

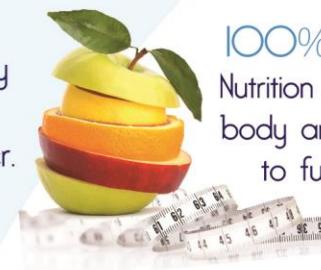
## Water

Water is critical to the treatment of any health condition, including over-toxicity. Every organ of the body requires water. The heart, lungs, skin, and circulatory system all depend on water. To determine your individual need, divide your weight in half. Half of your body weight gives you a good rule of thumb for how many ounces of water your body needs to function on a daily basis. For example, if you weigh 150 pounds, you should be drinking 75 ounces of water each day. Nothing will substitute for water, including: milk, juice, tea, soda, etc. If you drink enough water each day, you will absolutely feel different. This is not to say that you cannot drink other liquids, but remember the importance of the quantity of water that you drink each day.



## Digestive Enzymes

Diet and disease have now been inextricably linked together. In order to digest enzyme-free foods, the body calls upon digestive organs to work excessively. After a lifetime of overworking our body's vital organs, they wear out. When these organs are no longer performing at their optimal level, food is not digested properly which can lead to diet-related diseases, disorders and death. For example, one form of adult onset diabetes is a result of over-taxation of the pancreas. Supplemental digestive enzymes ease the burden of digestion therefore strengthening your immune system.



## 100% Nutrition

Nutrition is essential to health and wellness. 100% nutrition ensures that the organs of the body and the immune system are being strengthened, while also getting what they need to function at their full potential. This is attainable by supplementing vitamin and minerals, as well as antioxidants and essential fatty acids.

## Implementing Friendly Bacteria

The human gastrointestinal tract is home to high numbers of different types of microbes and bacteria. Because of the number and diversity present in the human body, it has become evident that bacteria play an important role in health. Most of these bacteria are not harmful, and in fact contribute positively to normal growth and development. Some of these bacteria, however, can have negative influences.

A healthy balance of the bacteria, favoring beneficial bacteria over potentially harmful bacteria, is essential to the proper functioning of all systems of the body.

Friendly bacteria strains can suppress harmful bacteria. They have been shown to improve intestinal tract health by aiding digestion and elimination, alleviating the symptoms of lactose intolerance, improving absorption of minerals, reducing toxins in the bloodstream, and improving immune function.



## Fitness and Exercise

Exercise is vital to any weight loss program. Do cardiovascular exercises: walking briskly, swimming, treadmill, stairs, biking. Exercise at least three times per week, working up to 30 minutes each time. Get plenty of fresh air and sunshine—they have an excellent anti-depressant effect. Mental exercise is also important. Set aside times daily to relax, unwind, de-stress and allow positive emotional and psychological repair to begin.

## Detoxification

Just as is the case with any lifestyle change, a total cleanse of the system is the first step to improved health.

Detoxification, along with a Program, helps provide nutritional support to strengthen the immune system and lose weight safely.



Detoxification is a total body cleansing program, which cleans the liver, bowels, kidneys, and the blood supply. It helps restore the peristaltic action of the colon, and helps to rid the body of mucus, toxins, and waste materials that are trapped in the colon (and may have been there for years). Detoxification will jumpstart your weight loss program, help the systems of the body to function more efficiently, take away tolerance for abusive substances (such as sugar and caffeine), and improve digestion.

## What makes us different?

We have helped thousands and thousands of people across the country lose their weight and keep it off.

We want to help you lose weight, gain health, and restore your energy! Since our programs focus on getting your body healthy, the weight loss results are long-term, unlike typical fad diets. With Club Reduce, it's easy... You can reach your weight loss goals and gain health and energy by following our healthy living guidelines.

To find out more, register for one of our breakthrough Weight Loss Seminars at:

[ClubReduce.com/yourwebsite](http://ClubReduce.com/yourwebsite)

Or give us a call at:

**1-888-BURN-FAT**

Or stop by:

**Your Clinic Name**  
1234 Main Street  
Your Town, ST 12345



club  
**REDUCE**



**Our  
Approach  
to  
Weight Loss**