



NutriiVeda™ Program
Mindful Body Transformation





NutriiVeda™ Program Mindful Body Transformation



“The way you think, the way you behave, and the way you eat can influence your life by 30 to 50 years.”

—Deepak Chopra

Congratulations on consciously choosing a pathway to greater health and vitality in your life. By following this program, you will learn:

- How to bring greater awareness into your dietary and lifestyle choices in order to achieve optimal health.
- How to eat a balanced diet and help achieve your ideal weight through improving over all digestion, metabolism, and vital energy.
- How to exercise in a way that balances your unique bodily constitution.
- How to incorporate mind-body techniques such as meditation, breathing, and simple Yoga exercises that will assist in your weight management program.
- How to set and achieve your goals through 'self-referential' exercises such as daily wellness journaling to help keep you on track and to chart your success.

Most importantly, you will learn what it feels like to take a conscious step towards greater health, and how to lead by example and inspire others around you!

GETTING STARTED

The NutriiVeda Program occurs over a 12-week period. Before you begin, you need to set some goals about what you want to accomplish. You will need a scale, measuring tape, and a pen. Turn to Appendix F on page 32 to get started.



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The Weight is Over

As a follow-up to its groundbreaking, flagship liquid nutritional, Zrii has created a revolutionary product in the weight-loss industry. Zrii has once again combined the ancient wisdom of Ayurveda with the best of modern scientific research to create NutriiVeda™, a wholly unique and 100% natural weight management product.

With the introduction of NutriiVeda, Zrii is continuing to expand the opportunity for people to naturally take charge of their health.

The Three Phases of the NutriiVeda™ Program

Because Ayurveda recognizes that true body transformation and overall wellbeing must extend to all aspects of lifestyle, Zrii's Scientific Advisory Board has created the wholly unique Zrii NutriiVeda™ Program. This program offers a tailored guidemap for improving digestion, cleansing the tissues, lightening the body, creating clarity in the mind, and revitalizing your energetic core.

Phase 1: Incorporation & Detoxification

The first 2 weeks of the program are important to changing habits and practices that you have developed over the course of many years or even decades. Although modifying these behaviors will take time, the program is designed to create a long-term lifestyle change that is beneficial to your overall health and wellbeing.

PHASE I INSTRUCTIONS

1. Consume 1–2 shakes (with water) per day in place of 1–2 of your biggest meals, along with 1 or 2 balanced meals and 2–3 healthy snacks (200–250 calories for each snack).

Additionally, you can combine your favorite milk substitute (such as rice, soy, or almond), and healthy fruits and vegetables with the shake powder. See [Appendix A on p. 16] for a list of balancing and delicious shake ideas.

2. Increase food awareness by eliminating white refined sugar, refined carbohydrates, trans fats, synthetic foods, and overly packaged and processed foods. It may take several days to completely rid your diet of these foods, but every small step counts.

During this period, also reduce your daily consumption of coffee and alcohol and reduce your meat consumption by at least a third. It is also important to choose 'lighter' meats during this first phase. You can do this by favoring white meats such as fish and chicken over red meats and pork.

Lastly, it's important to begin increasing awareness around the actual act of eating food. We will talk more about this later.

For detailed Dietary Guidelines, please see Key #2, Dietary Guidelines, on page 10.

3. Exercise 15–20 minutes, 3–4 times a week (see Key #3 Exercise Guidelines on p. 16). Getting your heart pumping along with the metabolic fires of the body are essential to a successful program. If you haven't exercised in a while, start slowly and gradually increase your activity, as your body and stamina permit.



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4. Develop a morning routine. Take at least 10 minutes of personal time every morning, upon waking, and complete the following exercises. If you do not have time in the morning, do these in the evening before dinner.
 - Gentle stretching exercises or Yoga postures (3 minutes)
 - Diaphragmatic breathing (1–2 minutes)
 - Meditation (3–5 Minutes)

It is also important to put greater awareness into sleeping well. Restful sleep is called the 'Diet of the Mind' in Ayurveda and is considered an integral part of any weight management program.

See Key #4, Mind-Body Practices, for instructions on these exercises and for tips on Restful Sleep.

5. Do some form of Health Journaling every day. This is an important self-reflective exercise that will allow you to monitor progress and also ensure greater personal accountability throughout the program. It is also an opportunity to reflect upon your thoughts, emotions, and overall experiences in the program. See Key #5, Wellness Journaling and Self Reflection, on page 19.

During Phase I, you will begin to experience numerous changes in your body and mind. Two of the core principles of Phase 1 are to begin to gently detoxify the body and tissues, while stimulating the metabolic fires. By lightening the tissues and improving digestion, unwanted fat and other waste material can no longer thrive in the physiology.

Many questions will arise during these first two weeks or Phase I of the program. We have answered the most common questions at the end of this booklet in Appendix D on page 27.

Phase II: Creating Balance

The changes you make in the first 2 weeks are essential for a successful overall program. If practiced diligently, these simple steps can create and nurture habits that will last a lifetime. You may have found some of these changes quite difficult, while others felt effortless. Even if you didn't follow the program quite as devotedly as you had hoped to in Phase I, the important thing is that you made the first steps in the right direction! You also familiarized yourself with new foods and many new lifestyle practices.

So don't be too tough on yourself at the end of Phase I if you're not quite seeing the results you had hoped for yet. Certain body constitutions will lose weight quite rapidly, while others will take longer to access the deeper bodily stores that need to be removed. If you are already seeing great results, then this should also be motivation to keep with it!

Phase II is designed specifically to deepen the program as you reach towards more specific goals.

Like Phase I, Phase II incorporates The 5 Keys above but asks you to expand upon each of these areas. For example, you began lightening your foods in Phase I and eating an overall healthier diet. Phase II takes it a step further by recommending that you start learning how to eat for your unique constitutional type (or doshas) in Ayurveda. Similarly, if you started doing breathing and meditation exercises during Phase I, now you can begin deepening these practices.



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Phase II will last from week 3 of the program until you ultimately reach your weight loss goal. This second phase is the real substance or core of the program. If you are able to follow Phase II with discipline, you will shed excess weight while also increasing vitality, immunity, and creating overall good health.

Phase II Instructions:

1. Increase your consumption to 2 shakes per day in place of 2 of your biggest meals, along with 1 balanced meal and 2–3 healthy snacks (200–250 calories each).

Feel free to get creative on the types of healthy shakes you are making. Please see Appendix A on page 21 for several shake balancing options.
2. Learn to eat in greater accordance with your unique Ayurvedic body constitution. For most of the participants of this program, following a slightly more Kaphic diet, in Ayurvedic terms, will be beneficial. The book *Eat-Taste-Heal* (*Five Elements Press*, 2006) is an excellent introduction and resource for Ayurvedic nutrition and lifestyle practices.
3. Increase your cardio exercise to 20–30 minutes a session, 4–5 days a week. This small yet important increase in exercise time from Phase I will further stimulate overall metabolic activity and help individuals who seem to be reaching a plateau in their weight loss.
4. Deepen your Mind-Body practices of Phase I. This may entail doing the breathing, meditation, and Yoga practices a greater number of times each day (such as morning or night), for greater periods of time per session, or simply exploring the areas in greater depth to which you are most drawn.

For example, you may be interested in learning meditation in a more formal way from a teacher or in attending a specific type of Yoga class. The Mind-Body practices of the some of the richest and most important components of the NutriiVeda Program.
5. Deepen your Wellness Journaling, using this time as a time of self-reflection for setting intentions in your life, for manifestation, and for practicing gratitude.

In Phase I you were asked to keep a daily journal with general information about your food choices, mood, and energy levels. This was a tool to help keep track of your progress and maintain a level of accountability in the program.

In Phase II, we encourage you to broaden the application of your journal and use it for creating exactly what you want in your life, both in terms of your health and in relation to your greater focus and passions. Some of you may have instinctively done this in Phase I. If you are unable to write in your journal every day, that's fine— just do so much as possible throughout the remaining 10 weeks of the program. It is an extremely valuable tool for reaching your ideal weight and creating abundance in your life.



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Phase III: Maintaining the Lifestyle

Phase 3 is designed to help you maintain your ideal weight and the new lifestyle that you have worked so hard to achieve. The most important thing to remember is that you have to consciously keep the program going on some level, in order to maintain the positive results.

Phase III Instructions

1. Consume 1 shake a day to replace your largest meal. Eat 2 balanced meals with 2–3 snacks.
2. Continue to eat a sensible diet, rich in healthy and vibrant foods. If consuming treats and other potentially weight-increasing foods, just remember to keep it all in moderation.
3. Continue exercising at least 3 days a weeks for about 20 minutes or more.
4. Continue incorporating Mind-Body practices into your daily and routine and nightly sleep .
5. Continue journaling when you feel a need for additional self-reflection.

The remaining pages of this document will help you understand Ayurveda, which serves as the core philosophy behind NutriiVeda™ and the Zrii NutriiVeda Program™. It will also cover The Five Keys of the program in greater detail.



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The 5 Keys to Body Transformation

Key 1: **NutriiVeda Shake**

Key 2: **Dietary Guidelines**

Key 3: **Exercise Guidelines**

Key 4: **Mind-Body Practices**

Key 5: **Wellness Journaling & Self-Reflection**

Key #1: **NutriiVeda Shake**

NutriiVeda is a refreshing meal-replacement drink that combines a proprietary blend of 7 Ayurvedic botanicals along with over 22 vitamins and minerals, high quality protein, soluble fiber, and essential amino acids. The scientifically proven ingredients in NutriiVeda have been shown to support fat metabolism, maintain normal blood sugar levels, curb appetite cravings, and promote greater energy levels.



Amalaki (Emblica officinalis)

Known as the “great rejuvenator,” Amalaki is revered for over 5,000 years in Ayurveda for its rejuvenating properties. This superfood promotes energy and vitality, supports immune function, promotes the digestive system, stabilizes blood sugar levels, and has an overall rejuvenating effect on the body required during weight loss.



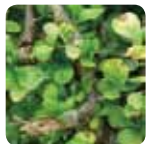
Turmeric (Curcuma longa)

Turmeric root, one of the most widely studied botanicals today, is often combined with Amalaki because of the duo’s potency and power. Turmeric works to boost cardiovascular health by purifying the blood, regulating blood sugar levels, supporting healthy insulin levels, and promoting a healthy inflammatory response in the body.



Green Tea (Camellia sinensis)

A powerful antioxidant, green tea contains high concentrated levels of EGCG that neutralize toxic free radicals within the body. It also works to protect the DNA, regulate blood sugar levels, increase thermogenesis, and boost energy.



Guggul (Commiphora mukul)

Known as the “fat killer” in Ayurvedic medicine, Guggul is a powerful resin extract that comes from the small, thorny mukul myrrh tree. It is known in Ayurveda for its ability to help rid the body of unwanted fat, increase cellular fire, and support healthy cholesterol levels and liver function.



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Gymnema (*Gymnema sylvestre*)

Often called the “sugar destroyer,” Gymnema has been used by Ayurvedic healers to help support healthy blood sugar levels for thousands of years. In addition, Gymnema supports a healthy metabolism and acts as a catalyst for the weight management activity.



Haritaki (*Terminalia chebula*)

The date-like Haritaki fruit serves as a gentle and effective detoxifying agent for the body. Through its astringent taste, the Haritaki stimulates the metabolic fire of the cells and promotes the body’s ability to burn fat.

Cinnamon and Cayenne are used in the Vanilla and Chocolate formulations, respectively.



Cinnamon (*Cinnamomum verum*)

Cinnamon has a long history both as a spice and as a medicine. Cinnamon aids with problems in the digestive system and is high in antioxidants. Seasoning a high carb food with cinnamon can help lessen its impact on your blood sugar levels. Cinnamon slows the rate at which the stomach empties after meals, reducing the rise in blood sugar after eating.



Cayenne (*Capsicum annuum*)

Many herbalists believe that cayenne acts as a catalyst and increases the effectiveness of other herbs when used with them. Cayenne is a medicinal and nutritional herb. Medicinally it aids in elimination and assimilation and promotes the entire digestion system. Nutritionally it is a very high source of Vitamins A and C, has the complete B complexes, and is very rich in organic calcium and potassium.

How to Take NutriiVeda

Suggested Use: Mix 2 level scoops in 8 ounces of water or your preferred source of milk. Blend or shake well. Replace 1 to 2 meals a day with NutriiVeda.

Note that if you are only able to replace one meal per day, you will still derive benefit from the program.

For a list of Frequently Asked Questions about NutriiVeda, see Appendix D on page 27.



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Taking NutriiVeda with Zrii—The Original Amalaki

For best results on the program, continue consuming your Zrii—The Original Amalaki, throughout the entire course of the program.

NutriiVeda was specifically designed to complement Zrii's flagship liquid nutritional product. According to Ayurvedic theory, it is important to cleanse the tissues of unwanted fats and toxins and then rebuild the vitality of the body through consuming a rasayana or rejuvenating agent. It is in this way that NutriiVeda serves as a powerful cleansing and 'lightening' agent, while Zrii serves as a nourishing and rebuilding agent from immunity, vitality, and overall health.

Try mixing Zrii with your favorite NutriiVeda shake recipe or continue consuming the liquid product as you normally do.

Making a NutriiVeda Shake

For greater fullness and satiation, you can combine the shake mix with your favorite fruits, vegetables, low-fat yogurt, or low fat rice/soy milk into a shake.

Pears, oranges, bananas, apples, berries, pomegranates, and green leafy vegetables such as kale are all good options, though any fresh fruit or vegetable will do. Frozen varieties will also work.

See Appendix A on page 21 for more shake recipes.

Key #2: Dietary Guidelines

Ayurvedic Wellbeing

Ayurveda is a consciousness-based approach to health, based on the principle of living one's life in accordance with the cycles and rhythms of Nature. It is an age-old science that has been practiced by people for over 5,000 years.

A famous Ayurvedic saying states: "With proper diet and lifestyle, there is no need for medicine; but without proper diet and lifestyle, there is no use for medicine."

Food is central to Ayurveda, since what we put into our bodies ultimately builds our tissues and provides the fuel for life.

Four Primary Dietary Guidelines

Ayurveda outlines 4 important nutritional guidelines:

1 Choose Vibrant Foods

Ayurveda favors vibrant foods that are full of energy or *prana*. For this reason, it recommends eating organic fruits and vegetables (local and seasonal when possible), high quality grains and oils, and whole foods in general that are not overly processed or synthetic.



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Foods that are frozen, canned, and refined are devoid of nutritive value, and usually processed with artificial colors, flavorings, additives, preservatives, chemical pesticides, and genetically altered ingredients. These foods are lacking prana or vital life energy and contribute to a wide array of imbalances and illnesses.

Increase the following foods in your diet:

- Whole grains and legumes (such as brown rice, quinoa, barley, beans, and lentils)
- Fruits and vegetables (organic when possible)
- Natural sources of sugar (such as honey, maple, stevia, or agave; reduce or eliminate products with white sugar)
- Nuts and seeds (such as sunflower seeds, pecans, flax seeds, walnuts, and almonds)
- High quality oil sources (organic olive oil, sunflower oil, or ghee; reduce cooking with refined vegetable oils)

2 Discover the 6 Tastes of Food

Ayurveda identifies 6 primary tastes (sweet, sour, salty, bitter, pungent, and astringent) and considers their presence in our diet essential for optimal nutrition and metabolism. It recommends that we try to incorporate each taste into every meal we eat.

While most foods are a combination of tastes, they can typically be classified according to one or two predominant taste. Each taste works within the physiology in its own unique way. Sweet foods are known to build the tissues of the body, for example, while spicy foods are known to stimulate digestion, metabolism, and circulation. Bitter foods, such as dark leafy greens, and astringent foods, such as spices, are considered the most detoxifying and 'lightening foods'. Sour foods are known to stimulate the enzymatic activity of the stomach and improve digestion, while salt helps maintain the fluid balance of the body.

Incorporating the 6 tastes into our diet can be accomplished through simple ingredients and side dishes:

Sweet:	fruits, vegetables, grains, dairy, grains such as rice
Sour:	lemon, lime, yogurt, other fermented foods
Salty:	sea salt, sea vegetables
Bitter:	dark leafy green vegetables, various herbs and spices
Pungent:	mildly heating spices such as cayenne, cumin, and peppers
Astringent:	salad, beans and lentils, cranberries, pomegranate, various herbs and spices

3 Eat for Your Unique Body Constitution

Determine your unique constitutional makeup and choose foods that help balance this constitution. This process is actually much easier than it sounds!

Ayurveda identifies 3 primary body or metabolic types called 'doshas.' These doshas, known as Vata, Pitta, and Kapha, are our guidemaps for choosing foods and activities that balance our unique constitution. It is most common to have one predominant dosha and then a secondary dosha that is also quite strong. The three doshas also govern our mental and emotional characteristics.



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<i>Physical</i>	Vata	Pitta	Kapha
Build	Thin and bony, little muscle development	Medium; developed and proportional musculature	Heavy bones, broad frames; strong and well-proportioned
Weight	Light; often have difficulty gaining weight	Average; little problem in gaining or losing weight	Heavy, often obese; have trouble losing weight
Hair	Dry and brittle	Fine and often lighter in color; premature graying and hair loss common	Thick, oily; often curly and dark
Hands	Thin, dry, cold	Medium size, often hot and sweaty	Thick, cool, and often clammy
Nose	Thin and bony	Thin and pointed	Large and thick
<i>Mental</i>	Artistic, adaptable, perceptive, spontaneous, charismatic	Confident, joyful, natural leaders, sharp memory, strong sense of discernment	Patient, gentle, romantic, community oriented, good listeners

According to Ayurveda, it is best to incorporate the 6 tastes into your diet and then fine-tune these tastes according to your dosha or individual body type. So if you're a Pitta type, your body may run a little hotter or more acidic. You'll still want some pungent foods in your diet but will tailor your food choices to contain less overly heating or acidic foods. In addition to encompassing a complete nutritional spectrum, a balance of the 6 tastes will help reduce food cravings—a key component of learning to eat to balance your unique constitution.

Many of you in this program will naturally have some Kapha in your constitution and will be trying to decrease the excess fat tissue associated with an imbalance in Kapha. Therefore, you will want to favor foods that are lighter, easier to digest, low in fat, moderate in protein, and rich in bitter, pungent, and astringent tastes.

Proper Elimination
To encourage proper elimination in the morning, Ayurveda recommends drinking fresh lemon water. Simply cut a lemon in half and squeeze the juice into 8–10 oz. of warm water. In addition to stimulating peristalsis, lemon water helps detoxify the liver.

If you are experiencing any constipation during Phase 1 of the program, you can drink this lemon water multiple times a day. Adding high quality oils such as flax and additional fiber into your shakes will also be beneficial.



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Best Tastes by Dosha:

Vata: Salty, Sweet, Sour

Pitta: Sweet, Bitter, Astringent

Kapha: Bitter, Pungent, Astringent

Most Imbalancing Tastes by Dosha*

Vata: Bitter, Astringent, Pungent

Pitta: Pungent, Sour, Salty

Kapha: Sweet, Salty, Sour

* It is important to note that no matter what your doshic makeup, you will want to consume all 6 tastes in your diet, while simply favoring tastes that balance the primary dosha you are working to reduce.

In Appendix B on page 23, we've provided an overview of the doshas along with a self-test to determine your unique constitution. You'll also find food charts for each dosha in Appendix C on page 26.

4 Eat with Awareness

Eating with greater awareness simply means putting greater time and attention into the things we choose to eat. Rather than just eating certain foods out of habit or to fulfill cravings, take a moment to observe your food choices and savor the food as you're eating it. This type of 'mindful' eating has been shown to be particularly helpful for managing weight.

10 Tips for Eating with Awareness

1. Sit down to enjoy your meal for better digestion; avoid eating standing up.
2. Favor room temperature or warm liquids as opposed to cold carbonated beverages when you eat.
3. Eat until you are about 2/3 full rather than until fully satiated to also allow for better digestion.
4. Do not eat meals late at night. Try to eat dinner at least two hours before going to bed.
5. Chew your food thoroughly.
6. Choose healthy snacks.
7. Take a moment to give thanks for the food you are consuming.
8. Avoid eating too many frozen, leftover, prepared, and microwaved foods.
9. Incorporate seasonal foods into your diet.
10. If you currently don't eat organic foods, begin by buying at least 1 staple organic item per week (fruits, vegetables, oils, grains, milk).



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You are What You.... Digest!

In Ayurveda, we are not simply what we eat, but instead, what we are able to digest. Proper digestion is essential to overall health and a key component of any effective weight management system. In addition to simply helping people lose pounds, Ayurvedic guidelines aim to rid the body of excess fat and toxins while promoting the transformation of unhealthy tissues into foundational building blocks for vibrant health. Since Ayurvedic science focuses on transforming the entire body rather than solely helping it to lose weight, Ayurveda dietary principles apply to everyone who want to benefit from suboptimal digestion, tissue formation, and overall wellbeing.

Agni, Ama, and Ojas: The Pathways to Optimal Digestion

Ayurveda is vast well of information containing a seemingly endless array of scientific concepts, healing modalities, and therapeutic botanicals.

For the sake of the Zrii NutriiVeda Program, there are really only 6 key Ayurvedic terms to remember:

- *Vata*, *Pitta*, and *Kapha* or the three doshas (described in detail in Appendix B on page 23)
- *Agni*, *Ama*, and *Ojas*, which are defined below:

Agni is the biological “digestive fire” that stimulates the metabolic breakdown of the foods we eat. According to Ayurveda, most excess weight conditions can be linked in some way to a suppression of agni or sub-optimal digestion.

Increasing Agni promotes healthy skin, appetite, energy, balance, a clear mind, strong digestion, and a healthy immune system.

Some suggestions for maintaining strong digestive fires:

- Drink water with lemon in the morning (review sidebar on page 12)
- Avoid drinking ice cold beverages
- Make lunchtime your most important and heaviest meal of the day
- Use of herbs and spices to improve digestion, such as ginger root, mint, and fennel seeds

Ama is the undigested food residue that lodges itself within the organs and channels of the body when there is poor digestion and agni is low. From a Western medical perspective, this relates to tissue sludge such as excess fat, plaque and cholesterol that clog the major channels of the body.

Too much Ama creates fatigue, generalized pain throughout the body, depression, susceptibility to infections, a dull appetite, and sensitive digestion.

There’s a saying Ayurveda that “You have to be careful about what you eat, or your food will begin to eat you!” This occurs through the development of ama, which leads to obesity and the host of diseases previously mentioned. Poor digestion and an excess of ama is linked to most major illnesses from an Ayurvedic perspective, even those extending beyond the GI Tract. Ayurveda also acknowledges that ‘digestion’ extends beyond the gut and asks how wells are we digesting our thoughts, emotions, and sensory impressions on a daily basis. Improper digestion in these areas can also lead to a host of physical and mental illnesses.



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To get a sense of whether you have excess ama in your system, please take the Ama Self-Test below.

For each question, rate your matching characteristics on a scale from zero to five: 0–1 doesn't apply, 2–3 sometimes applies, 4–5 strongly applies. Add up your total. A score between 0–19 indicates a low level of ama, 20–34 indicates a moderate amount of ama, 35–50 indicates a high amount of ama.

Ama Questionnaire

1	2	3	4	5	1. I often feel a sense of blockage in my body (such as constipation or congestion).
1	2	3	4	5	2. I often have difficulty digesting food.
1	2	3	4	5	3. I feel foggy when I wake up in the morning.
1	2	3	4	5	4. I tend to feel weak for no apparent reason.
1	2	3	4	5	5. I often feel lethargic and unmotivated.
1	2	3	4	5	6. I feel the need to cough regularly.
1	2	3	4	5	7. I become easily exhausted, both mentally and physically.
1	2	3	4	5	8. I frequently feel depressed.
1	2	3	4	5	9. I often have no taste for food.
1	2	3	4	5	10. I catch a cold several times a year.

TOTAL

From Eat-Taste-Heal, © Five Elements Press

Ojas is the end product of perfect digestion. Ojas is the subtle luster of the skin, shine of the eyes, and the radiance of good health. Recent research has linked this concept to proper neurotransmitter function and overall homeostasis of the physiology.

Tips for Improving Ojas

- Laugh and smile a lot
- Take time to relax
- Meditate regularly
- Spend time in nature
- Exercise your creativity
- Offer your gifts to others
- Follow your heart's passion
- Engage in physical activity



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A Note on Snacking

Many people have been raised with the misconception that snacking is not good for you. However, snacking helps the body deliver essential nutrients to the body, regulate blood sugar levels, and avoid extreme states of hunger that lead to unhealthy practices such as bingeing and overeating. According to Ayurveda, faster metabolic types such as Vata and Pitta types will require more frequent snacks, whereas the slower metabolism of Kaphic types requires less frequent eating.

Particularly when first beginning the NutriiVeda™ Program, you may find that replacing a meal with a shake doesn't tide you over until the next shake or meal. This is because your body is used to functioning off of more food, and your stomach and greater digestive system have to get use to feeling less full. For this reason, we recommend sensible snacking for all doshic types during the program.

The key is to choose easy to digest foods that give the body energy and a feeling of being satiated. This may include snacks such as fresh fruits, vegetables, dried fruits, unsalted nuts, seeds, and yogurt. In general, it's best to choose snacks between 250–500 calories.

See a more complete list of recommended snacks in Appendix C on page 26.

Key #3: Exercise Guidelines

Our bodies are designed for physical activity—to move and breathe and circulate our vital life energy. More than 5,000 years ago, the master Ayurvedic physician Charaka wrote, “From physical exercise, one gets lightness, a capacity for work, firmness, tolerance of difficulties, elimination of impurities, and stimulation of digestion.”

Getting regular exercise is the most powerful thing you can do to reverse the aging process. As Drs. William Evans and Irwin Rosenberg of Tufts University have documented, exercise alone improves muscle mass, bone density, strength, aerobic capacity, and many other key biomarkers of aging.

To keep your body in peak condition for as long as possible, you need to exercise it regularly, but this doesn't mean pounding your muscles into shape. In the Ayurvedic view, exercise is meant to leave you feeling invigorated, happy, and ready for the day's activities—not exhausted.

Exercise Guidelines

The NutriiVeda Program suggests that participants exercise at least 15 minutes a day for 5 days week. View this as a starting point in Phase I and eventually, in Phase II, work your way up to 20–30 minutes of cardio 4–5 days per week. No matter what your current fitness level is, the key is to move your body and to breathe. Developing a regular exercise routine will allow you to unlock a flow of vital energy on a daily basis.

Chopra Center Endorsement

NutriiVeda™ is proudly endorsed by the Chopra Center for Wellbeing™, a world-renowned health and wellness center founded by world-famous Dr. Deepak Chopra and Dr. David Simon. The Chopra Center is the world leader in Ayurvedic practice and life application. In partnership with their endorsement, these principles can be found on the Center's website, <http://www.chopra.com/exdosha>.



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Exercising for Your Doshas

The secret to exercising is to find physical activities that you like and ones that are suited to your doshas or unique constitutional type. Again, many of the participants in this program will naturally be trying to balance Kapha. Here are a few guidelines for each dosha.

Kapha Exercise Guidelines

Kaphic types have great physical strength and stamina. They benefit from activities of a physical nature including hiking, bicycling, aerobics, dance, soccer, rowing and endurance sports such as long distance running,

Any kind of aerobic activity that works up a good sweat is powerful for clearing Kapha congestion and sluggishness. If you are predominantly Kapha, your biggest challenge may be finding the motivation to exercise. If you have not been exercising for a while, you can break the inertia by taking a brisk half-hour walk.

To feel a noticeable improvement in vitality, you'll want to experience mild to moderate sweating during your exercise. Since Kaphas often do not sweat easily, you may want try wearing a two-layer exercise outfit, such as an all-cotton sweat suit under a nylon suit. Gradually increase your exercise to include jogging, hiking, and bicycling.

Kapha-balancing exercises are a central component of the NutriiVeda Program, because they stimulate the metabolism of the body and help burn away unwanted fat and toxins.

Another great tool for Kapha weight loss is to do a 20 minute sauna 1–2 times a week at your local gym or health club (if available).

Pitta Exercise Guidelines

Pitta types have a strong drive and tend to like challenging sports such as skiing, basketball, hiking, tennis, golf, and mountain climbing. Because of their competitive nature, Pittas need to be careful not to increase their stress while exercising, such as worrying over every bad golf shot or wanting to win at all costs.

If you are a Pitta type, you may especially enjoy winter sports of all kinds because you can handle cold better than Kaphas and Vatas. Pittas can endure most types of exercise in moderation. You might like to try long-distance bicycling or rollerblading. You will also benefit from taking a leisurely walk outdoors in a beautiful area, which not only gives you a change from your usual determined pace but allows you to reflect on Nature. Swimming is also a great exercise for Pitta types. The water cools the heat of Pitta and relieves the accumulated tension of the day.



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Vata Exercise Guidelines

Naturally enthusiastic, Vata types have bursts of energy but tend to tire quickly. If they are out of balance, Vatas are particularly prone to getting carried away and pushing themselves too hard. Feeling dizzy, exhausted, or on the verge of cramping are all signs of Vata imbalance.

Those who are predominantly Vata benefit from grounding exercises such as Yoga, easy walking, bicycling, and dance. These activities help Vata doshas develop much-needed strength, balance, and agility—as long as they don't overdo it. In the winter, indoor exercise is recommended for Vatas because they are averse to cold and don't have enough fat and muscle to protect themselves from the elements.

In short, choosing exercises suited to your mind-body type will give you the greatest benefits and enjoyment. If you are straining to follow a workout program for the sake of your health but aren't enjoying it, you are not likely to stick with it.

Key #4: Mind-Body Practices

Modern scientific research has shown that activities such as breathing, meditation, and Yoga that connect the mind, body, and spirit increase positive emotions and immunity. These activities, as well as improving the quality of sleep each night, will awaken and invigorate the body and help reduce anxiety, stress, and muscle tension.

Yoga for Every Body

The Sanskrit word *yoga* means union—union of environment, the senses, body, mind, and soul. Yoga is a great form of exercise for everyone, and there are many different types and styles of Yoga from which to choose. Look for a local class or go online to find a style that suits you. General 'Hatha' Yoga practices are beneficial to all doshic types.

"Hot Yoga" (such as Bikram Yoga) may be aggravating to Pitta types and slightly ungrounding for Vata types, but Kapha types often do well with this style—particularly while trying to lose weight. They also do well with advanced and slightly more 'athletic' Yoga practices that demand strength and stamina.

If Yoga is not something that calls out to you, we still recommend basic stretching exercises to be incorporated into your morning routine, this is important for improving flexibility and for keeping the tissues supple.

Sleep

Ayurveda describes sleep as the "Diet of the Mind." Sleep repairs and rejuvenates both the mind and body. We recommend that you get at least seven hours of sleep per night. Studies show that anything less makes it more difficult to detoxify and release body fat. We are also more likely to eat more when we are tired, and fatigue can cause unwanted sugar and caffeine cravings. To obtain the most restful sleep, try to retire before 10 p.m., go to bed at a regular time each night, and eat your dinner at least 2 hours before bedtime.



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Meditation Practices

Meditation is one of the easiest ways to give your mind a break from an endless stream of thoughts and sensory impressions. The practice of meditation is found in all corners of the globe and is not bound to any one correct method, and any person of any faith can meditate. Modern scientific research has shown regular meditation practices increase positive emotions and immunity while having the ability to reduce anxiety, blood pressure, cholesterol, and muscle tension.

Early morning and early evening are particular good times to meditate. We recommend spending a few minutes each day in meditation and focusing on breathing.

Counting Your Breaths Meditation

Sit in a comfortable position. Begin by taking a few deep breaths, while exhaling slowly through your nose. Then begin counting each inhalation and exhalation until you reach ten. That means counting “one” after the first inhalation and “two” after the first exhalation. When you reach ten, begin with “one” again on the next inhalation. After becoming comfortable with this practice, you can begin counting only the exhalations.

Abundance Meditation

Gently close your eyes and allow one of the above words (Light • Luster • Splendor • Prosperity) to enter into your mind. Whatever word resonates with you, make that your ‘mantra’ for this particular meditation each day. Allow the word to gently and silently repeat in your mind, while letting other thoughts slip away. You’ll find that the mind naturally becomes quiet as its primary focus rests upon this repeating word. The energetic quality and vibration of the word you choose will naturally become enlivened in your mind and tissues, thus attracting that quality into your life.

For more assistance with meditation, go to <http://www.chopra.com/library> and listen to some of the many guided meditations. We also encourage reading *The Spontaneous Fulfillment of Desire* by Deepak Chopra. The second part of the book goes over Meditation and Mantras and demonstrates meaningful and powerful meditation practices.

Key #5: Wellness Journaling and Self-Reflection

Journaling about your experience will help you chart your progress, discover new ambition for your goals, calm your thought process, and reflect on your personal feelings.

Wellness Journaling and Self-Reflection

We suggest you begin a Wellness Journal in Phase I. It is best to view this as a valuable tool, rather than a mere daily obligation ‘to do.’ You’ll find that it helps keep you on track while also allowing you important time for self-reflection and intention-setting.



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There are no hard rules for your journal, but here are suggestions for basic content to include:

- What did you eat today? (a general rather than overly detailed list)
 - Did your diet consist of all 6 tastes?
 - Do you have any dietary goals for the next few days (cooking more, trying new foods, eating healthier etc.?)
- How you are feeling in your body today?
 - This should include both positive and/ or negative feelings, such as 'lighter', 'heavier', 'less toxic', 'less pain' etc.
- How are you feeling in your mind and emotions today?
 - Include things related to the Body Transformation Challenge along with relationships, work, and personal.

Self-Reflection

We also encourage you to implement a practice of Gratitude and Abundance in your life. This will be different for everyone. Some examples :

- Look for a new practice of visualization or affirmation in your life. Practices from the book *The Secret* would fit in this category. Statements such as, "I am so happy and grateful now that _____". Fill in the blanks.
- Be sure to write down goals around health and achieving financial freedom, make an effort to focus positive energy in this area, in at least some small way, every day. Be sure to note in your journal writings any of the ways (however small) in which you're noticing the manifestation of these goals.
- Giving thanks for the blessings in your life is a wonderful way to promote positive energy in your body and mind. This simple act of reflection can have profound effects in one's life when practiced on a daily basis. Create gratitude statements for all areas of your life such as physical, relationships, spiritual, and financial.
- Part of this practice also entails eliminating negative or destructive thought patterns in our lives.
- Choosing a positive path of abundance is ultimately something that we embody in all aspects of our being.

A Note on Finding a Program Partner

You may find it helpful to find a partner while participating in the NutriiVeda™ Program. They can also be on the program but this is not essential. We recommend choosing someone with whom you talk to every 1-3 days. Find people in your life that are supportive and that want you to succeed. Share with them your goals and ask for their assistance in getting through the challenging times. A partner will not only help keep you motivated, but he or she will also help you create accountability to the program.



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Appendix A: Shake Recipes

For best mixing, use an electric blender or a Zrii Shaker and shake vigorously.

ZriiLicious Vanilla Shake

- 5 oz. vanilla soy milk
- 3 oz. Zrii
- 1/2 cup blueberries
- 1/2 banana
- 2 scoops of Vanilla NutriiVeda™
- Total calories: 434

ZriiStinger Chocolate Shake

- 5 oz. vanilla soy milk
- 3 oz. Zrii
- 1/2 banana
- 2 scoops of Chocolate NutriiVeda™
- 1 cup crushed ice
- Total calories: 397

Low-Fat NutriiVeda™ Vanilla Shake

- 8 oz. water
- 1 cup crushed ice
- 1/2 cup blueberries or favorite fruit
- 2 scoops of Vanilla NutriiVeda™
- Total calories: 188

Low-Fat NutriiVeda™ Chocolate Shake

- 8 oz. water
- 1 cup crushed ice
- 1/3 banana
- 2 scoops of Chocolate NutriiVeda™
- Total calories: 208

Office Blend NutriiVeda™ Vanilla Shake

- 8 oz. vanilla soy milk
- 1/2 cup blueberries
- 1/2 banana
- 2 scoops of Vanilla NutriiVeda™
- Total calories: 374

BananaBerry NutriiVeda™ Shake

- 5 oz. vanilla soy milk
- 3 oz. Zrii
- 1/2 cup berries
- 1/3 banana
- 2 scoops of Vanilla NutriiVeda™
- Total calories: 405

Calorie Count for Liquids:

- | | | |
|----------------|-------|-----|
| • Low-fat milk | 8 oz. | 105 |
| • Rice milk | 8 oz. | 120 |
| • Soy milk | 8 oz. | 100 |
| • Water | 8 oz. | 0 |

Other suggestions:

Shake (one serving) may be made with any of the following, in combinations to suit your taste:

- 2 scoops of Vanilla or Chocolate NutriiVeda™
- 5 oz. water, vanilla soy milk, low-fat milk, rice milk, and 3 oz. Zrii
- 1/4 to 1/3 cup of vanilla yogurt
- 1/2 banana
- 1/2 cup any other fruit (blueberries and strawberries preferred)
- 1/2 cup ice
- 1–2 drops of concentrated flavoring

Notes: If using frozen fruit, you do not need ice. Also, peanut butter is terrific in the Chocolate shake.



Shake Recipes for the 3 Doshas

Vata Shakes

Mango Berry Shake

- 1 small mango
- 1 small banana
- ¼ tsp ground cardamom
- 5–6 almonds

Maple Ginger Shake

- 1 c soy milk
- 2–3 tsp maple syrup
- 2–3 small pieces fresh ginger
or ¼ dry ginger powder

Almond Fruit Shake

- 1 c almond milk
- 1/8 c strawberries
- 1/8 c blueberries
- ¼ tsp black pepper

Papaya Juice Shake

- ¼ c papaya
- 1 tsp lemon juice
- 5–6 stems cilantro

Sweetened Shake

- ½ c yogurt
- 2–3 tsp honey

Pitta Shake

Veggie Sweep Shake

- 1–2 celery sticks
- 2 carrots
- ¼ c grapes
- 5–6 parsley or cilantro stems

Green Tonic Shake

- 50 g powder or 1oz juice wheat grass
- 1 oz white cabbage
- ¼ c apple, sliced
- 2–3 pieces fresh ginger

Melo Mint Cool Shake

- ½ c cantaloupe
- ¼ c mint leaves
- 1 tsp lemon juice
- ¼ tsp black pepper

Honey Lemon Cleanse Shake

- 2–3 tsp Honey
- dash of lemon juice
- ¼ c honeydew melon
- ¼ c watermelon

Coconut Shake

- 1 c coconut milk
- 4–5 springs rosemary

Kapha Shakes

Red Drink

- ¼ c strawberries
- ¼ c raspberries
- ¼ c red bell pepper
- ¼ c red beets

Blue Drink

- ½ c blueberries
- 1 oz purple cabbage
- ½ tsp lemon juice

Pear and Apple Shake

- ½ pear
- ½ apple
- 2–3 ginger pieces

Cinnamon Juice Shake

- ¼ c grape fruit juice
- ¼ c orange juice
- ¼ c cinnamon

Apple Nut Shake

- 1 apple
- 1/8 c hazelnuts
- 1/8 c walnuts
- 1¼ tsp ground cinnamon



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Appendix B: The 3 Doshas and Dosha Self-Quiz

Getting to Know the Three Doshas

The three doshas are known as Vata, Pitta, and Kapha and are biological energies which govern the physiology, psychology and subtle energy of the body. The three doshas derive from the elements of Nature and are closely related to the qualities of each element.

According to Ayurveda, we are born with a proportion of the doshas that is unique to us. Our biological energies combine at the moment of conception to form what is called our Prakruti or birth constitution, while everyone all has some proportion of all three doshas on a cellular level, we typically have one predominant dosha along with a strong secondary dosha. Our physical and mental characteristics will be most solely associated with these two doshas. They will also be the more likely doshas to be affected by dietary and lifestyle imbalances. Vikruti is known as the current state of the physiology and mind. A central theory of Ayurveda is that the closer the birth constitution and current state are to each other the greater overall health. A large divergence between these states however will indicate imbalance.

Vata types tend to be thin, light and quick in their thoughts and actions. Change is a constant part of a Vata's life. When Vata types are balanced, they are creative, enthusiastic and lively. Out of balance, a Vata may develop anxiety, insomnia or irregular digestion.

Pitta types tend to have a medium to muscular build and are often intelligent and determined. In a state of balance, Pittas are warm, humorous and good leader. If out of balance, Pittas can be overly critical, irritable and demonstrate an overbearing Type-A personality.

Kapha types naturally have larger bio structures and are slower moving and methodical. Balanced Kaphas are extremely loving, compassionate, and calming. When out of balance Kaphas can be lazy and overly stubborn.

Using the principles of Ayurveda, we can identify our primary mind/body type and use this understanding to make the most nourishing choices in our lives. It is common for people to have one primary dosha, while a second dosha will also be strong.



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See the chart below for common physical and mental characteristics for each dosha. A complete list can be found on pages 28–39 of *Eat-Taste-Heal*.

<i>Physical</i>	Vata	Pitta	Kapha
Build	Thin and bony, little muscle development	Medium; developed and proportional musculature	Heavy bones, broad frames; strong and well-proportioned
Weight	Light; often have difficulty gaining weight	Average; little problem in gaining or losing weight	Heavy, often obese; have trouble losing weight
Hair	Dry and brittle	Fine and often lighter in color; premature graying and hair loss common	Thick, oily; often curly and dark
Hands	Thin, dry, cold	Medium size, often hot and sweaty	Thick, cool, and often clammy
Nose	Thin and bony	Thin and pointed	Large and thick
<i>Mental</i>	Artistic, adaptable, perceptive, spontaneous, charismatic	Confident, joyful, natural leaders, sharp memory, strong sense of discernment	Patient, gentle, romantic, community oriented, good listeners

Digestion and the 3 Doshas

Digestion also plays a role in identifying our doshic constitution.

If an individual naturally has more ‘fire’ or acidity in their system, Ayurveda identifies this person as having a predominantly Pitta constitution. This means the individual will want to incorporate more cooling and alkalizing foods into their diets, since Pitta types often run hot or acidic, leading to imbalances such as hyperacidity and ulcers. Pittas typically have excellent digestion and are said to have ‘stomachs of iron.’

A primarily Vata individual, on the other hand, is often skinnier and lacking essential nutrients. They are more prone to imbalances relating to dryness such as arthritis and constipation. Vatas will benefit by incorporating foods into their diet that contain high quality oils and proteins. Vatas can often eat as much as they want and will not gain a pound.

A Kapha individual naturally has a heavier bone structure and can gain weight easily. Kaphas feel like they can simply look at a piece of cake and gain 5 pounds. Therefore, lightening and detoxifying foods are best for these individuals. Kaphas also have a tendency to carry excess weight in the body and can suffer from respiratory issues that are further aggravated by a poor diet.



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You can read more about the 3 Doshas and Ayurveda in the books *Eat-Taste-Heal* by Thomas Yarema, Daniel Rhoda, and Johnny Brannigan, and *Perfect Health* by Deepak Chopra. You can also visit the Chopra Center website: <http://www.chopra.com/ayurveda>.

Dosha Self Quiz

Taking a Dosha Quiz will help you to determine your unique constitutional makeup. In completing a dosha self-quiz, physical traits will be the most obvious to answer. For mental traits and behavior, which require more subjective answers, you should answer according to how you have felt and acted most of your life, or at least in the past few years. If more than one quality is applicable in each characteristic, choose the one that applies the most.

Dosha quizzes can be found online at doshaquiz.chopra.com and in the book *Eat-Taste-Heal*.



Appendix C: Extended Dietary Guidelines

Balancing Foods by Dosha

	Vata	Pitta	Kapha
Grains	rice, wheat, quinoa, oats	Basmati rice, barley, cous-cous, quinoa, wheat	Corn, millet, rye, buckwheat
Fruits	Mangoes, bananas, dates, oranges, grapes, grapefruit	Pears, mangoes, apples, coconut, figs, cranberries, pomegranate	Apples, pears, cranberries, pomegranates
Vegetables	Squash, sweet potatoes; eat salads at room temperature *cooked, steamed & juiced are best	Broccoli, kale, zucchini, cucumber, peas *cooked & raw	Broccoli, mushrooms, celery, kale, green beans, eggplant, salads, sprouts
Legumes	Mung beans	Mung beans, lentils, adzuki beans, chick peas, soybeans, split peas	Mung bean, adzuki beans, black beans, lentils, pinto beans, cooked tofu
Nuts & Seeds	All nuts and seeds, especially nut butters, milks, soaked and peeled almonds	Coconut, sunflower seeds, soaked and peeled almonds	Less suitable but more preferable proteins
Dairy	Yogurt, ghee, milk, soft cheeses	Milk, ghee, cottage cheese, unsalted cheeses; yogurt in moderation	Avoid most dairy; low-fat yogurt, goat cheese, soy mild in moderation
Oils & Fats	Sesame oil, olive oil, ghee	Ghee, sunflower, and coconut oils; olive and sesame oil in moderation	Sunflower, canola, and safflower oils; ghee in moderation
Seasonings	Most spices are beneficial, especially sea salt, ginger and garlic	Dill, fennel, cardamom, cilantro, coriander, saffron	All spices especially pungent ones; ginger, black pepper, cloves, turmeric, cayenne
Sweeteners	Any natural sweetener in moderation	Any natural sweetener in moderation except molasses	Raw honey in small quantities; rice syrup, stevia
Drinks	Water with lemon or lime, fruit juice (especially sour), and herbal teas	Water; apple, pear, cranberry, and pomegranate juices	Hot, spicy drinks like ginger tea and chai; vegetable juice is better than fruit juice
Meats	Deepwater fish, chicken (eggs and meat), red meat	White meat and freshwater fish	White meat, poultry, and freshwater fish



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Appendix D: FAQs

Is NutriiVeda FDA approved?

The FDA does not pre-approve nutritional or dietary supplements because they are regulated as foods (not drugs) under the Dietary Supplement Health and Education Act (DSHEA) of 1994. The FDA does monitor manufacturing practices and labeling for compliance. Zrii does use manufacturing facilities that follow and are certified GMP (Good Manufacturing Practice).

Why does Zrii keep information about formulas proprietary?

To protect our formulas from becoming competitor "knockoffs," we generally keep specific amounts and sources of ingredients used in our products as proprietary information. Zrii prides itself on providing the best product formulations available anywhere and will always strive to protect our competitive advantage.

Is NutriiVeda lacto-vegetarian friendly?

NutriiVeda is casein free and gluten free.

How soon will I start seeing results?

As with any nutritional supplement, results will vary by user. However, it is common to begin seeing results in as little as two weeks.

Are there any known drug interactions?

There are none known. However, individuals taking prescription medication should consult their physician before taking.

Is the product safe for women who are pregnant or lactating?

The product is not recommended for pregnant or lactating women.

Is it possible to consume too much of this product?

There are no known side effects of this product, even at large doses. In general, however, we recommend limiting product consumption to 3 times a day, since optimal weight management will occur by also eating a healthy diet.

Is the product gluten free?

Yes.

Is the product Kosher?

The product is not certified kosher at this time; however, there are plans to receive this certification in the future.

Are there any scientific studies being done validating this new product?

Currently, the product is undergoing preliminary scientific research with human clinical studies planned to begin in Fall 2009.



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Are there any disease related contraindications?

There are no known disease related contraindications. However, patients on blood thinning medications, diabetic medications, or MAOI anti-depressants should consult their physicians before using.

What is the shelf life of the product?

Two years.

Is the product tested for heavy metals and pesticides?

Yes, both individual ingredients and the finished product are tested for heavy metals, herbicides, and pesticides.

Is the product organic?

The product is all natural and made with several organic ingredients, but it is not certified USDA organic at this time. The product is tested to make sure it is free of pesticides and other synthetic contaminants.

Are there any possible side effects?

Possible side effects may occur from the release of stored waste products into circulation during weight loss. These may include but are not limited to constipation, bloating/gas, thirst/dry mouth, irritability, loose stools, skin reactions, achy joints, headaches, lightheadedness, or nausea. If symptoms appear, decrease daily dose by 50 percent and drink more pure water. Symptoms should diminish significantly. Mild and uncomfortable symptoms should alleviate after 3–7 days. If any severe symptoms occur, discontinue taking the product and consult your medical professional.

Is the container recyclable?

Yes, the container is made from HDPE #2 plastic.

Does heat or humidity degrade the product?

As with all sealed foods and products, heat and humidity may degrade and spoil the product sooner than the stated expiration date.

Are there any preservatives in the product?

No, the product is 100% natural and does not contain any artificial preservatives.

Is the product nut and tree-nut free?

Yes, the product is free of ingredients from these families.

Does this product replace other vitamin/mineral supplements?

NutriiVeda contains 100% of many daily recommended vitamins and minerals. If you are under the care of a health professional recommending a particular regimen, please discuss with your care practitioner before taking this product.



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Appendix E: BMI

The Body Mass Index (BMI), is the measurement that compares a person’s weight and height to determine the overall fitness of the individual. BMI calculation does not actually measure percentage of total body fat, but it is a tool used to estimate what is considered a healthy weight based on a person’s height.

BMI is currently **the most widely used body weight diagnostic tool**. It is primarily implemented to identify obesity problems. Although the body mass index is an accurate representation of weight compared to height, it is not considered accurate to determine obesity and general body health. The body mass index was invented in the mid-1900s by Adolphe Quetelet during his social physics research.

Body Mass Index Table

To use the table, find your appropriate height in the height column. Move across the row to your approximate weight. The number at the top of the column indicates the BMI at your choice of height and weight.

BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
Height (inches)	Body Weight (pounds)																
58	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167
59	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173
60	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179
61	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185
62	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191
63	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197
64	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204
65	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210
66	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216
67	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223
68	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230
69	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236
70	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243
71	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250
72	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258
73	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265
74	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272
75	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279
76	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287



Body Mass Index Table (Continued)

BMI	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54
Height (inches)	Body Weight (pounds)																		
58	172	177	181	186	191	196	201	205	210	215	220	224	229	234	239	244	248	253	258
59	178	183	188	193	198	203	208	212	217	222	227	232	237	242	247	252	257	262	267
60	184	189	194	199	204	209	215	220	225	230	235	240	245	250	255	261	266	271	276
61	190	195	201	206	211	217	222	227	232	238	243	248	254	259	264	269	275	280	285
62	196	202	207	213	218	224	229	235	240	246	251	256	262	267	273	278	284	289	295
63	203	208	214	220	225	231	237	242	248	254	259	265	270	278	282	287	293	299	304
64	209	215	221	227	232	238	244	250	256	262	267	273	279	285	291	296	302	308	314
65	216	222	228	234	240	246	252	258	264	270	276	282	288	294	300	306	312	318	324
66	223	229	235	241	247	253	260	266	272	278	284	291	297	303	309	315	322	328	334
67	230	236	242	249	255	261	268	274	280	287	293	299	306	312	319	325	331	338	344
68	236	243	249	256	262	269	276	282	289	295	302	308	315	322	328	335	341	348	354
69	243	250	257	263	270	277	284	291	297	304	311	318	324	331	338	345	351	358	365
70	250	257	264	271	278	285	292	299	306	313	320	327	334	341	348	355	362	369	376
71	257	265	272	279	286	293	301	308	315	322	329	338	343	351	358	365	372	379	386
72	265	272	279	287	294	302	309	316	324	331	338	346	353	361	368	375	383	390	397
73	272	280	288	295	302	310	318	325	333	340	348	355	363	371	378	386	393	401	408
74	280	287	295	303	311	319	326	334	342	350	358	365	373	381	389	396	404	412	420
75	287	295	303	311	319	327	335	343	351	359	367	375	383	391	399	407	415	423	431
76	295	304	312	320	328	336	344	353	361	369	377	385	394	402	410	418	426	435	443

Part 1: Assessing Your Risk

According to the NHLBI guidelines, assessment of overweight involves using three key measures:

- body mass index (BMI)
- waist circumference, and
- risk factors for diseases and conditions associated with obesity.

The BMI is a measure of your weight relative to your height and waist circumference measures abdominal fat. Combining these with information about your additional risk factors yields your risk for developing obesity-associated diseases.



What is Your Risk?

1. Body Mass Index (BMI)

BMI is a reliable indicator of total body fat, which is related to the risk of disease and death. The score is valid for both men and women but it does have some limits. The limits are:

- It may overestimate body fat in athletes and others who have a muscular build.
- It may underestimate body fat in older persons and others who have lost muscle mass.

Use the BMI calculator or tables to estimate your total body fat. The BMI score means the following:

	BMI
Underweight	Below 18.5
Normal	18.5–24.9
Overweight	25.0–29.9
Obesity	30.0 and Above

2. Waist Circumference

Waist circumference is a good indicator of your abdominal fat which is another predictor of your risk for developing risk factors for heart disease and other diseases. This risk increases with a waist measurement of over 40 inches in men and over 35 inches in women.

3. Other Risk Factors

Besides being overweight or obese, there are additional risk factors to consider.

- high blood pressure (hypertension)
- high LDL cholesterol (“bad” cholesterol)
- low HDL cholesterol (“good” cholesterol)
- high triglycerides
- high blood glucose (sugar)
- family history of premature heart disease
- physical inactivity
- cigarette smoking

4. Assessment

For people who are considered obese (BMI greater than or equal to 30) or those who are overweight (BMI of 25 to 29.9) and have two or more risk factors, the guidelines recommend weight loss. Even a small weight loss (just 10 percent of your current weight) will help to lower your risk of developing diseases associated with obesity. Patients who are overweight, do not have a high waist measurement, and have less than 2 risk factors may need to prevent further weight gain rather than lose weight.

Talk to your doctor to see if you are at an increased risk and if you should lose weight. Your doctor will evaluate your BMI, waist measurement, and others risk factors for heart disease. People who are overweight or obese have a greater chance of developing high blood pressure, high blood cholesterol or other lipid disorders, type 2 diabetes, heart disease, stroke, and certain cancers, and even a small weight loss (just 10 percent of your current weight) will help to lower your risk of developing those diseases.



NutriiVeda™ Program
Mindful Body Transformation



Appendix F: Transformation Goals

Weigh yourself on the scale, and record both your current weight and your goal weight in the boxes below.

Current Weight		Goal Weight	
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Next, wrap the measuring tape around your waist or hip line, whichever is larger, and record your current midsection size in the first box. List your goal midsection size in the second box.

Current Midsection		Goal Midsection	
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In the first box, write how many days per week you currently exercise and how many minutes you exercise per day. In the second box, write down your goals for both of these.

Current Exercise		Goal Exercise	
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Choose at least 3–5 other areas of health that you hope to improve. Write them down in the Other Health Goals box. Some examples include focusing on better sleep, reducing stress, improving digestion, or improving your complexion.

Other Health Goals	