



*Bio Body.  
For quality NZ  
homeopaths*

The Bio Body *Fast Track* Weight Alignment program provides three unique homeopathic formulations - **SLIM, BOOST (optional), & REINFORCE**, - to support your body while you release weight during a 13-Day body detox and low calorie eating program. Full program instructions, menu plans, recipes, tips for success, and the Bio Body Success Journal are included free with your 13-Day Bio Body *Fast Track* Weight Alignment program.

*(Please ask your retailer for the full information pack that comes with the program or request a copy by emailing: infopack@biobody.co.nz.)*

[www.biobody.co.nz](http://www.biobody.co.nz)



Bio Body Alignment  
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# 13-Day Fast Track Weight Alignment



Healthy,  
homeopathically  
supported  
low calorie eating  
detox. Realign  
your weight by  
6kg.



## Detox, lose weight, feel great

Join the thousands of others who've enjoyed permanent weight loss success through the Bio Body *Fast Track* Weight Alignment program. A simple 13-Day commitment that is easy to fit in around your busy schedule.

Great to kick start your weight loss, get ready for a special event, or to enable you to fit into that dress or suit that seems to have shrunk since last time you tried it on. Or simply because you want to enjoy the benefits of a healthy food body detox.

The program provides two unique homeopathic formulations, to support you while you release weight during a 13-Day low calorie body detox. This quality, New Zealand formulated homeopathic program helps you to realign your weight by as much as 6kg in 13-Days.

Healthy, natural, safe and effective. Homeopathics formulated with your desired body alignment results in mind.

Full program instructions, menu plans, recipes, tips for success, and the Bio Body Success Journal are included free as a download when you purchase your 13-Day Bio Body *Fast Track* Weight Alignment program.

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## *'Bio Body Program Outline:*

### Days 1-13 Weight Alignment Bio Body **SLIM & BOOST**

Two days of eating high quality fats and nutrition rich foods, followed by 10 days of specific low calorie eating to *Fast Track* your weight loss. Pioneering an energetic homeopathic glyco-protein, plus other supporting homeopathics, Bio Body **SLIM** enables you to access your stored fat to make up for the calorie shortfall during the weight loss phase.

**BOOST** - optional - To ensure adequate hydration and to support you with additional minerals and homeopathics during the detox, Bio Body **BOOST** can be added to your water and sipped during the day. **BOOST** contains concentrated minerals that enhance the effectiveness of the detox and weight loss process, and anchor the weight loss message.

### Days 14-23 Consolidation Bio Body **REINFORCE**

Normal eating resumes during this phase, but for these next 10 days you take Bio Body **REINFORCE**. It contains digestive enzymes, homeopathic remedies to buffer emotional changes, and Leptin receptor herbs to assist with rebalancing your body's fat storage mechanisms to normal levels.

## From Day 24 Maintenance

Relatively normal eating continues (while still avoiding high GI carbs and starchy foods that reduce insulin sensitivity) for at least another two weeks. Alcohol is permissible during this transition, but stick with drier types of wine, low carb beers, and white spirits while avoiding sugary drinks or mixers.

### **Diet Support Formulas (DSF)**

If you still face challenges with weight fluctuations, consider utilising one of the Bio Body Diet Support Formulas (DSFs). Utilising one of our 10 specialised Diet Support Formulas (DSFs) will help you deal with cravings or emotional responses to foods.



*Enjoy a healthy,  
homeopathically supported,  
low calorie eating program  
to help you realign your  
weight in 13-days.*