



## 11 benefits of changing the oil in your cells through our metabolic detox

1. Increase your **METABOLISM** (research shows an average of 7%).
2. Improve your **HORMONES** (increases: testosterone and growth hormone; lowers insulin and cortisol)
3. Dramatically cut **BODY FAT** (average body fat loss is 5-6%).
4. Gain **MUSCLE** (1 pound of muscle increases your metabolism by 35-50 calories per day).
5. Get control of your **CRAVINGS** (carbohydrates and junk food).
6. Clean out the garbage/ **TOXINS** in your cells.
7. Improve your **TASTE** buds. (Clients always tell us how food tastes better on and off of detox—you'll find an apple never tasted so good.)
8. Decrease your **INFLAMMATION** (reduce joint and muscle pain, overcome gastrointestinal issues).
9. Improve your **BLOOD** work (better cholesterol, lower triglycerides).
10. **SLEEP** better (reduce snoring, sleep longer and deeper).
11. Beat your **FOOD ALLERGIES** (actually lower your food sensitivities—which are low grade allergies).