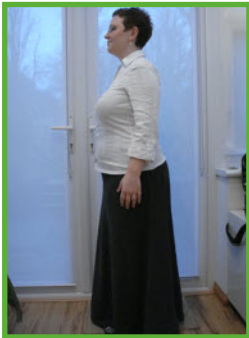


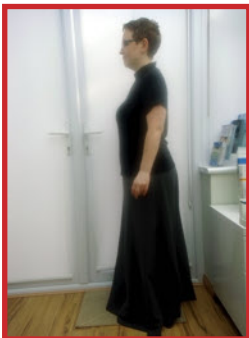
Startling Health Benefits In Just Three Months

Roseanne placed a female client, aged 41, with presenting symptoms of obesity, low energy, high cholesterol, sugar cravings, fibroids and poor digestion on the FirstLine Therapy food plan, including Metabolic Clearing, Body Composition, Gastrointestinal Support and Healthy Hormone Programme nutritional powder mixes. A gentle and progressive exercise regime was introduced with emphasis placed upon resistance training.



Parameter	Before
Weight	85.2 kilos
BMI	33.3
Fat Mass %	42.5
Muscle Mass %	57.5
Waist Circumference	92 cm
Total Cholesterol	5.23 mmol/L

Result	
Weight	10.1 kilos ▼
BMI	Obese to Overweight ▼
Fat Mass %	Decrease ▼
Muscle Mass %	Increase ▲
Waist Circumference	10 cm ▼
Total Cholesterol	▼1.23▼



Parameter	After
Weight	75.1 kilos
BMI	29.3
Fat Mass %	39.3
Muscle Mass %	60.7
Waist Circumference	82 cm
Total Cholesterol	4.00 mmol/L

What the client had to say

I have never lost that much weight on diets I have tried in the past. I felt like I couldn't cheat. I got used to eating the recommended foods and I will not go back to my old eating habits as my meal plans have now become a habit. I would not dream of going without my fruit and vegetables now. I have even gone off drinking the levels of alcohol I used to drink before. I really liked the shakes and didn't feel hungry at all on the programme. And I have so much more energy!

What Roseanne had to say

My client came to see me again two weeks after finishing the programme and had managed to lose even more weight. Her digestion and acidity is much better and her hormone levels seem to be improving too. I have every confidence that my client will continue with her lifestyle change and see even further improvements in the future.