**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.

**Three Reasons Why Diets Fail**

**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.

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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.

"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.

ExPERiENCE ThE USaNa DiFFERENCE