



ISSUE
17

NEVER SKIP A MEAL



from DAN'S
HAND

DAN YOUNG IS THE FOUNDER & PRESIDENT OF SIMPLE AGAIN. HE HAS COMPETED IN BODY BUILDING AS WELL AS ENDURANCE ATHLETIC EVENTS & IS CERTIFIED IN PERSONAL TRAINING & SPORTS NUTRITION.

You just did the best thing for your body—drinking a Low-Glycemic Meal Replacement Shake!

Why?

Your body needs proteins, carbs and healthy fats to supply the essential nutrients and energy for optimal bodily function. When these macronutrients are harvested in their most original state, we call them Whole-Foods. Whole-Foods are what our bodies were meant to live on. When proteins, carbs and fats are combined at each meal, slow digestion takes place. If these meals are eaten frequently throughout the day, every 2.5 to 3 hours, we maintain an anabolic (muscle building) state and sustained energy is the result. It is time to GET NUTRITION RIGHT.

Eating small meals every 2.5 to 3 hours is the easiest way to control the amount of calories you consume throughout the day, and is the absolute best way to guarantee that your body is receiving the essential nutrients it needs to build a better you.

Grazing

In addition, when you eat small meals often—we call this grazing—there is a steady flow of carbohydrates migrating across the intestinal wall. This steady migration of carbohydrates into your blood system has a number of positive effects.

First, it keeps your body in an anabolic or muscle building state. When you skip meals, carbohydrates cease migrating across the small intestine, so your body sends a hormonal response that it is starving and immediately begins breaking down muscle for energy, a process called Gluconeogenesis.

Second, it keeps your energy level high, delivering essential glucose to the brain and every part of the body. Along with glucose, your body is absorbing

the phyto-nutrients found in the skins, seeds and pulp of fruits, veggies, legumes and whole-grain carbohydrates. These phyto-nutrients are the building blocks of life, just as important as the amino acids derived from the proteins. There are estimates that there may be as many as 60–70,000 of these valuable nutrients, and science has only classified a mere hundred or so. To skip out on carbohydrates is to cheat your body of essential nutrients it needs for optimal bodily function.

Since your body is a sponge, soaking up everything you put in your mouth, we wanted to make sure that every ingredient was pure and natural. That's right—we've gone completely natural. EVERYTHING here at our juice bar is 100% real. You will never find a synthetic sweetener or artificial additive in our shakes or snacks. We are proud to announce that we have the MOST pure and beneficial shakes found anywhere—GUARANTEED! Not only do we want you achieving your goals, but we want you around for a long time. Remember, nutrition is 80% of the battle. Don't skip meals; drink your meal if you don't have time to eat it. Make sure you know where the ingredients are coming from and that each meal contains carbs, proteins and healthy fats.

Warning:

Drinking our low-glycemic Meal Replacement Shakes may make people stop and stare and ask you for your phone number.

Eat Well!

PROJECT: PFC MISSION STATEMENT

The caring partner displaying this information is a proud member of Project: PFC. Our mission is to provide the simplest, most delicious foods to everybody everywhere. We select natural, whole and minimally-processed foods, drinks and supplements free from all artificial junk, yet rich with nature's goodness. Using current research and educational materials, we're making the world of nutrition "Simple Again". Eat Well. Live Well (and Long).