

SPECIAL REPORT ON BEING ULTRA FIT

How to look years younger and feel fantastic at any age!

By: EILEEN SILVA

*Eileen Silva is a metabolic health balancing expert who has appeared on TV and radio talk shows coast to coast, lectured extensively and does individual and group weight management consultations, as well as corporate wellness programs. Her best-selling new release **Fat Chance At Last!---How to Go Beyond Willpower...** joins her other deluxe tape album series 1&2 as well as her unique breakthrough technology, a colored bar graph computerized body analysis, **Body Fitness Profile**. Thousands of clients across the United State have greatly enhanced energy, well being, weight balance and longevity with Eileen's customized body analysis and wellness coaching.*

Go get a mirror and position yourself next to a window. You have just a few simple things to do. First put your 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.

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 (colon/liver toxicity)?

And for the final test: how do you look buck naked in that mirror?

If these questions have left

you feeling 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.

While the average American has gained 8 pounds in the last 5 years and approximately 70% of all Americans are classified as overweight (so generally unfit), years of research have finally paid off in helping our understanding of how to stem the ravages of the aging process.

Some lifestyle keys to being Ultra Fit include:

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. Include some moderate exercise that you enjoy in your program;
9. Be sure you get enough essential nutrients for optimal health;
10. Remember that moderation is the key to staying healthy;
11. Keep your environment as chemically free as possible to minimize the free radicals which break down your health.



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 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.”

Dr. Kaufman has teamed up in his research for the last several years with world-renown



product developer Lee Causey, who revolutionized the diet industry once in the 70’s by inventing the very first meal replacement shake and once again in the 90’s by assembling 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.

Sound too good to be true? Read what some ecstatic users of this body balancing technology have said in unsolicited testimonials:

¶ *“In just a short period of time I lost a total of 24 pounds and 22 inches!”*
I. Williams

¶ *“I lost a total of 26 inches from my hips, waist and thighs as I went from a Size 16 to a Size 9. This is the first time I’ve been able to maintain any 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 have lost nearly 90 pounds and possess more energy than ever before!”* K. Johnson, MI

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

You can start on your way to becoming ultra fit by using four uniquely synergistic products---- **Reneu** for total parasite control, digestive/colon cleansing needs; **Trimboldic** for cellulite, muscle enhancement, fat metabolism and circulatory system and fat cell detoxing, **Biomega**, 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, and **Slim ‘N Up!**, in the original formula or the ephedra-free hypoallegergic version, the “magic bullet” which helps with energy, appetite control, and inch/weight loss.

For just \$133.95, all 4 body correctors can be yours, a combination system which will replace a substantial part of your grocery budget. To begin improving your wellness and vitality today while shaping up for a new you, simply call the person who shared this special report with you, or contact the person listed below! Please pass this report along to others you care about.

FOR MORE INFORMATION CALL:

HEGAN CENTER

501 San Juan Dr., Suite P
Southlake, TX 76092

(817) 424-5204

www.EileenSilva.com & Email: ensilva@aol.com