

**Chewing:** This is a great way to lose 5-10 kgs permanently, as well as reducing gas and belching. Most people eat quickly, barely chewing their food. Write on an index card the following and keep it next to your place while eating: *"I am now chewing each mouthful 15-20 times and putting my fork or sandwich down between bites"*. The putting down or picking up of your fork or sandwich allows you to get in another 5-6 chews. The idea is you will still have the satisfaction of having food in your mouth for the same period, but you will have eaten less total food, consuming fewer calories.

People also often report that they actually feel more energy and mental clarity as the digestive system doesn't have to consume so much energy trying to break down large pieces of barely chewed food. Chewing becomes extremely significant as one considers how important digestion is to the whole human life cycle. Cellfood<sup>®</sup> Natural Burn Formula also helps reduce bloating, effectively eliminating inches off the lower abdomen.

**Breathing:** Occasionally close your eyes and just be aware of your breathing. Feel how goods it feels as the breathe. Observe your breathing if negativity or unwarranted fear is dominating your awareness - you usually shallow-breathe in these situations. Close your eyes and focus on your breathing fully and take 5-10 deep easy breaths and you will often discover the negativity and fear are greatly reduced or gone.



This product is not intended to diagnose, treat, cure or prevent any disease. If under medical care, or pregnant or nursing, consult a health professional.

## From the makers of **CELLFOOD<sup>®</sup>**



**CELLFOOD<sup>®</sup> Super Concentrate** is a uniquely created, proprietary formulation that contains 78 ionic minerals, 34 enzymes, 17 amino acids, electrolytes and dissolved oxygen – and utilises a unique water-splitting technology. Cellfood provides an unsurpassed oxygen and nutrient delivery system that may be absorbed quickly and efficiently by every cell in the body. Cellfood is rich in beneficial antioxidants, is highly alkalising and completely safe.



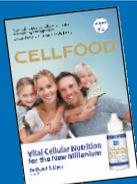
**CELLFOOD<sup>®</sup> Oxygen Gel** is a nutrient rich, topical application from the original CELLFOOD<sup>®</sup> concentrate formula, which helps provide healthy skin an active layer of oxygenated moisture and protection, whilst decreasing the appearance of fine lines around the eyes and mouth. CELLFOOD<sup>®</sup> Oxygen Gel also helps to nurture damaged skin by revitalizing and rejuvenating the epidermal layer. Chemical and Paraben free.



**CELLFOOD<sup>®</sup> Silica** is designed to help provide foundational support for bones, joints, muscles, and connective tissue. As we age, our body's natural ability to produce silica steadily declines. Silica supplementation can be an aid in supporting healthy bones, joints and cartilage, skin, nails, hair, teeth and gums.

Sole importer of genuine CELLFOOD<sup>®</sup>:  
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# Beyond Weight Loss



## CELLFOOD<sup>®</sup> **NATURAL BURN FORMULA**

- Natural Fat Burners: Garcinia Cambogia, L-Carnitine (plant sourced)
- Liquid: Much higher absorption than capsules
- Easy: Add 20 drops in a glass of water, drink it before bed time
- Safe: No harmful stimulants or chemicals
- Affordable: all in one product

Designed to help you manage your weight and reshape safely, with enhanced energy. Contains original Cellfood<sup>®</sup> for optimum ease of absorption at the cellular level

**CELLFOOD<sup>®</sup> is the world's #1 selling  
oxygen + nutrient formula**

THE ORIGINAL SINCE 1969

**Cellfood® Natural Burn Formula** may help get your weight loss program off to a strong, healthful start and then keep it running smoothly. Made from only the finest ingredients, this new proprietary formula combines **Cellfood®** with natural fat burners **Garcinia Cambogia Plant Extract** and **L-Carnitine** (a natural amino acid) to help promote healthful weight loss, **even while you sleep!**

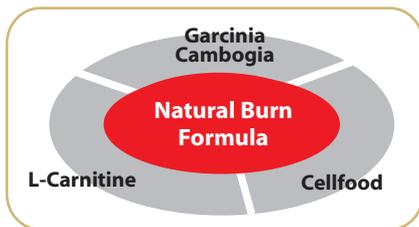
### Three highly effective ingredients in a perfectly balanced formulation:

·Garcinia Cambogia ·L-Carnitine ·Cellfood

The **Garcinia Cambogia**, a small pumpkin shaped fruit native to Asia, has the highest content of naturally occurring hydroxycitric acid (HCA). Our pure, proprietary extraction of HCA may assist in increasing the body's fat metabolism, decrease fat storage, and may help to reduce food intake by curbing the appetite, creating a feeling of fullness. It may also inhibit the synthesis of fatty acids in the liver, therefore reducing the amount of available fat for storage. HCA is a natural appetite suppressant.

**L-Carnitine** is a vitamin-like amino acid that is naturally produced by the human body, primarily the liver and kidneys, which can be depleted by exercise, stress, or illness. Even a reliance on a strict vegetarian diet may deprive the body's tissues of the required amount of this essential co-factor. L-Carnitine has been shown to have a remarkable effect on the cellular metabolism of fat.

**Losing weight:** To lose weight you must consume fewer calories than your body needs and increase metabolic action to burn more calories. Natural Burn Formula may help increase this action.



Specifically,L-Carnitine helps transport longchain fatty acids (LCFAs) from the cytosol into the mitochondria (the cells' fat incinerator) for critical energy production. Studies also indicate that L-Carnitine maintains healthy levels of protective cholesterol and triglycerides, may help maintain normal blood pressure,and helps to keep arteries clear. And, L-Carnitine helps the cardiovascular system,while supporting healthy heart muscle.

**Cellfood®** is made from only the finest natural plant substances. It's sourced from mineral springs and from fossilized plant taken from virgin earth. Cellfood® contains 78 trace minerals, 34 enzymes and 17 amino acids plus electrolytes, and has the unique ability to weaken the bonds of water molecules, releasing nascent oxygen and hydrogen in a chain reaction directly into the body.

## FREQUENTLY ASKED QUESTIONS:

**Is Cellfood® Burn natural?** Cellfood® contains no artificial stimulants or chemicals and is safe.

**How long before I see results?** Typically, results occur with the first bottle. In many cases, even within the first week or two.

**Can I combine Natural Burn with Cellfood®?** Yes, you can. In fact, taking the two products together will optimise your results.

**Detoxification:** is the cleansing function of the liver which removes poisons and metabolic waste from the body. If you were to slowly poison yourself each day,you would feel less vitality and mental clarity. Conversely, as the poisons are being removed, people generally experience increased vitality and mental clarity.

Being overweight can be associated with toxicity, as toxins can be stored in fatty tissue.The Cellfood® in Cellfood® Natural Burn Formula effectively helps to cleanse the liver and bowel, but even more importantly,helps to detoxify your body at a cellular level.This is significant because you and I are basically a cell times a 100 trillion of them.

**Water Intake:** We need adequate water to allow released toxins to leave the body. Aim to drink 8-10 glasses of water every day.Once you start,you'll experience drinking water as a real pleasure,not a chore.

**Food Suggestions:** Eat the food you enjoy, but try to make it a lower fat version when you can. This will reduce calorie intake without reducing the amount of food you're eating. Eat foods high in dietary fibre (fresh fruits, vegetables & whole grains) as these help provide a satisfying feeling of fullness.

**Remember:** Cellfood® Natural Burn Formula does not replace your daily intake of the Original Cellfood® Formula,it actually helps you to add effective body shaping and weight management to your overall health program.



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