

40-day extended

Bio Body Ideal Weight, weight alignment programme
Since 2007



Longer, delivering great results

We typically recommend this programme for the very dedicated. It works but it can become hard to stick to near the end. The 40-day Bio Body Ideal Weight programme is an extended homeopathic version, developed from the research by Dr Simeons who worked extensively with weight loss clients in the 50s.

By unlike his version, clients get to bypass the injections and instead enjoy the ease offered by safe and effective homeopathics, developed by Bio Body nearly 20 years ago. We are one of a few who formulate our own products, which is why we're able to offer the variations in formula not available through other suppliers. Typically, our clients can lose up to 15kg on the 40-day programme.



40-day programme outline

Includes WhatsApp coaching to ensure you succeed

The Bio Body Ideal Weight programme works by using specialised homeopathics – a combination of 35 homeopathics, minerals and herbs – to support your body while you release weight.

With SLIM in your system, you use your stored fat when you go into a nutritional calorie shortfall, which is why 80 percent of our clients report being surprised they're not even hungry. There is a specific food list you must follow.

There are four phases, Loading, Weight Alignment, Consolidation and Maintenance, with Bio Body Ideal Weight SLIM taken during the Loading and Weight Alignment phases to ensure weight loss, digestive support and to streamline returning to normal eating without gaining weight.

Bio Body Ideal Weight SLIM enables you to 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.)

Full programme coaching is provided via WhatsApp, giving you personal accountability and support while you align with your Ideal Weight.



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On Bio Body products
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For more
information:

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40-day 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 *VLCD (*very low calorie diet)	SLIM VLCD	SLIM VLCD	SLIM VLCD	SLIM 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 Low Calorie
SLIM VLCD	SLIM VLCD	SLIM VLCD	SLIM VLCD	SLIM VLCD	SLIM VLCD	SLIM VLCD
DAY 15-37 Low Calorie	DAY 38-40 Low Calorie	Day 41-80 CONSOLIDATION	Day 81-108 MAINTENANCE	From Day 109 you can start another programme		
SLIM VLCD	Stop SLIM					