

The Intensive Fat Release System

This is a fat release system. It is about to go!

Plan when to start the system :

Don't rush in when not properly prepared.

The commitment is up to 10 weeks to complete The System. Plan so that it does not coincide with holidays or special events where temptation will be strong.

Menstruating women should plan to start their drops as the period ends or at least 10 days before a period begins. You cannot use the drops whilst menstruating. If a woman gets her period whilst taking the drops, cease the drops but continue with the 500 calorie diet. The drops are taken again on the day the period ceases. At the end of The System, add whatever amount of days when the drops were ceased. For example, if a period lasts 5 days an additional 5 days of drops and the 500 calorie diet are added.

Visit the hairdresser for any treatments. Once started in The System avoid any toxic chemicals.

Purchase and use cosmetics, skincare and bathroom products from Neways. They contain no chemicals that are toxic or harmful to the human body. This prepares the body, reduces the overall toxic load so that when the drops are commenced the toxic fat is targeted.

Supplements to use during the Programme

Maintain or begin supplement regime before and during programme but use no oils or fats including Omega 3.

Do include colloidal minerals, probiotics and antioxidants. So, Orachel, Maximol 15mls, Revenol and Green Qi. People who have had great success use Neways supplements.

No fruit juices (including Neways Liquidceuticals) due to the sugar content.

Why no Oils or Fats?

No eating or applying any oils because the body is to use the extra fat for its energy needs. You don't want the body to source it from food or something applied to the skin.

So, remove all fat from your meats. Check all products, like seasonings, for hidden oils.

Do not get a massage that involves the use of oils or lotion. Use no moisturisers, no hair products or cleansers that contain any oils.

For skin care with Neways you can use all products except Wrinkle Guard or Wrinkle Drops. This will be for day 3-23 or 40 days only (depending on how long you decide to use The System). When finished using Fat Release Drops you can restart these products and replenish with Omega 3.

Why avoid harsh chemicals?

This is a programme of Fat Release.

Many chemicals are stored in your fat cells. As they are released into your body, you will need to detoxify them.

Adding extra chemicals through toxic makeup, skin care, hair treatments etc. may affect results. Research over the past 20 or so years says that many of our personal care, skin care and home cleaning products contain chemicals that are known to have the potential to harm our bodies. Mineral oil has been linked to cancer and is a known skin and eye irritant. Many other ingredients like Sodium Lauryl Sulphate and Propylene Glycol are common toxic ingredients.

Phthalates and parabens are xenoestrogens, man-made chemicals that can act as endocrine disruptors in the body and affect both men and women. They interfere with the body's normal regulation of oestrogen. Phthalates as a chemical make plastics softer and pliable, perfumes last longer and hairsprays and gels stickier. The chemicals are absorbed into our bodies and cause damage. Now would be a good time to permanently change to safer products.

So use Neways – shampoo, conditioner, toothpaste, deodorant etc. Use only a mineral bases makeup – no liquid makeup (may contain oils unless Neways liquid foundations are used. No body lotions or moisturisers may be used (unless Neways). An interesting point is that Neways products contain no petroleum base – seems that is an important point.

People have even been using Neways Sunscreen and after sun lotion and still been releasing pounds (although only use if necessary to give the best possible chance of release).

Phase I Preparation

For clients who have not used Neways Personal care and Nutritional Supplements before, use for at least ONE month before starting Phase II

Recommended Products:-

Ref: 1835GB	-	Maximol
Ref: 1700GB	-	Revenol
Ref: 1441GB	-	Orachel
Ref: 1029GB	-	Advanced Probiotic
Ref: 1716GB	-	Green Qi
Ref: 102471GB	-	Bathroom Pack

Approx Total Cost
(inc VAT)

£175.00

to order contact:


gwenmccreadie.com
healthy | slimming | lifestyle

Tel: 01307 819380

email: info@gwenmccreadie.com



Name:

Address: Postcode:

Tel/Mob:

Email:

Disclaimer

I have read and agreed to follow The Intensive Fat Release System rules and conditions
and confirm I know of no reason why I should not undertake this plan

Signed.....

Dated