

mlis
Detoxify

renew

vitalize

hydrate

cleanse

BEAUTIFUL FACE BEAUTIFUL BODY

BEAUTIFUL SOUL

purify

contour

Key Weight Management Products



COMPLETE [30 servings]

Advanced nutritional shake blend that provides 100% nutrition. Promotes healing, increased energy and overall wellness. Ideal for weight management and nutritional balance.

SLENDER AID [90 capsules]

Appeases appetite, reduces nervous tension, increases energy levels and regulates blood sugar levels. Promotes metabolism of fatty tissue deposits.

DETOXIFICATION KIT

Essential to any wellness program, Detoxification helps the body cleanse itself of toxins and purify major organs, intestinal tract and blood supply. Includes *Cleanse*, *Detox* and *Fiber*.

EVENING PRIMROSE OIL [90/200 capsules]

Helps lower fat mass through metabolic increase. Lowers blood cholesterol, alleviates serious skin conditions, lessens arthritic symptoms and relieves PMS. A great source of omega-6 essential fatty acid.

FLAX SEED OIL [120 capsules]

Organic source of omega-3 and other essential fatty acids. Regulates cholesterol levels, reduces risk of strokes, cancer and diabetes.

MAINTAIN [8 oz.]

This natural anti-cellulite lotion contains essential nutrients that promote body contouring, toning and tightening through circulation. Ideal for ongoing cellulite reduction and prevention efforts.

CELL-U-RID [90 capsules]

A combination of pure and natural herbs that help stimulate elimination from soft tissue. Cell-U-Rid reduces toxins and water retention-major contributors to cellulite production. Ideal for ongoing cellulite reduction and prevention efforts.

DAILY [90 capsules]

This precise combination of vitamins and chelated minerals work together to provide essential nutrients to a healthy body.



Detoxification

A 3-DAY CLEANSE THAT ACTS AS A FOUNDATION FOR WEIGHT LOSS.

Signs of a Toxic Body

- Fatigue / lack of energy
- Overweight / underweight
- Digestive problems (gas, ulcers, heartburn, IBS)
- Irregularity (constipation / diarrhea)
- Cravings or addictions
- Headaches
- Mood swings, anxiety, depression, irritability
- Allergies, hayfever, asthma
- Low resistance to illness and infection
- Skin disorders
- Smoking

M'LIS Program Highlights

- It is estimated that 95% of all degenerative disease begins in the colon. Detoxification is a way to lessen the symptoms of and prevent disease.
- All organs and systems of the body are cleansed and allowed to rejuvenate.
- The immune system is strengthened.
- Energy and mental clarity are increased.
- Dependencies on sugar, caffeine, alcohol, and nicotine are reduced.
- Bad eating habits are broken
- 3-8 lbs. of water and waste are lost
- The body's natural tract is restored
- Detoxification is the foundation of the M'LIS line of products and the foundation of every Lifestyle Change Program that we offer.

Why Detoxify?

The only way that toxins are eliminated from the body is through the natural processes of detoxification, which occurs through the skin by perspiration, through the colon by evacuation, through the kidneys by urination, and through the lungs by respiration. When the body has accumulated more toxins than it can handle, the body in its amazing natural healing process attempts a healing response. It must force the toxins out or the body will disease and die.

healthy weight loss

Human beings need energy to survive – to breathe, to move, and to pump blood. Energy comes from food. The number of calories in a food is a measure of how much potential energy that food possesses. A gram of carbohydrates has 4 calories, a gram of protein has 4 calories, and a gram of fat has 9 calories. Foods are a compilation of these three building blocks. So if you know how many carbohydrates, fats and proteins are in any given food, you know how many calories, or how much energy, that food contains.

Our bodies "burn" calories through metabolic processes, by which enzymes break the carbohydrates into glucose and other sugars, the fats into glycerol and fatty acids and the proteins into amino acids. These molecules are then transported through the bloodstream to the cells, where they are either stored or absorbed for immediate use to produce energy.

Just how many calories do our cells need to function well? The number is different for every person. You may notice on the nutritional labels of the foods you buy that the "percent daily values" are based on a 2,000 calorie diet – 2,000 calories is a rough average of what a person needs to eat in a day, but your body might need more or less than 2,000 calories. Height, weight, gender, age and activity level all affect your caloric needs. The three main factors involved in considering how many calories your body needs per day are basal metabolic rate, physical activity, and the thermic effect of food.

Your basal metabolic rate is the amount of energy your body needs to function at rest. This accounts for about 60 to 70 percent of calories burned in a day and includes the energy required to keep the heart beating, the lungs breathing, the kidneys functioning and the body temperature stabilized. In general, men have a higher BMR than women.

The second factor, physical activity, consumes the next highest number of calories. Physical activity includes everything from making your bed to jogging.

When you are sick, you often observe mucus, pus, and fluids coming out of every opening of the body. This fluid contains toxic poisons, bacteria, and dead or damaged cells and tissues. The removal of toxin is not an illness or a disease, it is a biological cleansing process done naturally by the body. If toxins are suppressed by the chemical stuffing of symptoms, the body begins to store them. The toxins go deep into the cells and tissues and begin to cause degenerative damage, leading to lethargy, sickness, and eventually to life threatening disease. A person finally passes the point where the body no longer has the ability to cleanse and heal itself. Cells begin to die in body organs, glands and systems. Detoxification helps to reverse this process by enabling the body to rid itself of these toxins and other trapped waste materials.

For a person in good basic health, detoxification on a regular basis will help prevent illness and degenerative disease. For those with health problems, detoxification will allow the body to heal, naturally and without continuing the cycle of chemical stuffing of symptoms. Weight loss is maximized and unhealthy habits are broken.

The Detoxification Process

The M'LIS program consists of a liquid diet, using of a mixture of fresh lemon juice, distilled water, and pure maple syrup. These ingredients provide all the vitamins and minerals you'll need for the duration of the cleanse. For this reason, you will not be experiencing a fast, but a cleansing liquid food.

- Lemon juice is rich in water-soluble vitamins that the body cannot store.
- Pure maple syrup is a balanced form of natural sugar that will not cause insulin response. It is also rich in minerals that the body needs.
- Distilled water dilutes the toxins and helps to flush them from the body. Because distilled water does not contain minerals, it acts as a leech to pull impurities from the system.
- In addition to the juice mixture, you will be taking herbal formulations contained in a M'LIS Detoxification Kit that help the cleansing process.

DETOX Body Purifier removes toxins and mucus from the major organs and helps to purify the blood stream and cleanse the lymphatic system.

CLEANSE Intestinal Cleanser is an herbal bowel tonic that cleans hard encrustation of old fecal matter. It also provides nutrients to help restore peristaltic action of colon and helps expel parasites and worms.

FIBER Wheat Bran & Psyllium restores dietary fiber to the system, cleans bowels and intestines without calories, and helps to lower the cholesterol level. Psyllium cleans debris from the system and will combat constipation.

However, the number of calories you burn in any given activity depends on your body weight.

The thermic effect of food is the final addition to the number of calories your body burns. This is the amount of energy your body uses to digest the food you eat – it takes energy to break food down to its basic elements in order to be used by the body.

Your M'LIS Company Consultant can consider these factors and help you determine your caloric needs. You may have a Body Composition Analysis done to simplify this process. However, the M'LIS Weight Management Program is not so much concerned with counting every single calorie, but more with determining where our calories come from and creating realistic goals for reducing caloric intake.

Many people wonder if it matters where their calories come from. If we eat exactly the number of calories that we burn and if we're only talking about weight, the answer is no – a calorie is a calorie. A protein calorie is no different from a fat calorie – they are simply units of energy. As long as you burn what you eat, you will maintain your weight; and as long as you burn more than you eat, you'll lose weight.

However, if we're talking nutrition and health, it definitely matters where those calories originate. For example, carbohydrates coming from nutrient-deprived simple sugars are less healthy than a nutrient-rich whole grain. Saturated or *trans* poly-unsaturated fat is detrimental to one's health vs. valuable *cis* poly-unsaturated fats. Protein is protein, however, it is recommended that protein is obtained from a source not abundant in saturated fat as found in beef, pork, and dairy products.

The focus of the M'LIS Weight Management Program is to determine the healthiest and most effective way to lose weight naturally. A combination of body cleansing through Detoxification, 100% nutrition, holistic nutritional supplements and wise choices ensure healthy weight loss that can be maintained for a lifetime. Contact your M'LIS Company Consultant today to tailor a lifestyle change program that fits your needs.

potential health risks of excess weight

ARTERIES & BLOOD VESSELS

Atherosclerosis, or hardening of the arteries, is the deposit of yellowish plaques containing fatty material and cholesterol in the inner lining of the artery. As these deposits build up and harden, they increasingly restrict the flow of blood. This can lead to the rupturing of the blood vessel, causing internal hemorrhaging. These deposits can also break away and cause a blood clot that chokes off circulation as it flows into a narrow vessel.

Both hemorrhaging and clotting are extremely serious because they cut off the blood supply to the body's organs and tissues. If this blood loss occurs in the brain, the result is a stroke (apoplexy), with effects ranging from loss of speech, vision, paralysis, and even death. If the blockage occurs in the heart, the result is a heart attack (coronary heart disease), the leading cause of death in the modern world. Studies have proven that there is a significantly higher risk of atherosclerosis in overweight people.

HEART

As a person gains weight, the heart must work harder to supply nutrients to the cells of the body. The greater the body mass, the greater the strain on the heart. Since the body's fat reserves also have to be supplied with blood, each additional pound of fat requires a considerable amount of new blood vessels.

Research shows that the risk of suffering from angina (chest pain associated with atherosclerosis) rises significantly as body weight increases. The chance of sudden death from a heart attack is more than 3 times greater (300%) for people who are 20% over their ideal weight.

HYPERTENSION (HIGH BLOOD PRESSURE)

Hypertension is caused by a variety of diseases and conditions. It occurs twice as frequently in overweight people. It is often called the silent killer because it generally shows no symptoms until it has been developing for years. Symptoms tend to arise in vital organs such as the kidneys, brain, and heart after the damage has been done. More than 250 million people in the world are affected. Excess body weight and salt consumption are considered principle causes.

HIATAL HERNIA

This type of hernia involves the displacement of the upper part of the stomach through the diaphragm into the chest cavity. It is a common occurrence in obese people because the stomach is larger than normal and is often too full. Its contents are pushed back in to the lower end of the esophagus causing extra stress and herniation.

OMENTUM

Many overweight people assume their "pot bellied" appearance is not due to fat but to a protruding stomach. The appearance is actually due to fat, but only partially due to fat in the tissue under the skin. Most of the protrudance results from fat accumulated within the abdominal cavity stored in the greater omentum, which covers the anterior surface of the stomach and intestines.

LUNGS

In overweight people, an increased body blood supply must be supplied with oxygen by lungs that have not correspondingly increased in their size. In addition, the presence of thick pads of fat in the abdomen restricts lung capacity and encourages shallow breathing. Being overweight can also present special problems for asthmatics.

PREGNANCY

Being overweight can be a factor in producing difficult and prolonged labor due to abnormal positioning of the fetus. This can cause fetal distress, which, in turn may complicate labor and delivery.

In addition, severely overweight women have more difficult pregnancies and an increased occurrence of maternal and infant deaths.

GALL STONES

Gall Stones (cholelithiasis) are a disturbance of the biliary tract. The disturbance may take the form of one large stone - a "silent stone" - or of many small stones which are more likely to produce acute symptoms.

Different types of stones may develop in the gall bladder. The most common variety are those consisting mostly of cholesterol. Therefore, obesity and high blood cholesterol levels place people at a significantly higher risk for gallstone development, especially overweight women after pregnancy.

In one study, 88% of the 215 patients operated on for gallstones were found to be overweight.

DIABETES

Not only is diabetes four times more common in overweight people, but the death rate for overweight

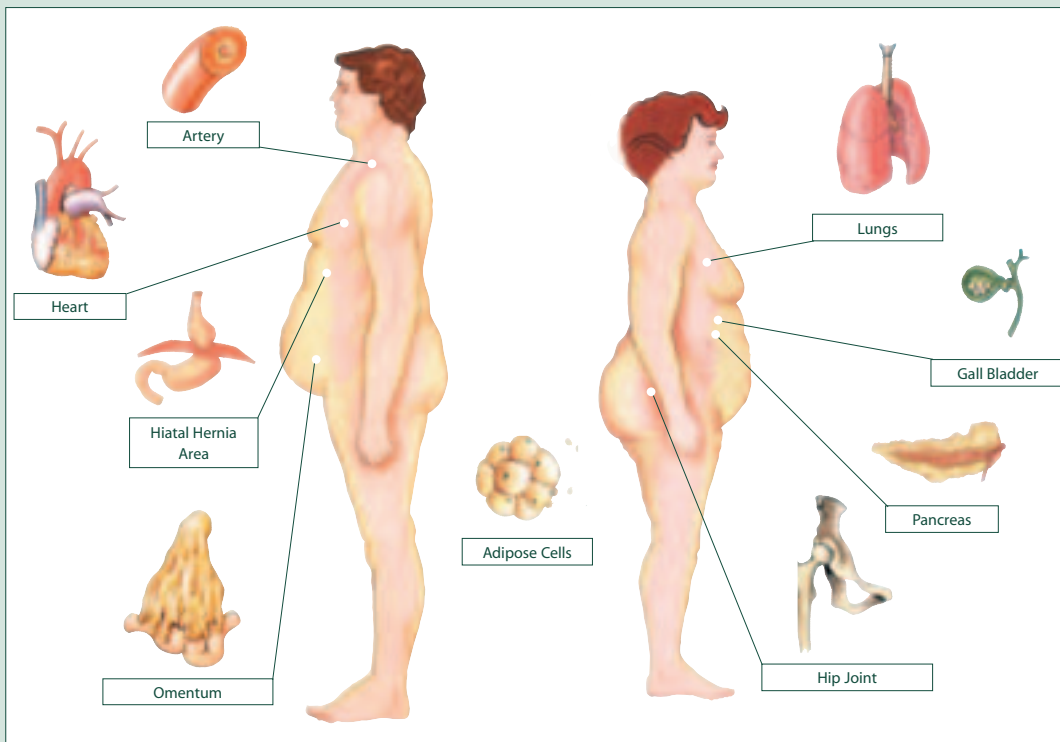
diabetics is triple that of those with normal (or less) weight. Although being overweight is not the sole cause of diabetes, it hastens the onset of people prone to it. In such cases, weight loss can help control the diabetes.

ADIPOSE TISSUE

Adipose tissue (fat) is composed of cells which are highly elastic and contain varying amounts of fatty deposits acquired via the blood stream. The tissue is situated throughout the body - under the skin, in protective pads covering vital organs, and in muscle tissue. Excessive fat deposits are found in virtually all soft tissues and organs in overweight people. The degree of being overweight depends upon the amount of adipose tissue and the number of fat cells it contains. In the course of weight reduction, fat cells volume is decreased but the number of fat cells remain constant.

JOINT DISEASE

A vicious cycle is set up in overweight patients with osteoarthritis of the hip, knees, or feet, or in those who suffer from a ruptured inter vertebral disc. Increased weight leads to greater wear and tear on the joints, which causes irritation and pain. The increased discomfort forces the patient to become less active, thus increasing the likelihood of further weight gain - ultimately complicating the joint condition even further.



holistic lifestyle change

The "Overweight Problem"

- 64.5% of American adults and 15% of children are overweight or obese. (Overweight is roughly 10-30 pounds over an ideal weight. Obese is 30 or more pounds over an ideal weight.)
- Obesity is on the verge of surpassing smoking as the #1 cause of preventable death in America.
- Being overweight leads to a risk for diabetes, heart disease, liver disease, cancer, arthritis, and most other degenerative health problems.
- The risk of extra weight is the same as 20 years of aging, taking an average of 7 years off a person's life.
- Weight-related problems contribute to a decline in the quality of life.

Conventional Treatment

- Chemical appetite suppressants
- Diets based on creating an enemy of fats or carbohydrates, depriving the body of the balance that it needs for maximum health
- Surgery, including liposuction and gastric bypass

M'LIS Program Highlights for Holistic Treatment

- Detoxify the body; vital organs, liver, kidneys, and purify the blood
- Cleanse the intestinal tract of old waste material and hard encrustations
- Speed up food processing time
- Strengthen the peristaltic action of the bowels
- Reduce calorie intake while enhancing nutrition and stabilizing blood sugar levels
- Achieve a completely safe weight loss of excess fat rather than protein tissue
- Provide nutritional support with a complete vitamin and mineral formula, antioxidants, and digestive enzymes to assure assimilation
- Lower excess cholesterol and triglycerides in the blood stream
- Appease the appetite naturally rather than suppressing it chemically
- Use water and exercise to facilitate loss of weight
- Enhance vitality, increase energy, improve health

Weight should not be lost faster than 1 pound per day, and no more than 30 pounds per month. Any faster loss will be impossible to maintain, as it is not a fat loss, but rather a loss of water or lean tissue.

The M'lis Weight Loss plan is quite simple to follow. Two meals a day are replaced with a COMPLETE Nutritional Shake, providing a broad spectrum of nutritional support to keep your energy level up and your caloric intake down. A third regular meal, selected for its low calorie content, is eaten daily. This one meal can be breakfast, lunch or dinner, but should be eaten before 6:00 p.m. And, as with any successful health program, exercise is encouraged.

This program is based on the fact that to lose weight, you must consume less food and consequently fewer calories, while still achieving 100% of the nutrition necessary for health. By replacing two of your usual high calorie, low nutrition meals with COMPLETE (which is low in calories, yet high in nutrition), you can eat one well-balanced meal daily and still lose weight. SLENDER-AID is an herbal appetite suppressant that stabilizes blood sugar levels to keep you from feeling hungry. This is done without the dangers of chemicals or addictive drugs. The program will provide a completely safe weight loss that does not create imbalances or cause ketosis. It utilizes sound nutrition and natural products that work together to dissipate fat and correct weight-related problems. Fat is not the enemy (as there are some essential fats), and carbohydrates are not the enemy (as they provide fuel for every function of the body). The key is to eat a diet based on balance, following sound nutritional advice. This will allow you to take responsibility for your own health and enjoy an improved quality of life and health for many years to come.

A M'LIS Company representative will tailor a weight management program to fit your personal health needs for a safe and sustainable weight loss.

Holistic products, programs and education.

Weight Management

THE M'LIS COMPANY

BEAUTIFUL FACE BEAUTIFUL BODY BEAUTIFUL SOUL

healthy living is a beautiful thing



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