

'IMAGINE!' . . .

FOOD FOR THOUGHT

by David Exon, Wellness & Weight Management Consultant

“IF YOU COULD ONLY OWN ONE CAR . . . AND IT HAD TO LAST YOU YOUR ENTIRE LIFE . . . HOW WOULD YOU LOOK AFTER IT?”

We have all seen 5 year old cars that are very badly rusted, or damaged and nearly ready to be scrapped, and yet we have also seen 80 year old cars that look as good as the day they were built!

"WHY?" . . . To me the reason seems obvious!

WE ARE ONLY GIVEN ONE BODY, and just think what we do to it over a lifetime!

**‘LIFE IS NOT A DRESS REHEARSAL,
WE ONLY GET ONE CHANCE!’**

Remembering that things like Pollution, Pesticides, Preservatives, Additives, Antibiotics in our food, etc. etc. are beyond our control.

The C.S.I.R.O in a recent study found also that over 50% of our soils are Nutritionally depleted. So even when we try to eat well, we are not always getting what we think we are, from our food.

Then when our health finally starts to break down, we say things like . . .

"You have to expect things like this when you get older"

or

"Mum had these problems, so it must be hereditary."

As over 70% of deaths and disease are dietary related, and we usually pick up our eating and cooking habits from our parents, it just stands to reason that the same related problems may occur.

In ‘VERY SIMPLE TERMS’ what our Programs do is . . .

- 1. UNCLOG, CLEANSE, AND TAKE ALL THE BAD THINGS OUT, WHICH ALLOWS OUR SYSTEM TO REPAIR ITSELF!**
- 2. THIS IN TURN ENABLES THE GOOD THINGS TO BE ABSORBED!**
- 3. THEN SUPPLIES ALL THE GOOD THINGS, IN BALANCE, EVERY DAY!**

END RESULT: YOU FEEL REALLY GOOD, REALLY QUICKLY!

IDEALLY, as your entire bloodstream changes every 90 days, best results will be achieved with a ‘90 day commitment to your health’.

**THESE NUTRITIONAL PURE FOOD PROGRAMS
ARE TOO GOOD NOT TO BE USED SERIOUSLY!**

THERMOJETICS™

THERMOJETICS™ Beverage can be taken in hot or cold water, added to soup, Orange juice, Tomato juice etc. Only limited by your own creativity. It activates the thermogenetic process as described below. Often described as rocket fuel, due to the lift in mental clarity and either increased, or more sustainable energy.

‘THERMOGENESIS’

The NEW Development in Weight Management and Energy!

Scientists believe the concept of thermogenesis is the most exciting news from weight management research in fifty years.

Thermogenesis, meaning the generation of heat, is a normal process, like digestion, in which the body’s brown adipose (fatty) tissue (BAT) burns up the calories your body doesn’t need, thus creating a natural energy.

Being over fat or obese, occurs primarily when BAT is not functioning properly, and the body must deal with excess calories by storing them as white fat.

Scientists have discovered that by combining specific amounts of certain “totally natural” thermogenetic substances, it is possible to create a basically new compound with an “amazingly safe” thermogenetic action!

THERMOGENESIS WILL DO THE FOLLOWING:

- * Prevent dietary lipids from being stored as white fat
- * Convert current white fat back into soluble lipids to be burned off
- * Burn off the soluble lipids
- * Increase the body’s energy by increasing the flow of blood, oxygen and nutrients to muscle tissue, . . . and
- * Remove the craving for high calorie food that causes the problem in the first place

WHAT PEOPLE EXPERIENCE . . .

- * Clarity of thinking
- * Increased energy
- * Good for hangovers
- * Feeling of well being
- * Weight loss
- * Size loss
- * Improved sex drive (due to energy increase)

NOTE:

BEST RESULTS WHEN FOLLOWING A SENSIBLE EATING ROUTINE.

IMPORTANT NOTES:

For Weight Management, you will replace 2 meals per day, so for **ACTUAL** cost per day... Deduct the cost of the 2 meals per day that our Nutritional Pure Food Programs replace!

That makes these Programs **SO CHEAP...** and the **Health and Energy side benefits most people experience can be AMAZING...** even Life Changing!

Many people find they are cheaper to be on them than off them, but are advised to budget for them in the food bill, as they come in a 30-day supply.

This means that by the time you are due for your Next Program, you already have the money aside.

If you spend the savings each week, you may find it more difficult to find the monthly cost when it comes due, and lots of people will either spread the Program out... not getting the same results... OR... may even go off the Program.

These Programs are Too Good, not to be taken seriously!

Even **The Ultimate Program** only costs around the price of a Packet of Cigarettes or a meal at McDonalds per day.

MAKES YOU THINK DOESN'T IT?

To take the chance of dying young or destroying your Health... **OR** to have the opportunity to live longer and healthier... have a much better quality of life... and be around to enjoy your family or friends...

BOTH cost around the same price!

I was at home, and on Sickness benefits when I commenced the Program, and I was saving \$30 per week on our food bill, so I was paying very little to become healthy.

HERBALIFE WORKED FOR ME... No more drugs for Muscle Spasm or Panic Attacks... Skin improved magically... Sinus problems disappeared... Energy increased dramatically... and as a bonus I lost 6.5kgs (14lbs) in 28 days... all helping to give me back control of my life... So I became involved to give others the same opportunity that I had been given, as it seemed immoral not to!

DISCOUNTS AVAILABLE:

10% Discount applies to groups of 2 or more people.

25% Discount on all Health, Weight Management, Sport, or Nutritional Skincare Programs are available if you wish to continue to use our Programs... by joining our Preferred Customer Program.

NOTE: Prices are rounded off, so are approximate.

Nutrition Plus Program (#1, #2, #3, Thermojetics)	Per Day	Per Meal
Retail	\$5.20	\$2.60
Preferred Customer	\$4.00	\$2.00

Nutrition Plus Chitosan Program (as above with Chitosan fat absorber)		
Retail	\$7.40	\$3.70
Preferred Customer	\$5.70	\$2.85

Quick Start Program (includes Chitosan)		
Retail	\$7.20	\$3.60
Preferred Customer	\$5.50	\$2.75

Advanced Program (inc. Thermojetics & Chitosan)		
Retail	\$9.50	\$4.75
Preferred Customer	\$7.30	\$3.65

Ultimate Program (inc. Thermojetics & Chitosan)		
Retail	\$12.10	\$6.05
Preferred Customer	\$9.40	\$4.70

Sports Program		
Retail	\$8.50	\$4.25
Preferred Customer	\$6.60	\$3.30

Health Program		
Retail	\$8.50	\$4.25
Preferred Customer	\$6.60	\$3.30

ALL Programs supplied as a 30 DAY Program, and are 100% Guaranteed!

	Retail	Preferred Customer
Nutrition Plus Program	\$157.00	\$122.00
Nutrition Plus Chitosan Program	\$223.00	\$172.00
Quick Start Program	\$215.00	\$166.50
Advanced Program	\$285.00	\$220.00
Ultimate Program	\$363.00	\$281.00
Sports Program	\$256.00	\$197.50
Health Program	\$256.00	\$197.50

NUTRITIONAL WELLNESS PROGRAM for.....

Start Date / /

Comments:.....

Tick all boxes which relate to your Program...

Health & Energy **Weight Loss** **Weight Gain** **Weight Maintenance**

FORMULA 1

Shake can before use. 2 level desert spoons in Fruit Juice, Soy Milk, etc. *Refer to Recipe sheet.

FORMULA 2

Helps to normalise appetite

2 tabs, 3 times per day

FORMULA 3

Multivitamins and Minerals

1 tab, 3 times per day

FORMULA 4

For skin elasticity

1 tab, 3 times per day (Rapid or large weight loss, 2 tabs, 3 times per day)

FORMULA 5 (Celluloss)

Helps overcome fluid retention. Speeds up inch loss and reduction of cellulite

1 tab, 3 times per day (Rapid weight or fluid loss, 2 tabs, 3 times per day)

CHITOSAN

Absorbs fat in body, and bonds to fat in food, reducing absorption into system. 1 tab with full glass of water, 3 times per day, before meals, or 2, with 2 glasses of water, if having a fatty meal.

NATURES RAW GUARANA (NRG)

For Energy lift and Mental alertness. Natural Antihistamine. Stabilise adrenal flow. 1 tab in morning, 1 tab at lunch time, then as needed for extra energy, or for sinus, or hayfever relief.

TARGETED PRODUCTS

THERMOJETICS

Instant herbal beverage. Helps to convert fat to energy. Detoxifies kidneys, liver and gall bladder. Decreases cravings and controls appetite. Drink 3-4 cups or more per day mixed in hot or cold water or fresh fruit juice.

ALOE VERA JUICE

Helps cleanse the system of toxins. Makes other products work faster and more effectively. 1 glass at night before bed, or a third of a glass, 3 times per day, or as needed.

FLORA FIBRE

Helps to cleanse and maintain the intestinal tract, 1 tablet, 3 times per day, with plenty of fluid. For DIARRHEA, 1 or 2 tabs with a very small sip of water. (Helps absorb moisture in bowel.) For CONSTIPATION 2 or 3 tabs with 2 or 3 large glasses of water.

HERBALIFELINE

To maintain a healthy cardiovascular system, Helps with blood pressure, blood sugar levels, cholesterol levels, etc. Prevention: 1 tablet, 3 times per day. Existing ailment: 2/3 tablets, 3 times per day.

XTRA-CAL

Calcium with vitamin D for bones, teeth, gums, heart, nervous system, nerve pain, nails, hair etc. 1 tablet, 3 times per day.

TANG KUEI

Muscle relaxant and blood purifier. Detoxifies the liver. Helps to balance female hormone levels and aids muscle tension. 1 tablet, 3 times per day. Take as needed for specific ailments: 3-4 tablets to relieve migraine pain, PMT, sore muscles, etc. For Menopause, HRT, etc. (Ask to see Tang Kuei Information sheet)

HOW TO TAKE THE PROGRAM FOR YOUR REQUIREMENT...

	LOSE WEIGHT	GAIN WEIGHT	HEALTH or MAINTAIN WEIGHT
TABS per day	3 TIMES	3 TIMES	3 TIMES
SHAKES per day	2 TIMES	3 TIMES	1 or 2
MEALS per day	1 TIME	3 TIMES	2 or 1

FOR BEST RESULTS...

1. EAT NORMAL (SENSIBLE) MEALS... BUT JUST CUT BACK!
2. TRY TO AVOID FRIED OR FATTY FOODS!

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CONTENT OF PROGRAMS

Nutrition Plus Program... #1, #2, #3, Thermojetics

Nutrition Plus Chitosan Program... #1, #2, #3, Thermojetics, Chitosan

Quick Start Program... #1, #2, #3, #5, Chitosan, NRG

Advanced Program... #1, #2, #3, #5, Chitosan, NRG, Thermojetics

Ultimate Program... #1, #2, #3, #5, Chitosan, NRG, Thermojetics, Florafibre, Aloe Concentrate

Sports Program... #1, #2, #3, NRG, Tang Kuei, Herbalifeline, RoseOx

Health Program... #1, #2, #3, NRG, Tang Kuei, Herbalifeline, RoseOx

For more Information or to ORDER ON LINE...

www.TheHealthSuccessSite.com/

**For further queries or more specific information on products,
phone me between 10.00am and midnight on #
and I will return your call... or mailto:**

BEWARE

WHY do so many people let their dreams die un-lived?

One reason is the negative cynical attitudes of other people. These people are not enemies, they are friends, even family members. If our friends are negative towards our dreams or aspirations . . . our friends can kill us.

You get excited about the possibility of a new job, a new idea, or a new image. You decide to give up smoking, lose weight, join a Gymnasium, or see the opportunity to make money, do more meaningful work, rise to a personal challenge, or create a new image; revving up for this stimulating new prospect.

Then you tell your neighbour about it over the back fence one evening, you get a smirk, a laugh that says . . . "You can't do that" . . . a foot long list of all the problems and obstacles, and fifty reasons why you will never make it and are better off to stay as you are.

Your enthusiasm disintegrates. You lose all your fire and self-confidence and begin to think of all the reasons why you can't make it, instead of the reasons that you can.

Friends can do more damage than a dozen enemies. Remember, the easiest thing to find on earth, is someone to tell you all the things you cannot do or cannot be.

Don't listen to them!

It is always the person who has never made \$40,000 a year, who knows all the reasons why you can't make \$100,000. Have you noticed that the person who says "You don't need to shape up or lose weight," is usually overweight themselves?

If you have a dream, give it a chance to happen. Don't let your brother-in-law or your plumber, or the girl in the next office, rob you of that faith in yourself that makes things happen.

Don't let the guy who lives on the couch and watches TV every night tell you how futile life is.

If you have that flame of a dream deep down inside you somewhere, do something about it, and don't let anyone else blow it out.

Believe you can, and you will find you can.

TRY! You will be surprised how many good things can happen to you!



Referral Certificate

This is ONLY an option. Please do not feel you are under any obligation to use it, but here is how it works if you have an interest in saving money or helping someone else with their health or weight management.

For every new person you refer to us who goes on a program, you will receive a cash rebate of 10% off your monthly program.

- ❖ 1 referral = 10%
- ❖ 2 referrals = 20%
- ❖ 3 referrals = 30% etc

NO LIMIT

This rebate will continue for as long as you and your referral stay on the program.

OR

You may want to enquire about our Preferred Customer Club and receive a permanent minimum discount of 25%

I lost 6.5kgs (14lbs) in 28 days.

Maybe you know someone who would like to do the same.

- 1. Ph:
- 2. Ph:
- 3. Ph:
- 4. Ph:
- 5. Ph:
- 6. Ph:
- 7. Ph:
- 8. Ph:
- 9. Ph:
- 10. Ph:

Comments.....

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For further details,
Please contact...