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FREE Gift!
Open to
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AT LAST! The honest, no-hype truth for anyone seeking a solution to their food cravings, out of control stress, and excess body fat.

FIGHTS FAT BY BANISHING YOUR STRESS!

- ▶ **Are you fed up with yo-yo dieting**—losing 15 pounds, gaining 30 back, and feeling deflated after all your hard work to lose weight?
- ▶ **Are you fed up with out of control junk food cravings** that drive you to snack on chips, candy, and cookies—just because you're bored, depressed, or stressed out?
- ▶ **Does your hectic lifestyle have you tossing and turning** at night, ruining your sleep, and leaving you drained, moody, and full of anxiety?

Now you can put an end to all that! One M.D. has spent her *entire* career studying weight loss. And the exciting new discovery and clinical studies she'll reveal inside can help you fight fat, get healthy, and look great...without going on another ridiculous fad diet.

INSIDE: Surprising research on how stress and lack of sleep can make you fat...page 4

Advice to Anyone Who Has Struggled to Lose Weight... By a Previously Fat Doctor

Important
News...
Please Read!

Dear Friend,

Thirty years of dieting and Americans are fatter than ever. What's going on here?

We've tried diets. (God knows we've tried all the diets.)

We've used our willpower. (Yeah...like that really worked.)

It's all so aggravating...and depressing. Why hasn't someone come up with something to curb the cravings for the high fat, high sugar junk foods that pack on pounds...so people can finally feel good about their weight? Well, I am here to tell you, they have.

How do I know this is a major breakthrough? Because I have spent my professional life specializing in the research and treatment of obesity and weight management.

And why did I choose this path? Because in my past, I struggled with my own pudginess. It took me years of effort and frustration to finally realize that the typical American approach to weight loss does not work...and it never will. As you will see in this report, I do not believe in restrictive diets. And I am fed up with weight loss hype.

Before I got a handle on my own weight, I was so angry about not being able to break the weight loss-weight gain cycle, I decided to study the science behind it. And once I found out how my own body was silently poisoning me, I knew I was on the right track of solving my own overweight problem.

So I urge you to read the enclosed report and discover how you can stop going down the same agonizing weight gain-weight loss path over and over again. When you finally know you're in charge of what goes in your body, mealtime becomes a joy and not a burden. You can be in complete control of your weight—if you follow this simple advice.

Sincerely,

Rhonda Pelletier, M.D.

Dr. Rhonda Pelletier, M.D.

Dr. Rhonda Pelletier is a graduate of Tufts University and received her M.D. from the University of Washington School of Medicine. She is the author of No More Dieting: Cracking the Code To Permanent Weight Loss After Age 40.



Dr. Rhonda Pelletier, M.D.

Would You Like To:

- ✓ Get the real truth about what it takes to burn fat and manage your weight?
- ✓ Banish the stress that sabotages your weight?
- ✓ Curb your cravings for high fat, high sugar junk foods like cakes, pies, cookies, and ice cream?
- ✓ Reduce fatigue so you have plenty of energy throughout the day?
- ✓ Improve your mood and control irritability and emotional ups and downs?
- ✓ Feel more relaxed and less anxious and nervous throughout the day?
- ✓ Soothe tense muscles?
- ✓ Sleep better?



Dear Friend:

Have you ever wondered why it's so darn tough to peel off and keep off the weight after age 40—especially around the abdomen?

And do you sometimes wish there was a simple way to take some of the stress out of your life...so you can stop the mindless snacking on junk foods that are packed with calories?

Well thanks to some groundbreaking research done at the National Institutes of Health—and elsewhere—scientists now have the answer and solution to both of these problems.

Unbelievably, what they discovered is that these two problems have a common link: Your body could be silently “poisoning” you!

That's why all the fad diets in the world, all the willpower, and all the good intentions you've had to relax and lose weight have never worked.

In this report, I'll show you how your body “poisons” you and sabotages your weight management plans. And I'll also prove to you that you can fight back...and show you a simple way to do it.

Before we go on though, there's something I need to get off my chest because I'm sick and tired of good people like you being lied to about weight loss:

Fad Diets Do Not Work!

You see, the problem with almost all fad diets (and yes, low carb diets are a fad) is that they put their focus in the wrong place: They only concentrate on having you lose weight without addressing the other half of the equation—keeping the weight off.

Think about it.

How many times have you tried the latest fad diet (remember the cabbage soup and grapefruit diets?)...lost some weight...but then gained it all back—and more?

continued on next page...

Who Ever Knew You Could Lose Weight... Just by Getting a Good Night's Sleep!



Dieting is out and sleeping is in. Several recent studies have shown just how essential a restful, full night's sleep is for good health and weight loss.

One recent study reported in the December 7, 2004 issue of the *Annals of Internal Medicine* suggests that people who sleep well have better management of their weight. The young men in the study who were sleep deprived craved calorie-packed foods such as candy, cookies and cake.

And researchers from the Eastern Virginia Medical School in Norfolk, who published a recent study in *Archives of Internal Medicine*, came to this blunt conclusion: If you are sleep deprived, you'll gain weight. But if you do get a good night's sleep every night, you have a far better chance of staying thin.

In a study done on the active ingredients in **RelaCalm**, 74% of the participants said that it helped them sleep soundly and eliminate tossing and turning in bed. **RelaCalm** can help you get the full 7 to 8 hours of restful sleep every night that researchers say is essential for good health.

Losing weight is not the problem. The frustrating part of the diet roller coaster is watching all that weight slowly glob back on to our hips, thighs, and abdomens.

And, these fad diets are not only almost impossible to stick to, but also...

Yo-Yo Dieting Can Lead To Illness!

In this diet-obsessed world, perhaps you're wondering: What's wrong with going on a fad diet for a while to take off an extra 20 or 30 pounds?

Well, first of all, like I just mentioned, your chances of putting that weight back on (and even more) are around 95%. Plus, each time you lose and regain the weight, it strips your body of muscle and replaces it with fat. And you need that muscle to burn off calories...and remove that fat.

And second, a new study—published in the June 2004 *Journal of the American Dietetic Association*—showed that frequent dieting could affect your body's ability to protect itself.

The study—funded by the National Cancer Institute—involved 114 overweight older women and measured the natural killer cell activity in their blood. (Natural killer cells are part of your immune system. They protect your body against viruses and can destroy some cancer cells.)

Researchers discovered that women who lost and regained weight more than five times over the years had about a one third lower natural killer cell activity. And lower natural killer cell activity has been linked to increased rates of colds, cancer, and infections.

Yo-yo dieting is mentally depressing...it doesn't work...and it's potentially harmful!

But the study also showed that women who maintained their same weight over a five-year period...had a 40% greater natural killer cell activity than those who maintained their weight for fewer than two years.

So if you want to stay healthy and look better, you need to...

Learn How to Strip the Fat Off...and Keep it Off!

It's such a simple concept. Yet the first thing all the diet gurus have you doing is running off wolfing down cabbage or some other weird gimmick food. And all the magazine covers at the grocery check out line scream at you with wild promises that you'll drop 20 pounds in 10 days.

It's unhealthy, it's unrealistic, and it's unnecessary. The hardest thing you will ever do in battling the bulge is keeping the weight off. But that is virtually ignored in all the weight loss hype you are bombarded with.

That's why one of America's foremost authorities on weight loss concedes that stopping weight gain is where the battle against fat should begin. So please, forget about the fad diets and all the rapid weight loss baloney you hear and read about. You

know they're a complete waste of time, money and energy.

And aren't you completely fed up with all that nonsense? If any of that worked long-term, wouldn't we be a country full of thin people instead of more than 60% of us overweight? Of course we would.

And that's why I refuse to make any of those kinds of ridiculous claims to you in this letter. Because it's too dishonest. Instead, what I am about to show you is...

A Powerful New Way to Fight Fat Without Dieting—RelaCalm!

One of the most exciting new natural substances for weight management and relief from stress is now available. And it can also help you fight fatigue, poor sleep, irritability, tense muscles and other effects of stress.

It took scientists over four years of intensive research to discover—and then prove—**RelaCalm's** effectiveness in stress management and weight control.

Why is **RelaCalm** essential to any weight management plan? Because before you can burn off fat, you **MUST** understand why you need to control stress.

continued on next page...

Want to Lose Weight? Do This First

“ Although it is a laudable goal to substantially reduce the number of overweight or obese Americans, this goal may be totally out of reach in the short-term. A more feasible public health goal is to stop weight gain. ”

—Dr. James Hill, Ph.D. Director of the Center for Human Nutrition at the University of Colorado Health Sciences Center and one of America's foremost experts in weight management.

If you're like most people over the age of forty, you're probably living life at a hectic pace.

You may have children that need to be taxied around...a boss that's constantly breathing down your neck...a nerve wracking commute that sucks the energy right out of you...elderly parents to look after...a relationship you're trying to keep fresh and interesting...or a million and one other things that come flying at you every day and clamor for your attention.

And on top of that, your metabolism is slowing down and you just don't have the energy you had in the past. It's no wonder most people after the age of forty can't help but get a "little chunky".

These constant demands forced upon you by 21st century living are a breeding ground for teeth grinding stress. And new research has shown that...

Stress is One of the Leading Causes of Weight Gain After the Age of 40

Have you ever found yourself mindlessly pigging out on cake, candy, cookies, or ice cream after a particularly rough day? Do you sometimes eat those foods just to dull the pain of all the stress that has been heaped on you day after day?

We've all done it. And you end up kicking yourself and then climbing back on board the diet roller coaster for another crash diet.

What you may not realize is that all this stress in your life...including the bodily stress caused by crash diets...is flooding your body with a hormone called cortisol.

The Unseen Enemy Running You Ragged

Under normal circumstances, cortisol has two extremely important functions vital to your well-being.

First, it provides the fuel you use (fats and carbohydrates) for the bursts of energy you need to deal with occasional stresses in your life. This is the "fight or flight" stress response you've probably heard about that happens when your body has a surge of cortisol.

This stress response is what gave our early ancestors the "get up and go" to flee when under attack from wild animals in prehistoric times.

And second, upon reaching safety, with the stress of the situation resolved, these high levels of cortisol would then act to stimulate the appetite. Carbohydrates and fats would be consumed for refueling and cortisol levels would then return to normal.

This same stress response is built into your system and you have to live with it.

But modern living is far different than ancient times. So what happens when your cortisol goes sky high when you're stressed...and never has a chance to come back down to normal?

It's This "Poisoning" That Makes You Pack on the Pounds, Especially Around Your Belly

Imagine this scenario for example: You get up after a poor night's sleep and start running around trying to get ready for work or some appointment you're late for. You begin to feel stressed. Cortisol filters into your bloodstream.

Stress Can Make You Fat!

Research conducted by Dr. George Chrousos, M.D, at the National Institutes of Health (NIH) shows that uncontrolled stress levels increase the risk of obesity, heart disease, depression, and a variety of other illnesses.



And Pamela Peeke, M.D., author of *Fight Fat After Forty* says the traditional (yo-yo) way of dieting is one of the most common stress triggers in women over forty. And her research with Dr. Chrousos at the NIH has proven without a doubt that stress can make you fat...primarily due to the effects of the hormone cortisol.

Then out on the road driving, somebody cuts you off and your blood begins to boil. More stress. More cortisol.

If you work, your boss may start harping on you about some deadline coming up or something you were supposed to get done. Or maybe you start sweating about how tight money is this month. More stress. More cortisol.

All day long, every day, you're bombarded with these types of things one after another. And your cortisol levels never have a chance to come down. They stay unnaturally elevated.

Guess what?

The cortisol begins to "poison" your system. It constantly revs up your appetite—and your food cravings.

And unfortunately, what does your mind tell you it wants to binge on?

Yep. Chips, candy, donuts, cakes, ice cream and other weight gaining junk foods that give you a quick energy fix, fill you up fast, and make you temporarily forget your troubles.

Problem is, these high fat, high sugar foods cause additional stress in your body and more cortisol to flood your system.

And research done by the National Institutes of Health has clearly shown that chronic high levels of cortisol promotes fat storage, especially around the waist...and inhibits fat release from your cells.

Other effects of this "cortisol poisoning" can be:

- ▶ Mood swings, including anxiety, irritability, and frustration
- ▶ Sleep disorders
- ▶ Poor concentration
- ▶ Zapping of your energy
- ▶ Muscle problems

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The stress-cortisol cycle is a vicious routine that is difficult to get out of. It doesn't take long to pack on the pounds when your body chemistry leads you into this trap.

But now there's a way out!

Banish the Fat by Staying Cool, Calm, and Collected

You don't have to be controlled by stress and all the havoc it causes in your life. Stay coolheaded and take charge with a new, powerful, plant based formula called **RelaCalm**.

RelaCalm contains two of the most exciting plant extracts discovered in the past ten years for the battle against the effects of stress.

Over a four-year period of time, researchers screened more than 100 natural medicinal ingredients.

They discovered that extracts from two plants—*Magnolia officinalis* and *Phellodendron amurense* (used in

traditional Chinese medicine for over 1,500 years)—when blended together—had a profound effect in decreasing the cravings for high fat, high sugar junk foods in stressed individuals.

The extract from *Magnolia officinalis* is such a powerful ally in the fight against the damaging effects of stress-related eating, it was awarded a patent (US 6,582,735). And there's a patent pending for the extract from *Phellodendron amurense*.

Results in 14 Days...Without Relying on Willpower

If you're as skeptical as I am about weight loss claims and products, then I thought you'd like to see some scientific proof that **RelaCalm** changes people's lives. Because let's face it. The weight loss industry is full of myths, hype, and nonsense...but sorely lacking in proven lasting results.

For example: Have you noticed how year after year weight loss companies have known that if they make us wild enough

Stops Stress Related Junk Food Cravings!

These two plants, *Magnolia officinalis* and *Phellodendron amurense* have been safely used in traditional Chinese Medicine for over 1,500 years. But in the year 2000, scientists made an astonishing discovery that has dramatically revolutionized how people are fighting fat at midlife and older. By blending specific extracts of the two plants together, they created a safe, non-sedating powerhouse formula that stops a snack attack dead in its tracks. When you take RelaCalm, daily stress won't pressure you into eating the sweet and salty junk foods that make you fat.



“ Relacalm controls irritability and moodiness. Imagine how much better you'll look and feel when you don't go through the day grumpy. ”

promises in their advertisements—“LOSE 10 POUNDS THIS WEEK”—we would religiously buy the product or jump from diet to diet?

But was it safe to use their product or go on those crazy diets? Did it stop us from regaining the weight? Did they ever show us any scientific studies that showed their stuff even worked?

The answers have almost always turned out to be no...no...and NO!

Then what happens to those of us who have struggled so hard to reduce...and we find out what they've been telling us doesn't work...or worse—it's dangerous? Aren't we forced to use our willpower?

Willpower is useless! Especially when we're fighting stress and “cortisol poisoning” and we start craving the comfort of those cakes and cookies and salty junk foods. Know what I mean?

Fortunately there is now an easy way to fight those cravings. Take a look at these four recent studies that have been done on the active ingredients in **RelaCalm**:

HUMAN TRIAL #1

Dr. Walter G. Chambliss, Professor of Pharmaceutics at the University of Mississippi, designed a sponsored study of 50 subjects—mostly women in their late thirties and early forties. They were treated with *Magnolia officinalis* and *Phellodendron amurense* (the active ingredients in the new plant based formula **RelaCalm**). These women led busy, stressful lives.



After just 14 days, results showed:

- ✓ 78% of the patients reported being more relaxed.
- ✓ 70% reduced stress-related snacking of sweets.
- ✓ 82% agreed they had better control over irritability, emotional ups and downs, restlessness, tense muscles, poor sleep, fatigue, and concentration difficulties.
- ✓ 94% reported it was gentle on their stomach.

HUMAN TRIAL #2

This study was completed in January 2002 at the Living Longer Clinic in Cincinnati. Researchers wanted to measure how the two plant extracts would affect cortisol levels in patients with mild to moderate stress. And as you already know, constant high levels of cortisol can wreak havoc on your ability to control stress-related eating.

After only two weeks, results showed the plant formula lowered cortisol levels by a whopping 37%. The findings were significant and showed great potential for weight control and limiting the stress related eating that can lead to fat deposits.

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Your Questions About Relacalm Are Important—Here Are My Answers

Q: Have there been any safety studies done?

A: First of all, **Relacalm** is drug free and does not contain the now banned Ephedra or the unsafe Kava Kava. The active ingredients, *Magnolia officinalis* and *Phellodendron amurense*, have been used for more than 1,500 years in traditional Chinese medicine. Extensive data was collected during the **Human Trial #4** mentioned in this report showing how safe **Relacalm** is.

Q: How fast can I expect to see any effects?

A: Results vary depending on the individual, but many people report feeling a significant difference in as little as 14 days.

Q: Does this mean that **Relacalm** will kill the pleasure I get if I occasionally eat some chocolate or other “comfort foods”?

A: Of course not. **Relacalm** can put you in control of your stress related eating. More relaxed...less snacking of junk food. In fact, it’s a good idea to build some treats into your meal planning so you don’t feel deprived.

Q: Will it upset my stomach?

A: In the first human trial mentioned above, 94% of the subjects said it was gentle on their stomach.

Q: Do I still have to eat well and exercise?

A: Yes. Unlike those weight loss gimmick ads you see in magazines or on TV, I’m here to be upfront with you and tell you the truth. In those ads, you need a magnifying glass to read the fine print they hide in there. In case you can’t read it, they all say you need to diet and exercise.

Why hide that information with print the size of a dust mite!

Don't Believe the Weight Loss Hype— You Only Need **3** Things to Get on Track with Your Weight:

1 **Cut the calories in your diet** by reducing your stress related bingeing on junk foods. Just take three capsules of **RelaCalm** with eight ounces of water before your evening meal. Remember, stopping weight gain is the first step you must take if you want to be healthy and look great for a lifetime.



2 **Find a healthy meal plan** that suits you and you can follow long-term. There are dozens of choices. Yes you can enjoy three delicious meals a day and lose weight at the same time. **RelaCalm** can help you fight the snack attacks between meals that wreck your weight loss plans.



3 **Get some exercise** into your life (check with your doctor first of course). Even if it means walking, that's great! You could burn around 300 calories a day just by walking for 45 minutes.

And forget about the fad diets. Forget about all the weight loss hype. But remember that the key to stopping weight gain and starting to lose weight is all about control. **RelaCalm** gives you control all day every day so you finally, sensibly, and permanently begin to reach your weight management goals.



“Combine the effects of Relacalm with walking, you'll not only start peeling off the fat but you'll also be able to keep it off.”



HUMAN TRIAL #3

This study of 49 subjects was completed in late 2002. Researchers wanted to evaluate the effect of the extracts on the snacking habits of people who munch out on sweet or salty snacks when under excessive stress. They discovered that people who binge on sweets cut their cravings by 75%. Salty snacks were cut by 50%. And 73% of all subjects said they felt less stressed.

HUMAN TRIAL #4

Results of this double blind placebo controlled clinical study (the gold standard in medicine) were released in early 2004. (Patients in a placebo group don't know if they're getting the active ingredient or a substance that has no therapeutic benefit.)

The study was conducted by Miami Research Associates, an independent research organization composed of 32 board-certified physicians who are experts in treating a variety of illnesses. The study examined 40 healthy, overweight, premenopausal women between the ages of 20 and 50 who eat more in stressful situations.

Those not taking the two plant extracts gained significant weight and had a

negative mood. But subjects in the group who were taking the *Magnolia officinalis* and *Phellodendron amurense* blend didn't have a negative mood or gain weight. And they had lower stress levels.

The study clearly suggests that the *Magnolia officinalis* and *Phellodendron amurense* blend in **Relacalm** appears to help promote weight management.

Do you see the exciting implications of this? With **Relacalm**, you may be able to finally send your stress packing and put an end to unhealthy yo-yo dieting.

Just by Banishing Your Stress You Could Look Years Younger

You've seen how the active ingredients in **Relacalm** have helped other people:

- ✓ **Get a handle on weight gain.** Imagine how in control you would feel if you could stop worrying whether you'll regain the weight you lost.
- ✓ **Reduce stress and anxiety.** **Relacalm** cuts the cravings for sweets like cake, pie, cookies, ice cream and salty foods like chips that are brought on by stress.
- ✓ **Stay calm.** With less tension in your life, just picture that knot between your shoulders melting away as though you just had a massage.
- ✓ **Get a more restful sleep.** Some of the hottest new research in the area of weight management shows that getting a good night's sleep is vital if you want to get thin...and stay thin.

- ✓ **Alleviate fatigue.** Why drag through the day because of out of whack, elevated cortisol levels? **RelaCalm** could lower your cortisol levels by as much as 37%.
- ✓ **Control irritability and moodiness.** Imagine how much better you'll look and feel when you don't go through the day grumpy.
- ✓ **Concentrate better.** Keeping your mind sharp is important for healthy aging...and can be a big advantage if you're still working at a job.

Now it's your turn to have **RelaCalm** put you in control. To help you banish stress-related eating so you can get off that out of control diet roller coaster...and take charge of your health.

A FREE GIFT and One Full Year, 100% Money Back Guarantee

And if you combine the effects of **RelaCalm** with walking, you'll not only start peeling off the fat but you'll also be able to keep it off!

That's why I'd like to send you a FREE copy of my new book, *Walk Your Way to Health*. This book is packed with everything you could ever want to know about this wonderful, easy way to get some exercise into your life. And I cover all the latest research on why a good night's sleep is essential for weight management...and how restful sleep helps you look your best.

To get a free copy of my book, all you have to do is place your order within the next 11 days. So don't wait. Prove to yourself that **RelaCalm** works wonders. I'm certain you will feel less stress—and more control—so you can stop the depressing cycle of snacking on junk foods

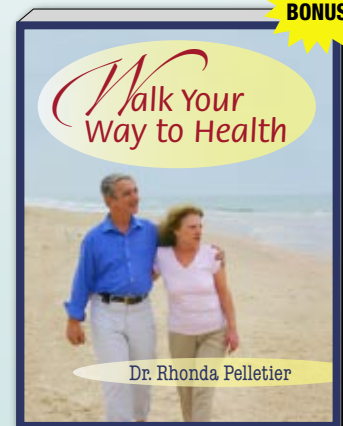
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REPLY TODAY!

Get This Free Bonus Book, *Walk Your Way To Health!*

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BONUS**

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A SMALL
SAMPLING OF
WHAT YOU'LL
DISCOVER IN
THIS BOOK:**



- Why walking is perfect medicine
- What to look for when purchasing walking shoes
- Advice for complete beginners and advanced training for experienced walkers
- Why a good night's sleep is important for weight loss...and how walking helps
- A full chapter on nutrition and delicious meals that can help you peel off the weight...without going hungry
- A simple trick that gets you going, even when you don't feel like walking
- All about treadmills: Which one to buy and how to use it for maximum effectiveness
- How fast should you walk...and how far?

Everything you could ever want to know about walking is in this book...and it's yours **FREE** if you reply in the next 11 days!

that pack on weight.

In fact, I'm so certain, you get not just 30 or 60 days like all those other companies—but 365 days to see if **RelaCalm** works for you. If you are not satisfied—for any reason—just return the unused portion in the next 12 months and you will receive a 100% refund of every cent you paid!

That's fair, don't you think? And you can even keep the FREE gift I just mentioned.

It's completely risk-free for you. And **RelaCalm** just might change your life. So dial TOLL-FREE 1-800-XXX-XXXX and order today. Or if you prefer, mail the RISK-FREE certificate in the reply envelope.

Take control of your stress. Be calm. And put an end to mindless snacking on junk foods that lead to weight gain.

You'll feel better. And look better too. Get started today!

Sincerely,

Rhonda Pelletier, M.D.

Rhonda Pelletier, M.D.

P.S. Today, I've shown you detailed proof of exactly how you can finally control your weight...for a lifetime. So if you're looking for a sensible, scientific solution to help you climb off that up and down diet roller coaster...then I urge you to take this no risk opportunity and call 1-866-XXX-XXXX. If you place your order in the next 11 days, not only will you get my book for FREE...but shipping and handling is free on any order of two bottles or more! And right now, if you order a six-month supply of **RelaCalm**, the savings are huge. See for yourself on the RISK-FREE certificate. Thanks.

The RelaCalm 365 Day Money-Back Guarantee

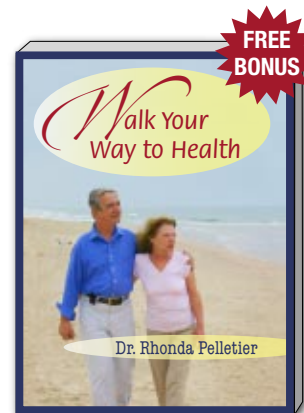
When you order **RelaCalm**, it comes with an ironclad, 365 day money-back guarantee. That's right! I'm so certain you will be thrilled with **RelaCalm**, I am giving you an opportunity to try it for an entire year. If you are not 100% satisfied, simply send back the unused portion any time in the next 365 days and I will send you a complete refund. No questions asked. **And you can even keep the FREE book.**

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. You should always consult with your physician before beginning any weight loss program. Follow the recommended dosage directions on the label.

100% Risk-Free Relacalm Certificate

Yes! I want to fight fat and get trim—without dieting—so I can get healthy and look my best. Dr. Pelletier, I never knew how stress was “poisoning” me and keeping me from maintaining a healthy weight. Rush me **Relacalm** so I can get this under control!

Yes! I’m responding within 11 days of receiving this report. I understand you will send me your **FREE** bonus book, *Walk Your Way To Health*.



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In This Issue:

*You can be in control of your weight—
if you follow this simple advice...*

How to Get a Grip on One of the Leading Causes of Weight Gain After Age 40

✓ **YES!** You can get a handle on your weight without going on boring and restrictive fad diets.....Page 3



✓ **YES!** You can cut calories by reducing your cravings for junk foods (Studies proved that people using this new breakthrough put the brakes on their snacking by 75%).....Page 12



✓ **YES!** You can take control of your stress and cool your anxiety (82% of study patients did it).....Page 9

✓ **YES!** You can get a more restful sleep (74% of study participants said goodbye to restless nights).....Page 4



✓ **YES!** You can break the depressing weight gain-weight loss cycle once and for all so you can slim down and be healthy for life.....Page 2

See the scientific proof for yourself. Details Inside...

FREE Gift!
Open to
page 13

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