

13-day Fast Track

Bio Body Ideal Weight, weight alignment programme
Since 2007



Kick start your weight loss

The 13-day plan is great to kick start your weight loss, get ready for a special event, or to enable you to fit into that favourite item of clothing that has got too tight. Equally, clients use it as a clean eating regime they can enjoy two or three times a year to keep them on track and focused on healthy eating. Join the thousands of others who've enjoyed permanent weight loss success through the Bio Body Ideal Weight 13-day plan – a simple and easy commitment you can fit in around your busy schedule.



13-day programme outline

Includes WhatsApp coaching to ensure you succeed

The Bio Body Ideal Weight programme works by using specialised homeopathics, so you use your stored fat when you go into a nutritional calorie shortfall. There is a specific food list you must follow. There are four phases, Loading, Weight Alignment, Consolidation and Maintenance, with three unique, supporting homeopathics taken during the first three phases to ensure weight loss, digestive support and to streamline returning to normal eating without gaining weight. Bio Body Ideal Weight SLIM contains 35 homeopathics, including HCG, so you can bypass the typical 90 days* it would take before your body will release its white or visceral fat. (*Without SLIM, even when in calorie shortfall, you can't access the fat you want to target.)

BOOST – a mineral supplement, with a specialised potency HCG that helps turbo charge the process and is the magic behind being able to do a shorter round.
REINFORCE – 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 – it stops you gaining the weight back.



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For more
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13-day Fast Track Calendar

Day 1 Loading	Day 2 Loading	Day 3 Low Calorie	Day 4 Low Calorie	Day 5 Low Calorie	Day 6 Low Calorie	Day 7 Low Calorie
SLIM & HIGH CALORIE EATING	SLIM & HIGH CALORIE EATING	SLIM & BOOST *VLCD	SLIM & BOOST VLCD	SLIM & BOOST VLCD	SLIM & BOOST VLCD	SLIM & BOOST VLCD
Day 8 Low Calorie	Day 9 Low Calorie	Day 10 Low Calorie	Day 11 Low Calorie	Day 12 Low Calorie	Day 13 Low Calorie	Day 14 Consolidation
SLIM & BOOST VLCD	SLIM & BOOST VLCD	SLIM & BOOST VLCD	SLIM & BOOST VLCD	SLIM & BOOST VLCD	SLIM & BOOST VLCD	(STOP SLIM) REINFORCE AND BOOST
DAY 15-23 CONSOLIDATION	DAY 24-33 MAINTENANCE	FROM DAY 34, YOU CAN START ANOTHER PROGRAMME				
REINFORCE AND BOOST	TAKE REINFORCE AND BOOST TILL FINISHED			*VLCD = very low calorie diet		

