

Becoming Ultra Fit



Look Younger and Feel Fantastic at any Age

Lifestyle Keys to becoming Ultra Fit

1. Keep your system in an alkaline pH range
2. Get plenty of rest and sleep
3. Manage stress
4. Avoid fried foods
5. Enjoy a well rounded diet
6. Drink at least 8 glasses of pure water daily
7. Stay cleansed, balanced and oxygenated
8. Participate in enjoyable moderate exercise
9. Get essential nutrients for optimal health
10. Remember, moderation is the key to staying healthy
11. Keep your environment chemically free to minimize health-breaking free radicals.

Do a few Simple Tests

Go get a mirror and position yourself next to a window. You have just a few simple things to do. First put a mirror on the floor and lean over it. Does your face “fall?” If so, the connective tissue in your face, which begins to dissipate over the age of 25, has simply lost some of its elasticity. It might sober you to know that when children do this exercise, their faces look just the same as when they are looking up.

Ask a few Questions

Now, hold your mirror up so you can examine your facial wrinkles, tongue color, and skin tone. Do you see creases between your eyebrows (liver toxicity)? Do you have pronounced “laugh wrinkles” beside your mouth (digestive upset)? Do you have sallow skin (liver toxicity)? Are you quite wrinkled for your age (free radicals, stress and body toxicity)? Do you have acne or rashes (possible colon/liver toxicity)? And for the final test: how do you look buck naked in that mirror? If these questions have left you feeling a little disheartened, don’t despair. It is actually quite fast and easy for most people to make progress in reversing these natural signs of aging, which do not have to be inevitable.

Research

While the average American gained 8 pounds in the last 5 years and approximately 70% of all Americans are classified as overweight (and therefore, generally un-fit), years of research have finally paid off in helping us understand some ways to stem the ravages of the aging process.

Importance of Becoming Ultra Fit

Dr. Richard Kaufman, co-founder of the Longevity Institute has this to say about being ultra-fit:

You can be a millionaire but if you're suffering, in bad health, or in pain, the largest bank account in the world couldn't help you. Even a billion dollars couldn't make you feel any better if your health is poor. Money can't buy health. That's why feeling good, having good health is one of the most important things in the world. It's a solid foundation for a happy and productive life.

Kaufman and Causey

Dr. Kaufman teamed up in his research with world-renowned, product developer, Lee Causey, who revolutionized the diet industry in the 70's by inventing the very first meal replacement shake. In the 90's, Causey again revolutionized the industry. He assembled a synergistically designed system which meets virtually all your body's basic needs for cleansing, balancing and oxygenating while generating more energy, better muscle tone, and weight management without harmful dieting.

Helpful Products

You can start on your way to becoming ultra fit by using four uniquely synergistic products:

Reneu (\$31.95) - total parasite control, digestive/colon cleansing needs

Timbolic (\$29.95) - cellulite, muscle enhancement, fat metabolism, and circulatory system and fat cell detoxing

Biomega (\$33.95) - a colloidal energy beverage, which is an isotonic electrolytic form of food for your body's cellular nutrition with minerals, vitamins, amino acids and herbs

Slim 'N Up! (\$39.95) - in the original formula or the ephedra-free hypoallergenic version, the "magic bullet" which helps with energy, appetite control, and inch/weight loss.

For just \$135.80, you can begin improving your wellness and vitality today, while shaping up for a new you, by using this combination system, which will replace a substantial part of your grocery budget.

Success Stories

"In just a short period of time, I lost a total of 24 pounds and 22 inches!"
- I. Williams MI

"I lost a total of 26 inches from my hips, waist and thighs . I went from Size 16 to Size 9. This is the first time I've been able to maintain weight loss without having to diet!"
- G. Ragar, MO

"I lost eight inches and two sizes, and I haven't re-gained a single ounce in two years!"
- J. Bemis, MO

"Using this product technology, I lost nearly 90 pounds and I now possess more energy than I ever have before!"
- K. Johnson, MI

"I have lost 65 pounds and kept it off for 3 years! Not only do I think I look good, my friends tell me I look much better . . . and younger!"
- L. Hayes, MI