

Do you want to quit yo-yo dieting and achieve true weight loss?

Do you believe you deserve a healthier, happier lifestyle?

Do you want to Reset your body and find the new you?

If you answered yes to these questions and are ready to get started, please contact the USANA Associate who gave you this brochure and experience the USANA Difference in your life.

\*It is suggested that you take these products to your physician and secure his/ her advice if you intend to change your diet, begin an exercise program, are pregnant or lactating, have allergies, are taking medications, or are under the care of a physician.

These statements have not been evaluated by the Food and Drug Administration. The components of the RESET program are foods and are not intended to diagnose, treat, cure, or prevent any disease. As with any health or fitness program, a sensible eating plan and regular exercise are required in order to achieve long-term results. Results will vary.

Children under the age of 18 should not participate in the RESET program, except on the advice of their physician and/or dietician.

Before distributing this booklet, please fill out ID number

12 empty boxes for ID Number

ID Number

3 empty boxes for Business Center

Business Center

Circle L or R

Circle One

You don't have to be a USANA Associate to get the benefits of these state-of-the-art products. Simply call 1-888-950-9595 and provide the ID number found above to order these products and begin enjoying all the benefits of optimal health.



Salt Lake City, Utah 84120

Item# 530.010156

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# WHY DO DIETS FAIL?



**Confusion.**

**Frustration.**

**Disappointment.**

**Sound familiar?** These emotions are felt by millions of us each year who start diets that ultimately fail. Time and again, we give up when we don't achieve the promised results. Or, we lose a few pounds, just to gain it all back—and then some—a short while later.



## Three Reasons Why Diets Fail

It's little wonder that we ask ourselves, "Why can't I lose weight? What am I doing wrong?" But it's not we who fall short; it's our diets.

### Problem #1

**A Quick Fix.** Dieters often drastically restrict their calories or food choices now but return to their old habits once they reach their goal.

**Solution:** Permanent lifestyle changes are needed to achieve sustained weight loss.

### Problem #2

**Fad Diets = Unbalanced Nutrition.** Too often, diets focus on specific types of foods or nutrients and disregard the importance of everything else, leading to unbalanced nutrition.

**Solution:** For optimal nutrition, our bodies need a balanced variety of nutrients, including the right types of carbohydrates, proteins, and fats.

### Problem #3

**The High-Glycemic Trap.** Eating high-glycemic foods can sabotage even the best of diet plans because the resulting spike and subsequent drop in blood sugar leads to a more rapid return to feelings of hunger.

**Solution:** A better approach focuses on low-glycemic carbohydrates, which help to moderate blood glucose levels, leaving you feeling full and satisfied longer.

## Why You Can Succeed

Thousands of people just like you have avoided these pitfalls of dieting and discovered a healthier, happier lifestyle with USANA Health Sciences. With USANA's solution, the exclusive **RESET™** program, you too can achieve success. Better yet, you will start to see real change in as little as five days.

**RESET™**

# EXPERIENCE THE USANA DIFFERENCE



“In a world filled with fad diets that offer little more than short-term solutions for long-term problems, **RESET** is the first step in beginning a new, healthier lifestyle. The program offers a valuable break from the typical unbalanced, high-glycemic diet and replaces it with low-glycemic carbohydrates, beneficial fats, healthy proteins, and optimal micronutrition. For this reason, I have chosen to recommend **RESET** to my patients for a much-needed jumpstart to lifelong health.”

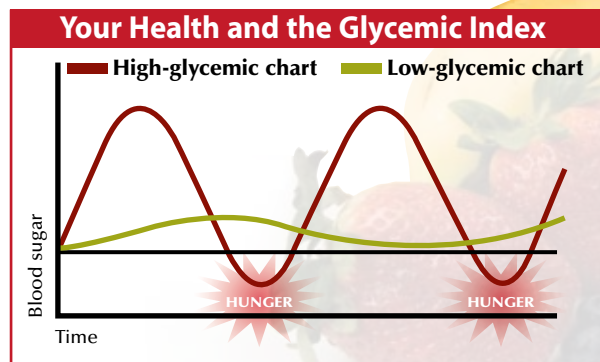
**Ray D. Strand, M.D.**

*Dr. Ray Strand, a family practitioner for more than 30 years, is the author of several books on wellness, including Death by Prescription and Releasing Fat. A leading authority on nutritional medicine, Dr. Strand frequently lectures on the long-term weight-loss problem facing society today.*



## Begin a New Healthy Lifestyle

You deserve a chance for true success. That's why USANA's team of world-class scientists developed **RESET™**, a comprehensive nutritional program that provides a healthy, effective alternative to countless unscientific fad diets. **RESET** is designed to be a lifestyle change, is nutritionally balanced, and is based on low-glycemic foods. This innovative, science-based program will help you take the first major step toward weight loss success in just five days.



## Five Days to a New You



**RESET** is a jumpstart to healthy living. The program is simple. For five days you replace your meals and snacks with USANA's delicious foods. The program also includes USANA's world-class nutritional supplements, which provide your body

with the essential micronutrients you need to maintain a healthy lifestyle.

In five days with **RESET**, you can:

- Lose those first few pounds\*
- Curb hunger through low-glycemic foods
- Launch your healthy lifestyle by breaking poor nutritional habits



## The Next Step to Success

To keep up the momentum you have built with **RESET**, USANA has designed two simple programs to help make your healthy new habits a way of life.



**Transform.** To continue losing weight after completing **RESET**, replace two meals and two snacks each day with USANA foods and eat a healthy, low-glycemic dinner. You should also gradually introduce more exercise into your life. Once you reach your weight loss goal, be sure that healthy eating becomes a lifelong habit with the **Maintain** program.

**Maintain.** Continue to replace one meal and one snack each day with USANA foods and eat a healthy, low-glycemic lunch and dinner. Be sure to keep active with regular exercise. Follow this program every day for optimal health.