

## WEIGHT PROGRAM

### Obese and Overweight

- 64.5% of American adults and 15% of children are overweight or obese. (Overweight is roughly 10-30 pounds over an ideal weight. "Obesity" is 30 or more pounds over an ideal weight)
- Obesity is on the verge of surpassing smoking as the #1 cause of preventable death in America.
- Being overweight leads to a risk for diabetes, heart disease, liver disease, cancer, arthritis, and most other degenerative health problems.
- The risk of extra weight is the same as 20 years of aging, taking an average of 7 years off a person's life.
- Weight-related problems contribute to a decline in the quality of life.

### Conventional Treatment

- Chemical appetite suppressants
- Diets based on creating an enemy of fats, or carbohydrates, depriving the body of the balance that it needs for maximum health
- Surgery, including liposuction and gastric bypass M'Lis Program Highlights
- Detoxify the body; vital organs, liver, kidneys, and purify the blood
- Cleanse the intestinal tract of old waste material and hard encrustations
- Speed up food processing time
- Strengthen the peristaltic action of the bowels
- Reduce calorie intake while enhancing nutrition and stabilizing blood sugar levels
- Achieve a completely safe weight loss of excess fat rather than protein tissue
- Provide nutritional support with a complete vitamin and mineral formula, antioxidants, and digestive enzymes to assure assimilation
- Lower excess cholesterol and triglycerides in the blood stream
- Appease the appetite naturally rather than suppressing it chemically
- Use water and exercise to facilitate loss of weight
- Enhance vitality, increase energy, improve health

Weight should not be lost faster than ½ to 1 pound per day, and no more than 30 pounds a month. Any faster loss will be impossible to maintain, as it is not a fat loss, but rather a loss of water or lean tissue.

The M'Lis Weight Loss plan is quite simple to follow. Two meals a day are replaced with a COMPLETE Nutritional Shake, providing a broad spectrum of nutritional support to keep your energy level up and your caloric intake down. A third regular meal, selected for its low calorie content, is eaten daily. This one meal can be breakfast, lunch or dinner, but should be eaten before 6:00 p.m. And, as with any successful health program, exercise is encouraged.

This program is based on the fact that to lose weight, you must consume less food and consequently fewer calories. By replacing two of your usual high calorie, low nutrition meals with COMPLETE (which is low in calories, yet high in nutrition), you can eat one well-balanced meal daily and still lose weight. An herbal appetite suppressant stabilizes blood sugar levels to keep you from feeling hungry, without the dangers of chemicals or addictive drugs. The program will provide a completely safe weight loss that does not create imbalances or cause ketosis. It utilizes sound nutrition and natural products that work together to dissipate fat and correct weight-related problems. Fat is not the enemy (as there are some essential fats), and carbohydrates are not the enemy (as they provide fuel for every function of the body). The key is to eat a diet based on balance, following sound nutritional advice. This will allow you to take responsibility for your own health and enjoy an improved quality of life and health for many years to come.