

NATURE'S DAILY WEIGHT LOSS - works on 3 FACTORS:



SUPERFOOD

- * Is the core food ingredient to which you add your own favourite food for all your meals and snacks - to remove the stress of what to eat.
- * All food we buy contains Synthetic Chemicals, so it really doesn't matter what you choose.
- * The goal is to Lose Weight DAILY - so it is achieved in days or weeks, not months.
- * SUPERFOOD is special because it is very High in REAL NUTRIENTS and very Low in Calories.
- * It is vital to have a bowl made up ready to use, in the fridge. This helps PREVENT any sudden urge to indulge in any unhealthy snack. Simply grab a couple of slices of cheese, a couple of crackers, or even some baked beans instead.
- * Eating a snack or meal with SUPERFOOD will fill you up with REAL NUTRIENTS, so your body doesn't crave for more food, hoping to get more Nutrients.

PORTION CONTROL

- * Is all about eating small portions of food - so that food gets digested quickly, and then, as your body needs more Energy - it will automatically convert FAT into KETONES, and burn that for its Energy needs - and so lose weight.
- * Weight Loss can only happen DAILY - IF smaller amounts of food are eaten, and longer time between meals is allowed.
- * It is easier than people think - because you are getting enough NUTRIENTS from SUPERFOOD, so you are not depriving your body. Perceived hunger is from previous habits of eating more.
- * Try having a drink of water, tea, or coffee - or as elite Weight Loss clinics suggest - VISUALISE or pretend that you are eating something in detail - and you will trick your brain into thinking you have actually eaten - and hunger will disappear.
- * Medical equivalent is stomach surgery - to restrict size and amount of food that can be digested - medical PORTION CONTROL.

BRACELET

- * Is NATURE'S Missing Link - to PREVENT TOXINS and FAT accumulating, and break down existing ones, so they can be easily eliminated by the body - and so lose weight.
- * It also enhances Digestion and extraction of Nutrients from food - so that we don't feel hungry for many hours.
- * This is achieved by the Crystals in the BRACELET sending the properties of 2 essential oils around the body.
- * AZ essential oil is the one that reduces hunger very effectively
- * BZ essential oil is Nature's antibiotic - that kills Toxins, and hence breaks down all TOXINS including FAT, without harming Healthy cells - so that they can be easily eliminated by the body - and so lose weight. (see details in BRACELET PDF).
- * Wearing the FAT LOSS BRACELET during Weight Loss, and afterwards - to PREVENT any TOXINS and FAT accumulating - is Nature's Gift.