

# How healthy are you?

It's time to find out... pour yourself a coffee (or preferably a herbal tea), take a ten minute break and have some fun testing your knowledge...



# Quiz

*Are you what you eat? Or is it just a myth?*

If you score over 75, congratulations, you certainly know your stuff!  
If you score under 50, maybe it's time you made a few changes to your lifestyle...  
Your Shapeworks™ Consultant will be happy to help you!



## Vitamins etc

- 1** Nutrients categorised as 'essential' cannot be manufactured by the body.  
a) True b) False
- 2** How many of these 'essential' nutrients are there?  
a) 25 b) 38 c) 50 d) 94
- 3** What may happen if mineral supplements are consumed on an empty stomach?
- 4** Glucosamine is a nutrient considered helpful for inflammatory disorders.  
a) True b) False
- 5** When prescribed antibiotics, what additional measure can you introduce to help replenish gut flora?
- 6** Antioxidants are nutrients that combat free radical activity. Can you name three antioxidant nutrients?
- 7** A lack of zinc in the diet can reduce a person's sense of taste and smell.  
a) True b) False
- 8** Oranges provide more fibre than apples.  
a) True b) False
- 9** How much protein should we eat on a daily basis? (per kilo of body weight)  
a) 1 gram b) 1.5 grams  
c) 2 grams
- 10** Vitamin C deficiency can lead to which disease?
- 11** Milk and cheese are essential because of their calcium content.  
a) True b) False
- 12** An adequate daily intake of fibre is essential for the health of the digestive tract.  
a) True b) False
- 13** Which vitamin is considered to help counterbalance the effects of alcohol?
- 14** Vitamin C can only be obtained from fruit.  
a) True b) False
- 15** What is the accepted Recommended Daily Allowance (RDA) for Vitamin C?  
a) 60mg b) 150mg c) 500mg d) 1000mg
- 16** Which vitamins are water-soluble and not stored by the body?
- 17** One cigarette depletes the body of 25 mg of Vitamin C.  
a) True b) False
- 18** Baked potatoes are an excellent source of potassium.  
a) True b) False
- 19** Magnesium, calcium and zinc are considered 'calming' nutrients and are therefore best taken at bedtime.  
a) True b) False
- 20** The generally accepted recommended daily intake of fibre is 15 grams.  
a) True b) False

## Skin

- 1** Vitamins A, C and E are essential to the texture, elasticity and youthful appearance of the skin.  
a) True b) False
- 2** Sunlight on the skin results in the body producing which vitamin?
- 3** Alcohol prematurely ages the skin; can you name three more skin-aging elements?
- 4** Aloe vera has been used for centuries to soothe and heal skin disorders. For what other purpose is it highly regarded?
- 5** What measures can be taken to help reduce the appearance of cellulite?

## Around the world

- 1** In Chinese medicine, if a person has black circles under their eyes, which bodily organ is considered to be 'unbalanced'?
- 2** Hippocrates categorised all foods as either 'hot, cold, dry or damp'.  
a) True b) False
- 3** What is 'Qi', 'Prana' and 'Chi'?
- 4** In Medieval times, various types of urine were used as medicine.  
a) True b) False
- 5** In Native American medicine, what is a 'sweat house' used for?



## Hair

- 1** On average, how many hairs will you naturally lose every day?  
a) 25 b) 50 c) 75 d) 100
- 2** Regular conditioning can help to prevent damage to the hair shaft and reduce exposure to pollutants.  
a) True b) False
- 3** Which kind of pillow creates static and ruffles the cuticles of hair during sleep, natural down or polyester pillows?  
a) Natural Down b) Polyester

- 4** What is your hair mainly made of?
- 5** All the hair you'll ever have is determined at birth.  
a) True b) False

## Fats and oils

- 1** Fish oils are known to be helpful for joint problems; can you name another helpful joint nutrient?
- 2** Saturated fats/animal fats are commonly associated with an increase in heart disease, obesity, stroke and cancer.  
a) True b) False
- 3** Saturated fats are 'good' fats; unsaturated fats are 'bad' fats.  
a) True b) False
- 4** Approximately what percentage of the brain is made up of essential fatty acids  
a) 70% b) 50% c) 15% d) none
- 5** Which vitamins are fat-soluble and can be stored by the body?
- 6** Which type of essential fatty acid is most commonly found to be deficient in the average diet?
- 7** What is usually the first tell-tale sign of a lack of essential fatty acids (good fats) in the diet?
- 8** Flax seed oil is the 'vegetarian' equivalent of Fish Oil.  
a) True b) False
- 9** Margarine is a healthier form of fat than butter.  
a) True b) False
- 10** The body's fat cells are capable of multiplying when they become too engorged.  
a) True b) False



## Weight control

- 1** What is one of the unexpected benefits of losing weight and being more active?
- 2** Yoga, Tai Chi, Pilates and similar exercise regimes can improve flexibility, posture, strength and lean body mass.  
a) True b) False
- 3** What effect does regular moderate exercise have on the body's metabolic rate?
- 4** What effect does regular weight-bearing exercise have on bones?
- 5** What five key lifestyle changes are most effective when trying to lose weight?
- 6** Longevity involves ensuring the mind is stimulated with mental challenges to help keep it 'exercised'.  
a) True b) False
- 7** Vigorous exercise/over-training can suppress the immune system.  
a) True b) False
- 8** Approximately how many calories does running a mile burn up?  
a) 100 b) 300 c) 475
- 9** Approximately how many calories does a brisk 30 minute walk burn up?  
a) 220 b) 250 c) 320 d) 410
- 10** Artificial sweeteners are useful in a diet because they help prevent hunger.  
a) True b) False

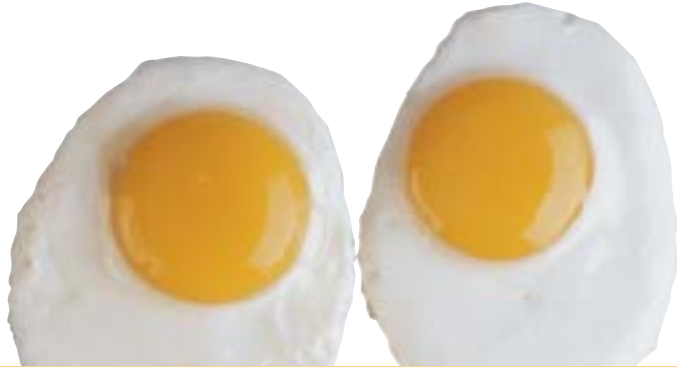


## Women only!

- 1** Dietary fibre helps to prevent blood-sugar related mood swings by slowing food absorption.  
a) True b) False
- 2** Which nutrient group is considered helpful during periods of stress?
- 3** Emotional and physical stress can inhibit digestion, reducing the body's ability to absorb nutrients.  
a) True b) False
- 4** During the menstrual cycle, women need more of certain nutrients.  
a) True b) False
- 5** Several herbs have long been associated with being supportive during times of stress. Can you name any?
- 6** Which vitamin is considered unsafe for pregnant women in high doses?
- 7** Women can lose up to 10 per cent of their bone mass in the five to seven years after menopause.  
a) True b) False
- 8** Which nutrient do health experts recommend pregnant women should supplement during pregnancy?
- 9** Prior to menstruation, women can gain between one half and two kilos of weight.  
a) True b) False
- 10** What does Osteoporosis mean?  
a) brittle bones b) small bones c) porous bones d) light bones?

## Man to man...

- 1 What does the word 'Andropause' mean?
- 2 Approximately how many muscles do you have?  
a) 150 b) 250 c) 350 d) 450
- 3 One of the most common reasons for impotence in men over 55 is prostate gland disorders.  
a) True b) False
- 4 What percentage of men over 50 have male pattern hair loss?  
a) 30% b) 40% c) 50% d) 60%
- 5 Several nutrients are known to support prostate health, can you name any?

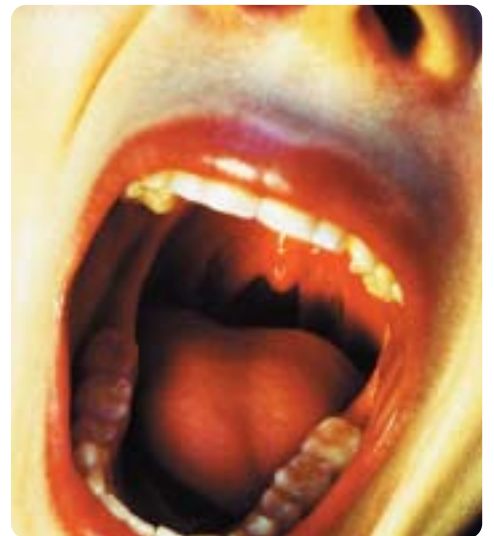


## Food and drink

- 1 Why is fruit juice a poor substitute for eating whole fruit?
- 2 Fruit is best not eaten after a meal because it ferments quickly in the stomach, potentially causing bloating.  
a) True b) False
- 3 Some headaches are caused by dehydration.  
a) True b) False
- 4 When wheat is processed into white flour, approximately how many nutrients are stripped away?  
a) 5 b) 15 c) 25 d) 40
- 5 Sugar provides the body with valuable nutrients, can you name them?
- 6 Which preserving method usually retains the most nutritional value?  
a) Fast-freezing b) canning c) drying
- 7 Which is the healthiest way to cook food?  
a) microwave b) boil c) steam d) roast
- 8 What is kelp?
- 9 What happens to most vegetables when they are cooked?
- 10 People are rarely allergic to chocolate, citrus fruits, cheese and eggs.  
a) True b) False
- 11 Tomatoes contain Lycopene, an nutrient considered important for men's health, do you know why?
- 12 Cooked bones (i.e. canned fish) are an excellent source of calcium.  
a) True b) False
- 13 Which berry is known to help alleviate urinary tract infections?
- 14 The most common food allergies are dairy produce and wheat.  
a) True b) False
- 15 Carrots, parsnip, turnips and potatoes are low glycaemic index foods.  
a) True b) False
- 16 Several herbs and foods have been used by herbalists through the ages to assist weight loss. Can you name any?
- 17 What happens to the nutrient content in fruit and vegetables when they are stored for too long?
- 18 A high consumption of meat can result in calcium being leached from the bones.  
a) True b) False
- 19 Why is it best to avoid drinking fluids with large meals?
- 20 Which common fruit is known to help reduce high blood pressure, alleviate heartburn and indigestion, and protect against ulcers?

## Your body

- 1 Which food group is most likely to produce sinus troubles and catarrh in some people?
- 2 The digestive tract is home to between 1-2 kilos of bacteria.  
a) True b) False
- 3 The health status of the digestive tract dictates the status of overall health.  
a) True b) False
- 4 At what age does bone mass start to decline naturally?  
a) 35 b) 45 c) 55
- 5 Which gland in the body is responsible for maintaining the correct balance of glucose?
- 6 Cholesterol is an essential substance, made by the body.  
a) True b) False
- 7 In tongue analysis, what might a pale tongue, white coating and teeth marks represent?
- 8 How long does food usually stay in the stomach?  
a) 1-2 hour b) 2-4 hours c) 4-6 hours?
- 9 The average person takes approximately 26,000 breaths every 24 hours.  
a) True b) False
- 10 The average human body contains 60 litres of water.  
a) True b) False



# The Answers...

## Vitamins etc

- 1 a) True.
- 2 c) 50.
- 3 Nausea.
- 4 a) True.
- 5 Take a course of Probiotics.
- 6 Vitamin A, C, E, Selenium, Zinc, Lutein, Lycopene, Lipoic Acid, Green Tea, Pycnogenol, Curcumin, Co Enzyme Q10.
- 7 a) True.
- 8 b) False. An apple provides approx 4 grams, an orange only 1.6 grams.
- 9 All correct – the amount needed depends on age, gender, weight and how active a person is!
- 10 Scurvy.
- 11 b) False. There are more easily digested calcium providers.
- 12 a) True.
- 13 Vitamin C.
- 14 b) False.
- 15 a) 60mg.
- 16 Vitamin B and Vitamin C.
- 17 a) True. Sometimes even as much as 50 mg!
- 18 a) True.
- 19 a) True.
- 20 b) False. It is 25-35 grams.

## Skin

- 1 a) True.
- 2 Vitamin D.
- 3 Sugar, excess salt, smoking, lack of hydration, radiation.
- 4 Digestive disorders.
- 5 A nutrient-rich diet, massage, exercise, skin brushing, adequate water intake.

## Around the world

- 1 Kidneys.
- 2 a) True.
- 3 The body's 'Vital Energy'
- 4 a) True.
- 5 During illness, to sweat out toxins and bacteria.

## Hair

- 1 d) 100.
- 2 a) True.
- 3 b) Polyester.
- 4 Water.
- 5 a) True.

## Fats and Oils

- 1 Glucosamine or MSM.
- 2 a) True.
- 3 b) False. Unsaturated fats are beneficial!
- 4 b) 50%.
- 5 Vitamins A, D, E, K.
- 6 Omega 3 (fish oils).
- 7 Poor skin condition.
- 8 a) True.
- 9 b) False. Margarines are man-made, heated to extremes, highly processed and difficult to digest and eliminate.
- 10 a) True.

## Weight control

- 1 An increase in ENERGY!
- 2 a) True.
- 3 It helps to raise/increase/boost it.
- 4 It helps to increase bone density.
- 5 1. Replace low-nutrient foods with high-nutrient foods. 2. Eat smaller, more frequent meals to abate hunger. 3. Focus on slow-absorption low glycaemic index foods. 4. Ensure adequate hydration. 5. Include regular moderate exercise. 6. Ensure protein intake matches daily needs.
- 6 a) True.
- 7 a) True.
- 8 b) 300 – equivalent to two slices of toast!
- 9 b) 250.
- 10 b) False. They can create hunger pangs!

## Women only!

- 1 a) True.
- 2 1. B Vitamins, because stress depletes them.
- 3 a) True.
- 4 a) True. Especially Vitamin B6 and Zinc.
- 5 Garcinia Cambogia, Fennel, Apples, Cider Vinegar, Kelp, Uva Ursi, Buchu, Juniper Berry, Capsicum/Cayenne, Dandelion root, Green tea, Guarana, Pysillium husk.
- 6 Vitamin A.
- 7 b) False. It can be up to 20 per cent!
- 8 Folic Acid.
- 9 a) True.
- 10 c) Porous bones.

## Man to man...

- 1 Male menopause.
- 2 About 350.
- 3 a) True.
- 4 c) 50%.
- 5 Zinc, Vitamin E, Saw palmetto, Fish oils, Nettle root.

## Food and Drink

- 1 It usually has no fibre and virtually no nutrients (unless added by the manufacturer).
- 2 a) True.
- 3 a) True.
- 4 c) 25.
- 5 There are none!
- 6 a) Fast-freezing.
- 7 c) Steam.
- 8 A highly-nutritious sea vegetable.
- 9 Nutritional value is reduced the longer it is cooked.
- 10 b) False. These are amongst the most common allergens!
- 11 Lycopene may help to guard against Prostate Cancer.
- 12 a) True. Also: seeds, tofu, dark green vegetables
- 13 Cranberry.
- 14 a) True.
- 15 b) False. They are high glycaemic, 'fast-absorbing' foods.
- 16 Ginseng, Schizandra, Astragalus, St John's Wort, Hops.
- 17 They oxidise and lose their vitamin and mineral content.
- 18 a) True.
- 19 Fluids water down digestive secretions, potentially impairing digestion.
- 20 Bananas.

## Your body

- 1 Dairy products.
- 2 a) True.
- 3 a) True.
- 4 a) 35.
- 5 Pancreas.
- 6 a) True.
- 7 Stress, IBS, indigestion, PMT
- 8 b) 2-4 hours.
- 9 a) True.
- 10 b) False. It contains about 40.

*It's true!*

# You ARE what you eat...

...in which case, we want you to give your body the VERY BEST!

Just as we plan ahead for our financial security with pensions and insurance policies, we also need to safeguard our long-term health, on a daily basis. Below you'll find six of our finest health products – the 'essential ingredients' to help you secure better health in the future.

**Formula 1 Nutritional Shake Mix:** Never miss or rush a meal again. Formula 1 provides the perfect nutrient-rich 'fast food', scientifically formulated to supply balanced protein, carbohydrates, fats, vitamins, minerals and fibre, to ensure your body gets all the nutrients it needs for optimum performance. A delicious, nutritious, meal-in-a-glass can be prepared in minutes, with the minimum of fuss. Available in five great flavours:

Vanilla #0141 Chocolate #0142 Strawberry #0143  
Tropical Fruit #0144 Cappuccino #1171

**Formula 2 MultiVitamin Complex:** Peace of mind is knowing that you are giving your body what it needs – every tablet is bursting with those essential nutrients that are present in a healthy, varied diet. Physical and mental stress depletes the body's 'nutrient bank', while environmental pollution further stresses the body. Include this comprehensive vitamin and mineral supplement in your daily diet, to help top-up your 'nutrient bank' and support your immune system.

#3115

**Cell Activator** – Get the MOST out of your food. The efficient absorption of nutrients from the food we eat is what governs health. This innovative product helps to optimise the body's absorption and utilisation of nutrients from food and supplements. Cell activator is a key player in any long-term health plan.

#0104

**Formula 3 Personalised Protein Powder:** Protein builds, repairs and maintains. Maintaining a healthy body weight is key to lifelong wellness. Your muscles are essential for burning stored fat. This superb product supports your body's potential to maintain muscle mass rather than gain body fat. Protein Supplement Powder is great for vegetarians, who may not be getting enough daily protein, anyone trying to lose weight, those on a High Protein eating plan and sporty people who need extra protein for 'muscle power'.

#0242

**Celluloss:** This amazing product can help you regain your natural water balance (reduce water retention) and at the same time, assist the removal of waste. The body uses fat stores to hide away toxins, keeping them out of harms way. As water and fat stores are encouraged to release with this gentle herbal complex, wastes are also released. Combined with drinking adequate water, these processes help smooth the appearance of orange peel skin.

#0111

*Think LONG TERM HEALTH.  
Think Herbalife.*

Your Lifelong Wellness Plan starts TODAY!

Herbalife's superb range of scientifically advanced nutrition, weight management and personal care products is backed by a personal and friendly service.

Your Herbalife Independent Distributor is: