



Health Secrets USA

www.healthsecretsusa.com

*** CAN'T STOP EATING?**

*** ARE YOU FEELING OVERWEIGHT?**

***DIET PLANS JUST NOT WORKING FOR YOU?**

WE HAVE A SOLUTION JUST FOR YOU!

WORLD RENOWNED PROF. DR. PAUL LING TAI'S

US PATENTED WEIGHT LOSS PROGRAM

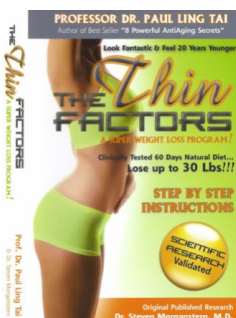
NATURAL SUPPLEMENTS WITH NO NEGATIVE SIDE EFFECTS

CLINICALLY PROVEN SUCCESSFUL

TARGETING THE 4 RESISTANCES OF WEIGHT LOSS AND OBESITY

SINCE THERE IS NO MAGIC WAND FOR WEIGHT LOSS, PROF. DR. PAUL LING TAI HAS DEVELOPED AND SHAPED A SCIENTIFICALLY COMPREHENSIVE APPROACH ON THE GROWING EPIDEMIC OF OVERWEIGHT AND OBESITY IN OUR SOCIETY. THIS PROGRAM TARGETS THE 4 ESSENTIAL COMPLICATIONS OF WEIGHT GAIN AND WEIGHT CONTROL, AND IS THE FIRST SCIENTIFIC AND PROVEN EFFECTIVE WEIGHT LOSS PROGRAM THAT IS NATURAL AND POWERFUL

READ THE BOOK!



4 RESISTANCES OF WEIGHT LOSS & OBESITY

1. **Leptin Resistance** - Satiety Dysfunction, Overeating & Craving
2. **Insulin Resistance** - Glucose Metabolism Abnormality
3. **Adrenaline Resistance** - Abnormal Glycogen Metabolism
4. **Metabolic Resistance** - Low Resting Metabolism Rate & Low Thermogenic



PROF. DR. PAUL LING TAI'S DIET PROGRAM - STAGE 1

DESIGNED TO CLEANSE AND PREPARE YOUR BODY AND TO ASSIST IN LOSING 5 TO 10 POUNDS IN THE FIRST 30 DAYS

EASY 1000 CALORIE DIET WITH SPECIAL HEALTH SECRETS USA SUPPLEMENTS

The only way to lose weight is to burn more calories per day than you take in. However, a good diet program should also include foods that you enjoy eating. If the calorie content of your diet menu is too low your body will rebel and you may find yourself binge eating. If the calorie content is too high, you won't be able to lose weight. Of course, we always recommend a good exercise program with your diet plan. Walking 20 minutes a day will speed your weight loss progress. Don't forget to take your *Daily Energy* (Vitamins) and *Daily Wellness* (Minerals) to supplement your daily needs!

LOW CARB, NO SUGAR, LOW FAT - EATING THE CORRECT FOODS IS A GOOD WAY TO START

Soups, grains, beans, fruits and vegetables are essential. Cut out food like cheese, pasta, bread, rice and alcohol. Small amounts of meat and eggs are fine. **No sugar!** Be careful with fruits that are high in sugar. It is best to eat berries (any kind), kiwi, and cantaloupe, which are low in sugar. Use stevia as your sugar substitute. It is important that you familiarize yourself with the food calorie tables & glycemic index, which can be easily obtained by searching the internet.

WEAR TIGHT CLOTHING & WEAR A BELT!

You will most likely stop eating more if you feel your clothes are tight!
This is a reminder that you are currently overweight.

EAT 3 HEALTHY MEALS ON A SET SCHEDULE DAILY – EAT BEFORE YOU ARE HUNGRY

To Order Please call: (313) 561-6800 Or Email to: office@healthsecretsusa.com
24141 Ann Arbor Trail, Dearborn Heights, Michigan 48127

Essential Supplements

1. Thin Factors – 90 gel caps per bottle - (Leptin Resistance)

Too often, we overeat because the hypothalamus - the appetite center of the brain - is slow to receive those “stop right there!” signals. The hormone leptin acts like a biochemical traffic cop, helping regulate metabolism and energy intake. Like a cleaning crew, **Thin factors** essentially scrubs and tidies up the dirty leptin receptors, enabling them to work with brisk efficiency and fosters a sense of satisfaction to foil phony hunger pangs. The hormonal signals reach the brain with greater speed, so metabolism, regulated by the hypothalamus, returns to healthy function. **Taking 2 gel-caps 15 minutes before you eat will alleviate any chance of over eating.**

2. Max Metabolism – 60 caps per bottle - (Metabolic Resistance)

Helps to naturally re-establish normal metabolism and increases energy level. Resulting in more burned up calories and faster weight loss. It is your natural thermostat, a super energizer, it turbo-charges your metabolism to burn the fat you don't want. **Start with 1 capsule, 3x daily on empty stomach, 1 hour before each meal, even if you are skipping a meal to super charge your metabolism and to kick start your fat burning potential. After 7 days, increase to 2 capsules, 3 times daily on empty stomach, 1 hour before each meal, even if you are skipping a meal. You must increase the dosage if fat burning slows down. Adjust to higher dosages on a monthly schedule.**

3. Craving Factor – 250 grams per bottle - (Adrenaline Resistance)

Is a unique combination of “Washing Minerals” and special “Healing Vitamin Peptides” to clean and rejuvenate your intestinal tract and colon to relieve constipation, food allergies, and promote healthy repair of your digestion. It even curbs cravings! **Dissolve 1 teaspoon in 16 ounces of water. Drink on an empty stomach in the morning before breakfast and again in the evening before dinner. Drink 5 bottles total per day, throughout the day, to maintain your hydration level, which is imperative. Make sure you drink lots of water. The more water you drink the more fat is flushed. That's it! You're on your way to cleansing your system! If you crave snacks, you must drink *Craving Factor* 15 min. before eating the snack. It's a Rule!**

4. Max Performance Specialist – 90 caps per bottle - (Insulin Resistance)

Cordyceps radically increases cellular energy by 30%. Traditional Chinese doctors would use the *Cordyceps* mushroom to energize, improve health, and balance glucose levels. **Take 1 capsule 3 times daily with food.**

5. Max Sea Extract – 10 ml per bottle (Metabolic Resistance)

This can help enhance your Cellular energy while you are dieting. Very Important! **Take 15 drops with any beverage 2 times daily. Maintenance is 10 drops daily.**

Optional Supplements

6. The Slimming Fat Burn Cream – 30 ml per bottle - (Metabolic Resistance) - 7-Keto

Scientifically Backed Active Ingredient - **Rub 3 - 4 pumps on areas needing extra help to lose inches, AM & PM**

- 300% more weight loss than diet and exercise alone
- Majority of weight loss is fat loss
- Promotes weight loss without use of stimulants
- Active ingredient awarded a U.S. Patent for weight loss
- Increase metabolism without the use of Stimulants



7. Weight & Inches – 90 caps per bottle - (Insulin Resistance)

Helps to jump start metabolism using all natural green tea extract. Improves metabolic rate with Polyphenols and ECGC, which contain powerful antioxidant properties and help stimulate and improve your metabolism. Using Ginsenosides, a specific extraction that normalizes the internal “switch” and allows the stomach to quickly respond when you eat, Weight & Inches helps regulate a dysfunctional system and virtually eliminates the possibility of overeating. **1 capsule 3 times daily, 15 minutes before eating gives your stomach the extra push it needs. Suddenly that extra piece of pie doesn't seem so inviting.**

8. “Daily Energy” & “Daily Wellness” – 120 tabs per each bottle - (Vitamins & Minerals)

While you're dieting you may not be getting the recommended vitamins and minerals. That's why we at Health Secrets USA suggest Daily Energy and Daily Wellness as part of your “Daily” routine. They are packed full of vital vitamins and minerals the body needs to be healthy. It will help you succeed in your day and your diet!!!! **Just take 2 tablets of each 2 times daily and feel the difference.**

9. Super B12 – 30 ml per bottle - (Insulin Resistance)

Ultra concentrated, instant energy Super B-12 should be used 2 times daily, AM & Noon, 3 sprays sublingual.

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Requirements for Dr. Tai's Weight Loss Program – Stage 1

Measurements		
	Before	After
Neck		
Chest		
Waist		
Hips		
Right Arm		
Left Arm		
Right Leg		
Left Leg		
Weight		
Height		

Before Photo

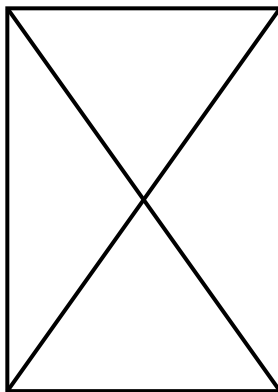
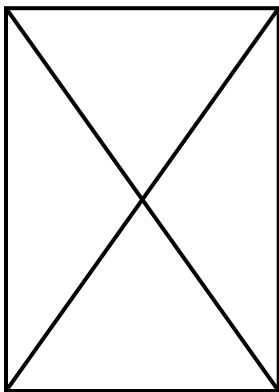
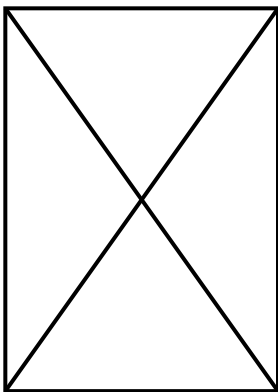
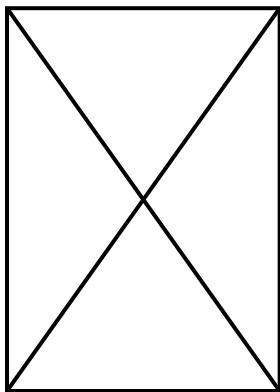
After Photo

Front View

Side View

Front View

Side View



Please remember to keep a food diary!!
Include all meals & snacks!