



CELLFOOD[®]

WEIGHT MANAGEMENT

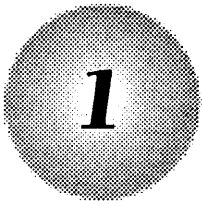
Just 25 drops in a glass of water before bed helps you to feel better *and assists with weight management!*

- **Increases Vitality**
- **Helps to Detoxify the Body**
- **Supports Sexual Energy**
- **Vibrant Hair and Skin**
- **Assists in Times of Stress**

Information and Instructions

IMPORTANT

This document is NOT an attempt to diagnose, prescribe, treat or cure any illness or medical condition. If you have a known medical condition, or are in doubt, seek the advice of a qualified health or medical practitioner *before use*. If pregnant or lactating, *always* consult a medical practitioner before beginning a weight loss program.



What is CELLFOOD® WEIGHT MANAGEMENT?

The amazing CELLFOOD®
WEIGHT MANAGEMENT
Formula can be a useful part of a
Weight Management Program.

Just 15-25 drops before bedtime can
help make your dream of a better, leaner
body a reality!

This incredible product may also
help your metabolism and may help you
to sleep better.

**CELLFOOD® WEIGHT
MANAGEMENT contains L-Carnitine
which is an amino acid that releases
fat from the cells into the
bloodstream for 4-6 hours, and
natural Cambogia Extract, which
may help the body to metabolise fat
and help with appetite management,
creating a feeling of "fullness".**

CELLFOOD® WEIGHT
MANAGEMENT also contains 30mls of
CELLFOOD™, Super Energized
Colloidal Mineral (the equivalent of a
full bottle of regular CELLFOOD™), a
powerful Oxygen-producing product.

**Awarded the prestigious 1997
Advanced Technology Award for
nutrition in America, CELLFOOD™
is a quantum leap in liquid dietary
technology.**

Put into water, CELLFOOD™ splits
the water molecule, H₂O, into separate
Hydrogen and Oxygen, allowing for
almost immediate absorption by the cells.
CELLFOOD™ dramatically increases the
amount of Oxygen in the water.

And CELLFOOD™ is the only
product in the world, (since we're two-
thirds body water), that, after you drink
it continues splitting water and releasing
oxygen for the next 3-12 hours.

Its all natural proprietary formulation
of a super-energised colloidal concentrate
contains 78 ionic colloidal minerals, 17
amino acids and 34 plant enzymes —
both metabolic and digestive enzymes.

This Oxygen-enriched solution is
delivered to every single cell in the body.

Also, Anaerobic disease (virus,
bacteria, fungus — which like low
Oxygen) find it hard to thrive in such an
Oxygen-rich environment.

This includes even the troublesome
Candida Albicans, which is often
associated with chronic mood and
energy swings.

CELLFOOD™ is also a powerful Free
Radical Scavenger.



CELLFOOD® WEIGHT MANAGEMENT also helps to Detoxify the Body

In addition to weight management, detoxification is an important factor in restoring your Health and Wellbeing. Detoxification is the cleansing function of the liver which removes poisons and metabolic wastes from the body.

If you were to slowly poison yourself, each day you would feel less vitality and mental clarity. Conversely, as the poisons are being removed, people generally experience increased vitality and it may help mental clarity.

Being overweight can be associated with toxicity, as toxins can be stored in fatty tissue.

CELLFOOD® WEIGHT MANAGEMENT effectively helps to cleanse the liver and the bowel, but even more importantly, helps to detoxify the body at a cellular level. This is significant because you and I are basically a cell times a 100 trillion of them.

Candida Albicans

This is an anaerobic (likes low oxygen) micro-organism that is associated with chronic mood and energy swings.

Be aware that because of the high Oxygen levels created by CELLFOOD™, there may be a rapid and extensive kill-off of it, which may result in detoxification symptoms or a feeling of being unwell.

(NOTE: See following and "Detoxification" section in "Directions", Section 5. Also, be aware that many holistic health practitioners believe that most people with M.E. (Chronic Fatigue Syndrome) may also suffer from Candida Albicans.

When CELLFOOD® WEIGHT MANAGEMENT is taken and the energy potential in the body is increased, the natural mechanism in most people's bodies is to increase metabolism of waste material out of the body. This can result in detoxification symptoms – such as headaches, general 'achyness', skin eruptions, recurrence of past symptoms – if it is done too rapidly – especially if the eliminative channels of the body are congested. If this occurs, cut dosage in half and gradually increase back up to the full dosage (refer to 'Detoxification' section in 'Directions')

Again, be sure to drink 8-10 glasses of water daily.

You are probably overly 'Toxic' if you:

- Smoke cigarettes
- Regularly drink alcohol
- Drink less than 6 glasses of water per day
- Average less than seven full bowel movements a week.

If you have any reason to suggest any symptoms – may be caused by something other than detoxification – seek the advice of a health professional.



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Wellness Now Tips for Weight Management

Practice being consciously aware of these three things:

1. Chewing

This is a great way to lose 5-10 kg's permanently, as well as reducing gas and belching. Most people eat quickly, barely chewing their food. Write on an index card the following and keep it next to your plate while eating: "I am now chewing each mouthful 15-20 times and putting my fork or sandwich down between bites." The putting down or picking up of your fork or sandwich allows you to get in another 5-6 chews. This becomes extremely significant as one considers how important digestion is to the whole human life cycle. **(CELLFOOD® WEIGHT MANAGEMENT can also help reduce bloating, effectively eliminating inches off the lower abdomen).**

2. Breathing

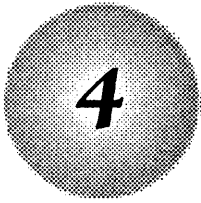
Occasionally close your eyes and just be aware of your breathing. Feel how good it feels as the breath penetrates all areas of your body. Observe your breathing if negativity or unwarranted fear is dominating your awareness — you usually shallow-breathe in this situation. Focus on your breathing fully and take three deep, easy breaths and you will discover the negativity and fear are usually greatly reduced or gone. Adequate oxygen is a major key to experiencing Wellness Now.

3. Water Intake

Aim to drink 8-10 glasses of water every day. Once you start, you'll experience drinking water as a real pleasure, not a chore. Adequate water is also a major key to experiencing Wellness Now.

"The bottom line is you create your own reality. Whatever you want in life can be yours. It's all about choosing. So, keep your mind on the things you want and take action now."





Weight/Shape Management

How do I Lose Inches?

In addition to managing their weight, at the end of the day, **what most people really want is to change their body shape.** And CELLFOOD® WEIGHT MANAGEMENT can help to provide that result. With a regular exercise program as well, CELLFOOD® WEIGHT MANAGEMENT can help your body replace fat with muscle – you literally take up less ‘space’, as 1 kilogram of fat takes up far more space than 1 kilogram of muscle.

How do I Lose Weight?

To lose weight you must consume fewer calories than your body needs, increase your metabolising levels to burn more calories than you’ve consumed and increase your physical activity to help build and tone into the body you desire.

Should I keep a record of my Measurements and my Weight?

Definitely! **Measure all the areas that you wish to lose inches from and keep track of the changes.**

If you’re taking CELLFOOD® WEIGHT MANAGEMENT but not losing weight as fast as you would like, you may be replacing fat with muscle. This will be most likely if you are exercising regularly.

If you are tracking your weight, weigh yourself every third day, on the same scales at the same time each morning before breakfast.

Is it important to eat breakfast?

Yes! Besides providing your body with essential fuel and nutrients, breakfast is important to get your metabolism going. This in turn helps you burn calories which will help you manage your weight.

Any food suggestions?

Eat the food you enjoy, but try to make it a lower fat version when you can. This will reduce calorie intake without reducing the amount of food you’re eating. Also, chewing each mouthful longer will prolong the pleasure of eating.

Should I start an exercise routine?

It definitely helps, but be sure to check with your physician before beginning any exercise program. Start out slowly, work up gradually and choose an enjoyable activity that appeals to you. This way you will be motivated to stick with it. Try to incorporate exercise into your daily lifestyle.

If you are unsure regarding other factors affecting weight management, such as lifestyle, diet and exercise, seek professional advice.





CELLFOOD® WEIGHT MANAGEMENT Directions

Normal Dosage

Shake well before using. For best results add 15-25 drops to 200ml of water or juice. Take on a nearly empty stomach just before bedtime.

If you want to take it twice a day, it may also be successfully taken on a nearly empty stomach after breakfast or lunch. (Allow 1-hour after a light meal, 2-hours after a large meal).

Maintenance Dosage

Once your desired weight/shape is attained, your regular dosage of CELLFOOD® WEIGHT MANAGEMENT can still be taken to help you to maintain your new look, or you can take regular CELLFOOD™ instead.

Detoxification

Due to the amount of toxins and/or the congestion in the immune system, a small minority of CELLFOOD® WEIGHT MANAGEMENT users may experience a brief period of uncomfortable detoxification.

The dosage can then be reduced to half or less of the normal dosage until the uncomfortable symptoms pass (usually in a day or so). Then slowly build back up to a full dosage.

NOTE 1: If using both CELLFOOD™ in the morning and CELLFOOD® WEIGHT MANAGEMENT at night, or CELLFOOD® WEIGHT MANAGEMENT morning and night, you are doubling your intake of CELLFOOD™, which is fine. But please be aware that this may increase the pace of detoxification

NOTE 2: Because of the enhanced metabolism of substances taken with CELLFOOD™, prescription drugs should be taken an hour-and-a-half or more before or after taking CELLFOOD™. We don't believe there would be any real problem if taken at the same time, but we prefer to be conservative.

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Summary

Just a few drops of CELLFOOD® WEIGHT MANAGEMENT every day and the cleansing and building processes are enhanced while you have help to manage your weight at the same time. Its unique synergy makes CELLFOOD® WEIGHT MANAGEMENT a great weight management, mineral, enzyme or Oxygen product.

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CELLFOOD[®]

WEIGHT MANAGEMENT

- **Completely Natural**
 - **NO Artificial Stimulants**
 - **Appetite Management**
 - **Very Mild Citrus Taste**
 - **Simple and Easy to Use**
- and...

...IT WORKS!

53 x 15-drop servings
32 x 25-drop servings

