

Bodymind Revolution



**BodyMind Revolutions' 21 Day Programme
Enables you to Fast Track your Weight Loss Success
and Embody the Real You.**

Lose 3-4 kgs each week and Keep It Off!

Thank you for your interest in our revolutionary new weight loss program which is designed to fast track you to your new body and a life of increased opportunity and potential!

"I needed to do something – I got to the point I was sick of my clothes not fitting and missing out on life because of the extra kilos. I did the 3 week BMR program and lost 10kgs. I felt great! The rapid loss gives you inspiration to keep going – the program is simple and the results are fantastic. I would encourage anyone with that horrible 'I need to do something' feeling to get started now!!"

Olivia

The following information will give you an overview of the program. It also gives you information on our BMR Homeopathic Formula, an overview of the food plan, details of the experience of your coach, Deborah and most importantly – how to get started today!

Once you have signed up for the program you will receive a full information pack with the detailed Food Plan, your Outstanding Results Chart and everything else you need to know to Change Your Life Today!

The Team at BodyMind Revolution!

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Our Head Coach

Deborah Murtagh

“After 15 years as a Homoeopath, Natural Health Practitioner, Weight Loss Coach and Whole Foods teacher I have never been more excited about offering a programme. Over the years I have emphasized to students the importance of learning to cook and prepare whole superfoods that nourish the body and feed the mind and soul. My weight loss programs are holistic in their approach and focus on mind before body weight loss. I firmly believe that when we do the inner work the outer naturally transforms – when we no longer need the weight, we lose it. For many of you that work has begun and you are now ready to shed the excess kilos with the BMR programme. This will transform your outside to match your new inside with a balanced mind, stronger body, and awakened spirit.

“This is the most exciting weight loss programme to kick start your way to permanent weight loss success. BodyMind Revolutions’ 21 Day Fast Track Programme allows you to lose 1-2 pounds per day and does not result in rebounded weight. You can lose between 10 – 15 Kgs in 21 days using our BMR Formula in combination with BodyMind Revolutions’ Diet plan in a very balanced and structured way, while being personally coached one-on-one.”

The following information is to enable you to make an informed decision about starting the programme.

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Three Kinds of Fat

In the 1950's a prominent Doctor, Dr Simeons discovered the three types of fat.

'In the human body we can distinguish three kinds of fat. **The first is the structural fat** which fills the gaps between various organs, a sort of packing material. Structural fat also performs such important functions as bedding the kidneys in soft elastic tissue, protecting the coronary arteries and keeping the skin smooth and taut. It also provides the springy cushion of hard fat under the bones of the feet, without which we would be unable to walk.

The second type of fat is a normal reserve of fuel upon which the body can freely draw when the nutritional income from the intestinal tract is insufficient to meet the demand. Such normal reserves are localized all over the body. Fat is a substance which packs the highest caloric value into the smallest space so that normal reserves of fuel for muscular activity and the maintenance of body temperature can be most economically stored in this form. Both these types of fat, structural and reserve, are normal, and even if the body stocks them to capacity this can never be called obesity.

But there is a **third type** of fat which is entirely abnormal. It is the accumulation of such fat, and of such fat only, from which the overweight patient suffers. This **abnormal fat** is also a potential reserve of fuel, but unlike the normal reserves it is not available to the body in a nutritional emergency. It is, so to speak, locked away in a fixed deposit and is not kept in a current account as are the normal reserves.

When an obese patient tries to reduce weight by starving himself, he will first lose his normal fat reserves. When these are exhausted he begins to burn up structural fat, and only as a last resort will the body yield its abnormal reserves, though by that time the patient usually feels so weak and hungry that the diet is abandoned. It is just for this reason that obese patients complain that when they diet they lose the wrong fat. They feel famished and tired and their face becomes drawn and haggard, but their belly, hips, thighs and upper arms show little improvement. The fat they have come to detest stays on and the fat they need to cover their bones gets less and less. Their skin wrinkles and they look old and miserable. And that is one of the most frustrating and depressing experiences a human being can have.'

This is the absolute key as to how our BMR Formula works. It protects the structural fat and normal fat reserve and allows you to access your unwanted, abnormal fat. This means that the problem areas on your body are reduced immediately. On most weight loss programmes you use up the normal (healthy) fat reserve first and then start to lose the unwanted fat.

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Many women and men lose fat from their face and slimmer parts of the body before accessing the problem areas such as belly fat, hips and thighs.

This does not happen on BodyMind Revolutions' 21 Day Programme.

Who is Dr Simeons?

The use of Human Chorionic Gonadotrophin – one of the ingredients in our BMR Formula, was first used in the treatment of obesity after the discovery of the three types of fat and the protective effect Human Chorionic Gonadotrophin had on healthy fat by the late British Physician, Dr. A. T. W. Simeons.

He first published a report on the topic in 1954, while practicing in Rome, Italy. He devoted years to researching various patients suffering from obesity. During this time, he noticed several important factors including the lack of symptoms one would expect from a patient on a very low calorie diet. For example, his patients had no headaches, hunger pains, weakness, or irritability as long as the low calorie diet was combined with Human Chorionic Gonadotrophin. Simeons also noted how patients lost significant amounts of weight while their bodies reshaped naturally - without effort. Patients lost more fat tissue directly from adipose tissue accumulations, causing highly visible contouring of the body.

Weight maintenance was not an issue for patients that had undergone the Human Chorionic Gonadotrophin Diet plan. Particularly compared to those who simply went on highly restrictive diets, without Human Chorionic Gonadotrophin. Human Chorionic Gonadotrophin regulated the metabolism, correcting that which initially caused the obesity.

Simeons worked at the Salvator Mundi International Hospital in Rome, Italy – a clinic mainly for celebrities. After Simeons' mysterious death, the diet started to spread to specialized centers. The program historically was administered via injectable Human Chorionic Gonadotrophin extracted from the urine of pregnant women. This made the program horrifically expensive and inaccessible to the average person. However in recent times a Homeopathic version had been developed and used with enormous success. In fact it is thought that the homoeopathic version is more powerful than the expensive restricted Human Chorionic Gonadotrophin drug version. Human Chorionic Gonadotrophin is currently being tested as a potential cancer prevention drug. Its prevention of breast cancer is being investigated.

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What is Human Chorionic Gonadotrophin?

Human Chorionic Gonadotrophin is a natural accruing protein hormone that develops in the placenta during the first trimester of pregnancy shortly after conception. This is nature's way of protecting the fetus against starvation. Many women constantly vomit throughout the pregnancies yet give birth to beautiful plump babies.

This protein hormone is recognized as a peptide. Peptides are a class of hormone that is secreted into the blood stream and aids endocrine functions in living animals.

Human Chorionic Gonadotrophin is being called the weight loss cure because it is an obesity weight loss cure. Human Chorionic Gonadotrophin is believed to help reset the hypothalamus by sending signals to begin breaking down and using abnormally high body fat as a primary fuel source. These signals are believed to be sent when the body is experiencing a reduced and low calorie diet. These signals also believed send a message out to conserve and maintain lean body mass i.e. muscle mass.

Without Human Chorionic Gonadotrophin to assist you during a low calorie diet, your body will begin to deplete muscle. This results in lowering your resting metabolic rate "RMR." This means that if you lose muscle you also lose metabolism. For each pound of muscle that your body loses, you also lose about 50 calories in metabolism. Human Chorionic Gonadotrophin stops this cycle by tricking your body into believing it is getting the calories it needs. How? It replaces ingested calorie values with stored fat calories. This creates exceptional benefits including fat loss results.

Our Unique Bodymind Revolution (BMR) Formulas

Our Bodymind Revolution Formulas have been specifically developed for your individual constitutional type. There are three main BMR constitutional body types and each person is individually assessed to ascertain the formula that is specific to the individual. These formulas naturally balance the body's hormones, metabolism, and response to stress and are tailored specifically to your body type. The potency is also individualized and tailored to your requirements and may change during the programme.

All our formulas are completely natural homoeopathic complexes, they are safe, and aid your body's own ability to create a perfect state of homeostasis.

We believe the body has a unique ability to heal itself if given the right conditions to do so.

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The efficacy of the formulas is easily proven with the use of Ketostix. These are test kits readily available at your local pharmacy or through us which are used to test your urine daily to ensure the body is in a fat burning state of ketosis. While taking the BMR Formulas your body will produce ketones which will appear on your ketostix. As you come off the BMR formulas the body goes out of ketosis and no longer burns fat.

The Program, Fees and Structure

Food Program

The first 3 days are for Feasting, while taking your BMR Formula. Don't be alarmed at eating as much food as you like, including fat! This is important in restoring your body's 'normal and structural fat' that may have been compromised through previous diets. Make the most of it and Enjoy!

For the next 21 days the daily food plan is limited to 500 calories to maximize the benefits of your BMR Formula. Initially this may be of concern to some however rest assured the BMR Formulas are specifically designed to suppress appetite and prevent hunger. The main meals of the day are lunch and dinner which comprise of meat and salad/vegetables. The quantities are very specific and the list of vegetables is detailed. Some fruit is also allowed during the day.

After the 21 days you will move on to the Stabilization Phase which is the most crucial part of the program. During this phase you will be coached to ensure you return to your normal diet in a controlled and structured way to ensure the weight loss stabilizes. This phase gives your body the opportunity to balance your hormones and adjust to your new lighter, healthier form!

From there . . . if you have additional weight to lose you can start another cycle of the programme at a reduced cost. To support your new body we would highly recommend enrolling in the Healthy Kitchen Cooking School for family friendly nutritional cooking classes – a must for the New You!

The Healthy Kitchen Philosophy

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“It’s time to know, You are what you Eat, Think and Feel”

At Healthy Kitchen we believe in 'The Closest Thing to Nature Possible.' The more your food is processed the less nutritious it is. If it no longer resembles a food from nature or it has required a laboratory to produce it - it just isn't good for you!

Foods either contribute to health and vitality or they take away from it. Next time you eat something ask yourself these 2 simple questions. Is this food nourishing my body? Is this food contributing to or taking away from my health?

Healthy Kitchen promotes a diet of seasonal, locally produced nutrient dense organic foods, traditionally and sustainably farmed with respect and appreciation for the environment. Our ancestors held the key to perfect nutrition and by seeking their wisdom we too can live a life free from degenerative diseases such as diabetes, heart disease and obesity.

We believe the rhythm of the seasons should be reflected in your diet, eating mostly raw fresh foods in summer months that cleanse and revitalise the body, into a nutrient dense diet of traditional slow cooked meals in winter months which also reflect the rhythmic cycles of what our human body craves. We promote living, high vibe whole foods, just the way nature intended us to eat.

Do you really know just how great you can feel?

Why do I need daily coaching?

The programme is very precise and will have a profound effect on your body. The body goes through a series of beneficial biological changes during the programme and it is crucial you are monitored by an experienced health care professional who is able to identify any specific problem areas and help you correct them immediately. Also we've proven that those who have daily contact lose three times as much weight as those who don't. If you are serious about losing weight rapidly and safely and gaining as many health benefits as possible then an experienced coach is imperative to ensure your success. We are also here to provide you with daily inspiration, and are here to support you emotionally through any challenges weight loss may throw at

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You! We offer you full holistic support mentally, emotionally, spiritually and physically.

WARNING: We do not accept any clients who haven't been through our Comprehensive Health Screening Process. DO NOT ATTEMPT A DIET LIKE THIS WITHOUT FULL SUPERVISION.

Drinks, Seasonings and Fiber

A list of suitable drinks and seasonings is provided. As coffee negates the effects of homeopathics it is not recommended during the 21 day program, as is alcohol. Fibre is essential for elimination so fibre is prescribed by our practitioner.

Exercise

While exercise is not a recommended part of the programme, relaxation techniques like yoga will assist your mind and body connection. Meditation is strongly recommended. Take this time to connect to your body and to allow the body to communicate with you. If you are already fit it is okay to continue with a light program. It is not recommended you do vigorous training as you may not have the energy for it and the lack of carbohydrate will result in little glycogen production to fuel the muscles.

Programme Structure

Each day you are required to fill out a detailed form covering weight changes, food choices, bowel movements, fluid and fibre intake and how you are feeling within. This is then emailed to your coach by 9am each morning Monday to Friday who will analyze the information daily and report back to you each day (apart from weekends and public holidays).

Once a week you will have either a personal Skype or phone meeting with Deborah. Please have your questions ready.

Fees

The Course Fee is \$900 - payable on completion of the application form. Your BMR Formulas, herbal teas and fibre are additional and will cost around \$120. A 3 month payment plan is available for fees to approved clients. This is \$325 per month, for three months. Credit card payments will require an additional 3% surcharge.

Enroll now for a Healthier, Slimmer You!