



FLIP THE SWITCH

*How to stay in FAT-burning mode
24/7*

This information has not been reviewed by the FDA or the manufacturers of the products. This is intended to provide you with information that you with due diligence could also discover. It is not intended to diagnose or treat disease.

Your goals:

What do you consider to be your optimal weight/size?

When did you last weight that? Fit into that size?

What do you attribute the weight gain to?

What diet programs have you tried in the past?

What did you like best? Least?

How motivated are you to make a change? [high, moderate, low]

What are your concerns about getting started?

WHAT ARE YOUR STRUGGLES?

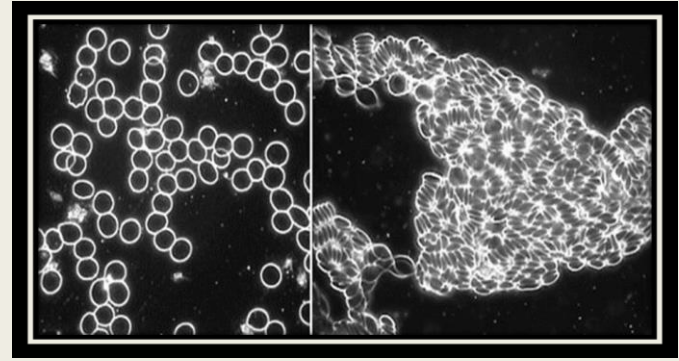
Why do you struggle with weight?

- Too much to do for everyone else
- I don't have time to exercise
- I don't like to cook
- I spend a lot of time at work
- I've tried to diet, but nothing has worked/I've fallen off the wagon
- I make poor food choices
- I eat too much, too often
- Other: _____



An Unhealthy Lifestyle

Blood sludge - after high- sugar meal



Diabetic amputation



CRIPPLES: Pain, fatigue, mood disorders, brain fog, premature aging, low self-esteem

COSTS: Decreased productivity, Increased medical spending, Depleted retirement funds.

KILLS: 678,000 premature deaths a year [USA]



Clogged artery



A **sustainable** fatburning, inflammation quenching system based on the science of metabolism and customizable to the goals/motivation of the client.



From an MD: Thank you for helping me incorporate diet and lifestyle-centered protocols into my family practice.

The TLS [Transitions Lifestyle System] that you are facilitating through my practice is significantly supporting the outcomes I have aimed for:

- Improved body composition
- Improved blood glucose management
- Improved lipid profiles
- Reduced joint pain and inflammation
- Reduced blood pressure
- Increased energy and positive mental attitudes
- New lifestyle habits

Previously her blood sugar averaged 200-225 with medication.... **After a week - without medication - it averaged 97.**

“At 8 Weeks, I’ve lost 27 pounds... My doctor said she NEVER sees RESULTS this dramatic in such a short time! I was pretty much imminently headed for either heart attack or stroke ... but now I am PERFECTLY HEALTHY!!! “

Here’s my results:

A1C. BEFORE 9.0 AFTER 6.4 [optimal]

Cholesterol BEFORE 255 AFTER 174 [optimal]

Triglyceride BEFORE 368 AFTER 134 [optimal]

HDL. BEFORE 39 AFTER 48. [optimal]

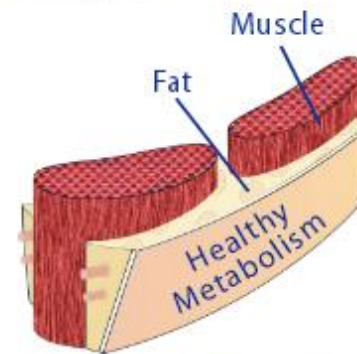
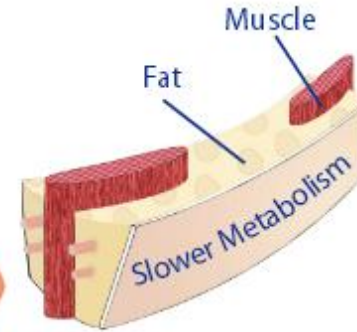
VLDL. BEFORE 74 AFTER 27 [optimal]

LDL. BEFORE 182. AFTER 101 [optimal]

Cholesterol/HDL ratio: BEFORE 6.5 AFTER 3.6 [optimal]

WEIGHT MANAGEMENT ISN'T UNIVERSAL

- There's no one-size-fits-all plan for weight loss. What's right for someone else isn't always right for you.
- Many commercial weight loss programs place an emphasis on what to eat, not how to eat.
- Many programs focus on weight loss, rather than actual fat loss. True health and fitness is the result of an optimized ratio of muscle to fat.



The saying goes, "Muscle dictates metabolism." The less muscle you have, the slower your metabolism. The more you have, the stronger your metabolism.



WHAT IS THE TLS® SOLUTION?

Four Components

Low-Glycemic-Impact-Eating

- It's about eating right, not eating less.

Body Composition

- Focusing on fat loss instead of weight loss.

Science-Based Supplementation

- Working with your body to enhance weight loss efforts.

Education

- Being aware and changing unhealthy behaviors for life.



LOW-GLYCEMIC EATING

WHY LOW-GLYCEMIC- IMPACT?

LEADING A LOW-GLYCEMIC-IMPACT LIFESTYLE DOESN'T HAVE TO BE COMPLICATED. HERE'S A QUICK INTRO ON HOW THE GI OF FOODS AFFECTS YOUR METABOLISM AND HELPS YOU BURN FAT.

BLOOD
SUGAR
LEVELS



THIS IS YOUR
FAT-BURNING
ZONE
IDEAL FOR WEIGHT LOSS.

EATING **LOW-** AND
MEDIUM- GI FOODS
KEEPS YOU HERE.



HIGH-GI FOODS
SPIKE YOUR BLOOD SUGAR,
CAUSING YOU TO LEAVE THE
FAT BURNING ZONE...

...AND LEAD TO
SAPPING YOUR ENERGY.

A BALANCED DIET OF
LOW- AND **MEDIUM-**
GI FOODS
GETS YOU
BACK ON
TRACK TO
FIND YOUR FIT.



**We offer 4
Jumpstarts**

21 Day Challenge - \$190.00

10 Week Simply Slim - \$119.00

14 Day Fat-shredder - \$75.00

7 Day Detox - \$47.00

TLS SOLUTION

TLS® 21-DAY
CHALLENGE KIT
**TONE,
TIGHTEN
& TRIM**



21 DAY CHALLENGE

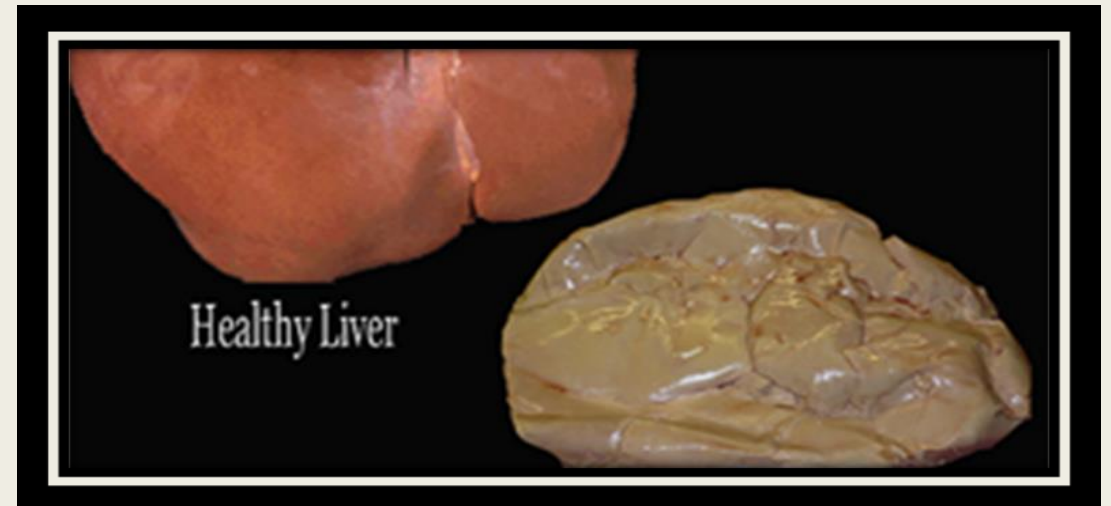
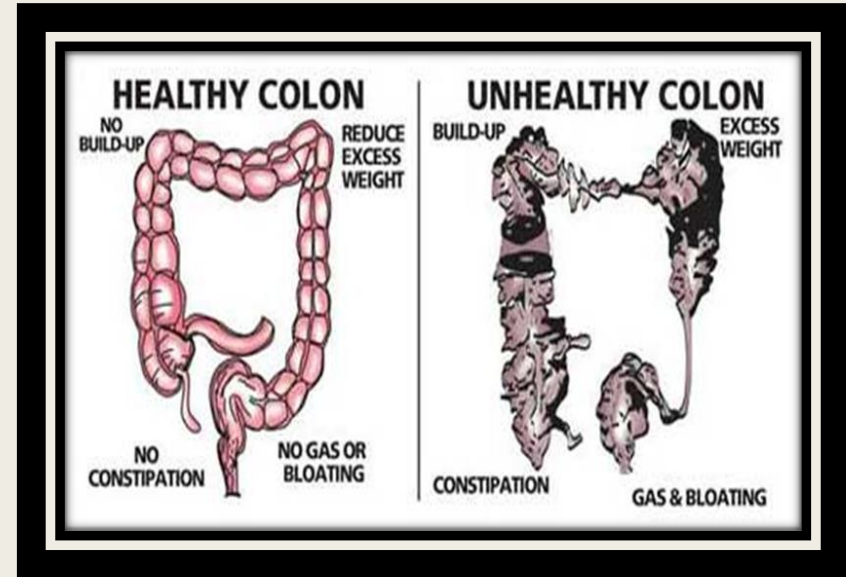
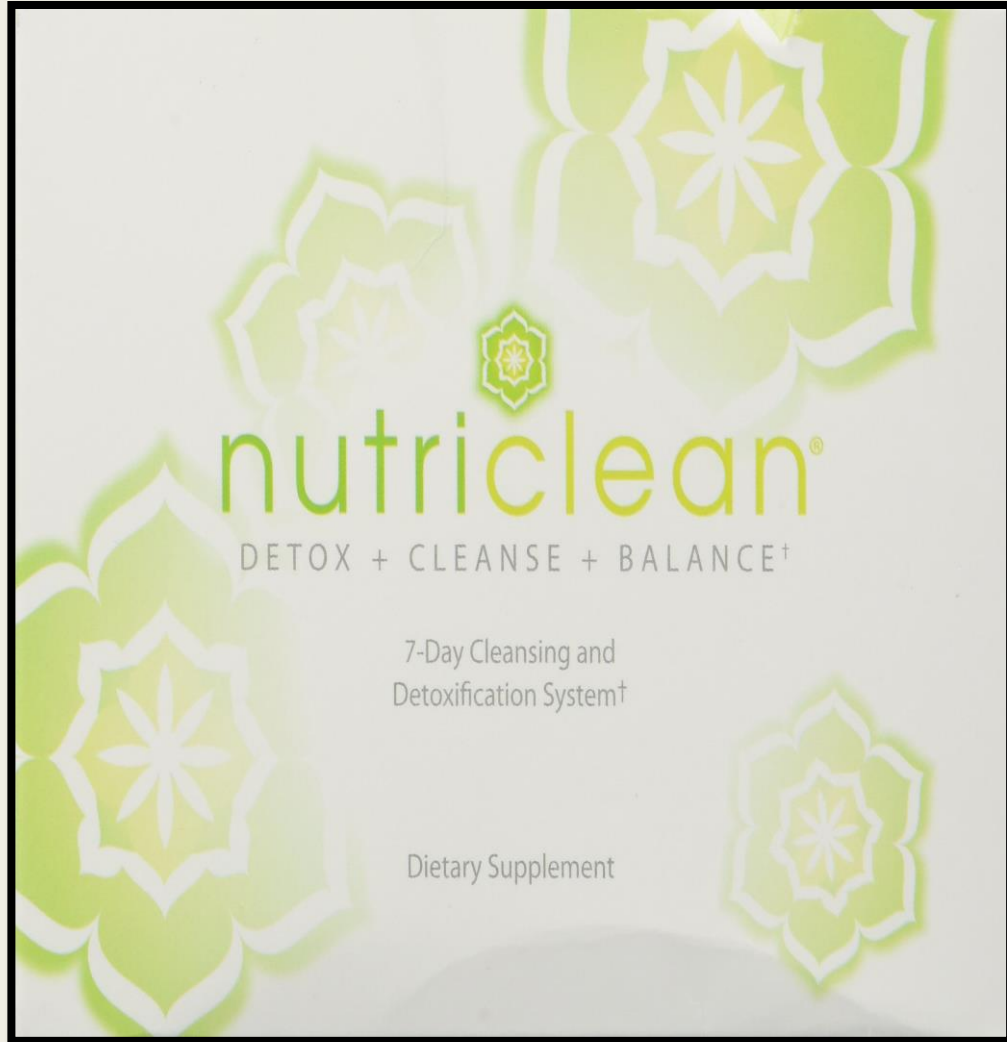
\$190.00

- 7 DAY NUTRICLEAN KIT [3 products]
- 30 DAY – TLS CORE
- 30 DAY – ISOTONIX OPC3

ALSO INCLUDED:

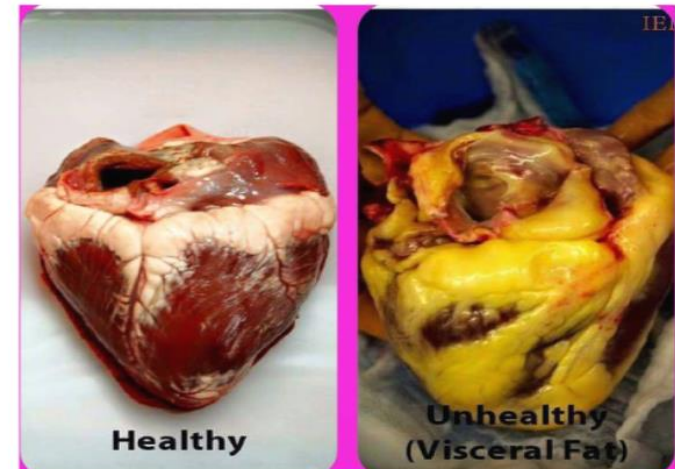
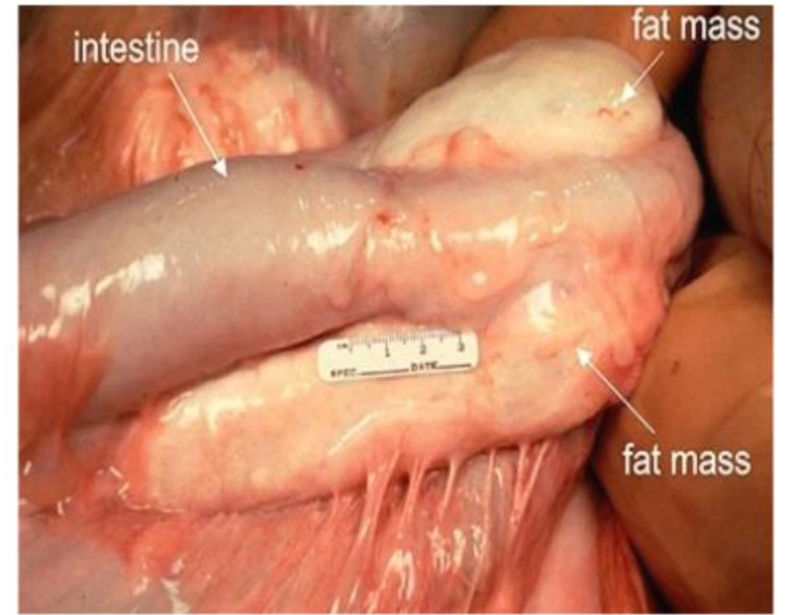
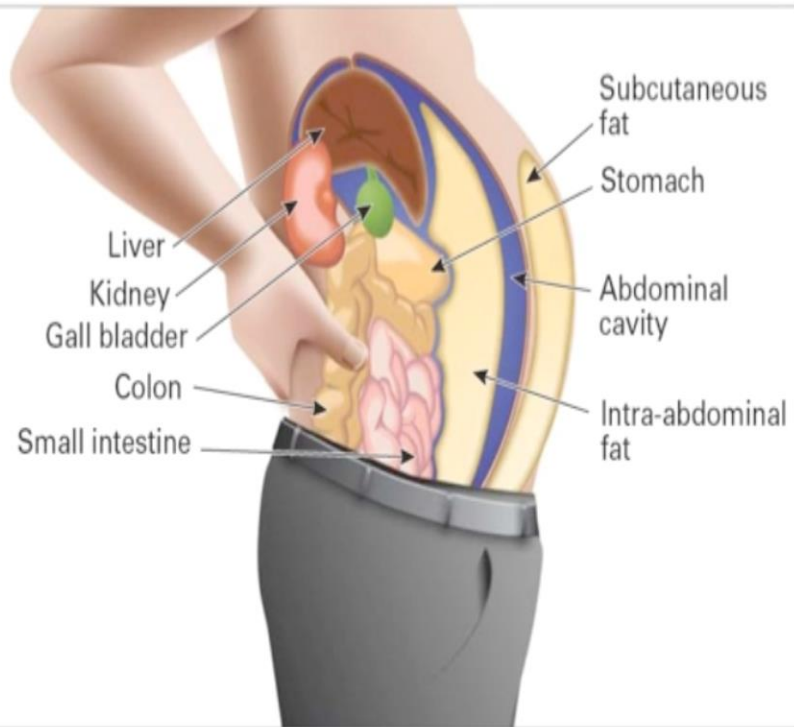
- FREE** – 21 DAY ACTION PLAN
- FREE** – 30 DAY ISOTONIX MULTIVITAMIN
- FREE** – 28 NUTRITIONAL SHAKES
- FREE** – SHAKER BOTTLE
- FREE** – TLS SLIM WEBSITE
- ACCESS** – Private Facebook Community.

PHASE 1 - 7 Days



PHASE 2 [day 8 -21]

- *Balance blood sugar*
- *Burn Fat*





OPC3 –
The *ultimate*
Inflammation
Extinguisher

HOW INFLAMMATION AFFECTS THE BODY

“Inflammation is at the root of practically all known chronic health conditions”

BRAIN

Pro-inflammatory cytokines cause autoimmune reactions in the brain, which can lead to depression, autism, poor memory, Alzheimer’s disease and MS.



SKIN

Chronic inflammation compromises the liver & kidneys, resulting in rashes, dermatitis, eczema, acne, psoriasis, wrinkles & fine lines.



CARDIOVASCULAR

Inflammation in the heart & arterial & venous walls contributes to heart disease, strokes, high blood sugar (diabetes) and anemia.



KIDNEYS

Inflammatory cytokines restrict blood flow to the kidneys. Complications like edema, hypertension, nephritis & kidney failure can result.



BONES

Inflammation interferes with the body’s natural ability to repair bone mass, increasing the number of fractures & leading to conditions like osteoporosis.



LIVER



Build-up of inflammation leads to an enlarged liver or fatty liver disease. Increased toxic load build-up in the body.

THYROID



Autoimmunity as a result of inflammation can reduce total thyroid receptor count & disrupts thyroid hormone function.

LUNGS



Inflammation induces autoimmune reactions against the linings of airways. Can result in allergies or asthma.

GI TRACT



Chronic inflammation damages our intestinal lining and can result in issues like GERD, Chron’s disease and Celiac disease.

MUSCLE



Inflammatory cytokines can cause muscle pain & weakness. Can manifest as carpal tunnel syndrome, or polymyalgia rheumatica, to name a few.



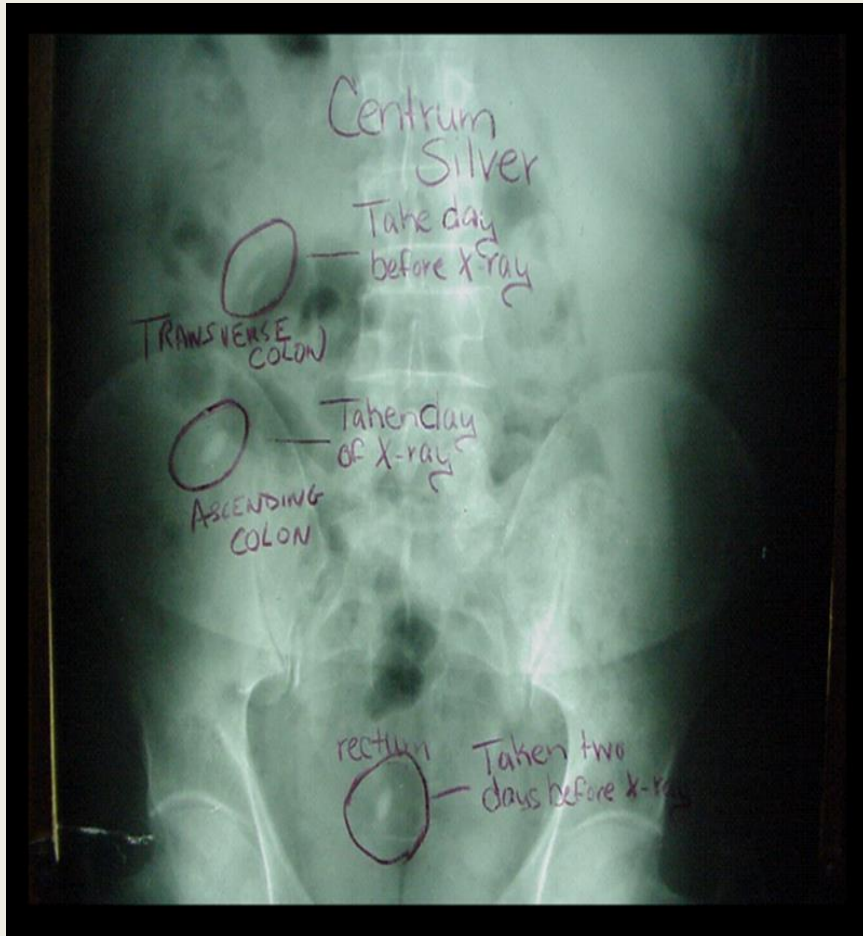
Nutritional Gap-Filler

Metabolism is the chemical reaction that your body uses to turn the food you eat into energy.

[Rather than storing as fat]

Getting adequate amounts of vitamins and minerals is vital for proper metabolism.

LIVE STRONG Nov 13, 2015



ISOTONIC VS. STANDARD TABLET

:05 ELAPSED TIME

ISOTONIC LIQUID

- Rapidly absorbed by the body
- High concentration of vitamins and minerals
- Maximum results

:40 ELAPSED TIME

STANDARD TABLET

- Minimal absorption
- Diluted nutrients

- **FASTEST, MOST EFFICIENT** delivery system
- **MOST ADVANCED AND SCIENTIFICALLY PROVEN** ingredients
- **HIGHEST QUALITY** STANDARDS
- Completely **FREE OF BINDERS AND FILLERS**
- **GLUTEN FREE** and no detectible **GMO**



CHROMIUM: Delivers blood sugar to cells, thereby helping to maintain normal blood glucose levels. Supports healthy levels of cholesterol and other blood lipids.

WHITE KIDNEY BEAN EXTRACT: Inhibits the absorption of unwanted calories through carbs.

LEPTICORE: Suppresses hunger signals, promotes blood sugar balance Increases fat-burning.

GREEN SELECT® Phytosome®: Decaffeinated - protects the body from free radicals, Enhances the bioavailability and efficacy of other ingredients. Supports the break down of fat, burning it for energy.

WHAT'S IN YOUR SNACK?

WE COMPARED THE NUTRITIONAL VALUE OF TLS® SHAKES VS. OTHER COMMON SNACKS

ONE TLS SHAKE WITH SKIM MILK CAN PROVIDE OVER

50%
OF YOUR
DAILY **PROTEIN**
& **40%**
OF YOUR
DAILY **FIBER NEEDS**



ONE 8oz SHAKE WITH SKIM MILK PROVIDES OVER

1/3 OF THE
USDA'S
RECOMMENDED DAILY ALLOWANCE OF
22 DIFFERENT
VITAMINS & MINERALS

TLS Nutrition Shake Protein: 18g Fiber: 10g Sugar: 2g

Special K™ Protein Shake
Protein: 10g
Fiber: 5g
Sugar: 18g



Nature Valley® Oats 'N Honey
Protein: 4g
Fiber: 2g
Sugar: 12g



Yoplait® Strawberry Yogurt
Protein: 5g
Fiber: 0g
Sugar: 26g



Carnation® Breakfast Essentials™
Protein: 10g
Fiber: 0g
Sugar: 15g

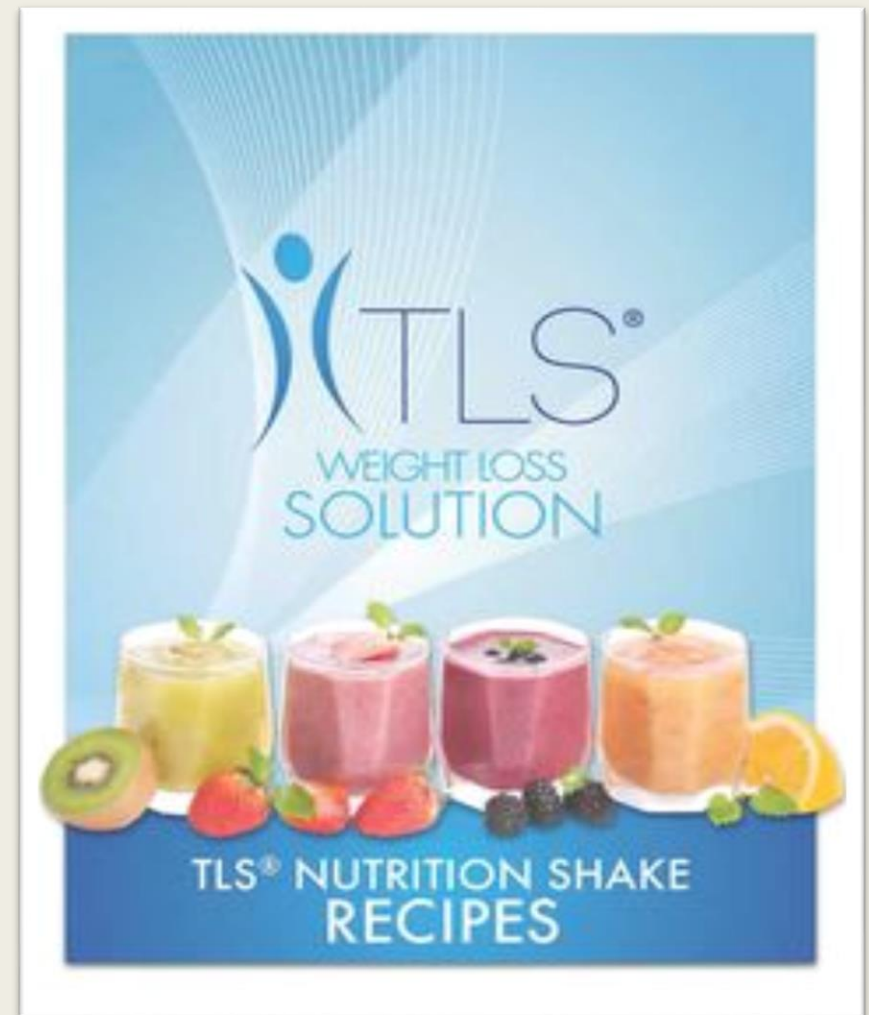


Keebler® Sandwich Crackers
Protein: 3g
Fiber: <1g
Sugar: 6g



CLIF® Energy Bar
Protein: 9g
Fiber: 5g
Sugar: 23g

SHAKE
THINGS UP IN YOUR LIFE
at tlsSlim.com.



28 days - 2 snacks a day

14 DAY FAT-SHREDDER

COST: \$75.00

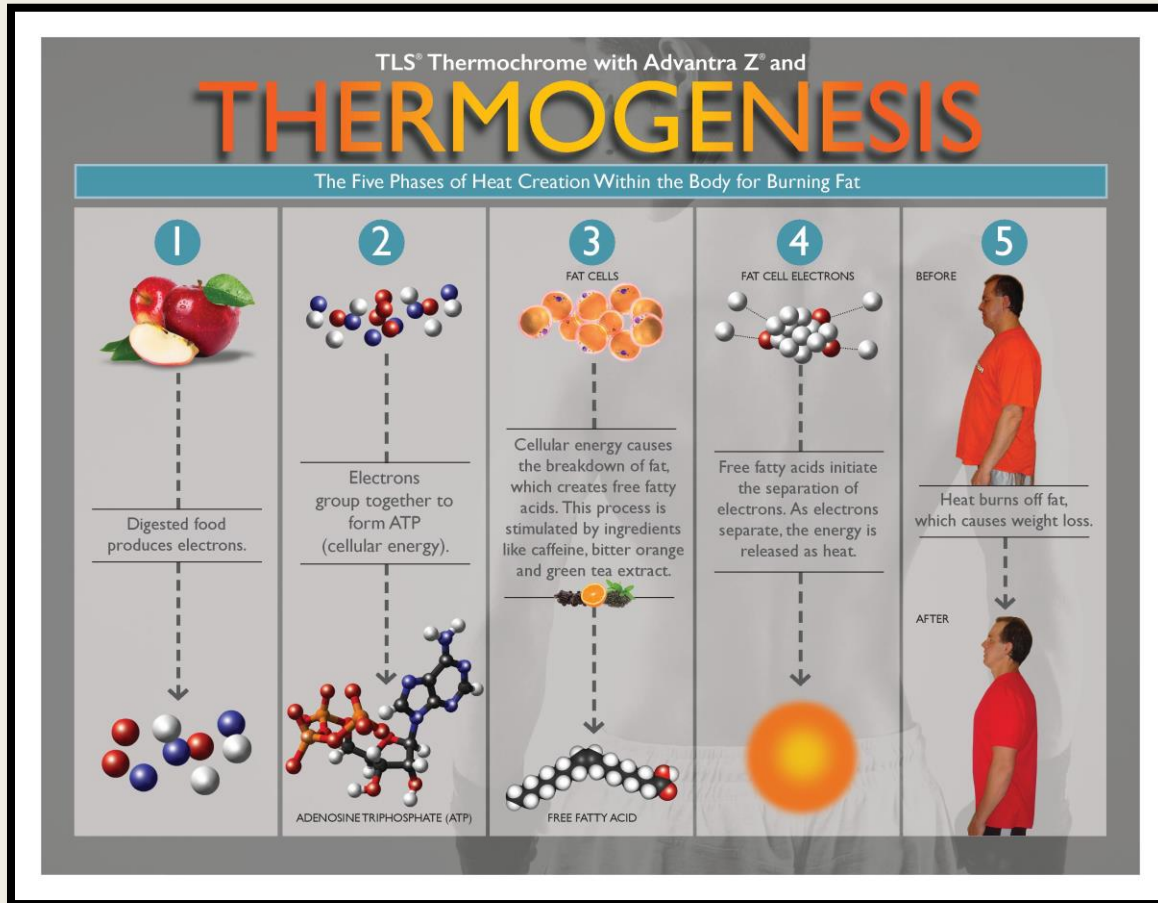
- **30 DAY SUPPLY OF SUPPLEMENTS**
Options: THERMOCHROME/GREEN COFFEE BEAN/TRIM TEA
- **14 TLS NUTRITIONAL SHAKES**
Options: VEGAN, WHEY OR NUTRITIONAL

ALSO INCLUDED:

- 2 WEEK FAT -SHREDDER ACTION PLAN
- TLS SLIM WEBSITE SUBSCRIPTION
- MEMBERSHIP IN PRIVATE FACEBOOK GROUP



Metabolic Enhancement Supplement Options



WEIGHT LOSS ISN'T MAGIC IT'S SCIENCE

ACCELERATE FAT BURNING WITH TLS® GREEN COFFEE PLUS GARCINIA CAMBOGIA*

TLS GREEN COFFEE PLUS GARCINIA CAMBOGIA INCLUDES SVETOL™. HERE'S WHAT IT DOES:

DECREASES YOUR BODY'S ABSORPTION OF SUGAR. IN OTHER WORDS, WHEN THE BODY DOES NOT HAVE READILY ACCESSIBLE GLUCOSE TO USE FOR ENERGY, IT THEN HAS TO BURN THE STORED FAT FOR ENERGY.

CODE: 6426 SR: \$35.00

svetol™ THE MOST STUDIED GREEN COFFEE BEAN EXTRACT WITH 9 PUBLISHED STUDIES

IN ONE STUDY:

- WITH 50 OVERWEIGHT PEOPLE FOR 2 MONTHS
- PARTICIPANTS LOST AN AVERAGE OF 10.9 POUNDS USING SVETOL™
- & THE AVERAGE MUSCLE MASS TO FAT MASS RATIO INCREASED

DAILY DOSE OF SVETOL™ – USED IN CLINICAL STUDIES: 400mg

BOTH DAILY DOSE OF SVETOL™ – IN TLS GREEN COFFEE PLUS GARCINIA CAMBOGIA: 400mg

TLS GREEN COFFEE PLUS GARCINIA CAMBOGIA DECAFFEINATED

*Not used in any of the 12 clinical studies. Information on 120 mg/kg Lean Inhibitor is not available. Information on 120 mg/kg Lean Inhibitor is not available. These statements have not been evaluated by the Food and Drug Administration. The product is not intended to diagnose, treat, cure or prevent any disease. You should consult your physician before beginning this or any other weight-management program. © Decaf, a registered trademark of Decaf, Inc.

3 OPTIONS
Plant-based
Whey Protein
Nutritional Shakes



LIVING LEAN AND CLEAN?
TLS® Whey Protein Shakes
VANILLA AND CHOCOLATE FLAVORS

- Muscle dictates metabolism, and TLS Whey Protein is an rBGH free, fast-absorbing formula that contains 21 grams of protein with minimal carbohydrates and fat, providing the protein you need, and nothing you don't.*

TLS NUTRITION SHAKES

AVAILABLE IN
CHOCOLATE DELIGHT
AND CREAMY VANILLA

10-11g FIBRE Per Serving
18g PROTEIN Per Serving
1-2.2g SUGARS Per Serving

GLUTEN FREE

GET YOURS TODAY
#FINDYOURFIT



10 Week Simply Slim - \$119.00

US National Library of Medicine.

10 Weeks - 102 subjects – 52 lost an average of 28 pounds and 6.3% body fat. Not changing anything in their diet or exercise.

Other studies

- 51.7% reduction in C-Reactive Protein Levels
 - 22.5% reduction in blood glucose levels
 - 80.9% reduction in fat production
 - 26.3% reduction in total Cholesterol
 - 27.2% reduction in LDL Cholesterol

Double-blind placebo test used **150 mg** of the Welltrim IG

*TRIMTEA has **300 mg** of Welltrim IG plus Black Tea Extract [a powerful antidiabetic, anticarcinogenic, antimicrobial, antioxidant nutrient]*

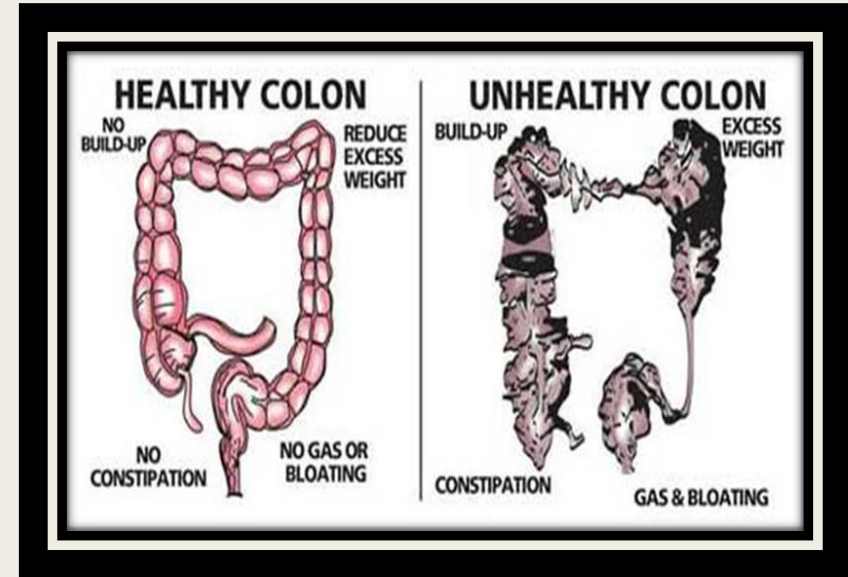
Includes: 12 Week Supply of Trim Tea

- *Sure and Steady Eating Plan*
- *Access to resource-rich website*
- *Membership in a private Facebook Community*

7 Day Detox - \$47.00

includes:

- 7 Day Nutriclean kit
- A comprehensive Detox eating plan
- Access to a resource rich website



What have you got to lose?

When You Lose Fat ...

Quality of Life
improved in 95% of patients

Mortality
89% reduction in 5-year mortality

