BREAKTHROUGH WEIGHT LOSS

at

club REDUCE








PERSONALIZED ACCOUNTABILTY

You'll come each week to get weighed, and we'll also call you (or you can call us) at least once aweek to see how you're progressing! We'll want to know about your Food Diary, because by keeping your Food Diary,

YOU'LL LOSE TWICE AS MUCH WEIGHT as those people who don't….so we'll be checking on that!

If You Could Have Lost Weight on Your Own By Now, You Would Have! Together We will Get You To Your Weight Loss Goals

Thousands of people before you have lost weight using this system. Now it's your turn to get our help! In order to lose your weight, you need to surround yourself with positive, supportive people during this journey.

That's what we are here for!

It helps to have someone to answer your questions about the food and about the program.
We at **Club Reduce** have been on these programs, so we know just how to help you. We'll be here for you when you have a triumph or even in a weak moment.

We actually forward the phones in the evenings and on weekends…so you should always have access to us, anytime you need it!





INFRARED SAUNAS

To Help With Weight Loss

One goal at Club Reduce is to help you learn how to trigger your fat-burning hormones. The more toxins you can release from your body, the better your hormones One great tool to keep your body detoxified and cleansed is by having **INFRARED SAUNAS.**

An Infrared sauna can burn up to 600 calories in half an hour, and it creates as much sweat as a six mile run.

The sharp increase of blood and lymphatic vessels leads to intense physical "squeezing" of subcutaneous fat deposits and weight loss without load on the heart. This gives you effective leverage over fat burning hormones.

WHOLE BODY VIBRATION
FOR WEIGHT LOSS



Amazing New Technology To Speed Up Your Weight Loss!

-Accelerates Weight Loss
WBV stimulates all cells in the body to function at a higher rate, which in turn increases the metabolism causing more fuel to burn which helps to accelerate weight loss.

-Reduces Cellulite
WBV causes increased local circulation to targeted areas, in turn giving the visible cellulite area a "smoother" look.

-Increases Energy
WBV stimulates all cells in the body, increases blood flow and oxygen intake and stimulates metabolism to help flush out toxins.

-Increases Bone Density
There are two types of bone cells. Ostioblasts (bone maker) and ostioclast (bone shaper.) Bones loss is due to more ostioclast than ostioblast cells. WBV stimulates more weight bearing exercise and gravity stimu-lates ostioblast cells.

-Improves Muscle Strength
WBV improves muscle strength the same way as regular exercise does. Vibrations lengthen and shorten the fibers depending up-on the frequency.

-Enhances Wellness
WBV increases blood flow, lymph drainage, oxygenation of cells, the release of endorphins, and detoxification of the body.

-Enhances Detoxification
WBV works from the inside out. Waste products are expelled at a cellular, lymphatic and excretion level.

-Improves Circulation
WBV improves circulation through increased blood flow by stimulating the exercise heart rate.

-Improves Relaxation
WBV increases circulation, blood flow and oxygen intake. WBV also reduces cortisol (the stress hormone) and creates and releases endor-phins. It also detoxifies the system, enhancing relaxation.

-Reduces Varicose Veins
WBV causes increased lymph drainage, which lowers the pressure in varicose veins so the valves of the veins
can close off.

EXERCISE WITH OXYGEN THERAPHY

EWOT (Exercise with Oxygen Therapy) accelerates fat burning and increases metabolism!



EWOT can increase strength lines up to 20% and increase weight loss by an additional 20%. EWOT has been known to increase basic cellular life making the individual feel 20 years younger, eliminating shortness of breath all together refreshing the whole body with new life.

EWOT increases the amount of oxygen in the blood and plasma, and thus also in the tissues.

This increased level of tissue oxygen has several beneficial effects. It has been used successfully for a multitude of conditions, including: heart failure, cardiomegaly (enlarged heart), high blood pressure, cancer, wellness and antiaging, emphysema and
stress of all types (surgery, injury, immunizations, smoking, over exertion, infections, etc.).

It can also...

- Dramatically increase oxygenation of the tissues and cells
- Recover from stress related illnesses
- Prevent age related diseases such as cancer, macular degeneration, cataracts, diabetes, chronic fatigue, fibromyalgia, 'non healing' wounds (and so much more!)
- Slow down (or Reverse!) the process of aging
- Increase the diameter of the blood vessels (capillaries) that provide oxygen and nutrients to tissues and cells
- Recover from jet lag
- Stimulate the Immune System
- Lose weight



BODY WRAPS

For Inch Loss and Diminishing Cellulite

Unlike wraps you have heard of or read about, this specific wrap was developed by a bio chemist from the ULCA medical center.

This wrap process was formulated to encourage circulatory and lymphatic flow in patients. Research showed that because of this increased flow of both the lymphatic and circulatory systems, the patients experienced cleansing of the tis sues. This, in turn, caused healthy inch loss through internal cleansing.

Not only does the body benefit internally from this Body Wrap, but the external benefits of contouring and inch loss make this wrap ideal.

Club Reduce Body Wraps use herbal formulations which work externally to internally.

You will experience inch loss, diminishing of cellulite and body contouring. These results can be permanent and completely safe. This particular Body Wrap has been helping people lose inches for over 25 years!

SELF-MASTERY TECHNOLOGY

To FINALLY Overcome Emotional Eating So You Can Make the Lifestyle Changes to Maintain Your Weight for Life!



Studies show that 90% of people gain back the weight they lose! Why is it? Because people who are overweight are EMOTIONAL or STRESS eaters. Recent research shows that excessive stress can suppress the immune system and cause you to gain weight.

Therefore, it is vital to incorporate a program of stress reduction and relaxation into your weight loss program so that you will not only lose your weight, but so that you will keep it off!

By reducing anxiety and stress, and increasing relaxation, you can boost your immune system

As part of your weight loss program, you will experience Self-Mastery Technology (SMT) sessions designed specifically to help you lose your weight and keep it off.



These systems have helped thousands of people to lose their weight and maintain it for life!
This is THE answer for emotional eating. If you do not do SMT to overcome stress and emotional eating, it will be almost impossible to lose your weight and keep!

Self-Mastery Technology will help you achieve the body size you have always wanted!

WEIGHT LOSS SUPPLEMENTATION

Work Together Synergistically to Speed Weight Loss!



In America, we eat poor quality foods that have been stripped of their nutrients. We are overfed and undernourished. However, given proper nutrition, the body has the amazing ability to heal itself and lose weight. In order to do this, your body needs high quality supplements. But not all supplements are the same. Most supplements you purchase are synthetic and not usable by the body.

We only use the highest quality supplementation at Club Reduce.

The supplements we use have been formulated by Master Herbalogists. These formulas work synergistically together to promote weight loss.

Some of the many benefits of these supplements include:

- ✓Increased energy
- ✓Enhanced vitality
- ✓Cleanses the body
- ✓Helps purify the blood
- ✓Removes harmful food additives
- ✓Restores energy to the entire body
- ✓Destroys parasites in the digestive system
- ✓Stimulates natural action of the intestines
- ✓Restores dietary fiber to the system
- ✓Helps to produce “fat burning” enzymes
- ✓Helps to reduce hunger pang
- ✓Appeases the appetite naturally
- ✓Reduces nervous tension
- ✓Eliminates gas and mucous
- ✓Breaks down and oxidizes fat
- ✓Helps with depression
- ✓Helps strengthen bones
- ✓Lowers risk of disease and infection
- ✓Boosts immune system
- ✓Helps break down cellulite
- ✓Increase circulation
- ✓And MUCH, MUCH MORE!

STEP-BY-STEP DAILY GUIDELINES AND PROVEN EATING PROGRAMS

That Result in Weight Loss and Increased Energy!



You will be given the exact steps to follow on a daily basis.
You will know just what to do and just what to eat to lose your weight and feel great!
Recipes are provided for you, or you can choose meals on your own based on the specific foods on your program for the day.



These foods guidelines and program were put together after many years of successfully helping thousands of patients get to their goal weight...and even more importantly...after helping thousands of patients FINALLY get healthy and achieve their desired energy levels!
You will leave no stone unturned in this program!

You will be addressing every aspect of weight loss, and by doing all of these things together with our help, YOU WILL SUCCEED!

Let's get started!