Scrambled Eggs



Ingredients (serves 2 to 3)

3 Tbsp extra virgin olive oil
1 large yellow onion, peeled and chopped
600g plum tomatoes, peeled and chopped or 400g can of diced tomatoes
6 eggs
Salt and freshly ground pepper

Method

Heat olive oil on medium heat in a nonstick skillet. Add the onions and cook until translucent, just starting to turn golden in color, about 6 minutes. Add the tomatoes and cook over low heat until the liquid evaporates, about 40 minutes. Whisk the eggs in a bowl until well blended. Season with a little salt and pepper. Add the eggs to the tomato and cook over medium heat, stirring constantly, and scraping from the bottom with a wooden spoon. Remove from heat as soon as the eggs begin to set, but are still moist, about 3 minutes. Turn out onto a serving plate. Serve immediately.

Snack

1 Fruit plus 50 gram of Almonds or lean Biltong

Lunch

Shredded chicken salad



Ingredients (serves 4)

2 chicken breast fillets
2cm piece ginger
1 clove garlic
1 shallot, chopped
250ml (2 cups) water
½ baby cabbage, shredded
1 small red onion, finely sliced
1 carrot
1 English cucumber, sliced and halved
1 bunch coriander leaves
1 chili, chopped
1/3 cup chopped almonds
Limes and extra coriander, to serve

Method

Poach 2 chicken breast fillets with a 2cm piece ginger, 1 clove garlic and 1 chopped shallot in 2 cups water for 12 mins until cooked through. Cool then shred into a large bowl. Add ½ baby cabbage, shredded, 1 small red onion, finely sliced, 1 carrot and 1 cucumber, sliced and halved. Toss well to combine. Add 1 bunch coriander leaves, 1 chopped chili, top with 1/3 cup chopped almonds and sprinkle with salad dressing. Serve with limes and extra coriander.

Snack

1 Fruit plus 50 gram of Almonds or lean Biltong

Dinner

Tuna-Stuffed Tomatoes



Ingredients (serves 4)

8 small tomatoes (or 4 large tomatoes)
2 X (±85g cans) tuna in brine, drained
10 pitted kalamata olives, minced
2 tablespoons minced fresh parsley
1 tablespoon capers, drained, rinsed
1 tablespoon olive oil
½ teaspoon minced fresh thyme leaves
Salt and pepper

Method

Line a baking sheet with paper towels. Cut a thin slice off the top of each tomato. Gently scoop out tomato seeds and pulp, leaving shell intact. Set shells cut side down to drain on paper towels.

Mix tuna, olives, parsley, capers, olive oil, thyme and pepper, breaking up large chunks. Season with salt and additional pepper, if desired.

Spoon tuna mixture into tomatoes and serve.

2 Manna Blood Sugar Support Tablets with each meal, helps to prevent insulin spikes

DAY 5 of 7

1st Drink 1 glass of water after waking up in the morning

2nd Prepare your Carrot Juice blend and immediately drink 300ml of the blend

3rd Breakfast



Fruit Shake with flax seed

½ cup Paw Paw - diced
½ cup Apple – diced
½ cup berries of choice
2 heaped table spoons of flax seed
1 banana
1 cup fat & sugar free yogurt
Mix everything in blender and enjoy
(Use any fruit in season – see the Acid Alkaline chart at the end of this book)

Snack

1 Fruit plus 50 gram of Almonds or lean Biltong

Lunch

Chicken, spinach and soft-boiled egg salad



Ingredients (serves 4)

650g chicken breasts, thickly sliced
1 lemon, halved
80ml (1/3 cup) extra virgin olive oil
2 sprigs rosemary, leaves picked
1 large clove garlic, thinly sliced
2 tbs wholegrain mustard
1 tsp honey
4 eggs, at room temperature
250g baby spinach

Method

To marinate the chicken, place in a large bowl and squeeze over the juice of half a lemon. Add 1 tbs oil, rosemary and garlic to the bowl, and toss to coat the chicken.

To make dressing, squeeze juice from remaining lemon half into a small bowl. Add mustard, honey and remaining 60ml (1/4 cup) oil. Whisk to combine. Season with salt and pepper.

Bring a saucepan of water to the boil. Gently add eggs and stir until water returns to the boil. Cook for 4½ minutes for soft-boiled eggs. Drain and refresh under cold water.

Preheat a chargrill pan over high heat, then cook chicken, in 2 batches, for 1 minute each side or until cooked through. Transfer to a large bowl. Add spinach and dressing to the bowl and toss to combine. Divide salad among bowls.

To gently crack egg shells, roll eggs on a counter. Peel shells, then carefully tear eggs in half and divide among salads.

Snack

1 Fruit plus 50 gram of Almonds or lean Biltong

Dinner

Grilled fish with Mustard & Herb

Fish cooks over a bed of lemon and fresh herbs to infuse it with flavor and keep the fish tender and moist. We like a blend of thyme, tarragon and oregano, but any of your favorite herbs will work.



Ingredients

2 lemons, thinly sliced, plus 1 lemon cut into wedges for garnish

20 to 30 sprigs mixed fresh herbs plus 2 tablespoons chopped, divided
1 clove garlic
¼ teaspoon salt
1 tablespoon Dijon mustard
500g fish (salmon, hake or any other fish of your choice to grill)

Method

Preheat grill to medium-high.

Lay two 9-inch pieces of heavy-duty foil on top of each other and place on a rimless baking sheet.

Arrange lemon slices in two layers in the center of the foil.

Spread herb sprigs over the lemons.

With the side of a chef's knife, mash garlic with salt to form a paste.

Transfer to a small dish and stir in mustard and the remaining 2 tablespoons chopped herbs. Spread the mixture over both sides of the fish.

Place the fish on the herb sprigs.

Slide the foil and fish off the baking sheet onto the grill without disturbing the fish-lemon stack.

Cover the grill; cook until the fish is done in the center, 18-24 minutes.

Wearing oven mitts, carefully transfer foil and fish back onto the baking sheet.

Cut the fish into 4 portions and serve with lemon wedges (discard herb sprigs and lemon slices).

Mixed tomato salad



Ingredients (serves 4)

400g tomato medley mix
2 small red tomatoes, cut into wedges
1/2 small red onion, finely diced
1 tablespoon extra-virgin olive oil
2 teaspoons red wine vinegar
1/4 teaspoon caster sugar
1/4 cup small fresh basil leaves

Method

Cut half the medley tomatoes in half. Place in a large shallow dish. Add remaining tomatoes and onion.

Place oil, vinegar and sugar in a screw-top jar. Season with salt and pepper.

Secure lid. Shake to combine. Add oil mixture to tomato mixture. Gently toss to combine. Set aside at room temperature for 20 minutes for flavours to develop.

Top with basil. Toss to combine. Serve.

2 Manna Blood Sugar Support Tablets with each meal, helps to prevent insulin spikes

Day 6 of 7

1st Drink 1 glass of water after waking up in the morning

2nd Prepare your Carrot or tomato Juice blend and immediately drink 250 to 300ml.

3rd **Breakfast**

Oats, Fruit and Nuts



Ingredients:

3 to 5 tbsp cooked rolled oats
1 tbsp raisins
2 tbsp almonds
(you can add sesame, seeds, pumpkin seeds, sunflower seeds)
1 pinch cinnamon (optional)
3 strawberries, sliced (when in season)

Snack

1 Fruit plus 50 gram of Almonds or lean Biltong

Lunch

Greek Salad with Grilled Chicken



Ingredients (serves 4)

3 tablespoons extra-virgin olive oil
2 tablespoons fresh lemon juice
1 teaspoon honey
 $\frac{3}{4}$ teaspoon salt, divided
 $\frac{1}{4}$ teaspoon ground black pepper, divided
Olive oil cooking spray
 \pm 350 gram chicken fillets
50 gram plum tomatoes, halved, seeded, and quartered (about 6–8 tomatoes)
 $\frac{1}{2}$ large seedless cucumber, halved lengthwise and thinly sliced
 $\frac{1}{2}$ small red onion, thinly sliced
 $\frac{1}{3}$ cup pitted kalamata olives, halved
3 tablespoons chopped fresh mint, divided
4 cups torn lettuce

Method

Whisk together the olive oil, lemon juice, and honey. Add $\frac{1}{2}$ teaspoon salt and $\frac{1}{8}$ teaspoon pepper; set aside.

Heat a grill pan to high. Lightly coat chicken with olive oil spray, and season with remaining salt and pepper; cook over high heat 2 minutes per side or until just cooked through. Transfer to a cutting board; let stand 5 minutes.

In a serving bowl, toss tomatoes, cucumber, onion, olives, and half the mint with vinaigrette. Slice chicken into \pm 12mm strips, add to salad, and toss gently. Place 1 cup lettuce on each of 4 plates, top with chicken mixture and remaining mint.

Snack

1 Fruit plus 50 gram of Almonds or lean Biltong

Dinner

Grilled snook with green salsa



Ingredients

Green salsa

1 clove granulated garlic
3 large sweet and sour gherkins, roughly chopped
180 ml flat-leaf parsley
1 lemon peel, grated

1 tsp Dijon mustard, (optional)
1 tbsp extra-virgin olive oil
1 dash milled pepper

Snoek

1 Medium Size Snoek
1 tbsp extra-virgin olive oil
60 ml lemon juice

Method

Roughly chop salsa ingredients
Season and set aside
Place fish on a baking tray or on the braai grid, drizzle with olive oil and season with lemon juice and milled pepper.
Cook under a preheated grill for about 10 minutes, or until cooked to your liking on the braai.
Serve fish topped with green salsa



Roasted Sweet Potatoes with Balsamic Drizzle

Ingredients (Serves 4)

150g sweet potatoes, (about 3 medium), peeled
1 tablespoon extra-virgin olive oil
1/4 teaspoon salt
Freshly ground pepper, to taste
1 cup balsamic vinegar
2 tablespoons honey
1 teaspoon butter

Method

Preheat oven to 225°C. Line a rimmed baking sheet with foil. Cut sweet potatoes into 12mm-thick wedges. Place on the prepared baking sheet, drizzle with oil and toss well. Spread out in a single layer. Bake until tender when pierced with a knife, 25 to 30 minutes. Season with salt and pepper.

Meanwhile, combine vinegar and honey in a small saucepan. Bring to a boil over medium-high heat and cook until syrupy and reduced to 1/3 cup, 12 to 15 minutes. (Watch the syrup carefully during the last few minutes of reducing to prevent burning.) Swirl in butter. Drizzle the sauce over the sweet potatoes.

Tips & Notes

Make Ahead Tip: The balsamic drizzle (Step 2) will keep in the refrigerator for up to 4 days. Reheat in the microwave or on the stovetop, adding a little water if the syrup has thickened too much, before drizzling over the roasted sweet potatoes.

2 Manna Blood Sugar Support Tablets with each meal, helps to prevent insulin spikes

DAY 7 of 7

1st Drink 1 glass of water after waking up in the morning

2nd Prepare your Carrot or tomato Juice blend and immediately drink 250 to 300m.

3rd **Breakfast**



Veggie Omelette

Ingredients (serve 2)

2 tablespoons butter
1 small onion, chopped
1 green bell pepper, chopped
1 cup of chopped button mushrooms
4 eggs
2 tablespoons milk
3/4 teaspoon salt
1/8 teaspoon freshly ground black pepper
8 cocktail tomatoes

Method

Melt one tablespoon butter in a medium skillet over medium heat. Place onion and bell pepper and mushrooms inside of the skillet. Cook for 4 to 5 minutes stirring occasionally until vegetables are just tender.

While the vegetables are cooking beat the eggs with the milk, 1/2 teaspoon salt and pepper.

Remove the vegetables from heat, transfer them to another bowl and sprinkle the remaining 1/4 teaspoon salt over them.

Melt the remaining 1 tablespoon butter (in the skillet just used to cook the vegetables) over medium heat.

Coat the skillet with the butter. When the butter is bubbly add the egg mixture and cook the egg for 2 minutes or until the eggs begin to set on the bottom of the pan. Gently lift the edges of the omelette with a spatula to let the uncooked part of the eggs flow toward the edges and cook.

Continue cooking for 2 to 3 minutes or until the centre of the omelette starts to look dry.

Spoon the vegetable mixture into the centre of the omelette. Using a spatula gently fold one edge of the omelette over the vegetables. Let the omelette cook for another two minutes. Slide the omelette out of the skillet and onto a plate. Cut in half and serve.

Snack

1 Fruit plus 50 gram of Almonds or lean Biltong

Lunch

Tuna, rocket & tomato salad



Ingredients (serves 4)

2 x 185g cans tuna in brine, drained
1 x 400g can cannellini beans, rinsed, drained
2 ripe tomatoes, coarsely chopped
1 red onion, halved, thinly sliced
60g drained pitted kalamata olives, halved lengthways
Salt & freshly ground black pepper
1 1/2 tbs olive oil
2 bunches rocket, trimmed, washed, dried
12 fresh basil leaves

Method

Place the tuna, cannellini beans, tomato, onion and olives in a large bowl. Season with salt and pepper. Add the oil and toss to combine. Add the rocket, croutons and basil leaves and gently toss to combine.

Snack

1 Fruit plus 50 gram of Almonds or lean Biltong

Dinner

Key West Chicken



Ingredients

- 3 tablespoons soy sauce
- 1 tablespoon honey
- 1 tablespoon vegetable oil
- 1 teaspoon lime juice
- 1 teaspoon chopped garlic
- 4 skinless, boneless chicken breast halves

Method

In a shallow container, blend soy sauce, honey, vegetable oil, lime juice, and garlic. Place chicken breast halves into the mixture, and turn to coat. Cover, and marinate in the refrigerator for at least 30 minutes.

Preheat an outdoor grill for high heat or on a grill with hot coals.

Lightly oil the grill grate. Discard marinade, and grill chicken 6 to 8 minutes on each side, until juices run clear.

Bean and roast vegetable salad



Ingredients (serves 6)

- 1 medium red bell pepper (capsicum), thickly sliced
- 1 medium yellow bell pepper (capsicum), thickly sliced
- 2 medium baby marrow (zucchini), cut diagonally into 1cm-thick slices
- 100g button mushrooms, halved
- 1 medium red onion, cut into wedges
- 1 tablespoon olive oil
- 2 tablespoons balsamic vinegar
- 2 garlic cloves, crushed
- 250g cherry tomatoes
- 200g green beans, trimmed
- 2 tablespoons pine nuts, toasted (optional)

Method

Preheat oven to 200°C/180°C. Place bell peppers (capsicum), baby marrow (zucchini), mushrooms and onion in a large baking dish. Combine oil, vinegar and garlic in a bowl. Drizzle over vegetables. Toss to coat.

Roast for 20 minutes. Add tomatoes. Roast for 15 minutes or until vegetables are tender and tomatoes are starting to collapse.

Meanwhile, bring a large saucepan of water to the boil over high heat. Cook beans for 3 minutes or until bright green and just tender. Drain. Refresh in a bowl of iced water. Drain. Pat dry with paper towel.

Add beans to vegetable mixture. Toss to combine. Sprinkle with pine nuts. Season with salt and pepper. Serve.

Notes

Serves 6 as a side.

2 Manna Blood Sugar Support Tablets with each meal, helps to prevent insulin spikes

NOTE: See website for other Low GI Recipes – www.mannaplus.com

Weight Loss Meal Plan Example - after the 7-day detox program

Take 2 of the Manna tablets with your meals to reduce the GI of the food you eat. This will help to control cravings, stabilise blood sugar levels and suppress appetite.

Drink a Glass of water with fresh lemon juice first thing in the morning. (no coffee or tea)

Drink a Glass of purified, clean and fresh water before each meal. (no sugar added)

<p>Breakfast - Option A</p> <p>1 cup skimmed milk 1 cup rolled oats (cooked) ±20 Almonds (raw unsalted) Cook rolled oats with the skimmed milk. Add water if necessary. Tip: add sliced banana for sweetness.</p> <p>2 Blood Sugar Caplets with each meal</p>	<p>Lunch - Option A</p> <p>150g tot 250g Grilled skinless chicken 1 cup cooked brown rice Make a salad of the following... Tomato, cucumber, lettuce, avo, 8 olives Dress salad with lemon juice and herbs</p> <p>2 Blood Sugar Caplets with each meal</p>	<p>Dinner - Option A</p> <p>200 to 300g Hake - steamed 1 Sweet Potato - slice thinly and bake in oven with 2 teaspoons olive oil. Seasoned with sea salt 1 cup cooked peas</p> <p>2 Blood Sugar Caplets with each meal</p>
<p>Breakfast - Option B</p> <p>1 slice of seadloaf toast with baked beans or 1 to 2 slices of toast with thin slice of cheese & ½ avo</p> <p>2 Blood Sugar Caplets with each meal</p>	<p>Lunch - Option B</p> <p>Make a salad of the following... 1 tin of Tuna in water 1 cup cooked wholegrain pasta 1 cup cooked peas + tomato & lettuce 4 Teaspoons of low fat mayonaise</p> <p>2 Blood Sugar Caplets with each meal</p>	<p>Dinner - Option B</p> <p>150g to 250g baked cubed leg of lamb 1 cup stir-fry vegetables Green salad... Lettuce, cucumber, green pepper Dress salad with lemon juice and herbs</p> <p>2 Blood Sugar Caplets with each meal</p>
<p>Breakfast - Option C</p> <p>1 to 3 whole cooked eggs 1 to 2 slices sead loaf toast ¼ to ½ avocado ¼ to ½ tomato</p> <p>2 Blood Sugar Caplets with each meal</p>	<p>Lunch - Option C</p> <p>1 to 2 roasted lamb chop - without fat 1 Medium sweet potato 2 cup mixed vegetables (cooked) 2 Teaspoon olive oil to stir-fry vegetables</p> <p>2 Blood Sugar Caplets with each meal</p>	<p>Dinner - Option C</p> <p>2 chicken kebab Brown Rice with salad of the following... ½ cup of cooked brown rice 1 cup mixed vegetables of choice 2 teaspoons low-fat mayonaise</p> <p>2 Blood Sugar Caplets with each meal</p>
<p>Breakfast - Option D</p> <p>Make a smoothie with the following: 1 Banana ½ small pawaw 1 cup plain yogurt ± 20 nuts of choice</p> <p>2 Blood Sugar Caplets with each meal</p>	<p>Lunch - Option D</p> <p>150 tot 200g snoek (baked) 1 Medium sweet potato in skin & ½ butternut -small Bake butternut & sweet potato in oven with 2 Teaspoons olive oil, fresh rosemary Spice and enjoy</p> <p>2 Blood Sugar Caplets with each meal</p>	<p>Dinner - Option D</p> <p>Make a sandwich of the following: 1 whole wheat roll 2 to 3 thin slices pastrami 2 to 3 thin slices cheese Lettuce, tomato, avo 1 table spoon of low-fat mayonaise</p> <p>2 Blood Sugar Caplets with each meal</p>
<p>Breakfast - Option E</p> <p>vegetarian omelette stir-fry thinly cut mixed veggies mix 2 to 3 eggs with skimmed milk Make omelette in stick free pan add stir-fried veggie mix - spice and enjoy</p> <p>2 Blood Sugar Caplets with each meal</p>	<p>Lunch - Option E</p> <p>150g to 250g Extra lean beef mince 1 cup cooked brown rice 1 cup mixed vegetables, example. baby marrow, broccoli, carrots(cooked) (can be prepared as a curry dish)</p> <p>2 Blood Sugar Caplets with each meal</p>	<p>Dinner - Option E</p> <p>150g to 250g roast skinless chicken breast 1 cup cooked corn Stir-fry ¼ red, yellow, green pepper, onion, 1 cup mushrooms with 2 teaspoons olive oil</p> <p>2 Blood Sugar Caplets with each meal</p>

NOTE: Menu options can be mixed and match to suit your lifestyle - Portion Control is of utmost importance

SNACKS: CHOOSE ANY OF THE FOLLOWING - 2 x PER DAY (only if you need to snack)

1. 1 Medium fruit of your choice and ± 10 nuts
2. 1 Medium fruit of your choice and 25g lean biltong
3. 2 Provitas with 25g lean biltong or Marmite or cottage cheese
4. See the GI labels on the website for low GI snacks

Exercise (how to burn fat faster)

Regular exercise is an important part of effective weight loss. It helps to control your weight by using excess calories that otherwise would be stored as fat as well as boosting your metabolism and lowering insulin levels.

Physical activity also helps prevent many diseases and improve your overall health. Your weight is determined by the number of calories you eat each day minus what your body uses.

Everything you eat contains calories, and everything you do uses calories, including sleeping, breathing, and digesting food.

Any physical activity in addition to what you normally does will burn those extra calories.

Balancing the number of calories you expend through exercise and physical activity with the calories you eat will help you achieve your desired weight. The key to successful weight loss and improved overall health is making physical activity a part of your daily routine.

Summarized advantages of regular exercise

Exercise zaps belly fat

Regular moderate to high intensity aerobic exercise has the greatest impact on reducing abdominal fat - the dangerous fat that increases your risk of diabetes and heart disease.

Exercise controls calories

You need to burn more calories than you consume in order to lose weight. Regular exercise uses up excess calories that would otherwise be stored as fat.

Exercise keeps lost kilograms away

Ninety percent of people who have successfully lost weight and kept it off for a year, do about an hour of physical activity a day.

Exercise boosts metabolism

You'll lose fat when you diet without exercising, but you'll also lose muscle, which means you'll burn fewer calories. The more muscle you have, the higher your metabolism and the more calories you'll burn.

Exercise does more than the scale shows

If you gain 1.5 kilogram of lean muscle and lose 2 kilogram of fat, you've actually experienced a 3.5 kilogram improvement in your body condition, despite the scale only showing 500 gram of weight loss.

Exercise curbs emotional eating

Working out has been proven time and time again to help regulate mood, which has a direct effect on people who eat when they're stressed or upset.

Exercise creates a healthy chain reaction

Healthy habits tend to cluster together. When people make positive changes, like getting more exercise, they tend to work on other health improvements as well, such as eating better.

Exercise brings on the fun

Rock-climbing is more exciting than eating a celery stick. That's why it's sometimes easier to be active to stay slim than to maintain a strict diet.

Exercise stops hunger

People who exercise and diet are actually less hungry than those who only diet, according to at least one study.

Exercise increases energy

Regular physical activity increases stamina by boosting your body's production of energy-promoting neurotransmitters. That gives you even more motivation to get moving and shed pounds.

NOTE:

When exercising (doing workouts and cardio exercises), you might find that you don't weigh less on the scale, but your clothes are fitting looser. Muscles are heavier than fat, so while you are burning fat and getting healthier, you are also accumulating muscle.

Different Types of Exercise**Walking:**

Walking is the least daunting form of exercise. It's cheap; it's easy on the knees and requires no sporty coordination. Learn how to walk for fun, for good health, for fitness and for weight loss. Here is an eight-week program that can be customised to suit different body types and lifestyles. Now there's no excuse not to get moving!

- Walking for fitness and health, you should walk for 30-60 minutes most days of the week.
- If you are an absolute beginner who is not already walking for up to 30 minutes, use the walking advice in the **Absolute Beginners Tutorial** below to guide how long you should walk to build up your endurance.
- You should also seek medical advice before beginning an exercise and nutrition program.

Walking Technique

This section will get you putting one foot in front of the other. Walking technique for the street, track, or treadmill is the same. You want to walk with good posture, using arm and foot motion that will propel you forward with good power and no wasted effort.

Posture

How you hold your body is important to walking comfortably and easily. With good posture, you will be able to breathe easier and you will avoid back pain.

- Stand up straight.
- Think of being a tall and straight. Do not arch your back.
- Do not lean forward or lean back. Leaning puts strain on the back muscles.
- Eyes forward, not looking down, rather 20 feet ahead.
- Chin up (parallel to the ground). This reduces strain on neck and back.
- Shrug once and let your shoulders fall and relax, your shoulders slightly back.
- Suck in your stomach.
- Tuck in your behind and rotate your hip forward slightly. This will keep you from arching your back.

Arms

Arm motion can lend power to your walking, burning 5-10% more calories and acting as a balance to your leg motion.

- Bend your elbow 90 degrees.
- Hands should be loose in a partially closed curl, never clenched.
- Clenching your fists can raise your blood pressure and should be avoided.
- With each step, the arm opposite your forward foot comes straight forward, not diagonally.
- As the foot goes back, the opposite arm comes straight back.

- Keep your elbows close to your body - don't "chicken wing."
- Your forward hand should not cross the centre point of your body.
- Your hand when coming forward should be kept low, not higher than your breastbone.
- Many poor examples of arm motion are seen with walkers pumping their arms up high in the air, this does not help propel you.
- If at first you find adding arm motion tiring, do it for 5 to 10 minutes at a time and then let your arms rest.

Taking a Step

The walking step is a rolling motion.

- Strike the ground first with your heel.
- Roll through the step from heel to toe.
- Push off with your toe.
- Bring the back leg forward to strike again with the heel.
- Flexible shoes will ensure you are able to roll through the step.
- If your feet are slapping down rather than rolling through the step, your shoes are most likely too stiff.
- At first, your shin muscles may tire and be sore until they are strengthened.

Walking Stride

When practicing a good walking stride, the first key is to avoid overstriding, which is taking longer steps to increase speed. Overstriding is inefficient and it is potentially harmful.

Take more, smaller steps rather than lengthening your stride. Your stride should be longer behind your body, where your toe is pushing off, rather than out in front of your body.

This is because your forward leg has no power, while your back leg is what is driving you forward. You want to get the full power out of the push from the back leg, with the foot rolling through the step from heel to toe. Fast walkers train themselves to increase the number of steps they take per second and to get full use out of the back part of the stride.

Warm-up

Start out at a slow, easy pace for each walking session.

Allow your muscles to warm up before you stretch, add speed or hills.

Warm up for 5 minutes at this easy pace.

Stretching Routine

Stretching will add flexibility and can make your walking more comfortable.

Warm up for 5 minutes at an easy walking pace before stretching, never stretch cold muscles or you risk tearing them.

Incorporate mobility exercises designed to take a muscle and joint through its range of motion. You will start at the top of your body and work your way down. Find an upright pole or fence or wall that will support you for leaning into on some stretches.

Cool Down

For the final 5-10 minutes of your walk, finish with an easy walking pace.
At the end of your walk you may want to repeat the stretches you did after your warm-up.

Walking Schedule

You've decided to start walking, you've learned how to walk, and now for:

Schedule: How far and how often to walk.

The Absolute Beginner Schedule

Health goals: Walking a half hour a day or 3 hours per week is associated with a decreased risk of heart disease. Walking 7 hours a week is associated with a decreased risk of breast cancer and Type II diabetes. For this reason, I recommend that you build up to walking an hour a day, most days of the week.

Track your walks: Keeping records will keep you on track.

Build a Habit: Walk at least 5 days a week, even if some days you must decrease your time, in order to build your new healthy habit. Increase the time you spend walking each week before working on speed.

Week 1: Start with a daily 15 minute walk at an easy pace.
Walk five days the first week. We want to build a habit, so consistency is important.
Spread out your rest days, such as making day 3 a rest day and day 6 a rest day.
Weekly total goal: 60 - 75 minutes.

Week 2: Add 5 minutes a day so you are walking 20 minutes, 5 days a week. Or you may wish to extend yourself more on some days, followed by a rest day.
Weekly total goal: 75 - 100 minutes.

Week 3: Add 5 minutes a day so you are walking 25 minutes, 5 days a week.
Weekly total goal: 100 - 125 minutes.

Week 4: Add 5 minutes a day to walk 30 minutes, 5 days a week.
Weekly total goal: 125 - 150 minutes.

Snags: If you find any week to be difficult, repeat that week rather than adding more time, until you are able to progress comfortably.

Graduate: Once you are able to walk 30 minutes at a time comfortably, progress to the next level.

High Intensity Walking

If you are ready for the next level, then interval walking is by far the better way to burn fat.

How it works – When you walk, you walk as fast as you can for 30 seconds and then at normal pace for 90 seconds. Repeat this method for at least 8 intervals. You will surely feel the difference.

The best part about interval training is that you burn up to 19 times more fat than normal.

Step Aerobics:

Calories Burnt: 800 cal/hr

Many of the top exercises to lose weight incorporate aerobics. This mainly targets your legs, hips and bum, which are often the areas that women most want to tone. Doing an hour a day, split into two half an hour sessions, will ensure that you see results within 2 weeks.

Bicycling:

Calories Burnt: 500 – 1000 cal/hr

Depending on how fast you go, this can be a real calorie burner. Riding outside is always enjoyable, but if you're a little more time restricted, invest in a good quality exercise bike.

Swimming:

Calories Burnt: 800 cal/hr

Swimming is definitely a top exercise to lose weight, especially in the summer. Doing laps up and down the pool for an hour will burn off 800 calories, and also tone almost all of your body.

Elliptical Burner:

Calories Burnt: 600 cal/hr

This is brilliant cardio, and also helps to build strong muscles, and toning the stomach. Elliptical Burner is really great, especially if there is a TV attached to the machine or if you bring along your iPod or iPhone, so that you can listen to your favorite music or catch up on latest news. When entertained, you won't believe how long you can do this exercise for losing weight.

Rowing:

Calories Burnt: 500 – 600 cal/hr

Rowing is a brilliant way to tone your arms, and is also very good fun. Get involved with the local rowing club and you'll get to try it for free, or simply use the rowing machine at the gym. You'll build arm muscle, burn calories and get an incredible workout.

Dancing:

Calories Burnt: 600/800 cal/hr

This targets your entire body, and is an excellent work out. In addition to being one of the top exercises to lose weight, it's also one of the most fun! In addition to burning calories, it's a great stress reliever! Just make sure you stay active, and try and keep going for at least an hour!

Exercise DVD:

Calories Burnt: 300/500 cal/hr

While there are a lot of these, some exercise DVDs do actually help you to lose weight and tone up. Find a high energy one, and try and do it once a day. You'll burn calories, tone up and feel much fitter.

Jogging:

Calories burned per hour: 550 cal/hour

I love to run and jog, and it is so good for your body! Aside from all of the calories you will burn, you'll also get a lot of thinking done, without all the distractions of the gym or a workout DVD.

Trampoline:

Calories burned per hour: 400 cal/hour

Who knew something so fun could be such a great exercise for losing weight? Bouncing on the trampoline will get your heart thumping, and it is a blast! Be careful, though; a fall can lead to a sprain or a break of epic proportions.

Weight Loss Tips:

1. Determine your Ideal Weight with the Manna Weight Tables from the weight Loss section on the Manna website.
2. Try to understand the Glycemic Index (GI), why you need to eat low GI food and how it can help you with weight loss. See the GI/GL principle on the Manna website.
3. Try not to lose more than 1.5kg per week, because your body has to adjust and your organs have to cope with the toxic waste from fat excretion.

