

MassAnon Healthy Slimming
Be All You Can Be

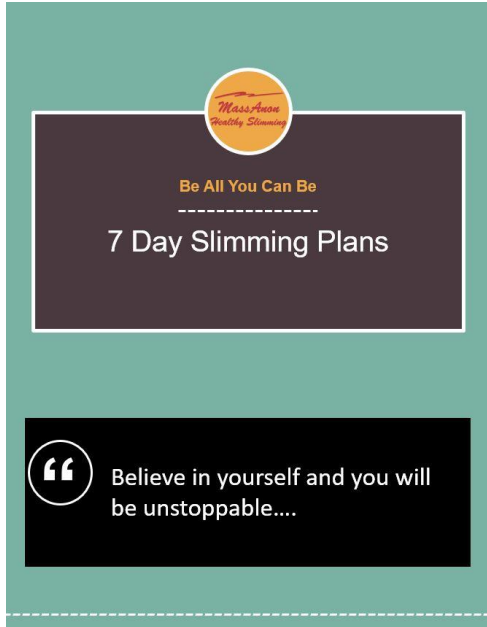


MassAnon
Healthy Slimming

Slimming Information



7 Day Slimming Plans



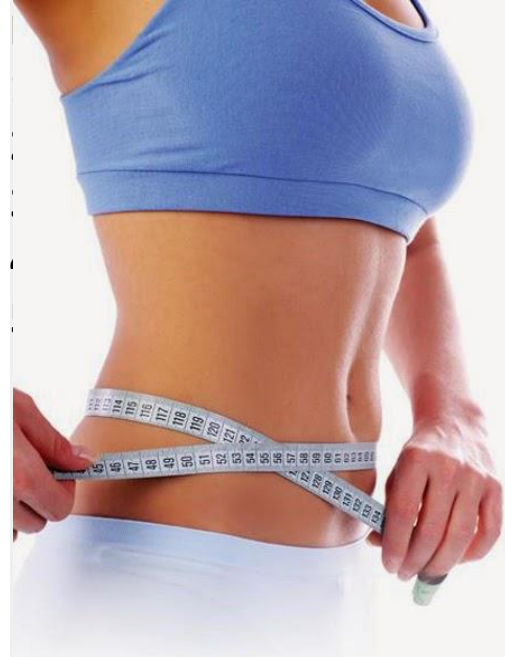
7 DAY PLANS = R125-00
(each)

MassAnon 7 Day Slimming Plans will help you make healthy choices in the way you eat.

Healthy eating is about what you eat, food combinations and portion sizes. Some good changes in your diet can lead to a major improvement in your health, your weight, and your lifestyle.

There are different 7 Day Slimming Plans (from A to K) on the website to buy. Each 7 Day Plan is unique. Dedication to your plan may lead to weight loss between 500 gram and 1,5 kg per week.

1 Week Detox Plan



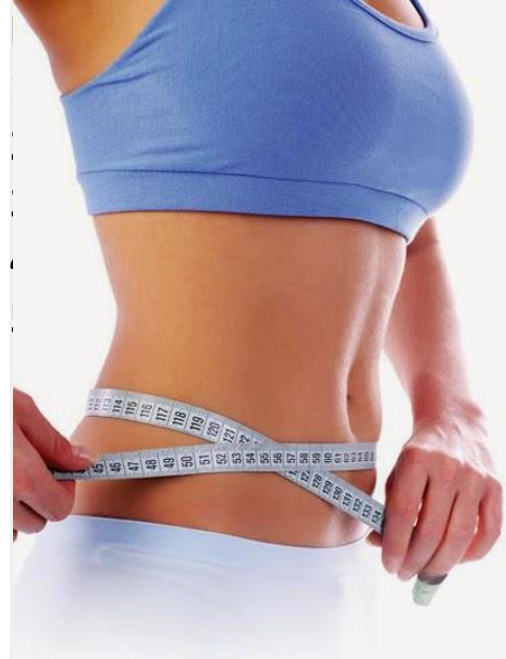
1 Week Detox = R125-00

It is always good to start off with the 1 Week Detox Plan to clean the body - caused by the overload of toxins that engulf our everyday lives and that includes processed and junk food, alcohol, caffeine, sugar as well as cigarette smoke and pollution.

The detox plan may lead to a lack of energy, fatigue and dizziness in the first few days.

Weight loss differs from person to person and it depends on how committed you are to your detox plan. Be committed to the Detox Plan and lose 2 kg and more in the first week.

1 Month Slimming Plan



1 Month Plan = R250-00

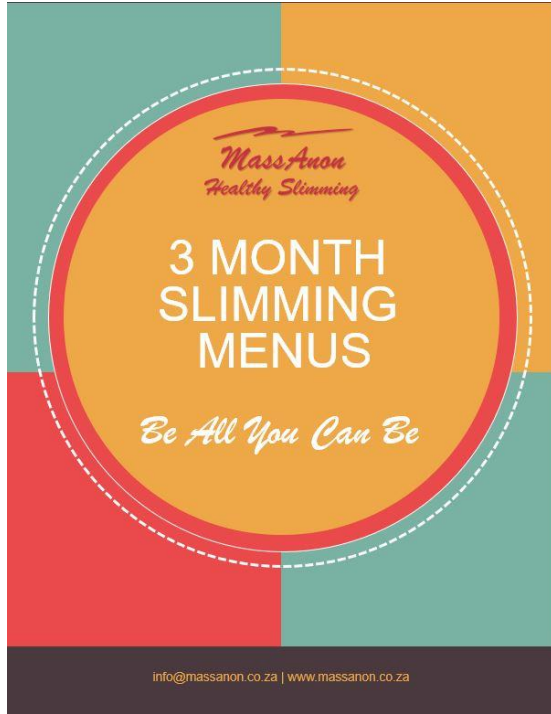
Start off your new way of living with the 1 Month Slimming Plans. This Plan includes the 1 week detox plan as well as 3 X 7 Day Slimming Plans.

Commitment to your plan may lead to weight loss of 3 – 4 kg in the one month.

Every day we make choices, some good, some bad, but when it comes to health and weight loss it is important to make the right choice.

There are different reasons why we want to lose weight, but doctors all agree that if you are overweight or obese, even a small loss can bring a real improvement to your health.

3 Month Slimming Plan



3 Month Plan = R350-00

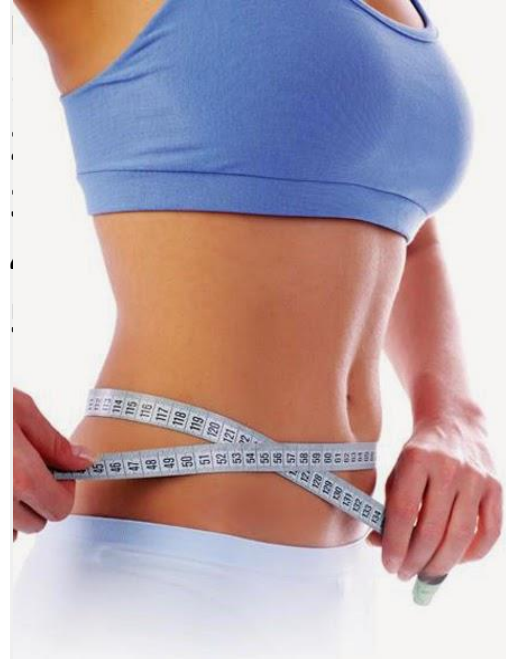
Excess weight increases the strain on the heart, it raises both blood pressure and blood cholesterol. It also increases the risk of developing diabetes. You can help lower your heart disease risk. This can be done by following a healthy slimming plan.

Losing weight slowly and steadily is the safest and most effective long-term way to lose weight.

The 3 Month Slimming Plan includes the 1 week detox plan as well as 11 X 7 Day Slimming Plans.

Commitment to your plan may lead to weight loss of 8 –12 kg on this 3 Month Plan.

Plan For Life



3 Month Plan = R350-00

Maintain your weight with the Plan for Life.
Enjoy the options in this plan.

FEEL GOOD - LOOK GOOD - LOVE YOUR BODY

THE TRIANGLE BODY SHAPE



The higher stress and demands that are placed on your adrenal glands at one time, results in a move to survival mode.

Survival Mode results in weight gain. The key is to get your body out of “surviving mode” and into “thriving mode”.

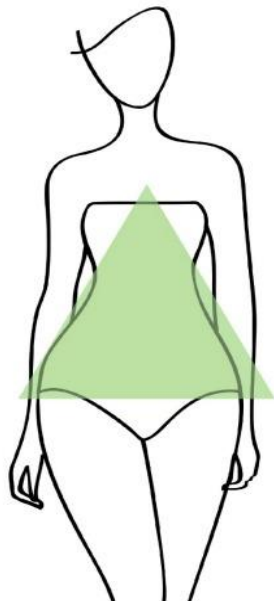
THE DIETARY GUIDELINES FOR THE TRIANGLE BODY SHAPE

As a Triangle Body Shape, you need to have a protein breakfast every day. The recommended Protein intake per meal should be:

FEMALE: 3 eggs OR 120 g - 150g protein per meal

MALE: 4 eggs OR 150 g - 180g protein per meal

Triangle Body Shapes require snacks between meals to reduce cravings. Your key mineral required is potassium. The average human requires 4700mg each day. This means that in a period of 1 day, you should consume 7-9 cups of vegetables or salad. Eat a huge salad at lunch to ensure you get the maximum nutrition from your diet. Avoid sugar, gluten, and foods containing hidden sugar.



THE HEART BODY SHAPE



Oestrogen dominance is most likely causing a disruption of your metabolic rate, by interfering with the function of your thyroid gland.

THE DIETARY GUIDELINES FOR THE HEART BODY SHAPE

As a Heart Body Shape, you need to avoid estrogenic foods like soy and ensure that animal meats and dairy products are hormone free.

HEART SHAPES need a moderate amount of protein (85 - 100g per meal)

It is not important for you to consume a high-protein breakfast.

Good snacks for the **HEART SHAPE** are nuts, berries, and cheese (hormone free).

HEARTS SHAPES do well with cruciferous vegetables because they are anti-estrogenic.

The key mineral you need is iron. The **HEART SHAPE** usually has menstrual cycle problems and iron is required to replace and fortify blood. Avoid sugar, gluten, and foods with hidden sweeteners, such as juice and flavoured yogurt. Eat a moderate amount of fruit every day. Berries are preferable

PROTEIN GUIDELINE

As a Heart Body Shape, you need a moderate amount of protein every day. Avoid all commercial animal products as these products contain hormones like oestrogen that are absorbed during digestion, negatively increasing the hormone level.

You should also avoid dietary soy products.



THE SQUARE BODY SHAPE

Your thyroid gland is not functioning optimally.

THE DIETARY GUIDELINES FOR THE SQUARE BODY SHAPE

The **Square Body Shape** requires a small amount of protein per meal. This is due to a compromised metabolism. **Animal protein is preferable** to ensure lasting energy during the day. **Consuming carbohydrates in the morning will result in cravings later** in the day. As your metabolism is slower, excessive snacking must be stopped. A **Square Body Shape** requires a snack rich in healthy fats, between meals, to limit cravings. For optimal results **you should avoid all dairy and animal products that have been treated with hormones**. If you are unable to source free range products, **fish is recommended**. Avoid soy products. **Ensure, meat, cheese and dairy products are hormone free**. Many thyroid gland problems are secondary to high levels of oestrogen.

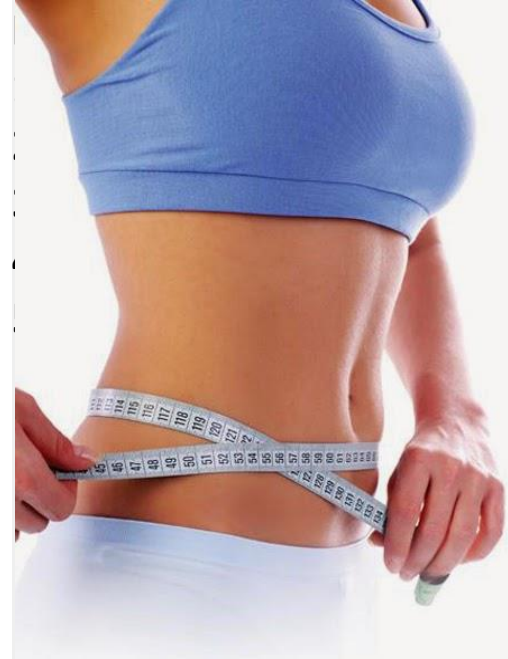
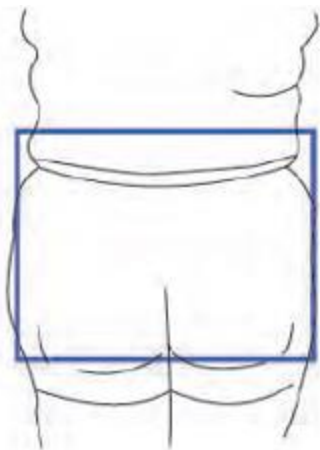
Your **key mineral is iodine**. The thyroid gland requires iodine to produce hormones. **Foods high in iodine are sea kelp, seafood, and strawberries**. Also note that **cruciferous vegetables are iodine depleting, so avoid them**. (e.g. kale, broccoli, cabbage, bok choy, brussels sprout and cauliflower, etc). Avoid sugars, gluten, and foods with hidden sweeteners. Eat a **variety of fruits**, but note that **berries are preferable**.

PROTEIN GUIDELINE

The recommended protein per meal is:

Breakfast and Lunch: 3 Eggs OR 120g protein

Dinner: 85g protein



HELPFUL HINTS

HOW MUCH WATER SHOULD I DRINK?

Drink as much water and herbal tea as desired. The recommended minimum is 2 liter per day



Invest in a quality vitamin and mineral supplement.
Make sure you get enough sleep.
Reduces stress levels.



HELPFUL HINTS

CARBOHYDRATES

Am I ok with not burning fat for the next 48 hours?
Am I ok with gaining weight from eating this meal?
Eating these foods will increase my blood sugar, make me tired and cause cravings.
Junk food toxifies my body and liver.
Sugar increases the risk of cancer, high cholesterol and diabetes.



ALCOHOL

Am I ok with my liver inflamed and unable to burn fat for the next 72 hours.
Alcohol may increase insulin which will block my fat burning hormones.

A STEP WE NEGLECTS

Plan your meals in advance.
This will enable you to save time and money.
To plan your meals in advance will make it easier to stick to your nutritional plan and keep you from making incorrect food choices.

