

Why you need a Healthy Breakfast

When you wake up in the morning after going 10 - 12 hours without food, your energy reserves are low and your body and brain need fuel. Besides, your body has spent 1 liter of water during the night through breathing, sweating and morning visit to the bathroom.

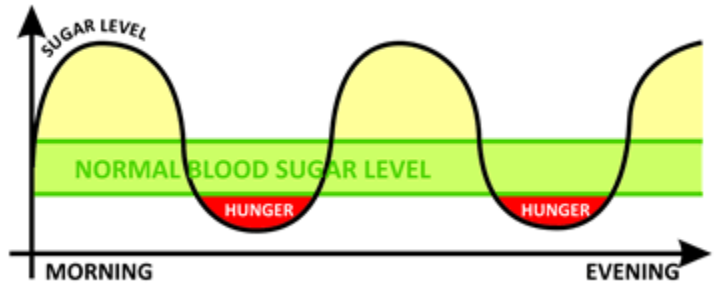
So your body wakes up "empty" in the morning and on behalf of 100 trillion cells begs you, "Hey, give me back all the nutrients, energy and water I spent in the last 24 hours". What you choose to eat for breakfast can affect your mood, physical and mental performance, weight and your general and long-term health.

Now here is the big question: What did you give your body this morning?

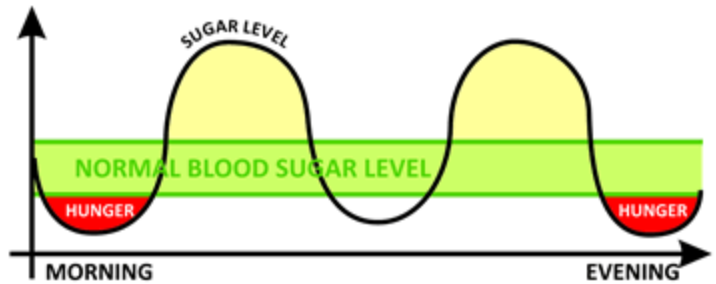
Remember - all our bodies wake up in the morning 'empty' with normal sugar levels. What we decide to eat for breakfast will determine what will happen to our blood sugar level for the rest of the day.

Carbs-Based Breakfast:

In the morning, simple carbohydrates (sugary refined cereals, white breads, toasts, etc.) cause an immediate surge of blood sugar level which results in the body over compensating for the extra sugar load - the excess is converted and stored as fat. The result - a decreased level of blood sugar and a craving for more carbs. This cycle then repeats itself 2-3 more times during the day.



Skipping Breakfast: When you skip breakfast your blood sugar drops below the normal level. You experience cravings for food and a drop in energy. You are again tempted to revert to simple carbohydrates to achieve a quick surge of energy. Simple carbohydrates will cause an immediate surge of blood sugar level followed by the body compensating for the extra sugar load. Excess sugar turns into fat. Then this cycle repeats itself 2-3 more times during the day again.



These vicious cycles constitutes one of the reasons for the development of other major health challenges and extra weight.

So...Would you like to know what a good breakfast is supposed to be?

The Balanced Breakfast:

Your first meal in the morning should meet these four main criteria:

- Replace the **energy** (from proteins, carbohydrates & good fats) that was consumed yesterday, when you were active.
- Provide the body with all the **nutrients** (building blocks - proteins, amino acids, vitamins, minerals) used during the night.
- Replenish the **water** stock.
- Maintain the blood sugar level within the normal range **preventing you going into craving for "something" to eat!**



There are great ideas in numerous publications for a healthy breakfast BUT in today's fast paced world it's not easy to prepare a balanced breakfast that meets the four major criteria for a healthy breakfast if you don't have much time in the morning.

Our Company has developed the complete and perfect Healthy Breakfast Program, helping the body with the above mentioned issues.

You can't even imagine how much better you'll feel during the day when you have our Balanced Healthy Breakfast AND the best news is that it's simple, very quick to prepare and delicious to eat!

Our results have been spectacular!

28 years of success with 60 million satisfied customers in 66 different countries.

Welcome to the easiest Balanced Healthy Breakfast - nutritious food & water in a convenient form.

Our Balanced Healthy Breakfast Program: Herbal Aloe + Thermojetics Beverage + Formula 1 Nutritional Shake.

HERBAL ALOE VERA CONCENTRATE

First thing in the morning, you drink a glass of Aloe. It's a great tasting refreshing beverage that ensures you maintain an adequate level of water consumption, while soothing the digestive system and assisting the natural self-cleansing action of the body. Mix 1 ½ cap full with small glass of water.



R 220.00 Quantity

Thermojetics.

Taken hot or cold is an invigorating drink to have while you get ready for the day. This refreshing herbal beverage is an ideal source of fluids that helps you lose weight faster. It helps you to maintain optimum energy levels and enhances the process of weight control. An ideal and refreshing beverage blended from natural botanicals and herbs. Each serving is kilojoule-free.



50g Thermojetics - choice of 4 flavours (enough for ± 15 days) R213.00

Formula 1 Protein Shake.

So, now you have cleansed your body with the Aloe, given it lots of energy with the thermo, you are ready for a nutritionally-balanced, healthy meal-in-a-glass Breakfast providing you with protein, carbohydrate, vitamins and minerals in the perfect balance for sustained energy. Available in five delicious flavours and easy to prepare!

You mix two scoops of our shake with water + soya powder; or Yoghurt; or diluted fruit juice or you can make delicious smoothies! The shake will provide your body with all vital nutrients it needs. Helping you keep fuller for longer may help you snack less! Your sugar levels will be kept constant and you will feel fabulous!



Formula 1 Nutritional Shake Mix - Choice of 5 flavours R314