

The BEST time of the year for getting your body in shape

It's now Spring and the BEST time of the year for getting your body in shape. Why? Because you still have time to make a difference and show off your body in summer gear, including your swimsuits. It's a time when your results will be noticed the most. Remember when you lost weight or firmed up in winter and nobody noticed with all those layers of clothes? And this unwanted weight is stored as fatty acids in our body.

Acetic acid, lactic acid, and LDL cholesterol, the derivatives of fatty acid, lower the pH of the body fluids significantly and also lower your metabolic rate. Acid coagulates blood capillary beds so there is not much blood flow around fat. Apart from supplementation and eating a balanced diet the most important thing you can do is to increase circulation, enabling more oxygen to the area to assist the body to release these stored fats.

But you must also look to what you put in your body and work from the inside out as well as from the outside in. Minerals and trace minerals (electrolytes) are the foremost things you should supplement with in your body. Make sure the supplements you do take contain all the ingredients and nutrients that support your body to function effectively and help you maintain a healthy weight.

Just look at the difference it can make to your body and to your confidence when you lose weight the right way – not dieting - but giving your body all the nutrition it needs and cleansing your body of toxins. Carmel from my office lost 13kg and gained a new lease on life.



OUR WEBSITE SPECIAL FOR SEPTEMBER –

“BE Lite Cleanse” contains a BE Lite for Cellulite 100mL and an Isagenix Cleanse for Life 946mL for \$99.50 (save \$19)

BE Lite for Cellulite is detoxifying and diuretic in its actions and increases circulation. It encourages the body to speed up its process of elimination which is important for health. Each day we ingest/inhale toxins & chemicals from various sources - food preservatives and chemicals, polluted air, water etc. Our body from the time we are born tries to maintain homeostasis or balance. If our ingestion of toxins and chemicals is greater than can be excreted each day our body stores these in the fatty tissues of the body and surrounds it with water to protect it from being excreted too quickly and overloading our body.



BE Lite for Cellulite may also help when there is excess fluid present such as in ankles, knees and joints or when suffering from insect bites and stings.

And why do I add a Moonstone Crystal in BE Lite?

The energy of moonstone is balancing, introspective, reflective and linked to the moon. It is capable of helping to change the structures of one's life on the physical, emotional, mental, and spiritual levels.

It has the energy associated with "new beginnings", and it diminishes the obstacles in our path by **releasing and/or integrating the obstacle**. It can stimulate the properties of rejuvenation and can alleviate many degenerative conditions with respect to the skin, hair, eyes, **and the fleshy organs** - the skin being the largest organ of the body.

It can also enhance the assimilation of nutrients, to **assist in the elimination of toxins, and to treat disorders of the digestive and elimination systems**. It can provide remedial action for disorders related to water (swelling) and is also used in the treatment of circulatory disorders.

Cleanse for Life™

Most products claim only to cleanse the colon and do not provide key nutrients. **Cleanse for Life™** is different; it contains an exclusive combination of ionic minerals, botanicals, vitamins that cleanse the entire body on a cellular level, while supporting improved health. **Cleanse for Life™** actually nourishes the body as it cleanses.

Nutritional Cleansing is most effective when **Cleanse for Life™** is used as both a daily and deep cleanse. Everyday cleansing aids in the removal of surface level impurities. Deep cleansing aids in the removal of contaminants that have collected deep within the body tissues over time. When you drink **Cleanse for Life™**, you help your body eliminate impurities that we're exposed to on a daily basis. When used as part of the Isagenix Nutritional Cleansing Program, including proper diet and exercise, **Cleanse for Life™** offers a number of healthy benefits:

- Increases energy and endurance
- Aids in weight management
- Helps to control excess weight
- Increases resistance to oxidative stress
- Improves mental and physical performance
- Strengthens the immune system
- Supports cardiovascular, respiratory and circulatory health
- Aids digestive health

I've included my own pictures as well to show you how happy I feel now. And also because Carmel (pictures above) would only allow hers to be shown if I included mine too. I've used **BE Lite for Cellulite** and the complete Isagenix Program, which includes the Isagenix IsaLean Shake and Isagenix Ionix Supreme, to make a change to my health but if you just want to try our **"BE Lite Cleanse" which contains a BE Lite for Cellulite 100mL and an Isagenix Cleanse for Life 946mL for \$99.50 (save \$19)** you'll start making a change to your life and it may give you the confidence to continue making positive changes to your life. But one thing about taking the Cleanse for Life is that the more toxic you are the more you'll dislike the herbal flavour. You may even have a slight headache for the first few days as I did because I also gave up coffee. But if you persist you'll definitely reap the benefits of this very special product.

Why not give this a try, you have nothing to lose, well maybe that's not quite right, most of us have a lot to lose. Weight that is.

Warmest regards,
Cheryl Gilbert

Balanced Essentials

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