

## Weight Loss Clinic

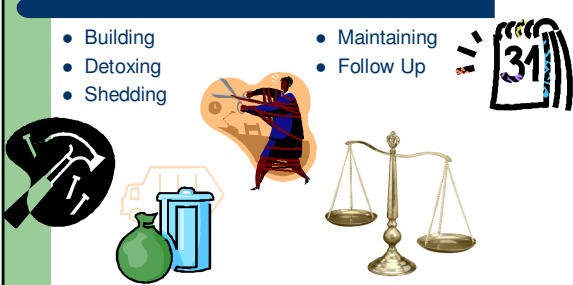
Eating your way to Wellness



[www.PollyHeilMealey.com](http://www.PollyHeilMealey.com) (832) 978-1677

## 5 Phases

- Building
- Detoxing
- Shedding
- Maintaining
- Follow Up




## Why do we gain weight?

- Bad food choices
- Environmental Toxins
- Heavy Metal poisoning
- Genetic predisposition
- Hormonal imbalance
- Yo-yo dieting messes up metabolism


## Building

1. One Week Duration
2. Work on the Cellular Level
3. Build body so it has power to shed unwanted pounds.
4. Product: PXP Royale-1 tsp. daily. Mix with 4 oz liquid
5. Menu: Sensible choices




## DETOXING

- Weeks 2 and 3
- Fat Flush Plan
  - Prepare mentally
  - Prepare groceries
  - Read FFP; receive herbs
  - Goal: Lose 10-15 pounds in two weeks



## Shedding

- 3 Weeks Duration
- Reduced calorie menu
- Homeopathic herbs
- Goal: 1/2 to 1 pound per day  
Or better weight loss



## Maintaining

- 3 Weeks Duration
- Menu:
  - Sensible food choices
  - No calorie restrictions
- Weigh DAILY
  - Same Time
  - Same clothing



## Follow-up

- Meet in 90 days for 'Accountability' purposes
- Goal—Maintain Weight Loss

## PXP ROYALLE

- Fights Metabolic Disorder
- Targets Hormone imbalance
- Decrease high blood pressure
- Decrease elevated LDL; triglycerides
- Balance Blood Sugar levels; improve digestion

## PXP ROYALE cont....

- Boosts metabolic function and increase weight loss
- Fights depression, memory loss, dementia
- Gain energy, vitality, mental clarity and focus
- Boosts immune system to fight illness and disease

## PXP ROYALE cont.....

- Enhance circulation and brain function
- Enhance libido and sexual performance
- Fights disease and aging processes
- Prevent degradation of elastin, collagen and hyaluronic acid, which keep the skin hydrated and firm.