

Thirty Days To A Turn Around



Welcome to the “Thirty Days to a Turn Around!”

This is an accelerated weight loss program the healthy way. This program enables you to lose weight quickly and safely. If you stick with this eating plan you will be tremendously encouraged after the first 30 days. The pounds and inches will melt away. Nothing encourages a person like results and results are what you are about to experience. This program is the answer to your prayer.

You’re probably asking, what makes this program different from the other programs on the market.

1. *It is a tri – focus weight loss program. It focuses on support, weight loss and internal health.*

A. It focuses on external weight loss

Being overweight is common in our society and it presents a myriad of health and social challenges. There are many diseases associated with being overweight. From a social perspective overweight people are often ashamed to go swimming or wear certain clothes. Many times overweight people must contend with the insensitive stares and fat jokes. Fat jokes are so common place the overweight person will laugh with the crowd, but inside they deal with the pain by eating more. Food has become their painkiller. It has always amazed me that some people seem to think because you are overweight you are not a human being with feelings. There are also the emotional issues and low self esteem connected with being overweight

B. It focuses on internal cardiovascular health

Cardio Cocktail is an integral part of this program. From the initial day you begin taking it, allow about two weeks for cardio cocktail to get in your system. Exactly what is cardio cocktail . It is a blend of vitamins and the amino acid L- arginine. Ideally you should receive enough L arginine from the foods you eat, however our

foods are so over processed until the nutrients are processed out as well. When you are hungry, your body is crying out for the nutrients in the food. However the We are eating more but our body is getting less of what it needs and we are storing it as fat. Therefore we have a need for L arginine and vitamin supplementation. **L- arginine facilitates a reduction in body fat, while increasing the lean muscle mass and it inhibits the absorption of dietary fats.** Visit www.cardio22.com for more information about liquid L-arginine, again that's www.cardio22.com

Not only will you lose weight, you will become much healthier. Listen to some of the health benefits associated with L –arginine, the flagship ingredient in “Cardio Cocktail”.

- *The cardio cocktail adds needed nutrients to body, which can:*
- Lower Blood Pressure - *Lancet* 1990
- Lower Cholesterol - *J Nutr* 1996
- Improve Diabetes - *Diabetes Care* 2001
- Reduce Blood Clots & Strokes - *Circulation* 2001
- Improve cardio vascular system - *J Am Coll Cardiol* 2000
- Increased energy
- Improves sexual function
- You will lose weight but you will also become healthier. It is not enough to lose weight, you must become healthier. Losing weight does not necessarily equate to a healthy body. Some have lost weight yet have clogged arteries, high blood pressure, heart disease and many other ailments. The purpose of this program is to help you lose weight and look good on the outside but also be healthy on the inside. For more information on the benefits of L arginine supplementation go to www.cardio22.com

C. It focuses on the support system.

The third focus of this program is what helps you accomplish the first two. In every endeavor, a good support system is crucial. This is certainly no less true when it comes to weight loss. We have integrated a fantastic support system into this program. We believe that support ensures success. Therefore we have taken it upon ourselves to provide such a system. If you fall, our support system will catch you. This is what your support system will be composed of.

- a. The automated reminder calls. Five day's a week you will receive a 45 to 60 second automated reminder call encouraging you to keep the goal in mind and providing you with weight loss facts.

- b. The live coach calls – You will be assigned a coach. Your coach will call you once a week to check on your progress. The coach will be your personal cheerleader and mentor.
- c. The e- newsletter- We will provide you with weekly e-newsletters with some great health news.
- d. We will provide weekly Turn Around meetings where you will weigh yourself and be encouraged by others.
- e. Absentee calls - If for whatever reason you are absent from a Turn Around session, we will call to see how you are doing. It is important to us that you succeed.
- f. The buddy system – A buddy is someone actively taking part in the program during the same time as you. You both will be support system to each other.
- g. The buddy captain.
- h. The ½ and ½ and fruit between eating method.
- i. The Cardio Cocktail -

WHEN YOU BEGIN THE PROGRAM

When you begin this program you will notice a change in your appetite.? Some people will not be as hungry as usual and others will be hungrier, both are good.

The reason your appetite will not be nearly as strong is because the nutrients in cardio cocktail supplies your body with what it needs. You see, when you are hungry, your body is crying out for nutrition. If your appetite increases it is because your body is craving more of the nutrients in cardio cocktail.

Whether you have a decreased or increased appetite it is essential that you eat at least five small meals. This includes fruit, smoothies, and salad ect. We are not talking about five full course meals. By eating at least five times daily and taking cardio cocktail your metabolism will burn fat at a tremendous pace and the weight will literally fall off. **A good way to accomplish this is to eat half of what you would normally eat for lunch, eat the other half about three hours later. Eat half of what you would eat for supper. Eat the other half about three hours later.** Did you know that every time you eat, the thermic effect of food (digestion) boosts metabolism? If you only eat two or three meals a day you are working against your weight loss goals. Following this plan may be inconvenient at times, however the results you are about to experience will make you glad you stuck with it.

Eating smaller meals more frequently also cuts down on cravings, **binges**, and low energy levels, plus it boosts fat burning like you wouldn't believe. You don't want to eat more food but more often. I want to emphasize that point, you don't want to eat more food but smaller portions more often. After only 1 month of eating 5-6 mini meals daily in conjunction with cardio cocktail you will see and feel results. Sounds unbelievable but smaller dress sizes and baggy pants don't lie.

Eating like this in conjunction with cardio cocktail and you will be well on your way to increased calories burned and increased fat loss. It is important to remember the ½ and ½

guideline. **Eat half of what you would normally eat for lunch, eat the other half about three hours later. Between the two meals eat fruit. Eat half of what you would eat for supper. Eat the other half about three hours later.** Between the two meals eat fruit. If you are not willing to commit to this thirty day turn around, do you really want to lose weight.

Q. What will it cost you to join the program?

1. What will we provide for the \$137.00
 - a. This will pay for the “Cardio Cocktail” for the month taking it twice daily.
 - b. Our turn around support system which is second to none.
2. b. Our turn around support system which is second to none.
3. If the cost is an issue, my question to you is, if the program is effective in causing you to lose weight , feel better, keep the weight off and be healthier is it worth it. If your answer is yes continue reading.

*** The first thirty days. (Let’s begin your thirty days to a turn around)**

1. Weight yourself the day you begin. You will weigh yourself every seven day’s from the start day.
2. It is vitally important that you stick with the ½ and ½ eating method along with “Cardio Cocktail”.
3. Mix one ounce of cardio cocktail with one ounce of bottled water not tap water at 6:00am on an empty stomach and again around 7:pm
4. Exercise at least fifteen to twenty minutes a day.
5. The first fourteen days will be key because the cardio cocktail takes at least seven days to get in your system, after that you are on you way.
6. We will walk you through the process and encourage you along the way. You may also call me at 678-732-5239.

30 Day Profile

Name _____

Starting Weight _____

Weight Goal _____

1st Seven Days _____

2nd Seven Days _____

3rd Seven Days _____

4th Seven Day's _____

Best phone# to reach you _____

Best time to call

What time zone are you in.

E-mail _____

We advise you not to drink any soda's or sugary fruit drinks. Water, Water, Water.

Eat plenty of fresh fruit. 3-6 servings daily.