



THE  
**AIM**  
COMPANIES  
nutrition that works

**MAINTAIN  
LIFESTYLE**

**HEALTH**

**FITNESS**

**WEIGHT LOSS**

**EXERCISE**

# The Balancing Act

Along with feeling good about yourself, an ideal body weight is a major factor in maintaining good health. If you are struggling to lose unwanted pounds, AIM has the answer for successful weight loss.

One important thing to consider is your body pH, which is greatly affected by your nutritional choices. For example, the foods you eat can have an acidifying or an alkalizing effect on your body. Acidity has a negative impact on all of your body systems. One of the harmful results is that your body needs to add protective fat. If you do not reverse body acidity, it is harder to lose weight.

To get your body pH in balance, simply add AIM BarleyLife® to your daily nutritional intake. You are not going to find a better whole-food concentrate for providing greens that neutralize an acidic body environment. With a natural source of vitamins, minerals, phytonutrients, enzymes, antioxidants, and chlorophyll, BarleyLife can be your first step of nutritional support for reaching your ideal body weight.

If you are trying to lose weight, eat high-fiber foods and supplement with AIM Fit 'n Fiber™. These dietary changes help you control hunger pangs, allowing you to resist more food than your body actually requires. A high-fiber intake fills

you up without filling you out with unwanted pounds. Fiber makes you feel full, sending a message to your brain that you have had enough to eat. Controlling the number of calories you get is one of the most effective ways of losing weight.

According to the Institute of Medicine's Dietary Reference Intake for fiber, most men should get 38 grams and most women at least 25 grams each day to gain all the health benefits, including weight management<sup>1</sup>. Fit 'n Fiber makes it much easier to achieve these daily recommendations.

Protein is a key component to weight management. Like fiber, protein contributes to the feeling that you have had enough to eat. And it is essential for building lean muscle mass. However, the most common protein is meat, which is generally high in fat and has an acidic effect on your body. AIM ProPeas® provides a low-fat protein from peas—an alkaline food that contributes to a healthy body pH.

AIM GlucoChrom™ is a unique combination of trace minerals and herbs that helps the body to metabolize carbohydrates and fats. This natural health product provides chromium—a trace mineral—along with Gymnema sylvestre leaf extract, bitter melon, and vanadium citrate.

<sup>1</sup> [bit.ly/Fiber\\_38\\_25](http://bit.ly/Fiber_38_25)

*Detoxifying is a critical part of good health and weight loss. Consider the AIM Detox and Rejuvenate Program as part of your regimen.*

*The information in this booklet has not been evaluated by FDA or Health Canada. AIM products are not intended to diagnose, treat, cure, or prevent any disease.*



This combination of AIM products may:

- Reduce your appetite
- Maintain healthy blood sugar
- Maintain healthy cholesterol levels
- Build and maintain healthy muscle
- Increase lean muscle mass and decrease body weight

This combination of whole-food concentrates and nutritional supplements is naturally low in sugar, which has an alkalizing effect on your body. All four products contribute to maintaining a healthy body pH. Remember, acidity leads to difficulty in losing weight. Make it easier on your body to shed those extra pounds with AIM's natural solutions for weight management.

If you have a medical condition, see your health care practitioner before starting any weight loss program.

# Healthy Cell Concept®

We are only as healthy as our cells—the basic units of our bodies. Cells form organs, which, in turn, form body systems. Strong, healthy cells equal a strong, healthy body. The AIM Healthy Cell Concept is a five-step guide to personal health.



## 1 Cell Food

Our cells need the nutrients from fresh, whole foods, as well as high-quality nutritional supplements to help combat inflammation and support the immune system.

## 2 Cell Exercise

Exercise provides strength, endurance, flexibility, mental alertness, and stress relief.

## 3 Cell Environment

A clean environment, beginning with the water we drink and the air we breathe, has an impact on the body's cells.

## 4 Cell Protection

A healthy immune system is the best defense. Proper nourishment, rest, and stress management will help support and strengthen the body.

## 5 Healthy Mental Attitude

A positive attitude yields positive results. Laugh, be happy, and you can help your cells stay strong and healthy.

# Daily Guide for Meals

It's easy to get started on balancing your pH and losing weight. A daily plan includes:

- A smoothie for breakfast
- Supplementing with AIM GlucoChrom
- An alkalizing snack (see page 6)
- Another smoothie for lunch
- A healthy dinner

For the evening meal, aim to eat 75 percent of alkalizing foods and 25 percent acidic foods. It's as easy as a small portion (the size of your palm) of chicken or fish, a salad, and steamed vegetables.

Stay on track with colorful meals and snacks



## Weight Loss



- 20 grams of total fiber in 2 servings
- 3 prebiotic fibers provide food for good bacteria
- Fiber prolongs satiety which may help with weight management



- Helps metabolize carbohydrates and fats
- Fights sugar cravings



- 12 grams of vegan protein per serving
- Builds LEAN muscle mass
- Reduces appetite

## Alkalizing Greens



- Alkalizes for a balanced pH
- Supplies nutrients missing from the modern diet
- Boosts energy



- Alkalizes for a balanced pH
- Excellent source of vitamin C, required for over 300 metabolic functions
- Curbs sweet cravings



- Alkalizes for a balanced pH
- Feeds your chocolate craving

# Smoothies as Meal Substitutes or Snacks

Depending on your lifestyle, these recipes can be adapted to suit your needs.

## DAY 1

### Metabolism Booster

BarleyLife powder  
ProPeas powder  
Fit 'n Fiber powder  
Frozen mangoes  
Green tea

Blender

### Tangerine Twister

BarleyLife powder  
ProPeas powder  
Fit 'n Fiber powder  
Tangerine segments  
(only known food  
source of nobiletin)  
Water  
Ice

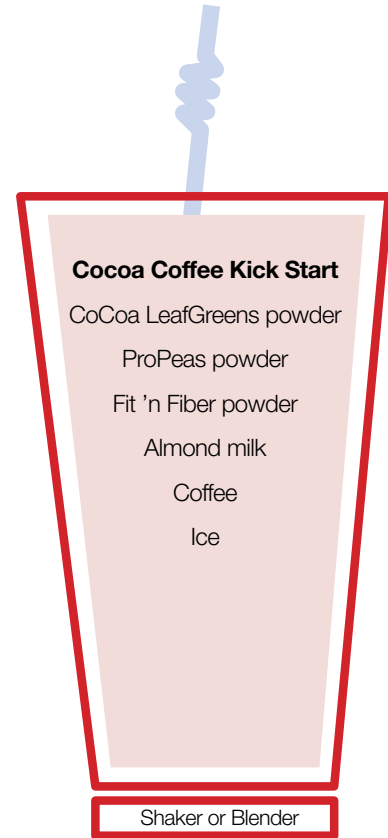
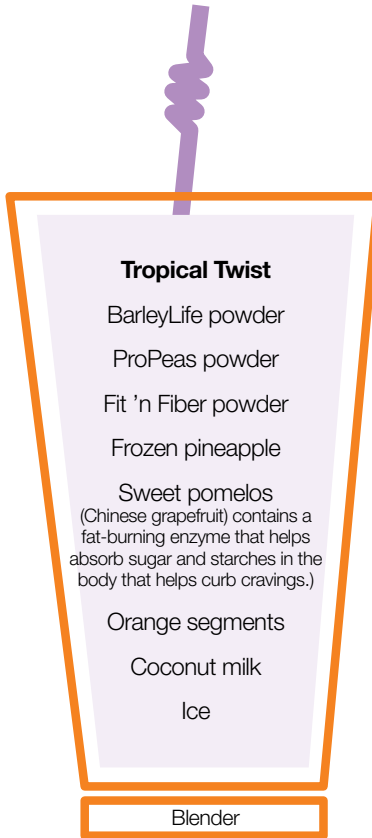
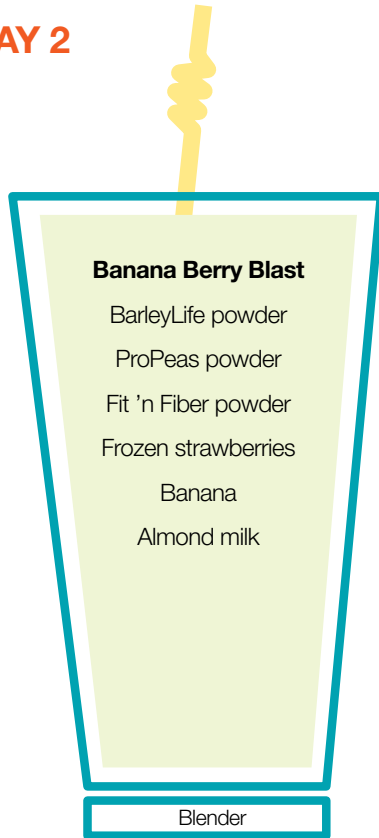
Blender

### CoCoca Greens Power

CoCoca LeafGreens powder  
ProPeas powder  
Almond milk  
Ice

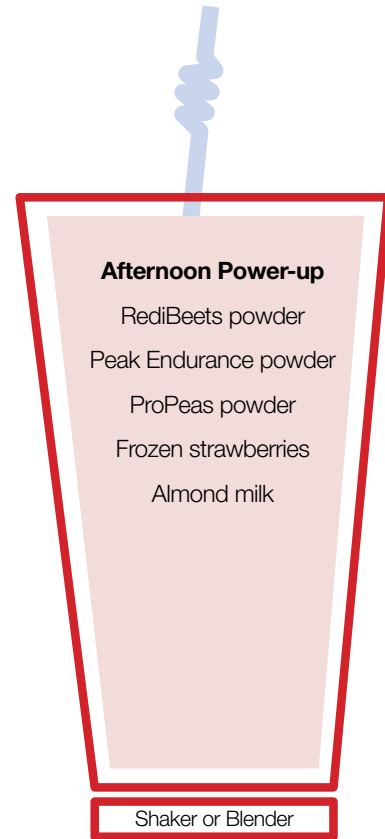
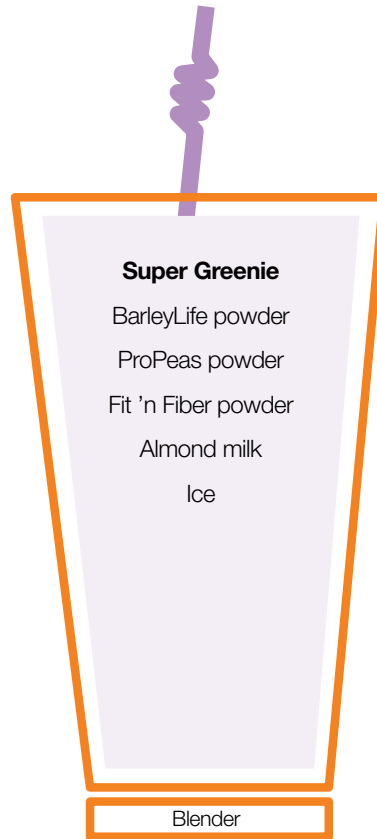
Shaker or Blender

## DAY 2



# Smoothies as Meal Substitutes or Snacks

DAY 3





Day 4, 5, and 6 repeat smoothies or come up with your own favorite combinations, or incorporate other AIM products into your smoothies (see recipes below). On day 7, take a free day from the weight loss schedule, and relax. You've earned it!

### **Garden Trio Smoothie**

- BarleyLife powder
- RediBeets powder
- Just Carrots powder
- Fit 'n Fiber powder
- ProPeas powder
- Ice-cold water

### **Just Carrots Smoothie**

- Just Carrots powder
- ProPeas powder
- Fit 'n Fiber powder
- Vanilla almond milk
- Pinch of pumpkin pie spice

### **CoCoo Berry Smoothie**

- CoCoo LeafGreens powder
- ProPeas powder
- Fit 'n Fiber powder
- Strawberries
- Almond milk



# The Importance of Water

Recent scientific research proves that adding an extra liter of water daily could help the average woman lose about 44 percent more weight during a 12-week time period<sup>2</sup>. That adds up to 87 percent more weight loss in one year's time.

The evidence behind water's benefits for a healthy body and incredible weight loss continues to mount.

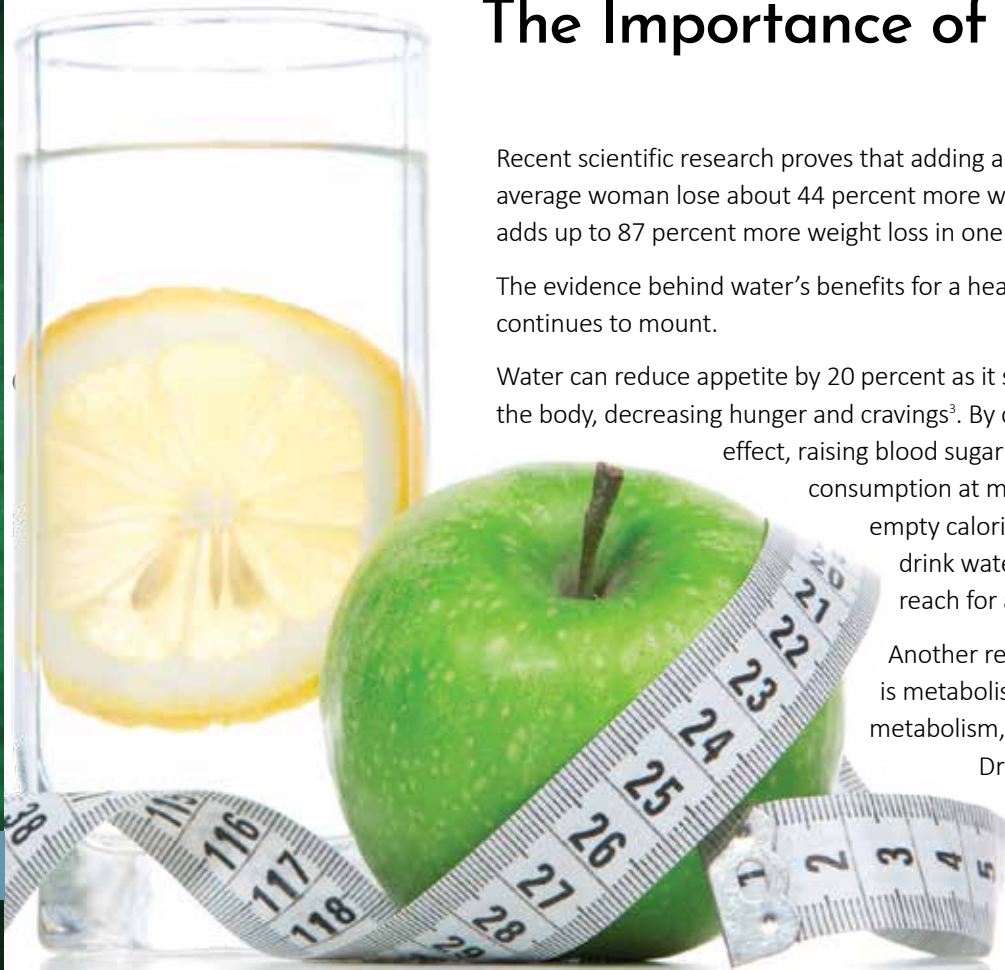
Water can reduce appetite by 20 percent as it slows the rate that food moves through the body, decreasing hunger and cravings<sup>3</sup>. By contrast, sugary sodas have the opposite effect, raising blood sugar and leading to increased calorie consumption at meals. Sodas are the number one source of empty calories in a standard diet. To cut back on soda, drink water before a meal to reduce the urge to reach for a sugary drink.

Another reason to drink water before a meal is metabolism. Dehydration can lead to lower metabolism, which can ultimately lead to weight gain.

Drinking water is especially important for those over the age of thirty-five.

<sup>2</sup> [bit.ly/Weight\\_Water](https://bit.ly/Weight_Water)

<sup>3</sup> [bit.ly/Water\\_Appetite](https://bit.ly/Water_Appetite)



As we age, the body's natural mechanism for thirst begins to decline, meaning we may not be drinking enough to stay hydrated. Drinking two glasses of water before a meal solves this problem.

Keep the water ice cold, and you could increase fat burning. The short-term boost is believed to be a result of special tissue that helps prevent body temperature from dropping too low, turning stored fat into body heat. Ice water activates the cells in the tissue, giving you an hour or two of extra fat burning.

Need more proof that drinking water before a meal has health benefits? Try the psychological boost. A study by the University of Minnesota and Harvard found that making a ritual out of drinking water before eating increases anticipation for a meal and makes it more likely that we will savor food slowly<sup>4</sup>. The unique advantage to this strategy is that it works counter intuitively to most diet plans: You feel happy and content as opposed to stressed and deprived.

Don't overlook water! The real benefits of drinking more water can wash away the pounds, cut calories, and improve your food enjoyment. Live healthy and lose weight with the simplest diet of all: Drink more water.

4 [bit.ly/Water\\_Ritual](https://bit.ly/Water_Ritual)



# Exercise

## ***Walk off two pounds a week in just ten minutes per day***

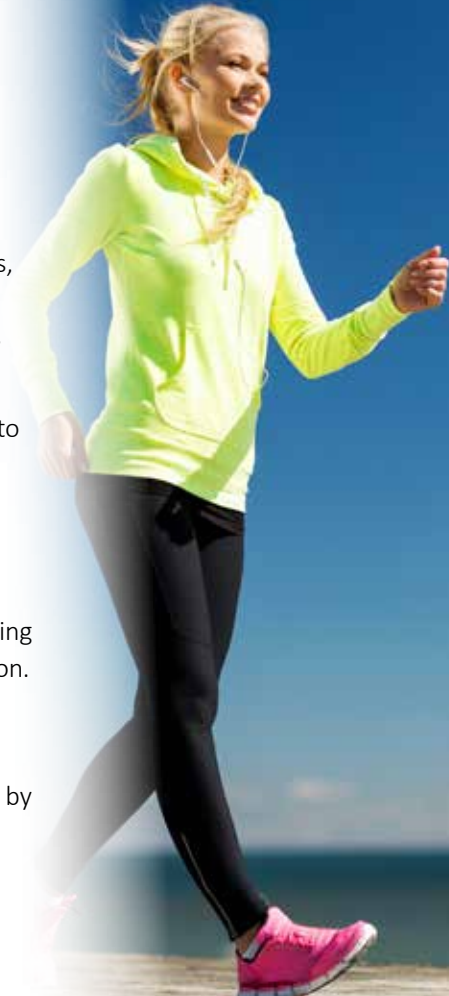
Exercise need not be complicated. In fact, it can be as simple as a 10-minute walk!

Research has shown that walking works better than longer and more stressful exercise routines, and the tipping point for a host of health benefits is a quick ten minutes. In fact, instead of one long walk each day, you can lose 100 percent more weight by walking three times, ten minutes each<sup>5</sup>.

If you can find ten-minute windows of free time throughout your day, you can be on your way to significant weight loss.

Ten minutes of walking triggers a number of compounds that burn fat and calories and relax blood vessels to bring down blood pressure. These metabolites (a substance produced by metabolism) appear during any type of workout, but they will only appear once. When you perform three ten-minute walks, you get the metabolite benefits three times. That means tripling the fat burning, tripling the reduction in blood pressure, and tripling the blood sugar stabilization. The blood sugar benefits mean that you may be hungry less often and your junk food cravings may diminish. Walking can lead to better food choices—a key to a healthy weight.

Mini workouts are a staple for athletes desiring to achieve a fighting weight. They shed pounds by boosting metabolism through a series of workout sessions.



<sup>5</sup> [bit.ly/Short\\_Walks](https://bit.ly/Short_Walks)

Three mini walks have the same effect. Conventional wisdom says that extended walks are the ideal exercise solution, but the research reveals a shortcut. Why walk long when you can get better, greater, amazing results by keeping it quick and easy?

Take that first step, and begin the psychological boost to carry you through your super simple walking routine.

Triple your fat melting, calorie burning, and blood pressure lowering by walking three times a day. If you can find bits of free time throughout your day, you have all you need for a workout routine that others will envy.

Losing weight and being healthy is easily within your reach. For fat-blasting without the sweat, gym, or cost, the research-backed solution is a trio of ten-minute walks. Get moving, and watch the pounds fly!

## Monitor Your Body pH

Weight loss and your body pH go hand in hand. When your pH is balanced, it is easier to lose weight. As you begin your weight loss program, you should start monitoring your body pH with the AIM pH Test Kit to check for acidity. An acidic pH creates a body environment that can lead to health problems and weight gain. Neutralizing the excess acid in your body provides many benefits, including inflammation reduction and weight loss.



# Food Guide to Help Keep Your Body pH Balanced

This list indicates the contribution of various food substances to the acidity or alkalinity of your body fluids and, ultimately, to the urine, saliva, and venous blood. Your kidneys help to maintain the neutrality of your body fluids by excreting the excess acid or alkali in the urine.

## Alkaline-Ash-Forming Foods (should be 75 percent of your diet)

### Vegetables

Asparagus  
Beets (tops & roots)  
Broccoli  
Brussels sprouts  
Cabbage  
Carrots  
Cauliflower  
Celery  
Chlorella (algae)  
Collard greens  
Cucumber  
Daikon  
Dandelion root  
Dulse

### Eggplant

Fermented vegetables  
Garlic  
Kale  
Lettuce (dark)  
Lentils  
Mushrooms  
Mustard greens  
Nori  
Onions  
Parsnips  
Peas  
Peppers  
Potatoes  
Pumpkin  
Rutabaga  
Sea vegetables  
Spinach  
Spirulina (algae)  
Squash  
Watercress  
Wild greens

### Beverages

Dry red wine  
Fresh fruit juice  
unsweetened

### Mineral water

(non-carbonated)  
Quality water  
Unsweetened almond  
or rice milk  
Vegetable juices

### Dairy

Fresh goat milk  
Soft goat cheese

### Fats & Oils

Flax seed oil  
Extra virgin olive oil  
Sesame oil  
Sunflower oil  
Hemp seed oil

### Fruits

Apples  
Apricots  
Avocado  
Banana  
Blackberries  
Blueberries  
Cantaloupe  
Cherries  
Currants

### Dates

Grapes  
Grapefruits  
Honeydew  
Lemon  
Lime  
Nectarine  
Oranges  
Papayas  
Peaches  
Pears  
Pineapples  
Raisins  
Raspberry  
Rhubarb  
Strawberries  
Tangerine  
Tomatoes (raw)  
Watermelon

### Grains

Light & dark flax seed  
Hemp seeds  
Millet  
Quinoa  
Wild rice  
Whole oats

### Grasses & Sprouts

All sprouts  
Alfalfa grass  
Barley grass  
Wheat grass

### Nuts & Seeds

Almonds  
Brazil nuts  
Coconut  
Flax seeds  
Hazelnuts  
Pumpkin seeds  
Sesame seeds  
Sunflower seeds

### Other

Apple cider vinegar  
Bee pollen  
Dairy-free probiotic  
cultures  
Organic yogurt  
Soy lecithin granules

### Teas

Chamomile tea  
Dandelion tea  
Green tea  
Herbal teas

### Spices & Seasonings

All herbs  
Chili peppers  
Cinnamon  
Curry  
Ginger  
Mustard  
Miso  
Salt (sea, Celtic)

### Sweeteners

Molasses, raw  
Honey, unpasteurized

### AIM Alkalinizing Helpers

AIMega  
BarleyLife  
CalcAIM  
CoCoa LeafGreens  
FloraFood (probiotics)  
ProPeas (vegan protein)



(This chart is a guideline only.)



*Choose the best quality foods whenever possible.*

In general, it is important to maintain a diet that contains foods from both categories—ideally 75 percent alkaline- and 25 percent acid-ash-forming foods. Allergic reactions and other forms of stress tend to produce acids in the body. High acidity indicates that more of your foods should be selected from the alkaline food group.

### Acid-Ash-Forming Foods (should be 25 percent of your diet)

#### Animal protein

Beef  
Carp  
Chicken  
Clams  
Duck  
Eel  
Haddock  
Halibut  
Lamb  
Lobster  
Mussels  
Oyster  
Pork  
Rabbit  
Salmon  
Shrimp  
Scallops  
Tuna  
Turkey  
Venison  
Eggs

#### Beverages

Alcohol

#### Coffee

Tea (black)  
Soft drinks  
Soy milk

#### Dairy products

Processed cheese  
Milk  
Ice cream

#### Fats & Oils

Avocado oil  
Canola oil  
Corn oil  
Grape seed oil  
Lard  
Safflower oil

#### Fruits

Dried fruit  
Fruit juice  
(sweetened)

#### Grains

Amaranth  
Buckwheat

#### Flour

Kamut  
Oats (rolled)  
Pasta  
Rice (white, brown, basmati)  
Rye  
Spelt  
Wheat  
White bread

#### Nuts

Cashews  
Peanuts  
Peanut butter  
Pecans  
Pistachios  
Walnuts

#### Others

Brewers yeast  
Distilled vinegar  
Olives  
Pickles  
Tofu

#### Sweets & Sweeteners

Candy  
Honey  
(commercial)  
Maple syrup  
Sugar  
Artificial sweeteners

#### Vegetables

Black beans  
Chick peas  
Corn  
Kidney beans  
Lima beans  
Pinto beans  
Red beans  
Soybeans  
White beans

#### Drugs & Chemicals

We are here to help. Contact us if  
you have any questions:

[aimonline@aimintl.com](mailto:aimonline@aimintl.com)  
[theaimcompanies.com](http://theaimcompanies.com)

