

NATRIM¹²³

3 step program

Frequently Asked Questions

Can you tell us a bit about CataStim Foods?

CataStim foods are listed in two categories: High Grade and Low Grade foods. You need to be eating at least 10 servings of CataStim foods daily. Choose more of the high grade foods in your daily diet rather than the low grade. CataStim foods stimulate the metabolism and burn up more calories than they supply.

How long is the program?

You can stay on the program as long as you wish. It's more than a weight management program. It's a health rejuvenation program as well. If you wish to stay on it till you drop any excess fat, or put muscle on - that's ok. It will help you maintain your weight also. It has a balancing effect on the body.

Can I use it to put weight on in general?

Yes, if you need to build muscle, it is possible to achieve it with this program. The GS will improve muscle energy. PMU has a very good whey protein in it and helps build muscle. RR helps to release hormones that build lean muscle. You must also exercise daily.

Just wondering if there is a juice that is more preferable to mix the Great Start in, or doesn't it really matter which juice is used?

Grapefruit juice is preferable as it is a CataStim food. Straight grapefruit juice can be a bit strong.

Can I use the PMU as a meal substitute ?

PMU is not to be used as a meal substitute. You need to have your three meal times and have a drink of the PMU between meals. It helps to stabilize blood sugar, energy and appetite.

Is it ok to use Natrim products if I am pregnant or breastfeeding ?

No, it's not recommended whilst pregnant or breast feeding.

Can I loose weight without losing muscle tone?

Yes, definitely. The GS improves muscle energy and RR helps to release the hormones that build muscle. The exercise program also assists with building muscle.

Do I have to count calories to keep my energy up on this program?

No, you don't have to count calories on this program.

How many hours of fasting do you suggest between evening meals and breakfast?

Fasting means no water or food; so in this instance I'm sure you mean food. It would be ideal if you could give your body a rest from eating food for ten to twelve hours. There is no need to fast from drinking water.

Does the program allow me to eat raw vegan?

No. There is whey in the drinks.

Can children go on this program?

No. This is not a program for children. Please talk to your natural practitioner closest to you if you have teenagers who are wanting to lose some excess fat. They must have permission from their parents to consider it, but please talk to your practitioner first.

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Can I lose weight without losing muscle tone?

Yes, you will lose excess weight without losing your valuable muscle mass. This program enables you to lose excess fat and put on muscle mass if you need to.

How much weight can I expect to lose each week on this program?

Everybody is different. It all depends on how much you need to lose and how diligent you are on the program. It is far better to lose your weight slowly, then you will keep it off. Talk to your practitioner and be monitored closely.

With some programs people feel worse before they feel better. Will I expect this to happen?

We haven't had anybody report that this happens. This program should not cause you to feel worse before you feel better.

How much exercise do I have to do to lose weight?

It is advisable to do some form of exercise daily. Your practitioner will advise you on the best form of exercise for your individual needs.

Is this program something the whole family can go on?

You can use the delicious and nutritious recipes for the whole family. This complete program is designed for adults.

What do the drinks taste like?

The drinks are very pleasant. The person who has had it manufactured has done his very best to satisfy the taste buds of everyone.

What can the Natrim Website do for me?

The Natrim Website provides information about foods, health articles and recipes that are relevant to the Natrim 3 Step Program.

What sort of recipes are on the Natrim website?

At present, the Natrim Website has recipes for breakfast, lunch, dinner, snacks and drinks. There is also a basic recipes section for things like stocks etc for those more adventurous. The recipes on the website are a good guide to what you should be eating, but there are recipes that are for people on a maintenance program. These recipes usually state they should be eaten only in moderation. More recipes will be added to the website on a regular basis and new recipes are often included in the regular newsletters that are sent out to clients.

Should I buy product from my naturopath or should I buy it direct from the Natrim Website.

Whether you buy product from your Naturopath or direct from the website is a decision for you and your Health Practitioner. You are welcome to purchase direct from the website and your practitioner will be advised. You should still keep your regular appointments with your health practitioner.

Why should I continue to see my naturopath?

Your health practitioner has details of your medical history and will know when to adjust your program to be specific to your on-going needs. The Natrim website and blog are only helpful as a general guide and should not replace the advice of your health practitioner.

How do I log on to the Natrim Website?

Your practitioner will provide you with their sponsor id number. You go to the Natrim Home page <http://www.natrim.com.au> and click on 'sign up as a customer' and enter your details. You must insert your health practitioners' "sponsor id number". Your request will be sent to the Natrim office and approved if all the relevant information is made available. You will then be sent your welcome email with your user name and password to allow you access to the website. Only Natrim clinicians and their clients are given access to the Natrim website.