

A close-up photograph of a person's midsection. The person is wearing a black sports bra and black leggings. A yellow measuring tape is wrapped around their waist, and a hand is visible holding the tape. The background is white.

7 New Steps to Spot Reduce Fat Naturally

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Welcome to Club Reduce, a place for understanding your body makeover. At Club Reduce, one of our key strategies is to train and educate you on how to maximize fat reduction and inch loss using steps that deal with not only losing inches, but keeping the inch loss permanent. Our goal is to get you to understand this process instead of just telling you what to do.

This 7 Step program will teach you how to fully understand what FAT really is and the exact mechanics of how your body burns fat. Instead of simply giving you another program, we give you a greater understanding of the principles of how the body works with regard to removing fat and losing inches in stubborn trouble spots. The 7 steps are:

- Step 1:** LipoLaser Treatment
- Step 2:** Drink Water
- Step 3:** Whole Body Vibration
- Step 4:** The 3-Week LipoLaser Program
- Step 5:** Sauna or Detox Sweat
- Step 6:** Daily Supplements
- Step 7:** Body Creams and Gels

Step 1. LipoLaser Treatment



Are you ready to lose up to 3 1/2 inches from your waist, hips, or thighs with no dieting, no exercise, no meetings or embarrassing weigh-ins just by lying down? Does this sound too good to be true? Well, your hopes and dreams are about to become reality!

With the LipoLaser all you have to do is set aside 40 minutes 3 times per week for four weeks, and let the laser do its work! After four weeks, you can lose anywhere from 3 to 7 inches in your problem areas.

It's that simple!

So, whether you are getting ready for summer swimsuit season, your class reunion, or your wedding day...and just need to lose a few inches around your waist, hips, or thighs to give you that boost of confidence you need....the LipoLaser can do that for you.

Don't worry...it'll be our secret-how you got to look so great so fast! You deserve to look your best!

The Technology of LipoLaser

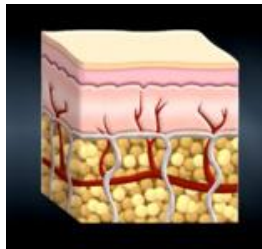
The science and technology behind the LipoLaser utilizes low level cold laser technology for spot fat reduction, inch loss, and body contouring in almost any area of the body. Low level lasers have been used for many years for the treatment of pain and inflammation to help reduce healing time.

The LipoLaser is 100% non-invasive, with no known side effects.

The LipoLaser was designed to specifically target subcutaneous fat, reducing the appearance of cellulite, resulting in inch loss and body contouring.



Cellulite *before*
LipoLaser Treatment



Reduction of Cellulite
after LipoLaser
Treatment

The laser energy safely penetrates the skin targeting the fat cells (Subcutaneous layer). Once the cells are permeated, they release fatty acids, water and glycerol, or triglycerides. The triglycerides are released from the fat cells and the body uses them as an energy source. The fat cells then “shrink” significantly resulting in inch loss and the removal of cellulite.

You will love the results... but more importantly, you will know that LipoLaser is:

- Non-surgical
- Non-invasive
- Safe
- Natural
- Pain-free
- No Downtime
- No Side Effects
- Effortlessly Melts Fat
- Spot Reduces

The LipoLaser can be used on:

- Waistline
- Mid and lower abdomen
- Upper mid and lower back
- Buttocks and thigh areas
- Arms and underarms



Step 2: Drink Water



Don't roll your eyes! The potion for losing that excess body fat is all around you. It covers two thirds of our planet. Next to air, water is the element most necessary for survival. If you eat right and exercise at the intensity, frequency, and duration proper for you, water will help rid the toxins and impurities in the body. Water is most essential to your body and organs to stay in good health.

How much water to drink varies by individual. So how much water should you drink each day? Your water needs depend on many factors, including your health, how active you are and where you live. Although no single formula fits everyone, knowing more about your body's need for fluids will help you estimate how much water to drink each day. These guidelines can help

ensure you drink enough fluids. In order to get enough fluids, ideally, you must drink half of your body weight in ounces of pure water. That's right, *half* your body weight. This means if you weigh 120 lbs, you need to drink 60 ounces of water per day (about 8 cups of water).

After you finish a LipoLaser treatment, it is essential to drink water to help the fat exit the body. The released fatty acids go into your lymphatic or waste system where they are removed. This will optimize your desired results for fat reduction. Other benefits include:

- Moistens tissues such as those in the mouth, eyes and nose.
- Protects body organs and tissues
- Helps prevent constipation
- Helps dissolve minerals and other nutrients to make them accessible to the body
- Regulates body temperature
- Lubricates joints
- Lessens the burden on the kidneys and liver by flushing out waste products
- Carries nutrients and oxygen to cells
- A natural appetite suppressant

It may be difficult to drink enough water on a busy day. Be sure you have water handy at all times by keeping a bottle for water with you when you are working, traveling, or exercising. Make sure it's purified. You should definitely NOT drink water straight from the tap. Tap water is full of harmful chemicals and heavy metals, parasites and bacteria. If you get bored with plain water, add a bit of lemon or lime for a touch of flavor.

Step 3: Whole Body Vibration



Shake it baby, shake it! Who knew that technology discovered by the Russians Space Program could introduce a whole new way to improve our bodies? Welcome to the world of Whole Body Vibration (WBV). The science of vibrating your fat away! For just **10 minutes** immediately after a LipoLaser treatment, you can enhance the speed in which the fat will leave your body.

What is Whole Body Vibration?

Whole Body Vibration (WBV) offers a low-impact way to increase strength and flexibility and rejuvenate your body, in addition to combating osteoporosis and increasing metabolism. Whole body vibration causes the muscles to experience an involuntary contraction at the same rate that the platform is vibrating. The mechanical stimulus produces a stretch reflex in 100% of the muscles. This means that the muscles react to the vibration by contracting and relaxing automatically (like when the doctor hits your patella, *knee*, with a little hammer.)

How it Came About

In 1895 in Battle Creek, Michigan, the developer of corn flakes, Dr. John Harvey Kellogg, invented a whole-body vibration machine. This was a unique chair design that shook violently and claimed to cure constipation, headaches and back pain. To stimulate the inner organs, he also developed a standing platform.

Russian scientists began the real studies of Whole Body Vibration in the 1960s and fine-tuned this technology. WBV was used for many years to help rehabilitate cosmonauts after returning from space to help repair muscles from atrophy and bone density due to the weightlessness of space. Many were so weak that they needed assistance in walking after emerging from the aircraft. The scientists reasoned that providing a form of therapy that focused on hyper gravitational force it could yield an effective treatment. These Russian researchers found that not only did that stop the loss, but amazingly it also increased bone density and strengthened muscle tissue. They also used this technology to prevent injury to their Olympic athletes. In the event one of their athletes did injure themselves, they were put on a WBV plate to rehabilitate the injury.

After the fall of Communism in Russia, Whole Body Vibration technology made its way east and west. This technology continued to be studied and enhanced. It has taken both the Orient and Europe by storm. Even though there were meager beginnings in the United States, vibration exercise really has not been in the United States for very long. In the past, only wealthy sports teams or doctor's offices were the only places you could find a WBV unit. These units usually cost \$10,000 or more. After decades of research, NASA, many professional athletes, sports teams, medical centers, spas, and health clubs have embraced this technology. Olympic athletes now have adapted whole body vibration into their workouts. Trainers and doctors have been using WBV for over 40 years.

How it Works

The Whole Body Vibration technology centers on a recurrent change of position on a vibrating platform with the specific physical factors of amplitude, frequency, and time. The muscles are stimulated to work by the stretch reflex. You are probably familiar this type reflex when the doctor taps the patella tendon below the kneecap and the lower leg moves upwards without the brain being able to prevent the movement. When the muscles are activated with the stretch reflex we get a number of benefits not seen during regular exercise. Normally, we do not use all our muscles for standing or moving. With the Whole Body Vibration, the stretch reflex ensures that all muscle fibers are being stimulated at one time. The muscle responds to vibration by contracting to offset the stress it imposes and is ensured to produce effective results for your physical therapy needs.

Why it's Unique

LipoLaser is a non-invasive workout that you don't have to change into workout clothes for. It's also a multi-faceted tool that complements aerobics and strength-training. It's simply a great tool for a healthy lifestyle. In layman terms, it is the application of vibrating frequencies to the entire body's muscular, skeletal, and nervous systems. The differing vibration frequencies have different effects on body function. Typically, *lower* frequencies are very effective for strength training, warming up and cooling down. Exercising at *higher* frequencies is usually used for massage and increasing blood circulation to peripheral body tissues.



The Many Benefits of Using WBV in Your Health and Weight Loss Program

WBV will increase your muscle mass, tone your legs, reduce cellulite and speed up your metabolism. Further, WBV will increase your levels of Human Growth Hormone (HGH) which is very effective at burning fat and building muscles, not to mention its anti-ageing miracles. Muscle mass is important as it aides to your weight-loss because muscles burn many more calories than fat. Increased circulation, metabolism, and toxin release all aid in the reduction of cellulite or stagnant cells.

Other amazing benefits include:

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.

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

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. Osteoblasts (bone maker) and osteoclast (bone shaper.) Bones loss is due to more osteoclast than osteoblast cells. WBV stimulates more weight bearing exercise and gravity stimulates osteoblast cells.

Improves Muscle Strength: WBV improves muscle strength the same way as regular exercise does. Vibrations lengthen and shorten the fibers depending upon 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 endorphins. It also detoxifies the system, enhancing relaxation.

Step 4: The 3-Week LipoLaser Program

Club Reduce recommends a 3-Week LipoLaser program. This program is essential to cleanse the body of the built-up toxins. Using herbal formulas and fiber supplements will expedite the cleansing process and help your body feel incredible! Here's how the 3-Week LipoLaser program works:

Day 1 and 2

Days 1 and 2 are preparation days. In preparation for this cleanse, you will need to eliminate meat, dairy, refined grains and sugar for two days. Wean off any abusive substances. Drink two quarts of distilled water.

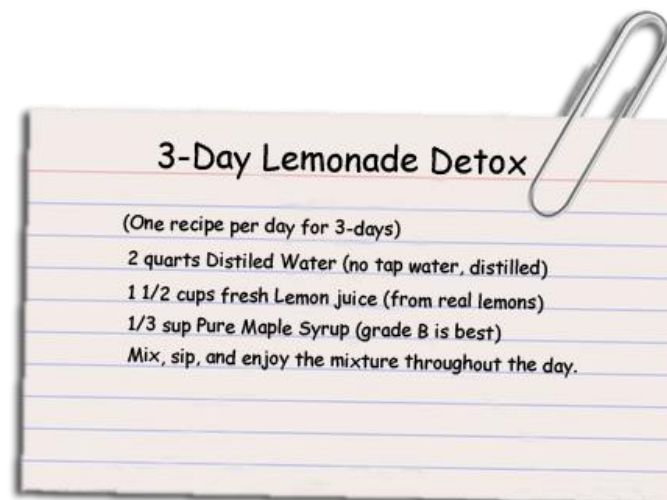


Day 3, 4, and 5

Days 3, 4, and 5 of the program is the start of the 3-Day Lemonade Detox. This detox consists of a liquid diet, comprised of a mixture of fresh lemon juice, distilled water, and pure maple syrup. It is recommended that at least 2 quarts per day be consumed. During the actual cleansing process, no solid food will be ingested. During this cleanse, complete herbal formulas and a fiber supplement will expedite the cleansing. It is not a three day fast, but merely substitutes a normal diet with food that will help cleanse the systems of the body. The body will be getting all the calories it needs and all the nutrients it needs with the supplements and the pre-digested juice formula—lemon juice that is rich in water-soluble vitamins that the body cannot store.

Why Pure Maple Syrup?

Maple syrup is a balanced form of natural sugar that will not cause insulin response. Pure maple syrup is also rich in minerals that the body needs. Maple syrup also provides the calories needed for the body to work. Make sure you use Grade A or B Pure Maple Syrup. Off-the-shelf syrups typically used on pancakes and waffles are not pure as they have added ingredients and are full of extra sugar.



Day 6 through 20

Beginning an organic eating plan is essential now that you have removed the toxins from the body. Your healthy eating will consist of:

- Vegetables and fruits—twice as many vegetables as fruits. No starchy vegetables such as potatoes or corn are allowed.
- The number of calories per day is 1000 calories for women, 1200 calories for men.
- Healthy oils are to be used for salad dressing (olive oil), and coconut oil for stir fry vegetables.
- 3 Scoops of Nutritional Shake (Solutions4) per Day (Chocolate, Vanilla or Orange Cream).
- Supplements twice a day to give all the necessary nutrients and to help the patient stick with the eating program.
- Organic seasonings without MSG (Sea salt is fine).
- Half Your Body Weight in purified water.



Here is a simple menu plan to follow to get the maximum benefit for your 3-Week LipoLaser:

Breakfast

Solutions4 shake (If you use 2 scoops for breakfast, only have one snack shake later)

(You could have 2 scoops with water and ice to make 8 oz. and a banana for a nice breakfast, but then you'd only have 1 scoop left for the rest of the day.)

Mid-Morning Snack

Fresh fruit or veggies or snack shake, 1 Scoop

Lunch

Big salad - Lots of fresh veggies!

Healthy dressing (i.e., olive oil, fresh lemon juice & fresh garlic)

Afternoon Snack

Fresh fruit or veggies or snack shake, 1 Scoop

Dinner

Big salad - Lots of fresh veggies!

Healthy dressing (i.e., olive oil or healthy oil, lemon & fresh garlic)

Steamed veggies or stir fry veggies (use coconut oil)

Supplements for the 3-Week LipoLaser Program (*see following table*)

Solutions4 Supplements for the 3-Week LipoLaser Program

Products Included in Program	Taken Daily as Follows
2 Canisters Nutritional Shake (Chocolate, Vanilla , Strawberry or Orange Cream)	3 scoops throughout the day
1 Bottle Body Purifier	2 in the morning, 2 in the evening
1 Bottle Intestinal Cleanser	2 in the morning, 2 in the evening
1 Bottle Fiber Blend	5 in the morning, 5 in the evening
1 Bottle Multivitamin/Multimineral	1 in the morning, 1 in the evening
1 Bottle Appetite Appeaser	2 in the morning, 2 in the evening
1 Bottle Vitamin D	2 in the morning, 2 in the evening
1 Bottle Cellulite Cleanse	2 in the morning, 2 in the evening

Is This Program Easy?

Yes and No. Patients like this better than other programs with shakes because these TASTE DELICIOUS. The eating guidelines are strict, but can easily be done for only 20 days. Because of the strict guidelines, the results are incredible! The supplements really help with cravings!

If You Knew That Taking 5 Daily Supplements Would...

- Lower the risk of common cancers by 50%
- Decrease the risk of Type 2 Diabetes by 76%
- Reduce the risk of retinal disease by 76%
- Cut the risk of kidney disease by 50%
- Reduce nerve complications by 60%
- Ease most symptoms of existing Parkinson's disease
- Reduce the risk of 90% of birth defects- ensure developmental health of newborns
- Lower the risk of heart attack and stroke
- Risk of coronary heart disease nearly 60% lower- prevention of first or second heart attacks, including sudden cardiac death
- Protection against cardiac arrhythmia—improvement of heart attack variability
- Ischemic heart disease 50% lower- support and protect the heart muscle, coronary circulation and all blood vessels against arteriosclerosis
- Contribute to blood pressure maintenance

- Totally eradicate Fibromyalgia
- Ward off all inflammatory disease- Arthritis, Rheumatism, Lupus
- Support anti-inflammatory balance in the brain, intestines, joints and all other organs Assist with weight maintenance
- Help alleviate depression and calm manic activity
- Improve skin quality- collagen and elastin
- Stop the acceleration of brain decline and progression of dementia and Alzheimer's- 80% allow for efficient conduction of the electrical stimuli and for overall high efficiency of the brain
- Help with developmental disorders such as ADD, ADHD and Dyslexia's, as well as potentially helping autistic kids
- Effectively help manage mood disorders: clinical depression, manic depression (bipolar disorder) and to a lesser extent, schizophrenia
- Ability to stay energetic, positive and balanced to deal with stress
- Help with PMS and hormonal imbalance issues
- Help prevent Osteoporosis

(From TOTAL HEALTH, 07/20/05- originally published 06/01/05 Studies on supplements)

***Do You Feel That This Would Be Important Not Only to Your Life,
But the Lives of All Those Who Love You???***

Healthy Again Maintenance

Club Reduce wants you to stay healthy. We share your mutual desire to reach your wellness and lifestyle goals. When you take supplements you need to make sure they can be assimilated 100% and work synergistically together. The good news is that Solutions4 products are assimilated 100% and do work together synergistically. They support each other and balance one another in quality, assimilation and dosage. Here are supplements that you can take every day and for your lifetime to help you stay healthy:

- **Multivitamin/Multimineral:** Vitamin and Mineral Supplement
- **Antioxidant:** Antioxidant Supplement
- **Liquid Calcium:** Liquid absorbable Predigested Source
- **Evening Primrose Oil:** Omega 6 And 9 Fatty Acids
- **Flax Seed Oil:** Omega 3 Fatty Acid

Step 5: Sauna or Detox Sweat

The Infrared Sauna

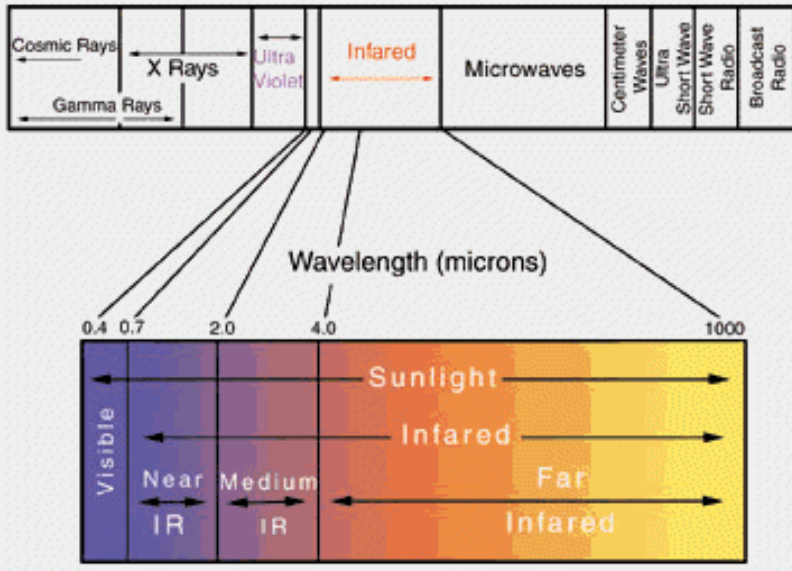
One goal at Club Reduce is to give you the most effective way of getting your fat-burning hormones to work for you. One great tool to keep your body detoxified and cleansed is by having INFRARED SAUNAS. The more toxins you can release from your body, the better your hormones are able to keep your body in fat burning mode.



The infrared sauna aids in weight loss. As our body expends energy to produce sweat (1 gm sweat requires 0.586 kcal) a moderately conditioned person can easily sweat off up to 1000gms or more in a sauna session – the equivalent to running 10-15 kms. While this weight loss can be regained by re-hydration with water, the calories consumed will not. This is a valuable system for those who don't exercise and those who cannot exercise, yet want an effective weight control and fitness program, along with the benefits that regular exercise bring.

Purpose of the Treatment

The Infrared Sauna is a full body detoxification treatment. Infrared is a band of light we perceive as heat. The sun produces most of its energy in the infrared segment of the spectrum. The infrared is divided into three segments by wavelengths. Only far infrared penetrates organic substances, such as the human body two or three inches so that the warming effect is very uniform.



Because infrared rays penetrate the body over 1 1/2 inches through convection, there is a deep heating effect in the muscle tissues and internal organs without putting too much burden on the heart. The body reacts to the increased heating through the natural cooling process of perspiring. Through perspiration acid and waste residue like toxins, sodium, alcohol, nicotine, cholesterol and the potentially carcinogenic heavy metals are removed from the cells (especially zinc, lead, nickel, calcium, etc.)



The pores of our skin open and discharge waste products, the skin sheds old skin cells, leaving it glowing and immaculately clean, with improved tone, elasticity, texture and color. Deep penetrating heat also stimulates the heart to send more blood to the body cells to increase blood circulation, which improves many symptoms.

Cardiovascular Conditioning

While the moisture on the surface of the skin evaporates and thus cools the body, a number of other changes occur in the body to release the heat as quickly as possible. The heart beats harder and faster, pumping more blood through the dilated blood vessels, thus achieving the conditioning benefits of continuous exercise.

Weight Control

As our body expends energy to produce sweat (1 gm sweat requires 0.586 kcal) a moderately conditioned person can easily sweat off up to 1000gms or more in a sauna session – the equivalent to running 10-15 kms. While this weight loss can be regained by re-hydration with water, the calories consumed will not. This is a valuable system for those who don't exercise and those who cannot exercise, yet want an effective weight control and fitness program, along with the benefits that regular exercise bring.

How Safe is it?

Because infrared is part of the sunlight, it's completely safe to use. Health professionals have used red infrared heat lamps for decades to treat muscle and joint problems. In hospital baby care units, incubators are often equipped with infrared heating systems to keep newborn babies warm.

Infrared Sauna vs. Conventional Saunas

Whereas conventional saunas transfer heat by circulating hot air, thereby warming your body from your head down, the far infrared heat rays warm your body directly. This allows an in-depth heat in a more pleasant temperature of 110- 150°F (43 - 66°C), thus providing more health benefits and a highly enjoyable and comfortable environment.

Conventional saunas need high air temperatures to pull impurities from the body, but infrared heated saunas can directly penetrate up to 45 mm inside the body. Impurities can be pushed out using lower and more comfortable temperatures.



How Does It Benefit Me?

Because infrared rays penetrate the body over 1 1/2 inches throughout conversion, there is a deep heating effect in the muscle tissues and internal organs without giving too much burden to our heart. Our body reacts to the increased heating through the natural cooling process of perspiring. This is an excellent way to detoxify the body. Other benefits include:

- Increases metabolism, burns calories and helps weight loss
- Relieves muscle pain
- Improves the immune system
- Removes toxins
- Improves appearance of cellulite
- Eases joint pain and stiffness
- Reduces stress and fatigue
- Improves skin

Step 6: Daily Supplements

Club Reduce uses the Solutions4 brand supplements as they were researched carefully and found to have been formulated by the best Master Herbalogists. They work together synergistically. When combined together, the results are amazing and the specific needs of a “dieter” are addressed. There are 8 Products in the 3-Week LipoLaser Program.



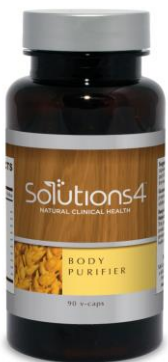
Nutritional Shakes (Dose: 3 Scoops per day)

The benefits of the Solutions4 shakes contain the 26 essential vitamins, digestive enzymes, essential fatty acids, protein and amino acids, and bioflavonoids.

Patients who drink these shakes will experience weight normalization, increased energy and enhanced vitality. The shake can replace a meal as they are 100% nutrition. They mix instantly with cold water so you can have it anywhere. If you are a diabetic or are hyperglycemic, the glycemic index is very low so it is a very healthy food source as they contain probiotics, Omega 3 fatty acids, and digestive enzymes. They are also Soy, Lactose, and sugar free with no hydrogenated oils or artificial sweeteners.

On our 3-Week LipoLaser program, you get 3 scoops per day. One scoop = a “snack” shake and two scoops = a “meal” shake.

Body Purifier (Dose: 2 in the morning and 2 in the evening)



The benefits of the Body Purifier help remove congestion, mucus, and chemicals. Harmful food additives will be removed and the blood stream will be purified. The Body Purifier also cleanses the lymphatic system, fights bacteria, yeast, mold and worms and restores energy to the entire body. While destroying the parasites in the digestive system, the Body Purifier will remove toxins from the body which is very important to weight loss. This herb is great to keep on hand as a first aid item or use when you feel sick or use it to build up your body’s defenses when getting ready to travel to a foreign country.

Intestinal Cleanser (Dose: 2 in the morning and 2 in the evening)

The benefits of using the Intestinal Cleanser helps increase circulation to the bowels, heal the bowels, lubricate the intestinal tract, and relieve gas and pains in the bowels. Further, it expels intestinal parasites and worms, and reduces inflammation and irritation in the gastro-intestinal tract. Additionally, the Intestinal Cleanser helps break down hard encrustation of waste for removal from the colon during detoxification, as well as on its own for effective and healthy elimination. It can also be used as a safe tonic-laxative and a natural stimulant to the colon without being a harsh laxative.

The Intestinal Cleanser is a powerful anti-inflammatory and anti-irritant for joints and is high in minerals including iron. It improves function of stomach and liver, stimulates the natural action of the intestines, and helps people who are constipated. This herb works synergistically when combined in the program, but is also good as a standalone product.



Fiber Blend (Dose: 5 in the morning and 5 in the evening)



Fiber Blend has several benefits for your body. Specifically it cleanses the bowels and intestines without calories and overcomes the body's urge to be constipated. It also stimulates the natural action of the intestines protecting the intestinal canal from putrefactive or pathogenic bacteria. Fiber Blend is known to lower cholesterol and triglyceride levels. It also prevents diabetes, ischemic heart disease, gallbladder disorders, varicose veins, diverticulitis and appendicitis. By using this herb, you will also restore dietary fiber to the system. This product has no gluten in it so people with celiac can use this. Most people find it easier to take in its capsule form rather than powder. For weight loss issues it not only helps with constipation, it also helps people feel fuller so they don't feel like they want to eat as often. This soluble fiber attracts water and slows down the digestion process so it gives the body more time to absorb the nutrients – especially if they have an acidic body. With just two ingredients that work together: Wheat Bran powder and Psyllium Husk powder, they provide 8 times more soluble fiber than oat bran.

Multivitamin/Multimineral (Dose: 1 in the morning and 1 in the evening)

This is the perfect combination of essential vitamins and minerals that are necessary for health. This formula utilizes the process of **chelation**, which binds minerals with amino acids, making assimilation by the body much more efficient than comparable supplements.

The ingredients in the Multivitamin/Multimineral include: Vitamins A, C, D, E, B1, B2, B3, B6, B12, Niacin, Calcium Pantothenate, Folic Acid, Biotin, Inositol, Choline, PABA, Lipotropic, Calcium Chelate, Potassium, Magnesium Chelate, Manganese Chelate, Zinc Chelate, Alfalfa, Kelp, Phosphorus, Pantothenic Acid, Iron Chelate, Chromium Chelate, Molybdenum, Iodine, Selenium.



The Importance of Chelation

Multivitamin/Multimineral is an important and effective formula because of its chelation. [Key'lation] This is the process by which mineral substances are changed into their digestible form. Common mineral supplements such as bone meal and dolomite are often not chelated and must first be acted upon in the digestive process to form chelates before they are of use to the body. The natural chelating process is not performed efficiently in many people, and because of this, many of the mineral supplements they take are of little use.

It is important to understand that the body does not use everything it takes in, and that most of us do not digest our foods efficiently. Additionally, only two to ten percent of inorganic iron taken into the body is actually absorbed, and even with this small percentage, 50 percent is then eliminated. Taking all these factors into account, you can recognize the importance of ingesting minerals that have been chelated. Amino acid-bound chelated mineral supplements provide three to ten time's greater assimilation than those that are non-chelated.

Appetite Appeaser (Dose: 2 in the morning and 2 in the evening)



The appetite can be a difficult to modify when starting any weight loss or rejuvenation program. The Appetite Appeaser has been specially formulated to produce “fat burning” enzymes. These enzymes will help reduce hunger pangs, nervous tension and appease the appetite naturally. They will also calm the nervous system, increase energy levels, and eliminate gas and mucus from the system supporting the body's cleaning system naturally. Appetite Appeaser also purifies the blood stream and breaks down the oxidized fat in your body. This herb is a natural formulation developed to balance blood sugar levels helping to appease the appetite and increase energy levels. It also helps to reduce nervous tension, eliminate hunger pangs and support the body's cleansing system. Appetite Appeaser promotes the metabolism of dangerous fat deposits that adhere to the heart and other vital organs. This can be used alone or as a valuable aid to weight loss and cellulite removal.

Many patients have experienced decreases in their appetite by regulating the blood sugar while simultaneously increasing energy levels while not suppressing or changing the chemistry of the brain. Others have experienced reduction of nervous tension often felt during detoxification and helps with “dieters” nervousness. All patients on this program LOVE it! It's a great help!

Vitamin D (Dose: 2 in the morning and 2 in the evening)

There is much talk right now about Vitamin D. Recent studies have shown that most people have low levels of Vitamin D. Club Reduce found it essential to include in their program. The Vitamin D from Solutions4 is in easily absorbed liquid gel form. By taking Vitamin D, it helps the body absorb more nutrients, works with high blood pressure, heart disease and strengthens bones. Vitamin D also lowers the risk of disease and infections in the body boosting the immunize system. Called the “Sunshine” vitamin, Vitamin D helps with depression which can lead to overeating. It has also been shown to have positive impact for people who have Multiple Sclerosis. Vitamin D is used for preventative care in the rejuvenation program.



Cellulite Cleanse (Dose: 2 in the morning and 2 in the evening)

This product contains a combination of pure, natural herbs that work together as a mild herbal diuretic to soften and break down cellulite and help stimulate and strengthen the waste elimination system. This product works in conjunction with the Body Contour Wraps to increase the cleansing action of the body, preventing the formation of cellulite and assisting in its removal.

When the body eliminates excess waste materials, there is nothing left to deposit in the adipose cells and connective tissue to turn to cellulite. This is an ideal condition, as most bodies are not able to eliminate excess waste that is deposited, subsequently forming cellulite. Once cellulite has formed, proper elimination is even more crucial to flush out the toxic residues. Because maximum elimination is clearly vital in solving a cellulite problem, all three organs involved—the kidneys, intestines, and the skin must be in superb working order.

The benefits of the Cellulite Cleanse include:

- The breakdown of cellulite
- Eliminates waste materials as a mild natural laxative
- Reduces water retention
- Increases body circulation
- Appeases the appetite naturally

Step 7: Body Creams and Gels



Cellulite can be described as a condition of uneven deposits of fat, water, and wastes that have become trapped in connective tissues of the body, just below the skin's surface. Eight out of ten women have cellulite, as well as many men. It is caused by a combination of a toxic body, poor nutrition, and poor circulation. Cellulite does not respond to normal weight loss and exercise programs. The goal of Club Reduce is to create an environment in the body that helps eliminate current cellulite buildup while preventing future accumulation.

Anti-Cellulite Lotion

An anti-cellulite lotion with the ability to maximize and preserve the contouring, tightening and inch loss is achieved through Body Contour Wraps. The lotion contains essential nutrients which increase circulation, helping to condition and tone the skin. It is scientifically formulated to be used as a take home follow-up lotion to a professional Body Contour Wrap, and for anybody involved in an Anti-Cellulite Program.

Active ingredients are retained in concentrated levels to assist in the cleansing and cellulite removal process, while leaving the skin with a delicate cinnamon scent.

Anti-Cellulite lotion helps to:

- Maintains the concentration of active ingredients on the skin in order to continue cleansing and aid in cellulite removal
- Increases circulation
- Softens and condition the skin
- Tightens and tones

Suggested Use

Anti-Cellulite lotion should be applied immediately after showering or bathing, on all days in between body wraps. It may also be used as an every-day circulation lotion. Apply to dry skin in a circular motion, treating the problem areas.

Exercise Gel

The Exercise Gel at Club Reduce is used for sore muscles, fibromyalgia, arthritis, and sore and aching joints. The gel can be applied to cellulite-prone areas before exercise for a pre-workout warm-up.

When combined with exercise, the gel helps you get the most from your workout as well as achieve better, faster results. Exercise firms and tones the body, inducing calorie burn-up. Exercise Gel, when applied to problem areas before exercising, increases blood flow for detoxification, helping to improve body shape.



Exercise Gel helps to:

- Keep muscles warm and moveable
- Increase circulation
- Expel toxic waste and fluid
- Cleanse body tissues, producing inch loss through exercise

Exercise Considerations

The best types of exercise for better circulation of the blood and lymph are low-intensity aerobics such as cycling, skiing, Pilates, etc. Stretching specific areas then sculpts and tones vulnerable cellulite areas, aiding in muscle recuperation and tension reduction.

The Role of Exercise

We know that in exercising, we expand and contract muscle fibers. The expanding and contracting generates heat, which raises the interior temperature of the body over the normal 98.6 degrees. The warming effect that this creates is the increased need for oxygen to the cells, causing blood flow to accelerate. Through this increased flow of blood and the body's systems of detoxification, body fat and toxins are reduced.

The largest organ of the body is the skin. The body releases toxins through the pores by perspiration. Exercise increases the body's normal function to expel these toxins. We know that the skin expels the toxins and fluids because of the need to bathe daily to remove surface waste and to wash away body odors, which are caused by toxins.

The Benefits of Exercise Gel

Exercise Gel assists exercise by increasing circulation at the beginning of an activity for maximum benefits. It brings blood flow to the surface of the skin. This helps relax muscles, thereby helping the body in expelling toxic waste and fluids. In turn, this helps to decrease body fat and burn calories faster. The ingredients in Exercise Gel are scientifically formulated to cause the blood to flow quickly, evenly, and without causing the heartbeat to increase. All natural herbal extracts are manufactured with precision for cosmetic use or human consumption.

Suggested Use

Apply Exercise Gel to the problem areas of the body; sore muscles, joints, or anywhere you wishes to reduce tissue toxins. It can be used up to three times daily with or without exercise for improved circulation and mobility.

In Conclusion

We are honored to be a part of your life as you journey through your spot reducing journey. As your team, we are committed to providing you with the best care we can. Our hope is that we form a partnership to keep you as healthy as possible, no matter what your current state of health. We will share our expertise with you, and we hope you'll take responsibility for working toward the healthy lifestyle that is so important to your well-being. Few of us, ourselves included, have a completely healthy lifestyle, but each day we can take a step closer to a healthier life.

Here are some important steps you can take toward better health:

- Don't smoke cigarettes or use other tobacco products.
- Drink alcohol in moderation, if at all, and never drive when you've been drinking.
- Eat a diet rich in organic vegetables and fruits.
- Exercise at least three times a week.
- Wear your seat belt whenever you're in a car.
- Learn about ways to deal with stress and tension.
- Discover what spirituality means to you and practice it.
- Maintain ties with your family, neighbors, co-workers or your church community.

It will give us great pleasure to work with you on your goals, either through our own expertise, through reading we might give you, or by encouragement you will receive each time you visit our office.

We look forward to working with you. Please contact us whenever you'd like to talk about anything you think may be affecting your health. It's our hope that we can have a relationship where the lines of communication are open. We will listen to you at least as much as we talk. Let's work together to help you live the satisfying life that you deserve.

We wish you luck on your journey to a healthy lifestyle

—The Club Reduce Total Body Makeover Team