

Living Light 5:2 Weight Alignment

Living Light
5:2

Discover Your Natural Rhythm

livinglight52.co.nz
team@livinglight52.co.nz



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www.livinglight52.co.nz

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Living Light 5:2 – A Breakthrough in Weight Alignment

Groundbreaking Fusion

MIBOCO's Living Light 5:2 represents a groundbreaking fusion of time-tested wisdom and cutting-edge innovation in weight alignment.

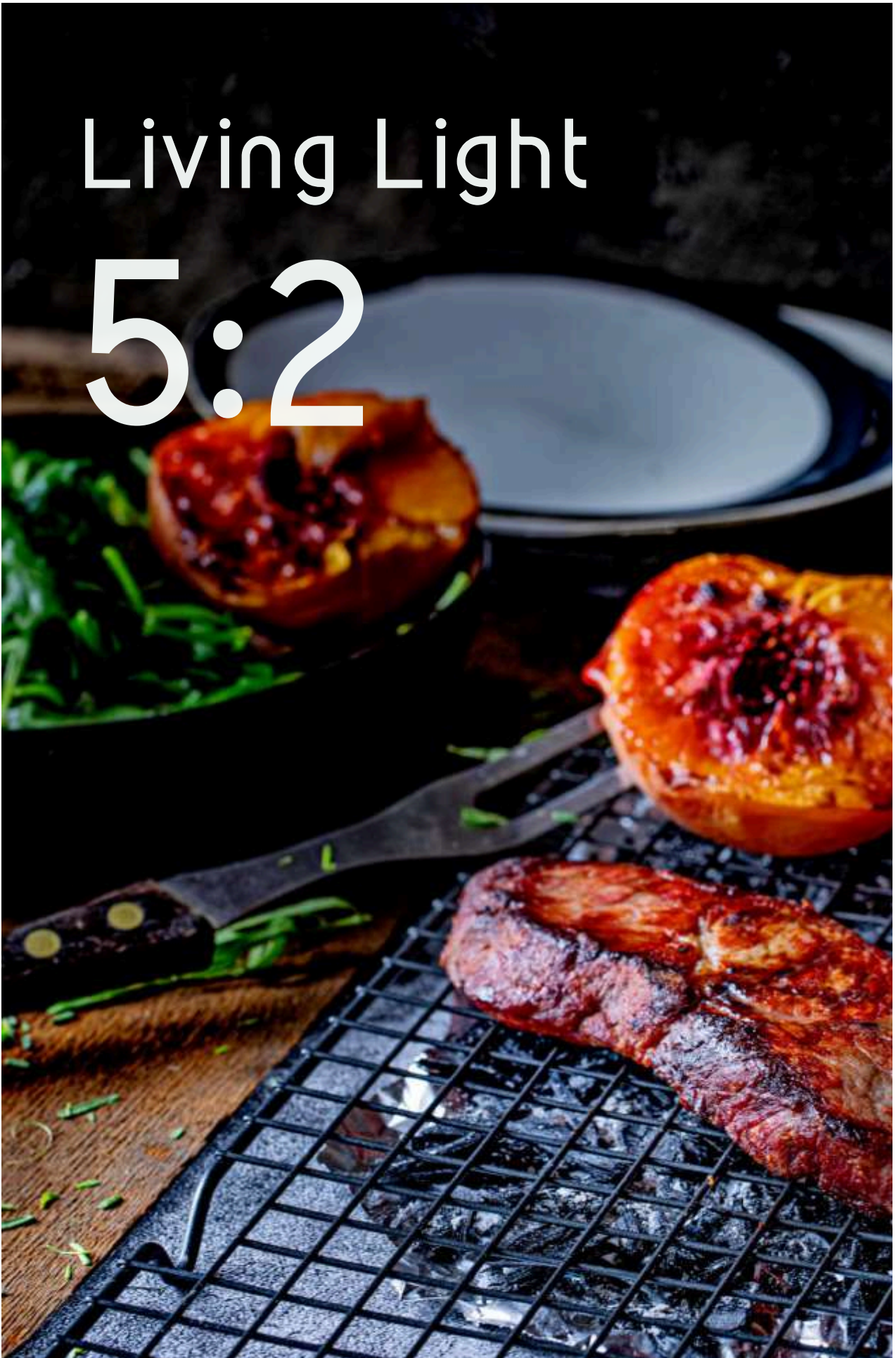
Founder Leigh Spencer, with her two decades of experience in homeopathic weight management and 40 years as a journalist/researcher, has crafted a unique solution that addresses the gaps in both mainstream and alternative approaches.

Drawing from extensive research across diverse fields - including mindset techniques and quantum biology - Leigh refined her Bio Body brand homeopathics to world-class standards. Now, collaborating with her sister Kim, who successfully realigned her own weight by 20kg, the duo has created the Living Light 5:2 homeopathics.

This innovative system is designed for busy individuals seeking progressive and sustainable weight release. It enhances the popular 5:2 eating method with powerful homeopathic support, ensuring that clients not only experience the general health benefits of intermittent fasting but also see tangible results on the scale.

Unlike traditional 5:2 approaches where weight loss isn't guaranteed, Living Light 5:2 provides the extra boost needed to release weight regularly and align with your goal. It's a testament to how specialist knowledge, personal experience, and scientific innovation can come together to create a truly effective weight alignment solution.

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MIBOCO Living Light 5:2

Revolutionising Weight Alignment

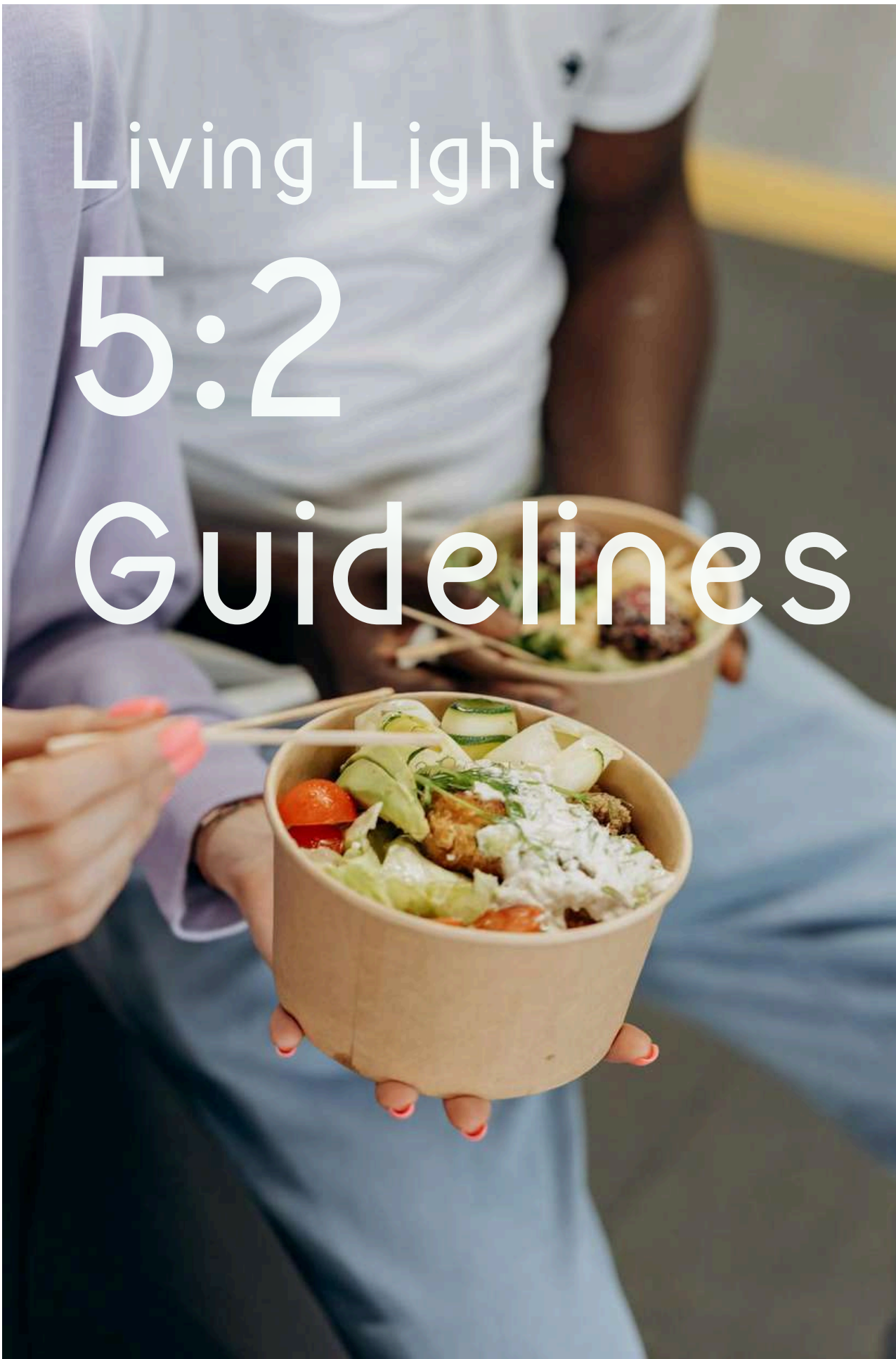
Building on Leigh Spencer's decades of expertise and her sister Kim's personal success, MIBOCO's Living Light 5:2 offers a groundbreaking approach to weight alignment. This innovative system combines the powerful 5:2 eating method with targeted homeopathic support, empowering you to release weight effectively and sustainably.

The familiar 5:2 method takes on new potency when paired with Living Light's specialised homeopathics. Leigh's meticulously formulated remedies, the fruit of years of research, work in harmony with the 5:2 eating pattern. This powerful combination doesn't just promise health benefits – it delivers tangible results, causing the scales to shift in ways that the standard approach often fails to achieve.

The strategy is simple yet powerful:

1. Eat normally for five days of the week.
2. Reduce your calorie intake to 500 calories for two consecutive days.
3. Support your body with Living Light 5:2 homeopathics to enhance weight release. (Dosage and Schedule Page 16-17.)



A photograph of a person wearing a purple hijab and a light blue long-sleeved shirt, holding a round, light-colored paper bowl filled with a meal. The meal includes white rice, green vegetables, and orange cherry tomatoes. The person is using wooden chopsticks. In the background, another person in a white shirt is also holding a similar bowl. The text 'Living Light 5:2 Guidelines' is overlaid in white on the image.

Living Light 5:2 Guidelines

Beyond Weight Release: A Holistic Transformation

Living Light 5:2 doesn't just help you shed kilos; it unlocks a range of transformative health benefits:

- Achieve and maintain your ideal weight, improving body composition and boosting energy levels.
- Enhance metabolic health through better insulin sensitivity and blood sugar control.
- Activate cellular repair processes, including autophagy, for overall body rejuvenation.
- Sharpen cognitive function and support long-term brain health.
- Potentially extend lifespan, as suggested by calorie restriction studies.
- Enjoy a flexible approach that integrates seamlessly into your busy lifestyle.
- Improve cardiovascular health by optimizing key heart health markers.

By embracing Living Light 5:2, you're not just aligning your weight – you're gaining a healthier, more vibrant you. Leigh and Kim's combined expertise and experience have created a system that goes beyond the scale, offering a comprehensive approach to well-being that can transform your life.

Experience the power of periodic low-calorie eating enhanced by specialist homeopathic support. With Living Light 5:2, you're embarking on a journey to lasting health and vitality, backed by decades of research and real-world success.



Nutrient-dense, higher-calorie foods and their Glycaemic Index (GI)

Eat a nutrient dense, high-calorie meal the evening before your two days of 500 calories - refer timing and dosage guide in this document.

The following list guides the types of food to include in that preliminary meal, which can be three-course:

Fruits

- Avocados (Low GI)
- Bananas (Medium GI)
- Dates (High GI)
- Dried fruits (e.g., raisins, apricots, figs) (Medium to High GI)
- Durian (Medium GI)
- Mangoes (Medium to High GI)
- Plantains (Medium to High GI)

Vegetables

- Butternut squash (Low to Medium GI)
- Corn (Medium to High GI)
- Parsnips (Medium GI)
- Potatoes (especially sweet potatoes) (High GI for white potatoes, Medium for sweet potatoes)
- Pumpkin (Medium GI)
- Taro root (Medium GI)
- Yams (Medium GI)



Protein

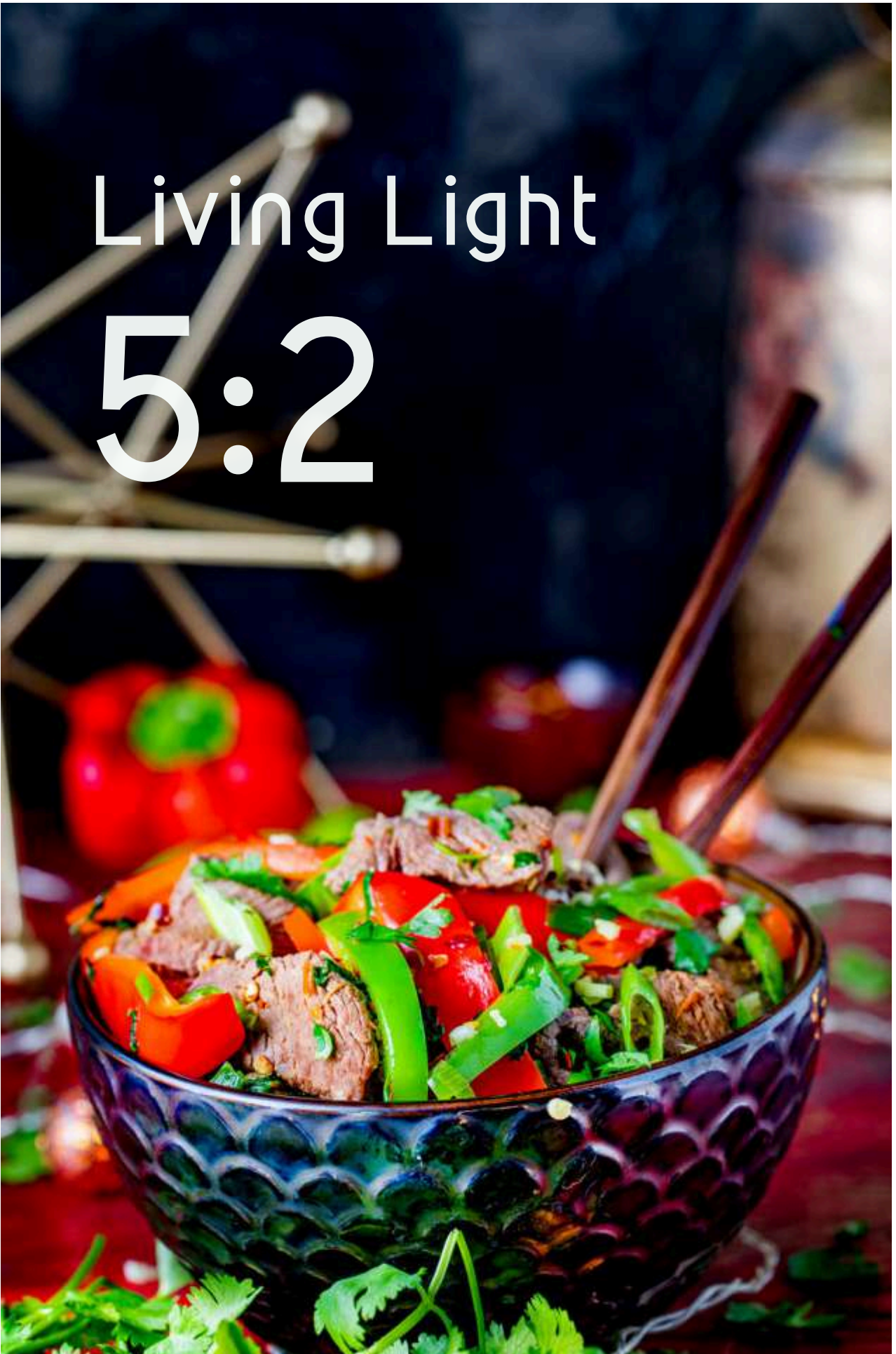
- Beans (especially soybeans) (Low to Medium GI)
- Beef (various cuts, including organ meats like liver) (Low GI)
- Bison (Low GI)
- Cheese (Low GI)
- Chicken (Low GI)
- Duck (Low GI)
- Eggs (Low GI)
- Goat (Low GI)
- Greek yoghurt (Low GI)
- Lamb (Low GI)
- Lentils (Low GI)
- Mackerel (Low GI)
- Nuts (e.g., almonds, walnuts, pecans) (Low GI)
- Oysters (Low GI)
- Peanut butter (Low GI)
- Pork (Low GI)
- Salmon (Low GI)
- Sardines (Low GI)
- Seeds (e.g., sunflower, pumpkin, chia) (Low GI)
- Trout (Low GI)
- Tuna (Low GI)
- Turkey (Low GI)
- Venison (Low GI)

Fats/Oils

- Avocado oil (no significant carbohydrates)
- Butter (no significant carbohydrates)
- Coconut oil (no significant carbohydrates)
- Ghee (no significant carbohydrates)
- Olive oil (no significant carbohydrates)
- Palm oil (no significant carbohydrates)

Note: GI values can vary based on factors that include ripeness, processing, and cooking methods. The categories (Low, Medium, High) are general indications.

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Understanding the Glycaemic Index (GI)

1. Definition: GI ranks carbohydrate-containing foods based on their effect on blood glucose levels.

2. GI Scale:

- Low GI: ≤ 55
- Medium GI: 56-69
- High GI: ≥ 70

3. Calculation: GI is calculated by comparing the blood glucose response to a food with the response to pure glucose or white bread.

4. Physiological effects:

- High-GI foods cause rapid increases in blood glucose and insulin.
- Low-GI foods result in lower, more sustained increases in blood glucose and lower insulin demand.

5. Factors affecting GI:

- Food processing and cooking methods
- Ripeness (for fruits)
- Fibre content
- Fat and protein content in mixed meals

6. Limitations:

- GI of individual foods may not accurately predict the glycaemic response to mixed meals.
- Individual factors like ethnicity, metabolic status, and eating habits can influence glycaemic response.

7. Practical implications:

- Low-GI foods help control blood sugar and potentially reduce the risk of chronic diseases.
- However, other factors like overall nutrient density should also be considered when choosing foods.

What to eat on the 2 (of the 5)

The 5:2 eating pattern is a straightforward approach to weight alignment that mimics periodic fasting. It involves five days of normal eating and two consecutive days of very low-calorie intake (500 calories).

This pattern, especially when enhanced with targeted homeopathic support, has been shown to help stabilise blood sugar, reduce white fat, and improve leptin sensitivity, potentially leading to sustainable weight management.

The effectiveness of the 5:2 approach stems from the combination of calorie restriction on fasting days and the body's adaptive responses to this intermittent fasting pattern. When paired with specially formulated Living Light 5:2 homeopathic, people experience more pronounced and consistent weight alignment results.

This enhanced 5:2 method offers a manageable way to reset metabolism for those whose systems have been disrupted due to hormonal changes, environmental exposure, illness or lifestyle choices. It's particularly beneficial for individuals who have struggled with traditional weight management approaches.

Based on the principle of intermittent fasting, which has roots in various cultural and religious practices, the 5:2 eating pattern has gained significant scientific interest over the past decade. Numerous studies have explored its potential benefits, with promising findings in areas beyond just weight alignment.

Living Light 5:2 homeopathics allow for flexible, long-term use. Clients can utilise the homeopathic-supported approach until they reach their goal weight, after which they can transition to the standard 5:2 eating pattern to maintain their aligned weight. This adaptability ensures the method can be tailored to individual needs and goals over time.

Intentionally Simple & Easy

- All cooking is without fat, oil or butter.
- You can steam, bake, or sauté in a non-stick pan using water and lemon juice.
- Use baking paper in a pie maker (or similar) to easily cook smaller protein portions, using lemon juice, salt & pepper and fresh herbs.
- You eat two meals a day and two fruit snacks.
- Your vegetable serving size is not restricted. Typically, you can eat an unlimited amount of vegetables with a single protein portion (100gm raw weight) until you feel full.
- Tomatoes and onions are higher in carbs, so limit these selections to every other day.
- If you find that apples make you hungry (fructose) swap for either frozen or fresh berries (in season).
- Use dressings from the cookbook (included with this PDF) and additional recipe lists to flavour your vegetables/salads. Make them in advance and store them in a jar in the refrigerator.



5:2 - Living Light - Allowable Food List

Protein (2 x 100gm daily)

- Chicken breast (boneless, skinless with all fat removed)
- Cottage Cheese
- Egg (1 whole egg plus 3 whites per serve)
- Fish (white, non-oily)
- Lamb (lean, no fat)
- Beef (lean, no fat)
- Shrimp
- Tempeh
- Tuna (fresh or canned in spring water)
- Tofu
- Veal
- Venison

Vegetables (unlimited)

- Asparagus
- Bok Choy
- Broccoli
- Cabbage
- Capsicum
- Cauliflower
- Celery
- Cucumber
- Fennel
- Kale
- Lettuce
- Mushrooms
- Onions
- Radishes
- Spinach
- Tomato
- Unlimited fresh herbs

Fruit (2 portions daily)

- Apple
- Berries (fresh or frozen, in season)
- Grapefruit
- Lemons (1 each day in addition to 2 fruit serves)
- Orange
- Strawberries

Dressings, Tea & Coffee

- Salt & Pepper
- Spices (without sugar)
- Dressings - see cookbook and additional recipes.
- Green teas & black coffee

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Dosage

How to activate/take formulas

- Check the lid is secure
- Hold the bottle in your dominant hand
- Open your non-dominant hand, palm up
- Tap the base of the bottle on your open palm 10 times
- Open your mouth
- Administer 3 quick bursts under your tongue
- Hold the spray until it feels dissolved
 - This may take 30 seconds or longer, depending on the individual
- Take the spray:
 1. Upon rising
 2. About 5 minutes before each of your two daily meals
- This sublingual application ensures proper absorption
- Follow the dosage chart provided on the next page

Remember: The spray has no obvious taste, and your mouth should be clean when taking it.





MIBOCO Living Light - Weight Alignment

2-Day Clean Eating Plan

	Typical Eating	VLCD - 2 meals 500 calories a day	Low Carb, No Sugar, NOT calorie restricted	Fast Yes - Days 2 & 3 Optional - Days 4 & 5	
DAY 1					
DAY 2					
DAY 3					
DAY 4					
DAY 5					
DAY 6					
DAY 7					



Nutrient Dense,
Higher-calorie

Resume
Typical Eating

Dosage:



Upon rising or 5-15 minutes before relevant meals.



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Gentle

Exercise

Only

Gentle exercise on the '2' of 5

During the '2' phase of the Living Light 5:2 programme, it's vital to focus on gentle, low-intensity activities. This phase optimises weight release through restfulness, low-calorie eating, and Living Light homeopathics. Very mild exercise is recommended to maintain mobility without stressing your body.

A short, leisurely walk is ideal during this phase. Aim for a 10-20 minute stroll at a comfortable pace. This light activity improves circulation and supports your body's systems without overtaxing them. The goal is not to elevate your heart rate significantly, but to enjoy calm, easy movement.

Gentle stretching is also beneficial. Focus on slow, mindful movements that maintain flexibility. Simple yoga poses or basic stretches held for 15-30 seconds can be effective. Avoid pushing your body beyond its comfortable limits.

During this phase, avoid strength training and aerobic exercises. These intense activities can interfere with the weight release process. Your body needs to conserve energy and focus on the internal processes supported by the low-calorie diet and homeopathic treatments.

The combination of rest, low-calorie eating, and Living Light homeopathics creates an optimal environment for weight release. By keeping exercise very gentle and limited, you allow your body to direct its energy towards these internal processes. Remember, the '2' phase is a time for your body to reset and rebalance.



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Water



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Water Intake Guidelines

How to calculate how much water to drink during your two-day, very low-calorie fast



During the Living Light 5:2 programme it is recommended to drink about three litres of water per day - more if you weigh more than 85kg. (Green teas also count towards this intake.)

Many people are chronically dehydrated and drinking far less water than they need for wellness and healthy weight alignment. Additionally, thirst is often mistaken for hunger and can cause overeating.



A healthy adult needs about 35 ml of water each day per kilogram of body weight.

The following table calculates how much you need to drink based on your weight*:

50kg	1.75lt	60kg	2.10lt	70kg	2.45lt	80kg	2.8lt	90kg	3.15lt	100kg	3.50lt	110kg	3.80lt	120kg	4.20lt
51	1.78	61	2.13	71	2.62	81	2.83	91	3.18	101	3.53	111	3.88	121	4.23
52	1.82	62	2.17	72	2.66	82	2.87	92	3.22	102	3.57	112	3.92	122	4.27
53	1.85	63	2.20	73	2.69	83	2.90	93	3.25	103	3.60	113	3.95	123	4.30
54	1.89	64	2.24	74	2.73	84	2.94	94	3.29	104	3.64	114	3.99	124	4.34
55	1.92	65	2.27	75	2.76	85	2.97	95	3.32	105	3.67	115	4.02	125	4.37
56	1.96	66	2.31	76	2.8	86	3.01	96	3.36	106	3.71	116	4.06	126	4.41
57	1.99	67	2.34	77	2.83	87	3.04	97	3.39	107	3.74	117	4.09	127	4.44
58	2.03	68	2.38	78	2.87	88	3.08	98	3.43	108	3.78	118	4.13	128	4.48
59	2.06	69	2.41	79	2.90	89	3.11	99	3.46	109	3.81	119	4.16	129	4.51

*The recommended daily amount reflects the quantity your kidneys and heart can handle. Drinking too much – overhydrating – is not recommended, so build up your water intake gradually over two to three days. Ideally, build it up before you start the Living Light 5:2 programme.

