

# Rapid Fat Loss Program

## INFORMATION SHEET



In Australia more than 64% of our population are overweight or obese. If this trend continues, by 2020 there will be 80% of adults and one third of all children affected. Obesity has overtaken smoking as the leading cause of premature death and illness in Australia. Already over 900,000 have diabetes. Obesity costs Australians more than \$56 billion per year!

### WHY DIETS DON'T WORK!

Many of us have tried to lose weight using low carb/low calorie diets partnered with exercise. These kind of programs work for a while, and we do lose weight, but the long term consequences are that as soon as we lose focus, on go the kilos again until we soon become the same weight as before, or even heavier! This pattern of yo-yo dieting is very common. What these diets don't address is the actual **CAUSE** of the weight gain in the first place. For many of us it is our **FAULTY METABOLISM** which is the underlying cause of our food cravings, our inability to shift the abnormal fat around our middles as well as our hormone imbalances, lack of energy and foggy thinking.

### WHAT CAUSES METABOLIC SYNDROME?

Over time our bodies have been constantly under attack from the chemicals in our food, water and air, and added to this is the stress caused by the way we live. Rather than blaming our age for our stubborn fat, we can blame the slow accumulation of the effects of oxidation, inflammation and disease. The hypothalamus is the part of our brain responsible for setting the level of our metabolism. It controls the amount of energy each of our cells can access for optimum body function. When we have too much glucose in our blood, it causes cell damage, which in turn means that the cells are unable to access that glucose to convert it to energy. When we have low fuel in our cells, we in turn have poor energy and we feel hungry even though we have high levels of glucose in the blood. Our body is overfed while our cells are starving! The body copes with this excess glucose by storing it away in abnormal fat deposits that we cannot access when we go on low calorie diets. Most diets just access the structural and normal fat deposits and leave behind the tummy and thigh fat and cellulite.

### WHY THE RAPID FAT LOSS PROGRAM WORKS.

The Rapid Fat Loss Program works to correct the metabolism. With a combination of homeopathic Metabolism Correction Drops and a low calorie diet (for a short time only), the hypothalamus 'resets' the bodies metabolic thermostat to a healthy level. During the program we are able to access the abnormal body fat that is usually locked away, so the tummy, thigh and double chins are sculpted away, leaving minimal sagging skin. During the program people burn an amazing half a kilo of abnormal fat per day, leading to losses over 3 weeks of up to 10kg, and often more. Other benefits of correcting the metabolism may include: no more cravings, more energy, loss of brain 'fog', improvements in depression, libido, correction of hormonal problems such as poly-cystic ovaries and endometriosis, infertility in males and females, and improvements in body aches and pains. Best of all, once our metabolism is corrected and we find it easy to eat sensibly, **NO MORE DIETING IS NEEDED, EVER!**

### HOW EASY IS THE PROGRAM?

Over the first week, the body is prepared by detoxify. Phase 1 (Loading) is for 2 days where we load up our cells with normal fat ready for the program. Phase 2 (Reduction) uses Metabolic Correction Drops and the 500 calories per day diet goes for 21 days (you can go longer, up to 42 days). Then Phase 3 (Stabilisation) is where you increase your calories and reintroduce foods to test how your metabolism copes with them. If you have more to lose, you can repeat the process! There are no meal replacement shakes and the diet is real food, just small portions. Because you are accessing your fat reserves, there is little hunger. With the Rapid Fat Loss Program you have training and support throughout, and because the changes happen so quickly, it is easy to maintain enthusiasm and motivation, especially as everyone notices the improvements and encourage you more!

## The Rapid Metabolic Fat Loss Program – My Story – Sonya Lane, Orange NSW.



Christmas 2010

This is me before and after doing the **Rapid Metabolic Fat Loss Program**. I had to try the program myself first, so that I was truly able to help others. My weight loss was quick, easy and long term. I now have more energy and feel amazing. For the first time in 6 years I am very excited to go to the beach with the family and swim.

With my help, and that of a renowned Australian Naturopath, you too can achieve great results on the **Rapid Metabolic Fat Loss Program**.

What great way to start and enjoy the summer!

### My weight loss results:

**Kilos lost: 7.8kg      Waist: 14cm**

**Hips: 11cm              Chest: 8cm**



Now 2011

**Sonya Lane - Telephone: 0412 812 695 to get started**