

PORTION CONTROL

- * Is a vital component of effective Weight Loss.
- * The smaller the meal amount - the quicker it gets digested - and the quicker FAT converts to KETONES - to burn FAT.
- * It is easy to do, because the AZ essential oil enhances Digestion and the extraction of NUTRIENTS from food. This means that you can last for many hours without feeling hungry.
- * Your body won't be craving for more food, because you have satisfied it with more NUTRIENTS.
- * You simply must use smaller bowls and plates - and stick to eating a smaller portion of food. You won't die of starvation, because you have eaten SUPERFOOD to supply all the NUTRIENTS you need. It is only previous habits that you have to ignore.
- * One of the few effective medical treatments for Obesity - is reducing Stomach size and hence its amount of food intake - effectively permanent PORTION CONTROL.
- * For this DAILY WEIGHT LOSS REGIME:
 1. SUPERFOOD is the core food item, to which you add your own choice of food.
 2. It is a short term regime - for a few days or weeks.
 3. SMALL amounts of food are one of the 3 CORE FACTORS that determines how much Weight can be lost each day - the other 2 are: SUPERFOOD and BRACELET.
- * There is no fixed Diet or food quantity, or any strict rules - other than using these 3 core factors. You adjust your own routine as what you feel is best, once you understand how it works - and focus on your goal.