



Movement Mechanics is a registered Designs For Health Practitioner

Lean Body Program



PaleoCleanse Plus™ is a comprehensive, science-based nutritional program designed to support safe and effective detoxification. It is the backbone of support for the detoxification program. This is accomplished by providing the nutrients needed to support and balance phase I and II metabolic pathways and to promote healthy liver function and elimination.

Its nutrients and herbs fuel detoxification pathways and promote liver function. Everything is consolidated into packets to make the program easy to follow and to ensure that individuals on the program do not miss any necessary nutrients. PaleoCleanse also contains a full multivitamin/mineral and antioxidant complex.

Note: Phase I - Detox, Phase II - Detox & Eliminate

Each 21 day kit provides:

42 - single serving **PaleoCleanse Plus™** functional food powder drink mix packets

42 - capsule packets containing:

3- Amino-D-Tox™ capsules

1- Hydrolyzyme™ capsule

Amino-D-Tox™ is useful for preparing the liver for phase II detoxification. It does not contain botanicals, minerals, or B vitamins that would also upregulate phase I detoxification, which may result in intermediate metabolites that could cause sensitivity reactions. Providing nutritional support for phase II detoxification helps conjugate toxins and prepare them for safe elimination from the body.

Made with non-GMO ingredients.

see next page



Hydrolyzyme™ is a proprietary blend of protease enzymes that helps support efficient digestion and absorption of protein supplements consumed as a shake or liquid meal, as liquid protein supplements pass through the stomach more quickly than solid meals.

Since protein digestion is initiated in the stomach, less time in the stomach means less time for digestion. Additionally, many individuals have digestion that is less than optimal and will likely experience poor digestion and absorption of protein supplements.

Hydrolyzyme™ works efficiently to combat the incomplete digestion of protein supplementation. It is effective with pea, whey, soy, egg, casein, and hemp, but not rice protein.

Made with non-GMO ingredients.

Includes Program Guidebook:

Detailed patient guide which includes a supplement schedule, sample menus, and suggested food and snack options and a Shaker Bottle.

Cost : US\$189. + shipping and duties.



The PaleoMeal® Plus Lean Body Program is designed to support healthy weight loss and successful weight maintenance by helping individuals lose fat while maintaining lean muscle. The program is easy to follow, which translates into high compliance and great outcomes. The simple steps to success are highlighted in the patient guidebook, which is included in every program kit.

Each kit contains:

PaleoMeal® DF - dairy-free functional food powder containing 17 g protein per serving from non-GMO, North American grown yellow peas





Weight Loss Support Packets, which include:

- **Thermo-EFx™** (one capsule)
- **Carnitine Synergy™** (two capsules)
- **EndoTrim™** (two capsules)

1. Thermo-EFx is designed to support healthy weight loss by helping to increase the body's metabolic rate safely without causing any stimulant-associated side effects often seen with other weight reduction formulas.

2. Carnitine Synergy™ uniquely combines L-carnitine and its acetylated form (ability to assist in many processes)³ into one capsule in a 4:1 ratio. Also assists in increasing fat metabolism.

Made with non-GMO ingredients.

3. EndoTrim™ is a comprehensive endocrine-balancing formula which focuses on healthy insulin, leptin, and cortisol function in order to support safe fat metabolism and maintenance of lean body mass. The inclusion of Garcinia cambogia and EGCg may also help to maintain and improve lean body mass and support basal metabolic rate. This unique array of nutrients and botanicals is also useful for controlling food cravings and helping the body naturally manage blood sugar levels.

Program Guidebook - detailed patient guide which includes a supplement schedule, sample menus, and suggested food and snack options and Shaker Bottle.

Cost: US\$139 + shipping and duties.

How its done

Step 1. Start with Detox

A 14 to 21 day detoxification program is a great way to kick-start weight loss and helps patients feel great as they lose weight.

Why? Because many of the toxins in our bodies are stored in body fat. Research shows that when we lose fat, these toxins are released back into circulation and may cause negative symptoms, health problems, and may make it more difficult to lose weight. Therefore, a natural cleanse or detoxification program is essential for healthy weight loss. When done properly, most people will experience:



Increased energy levels

Reduced cravings for sweets and other junk foods

An overall feeling of enhanced wellness

The program tunes up metabolism and helps make successful weight loss easier.

Step 2. Begin the PaleoMeal® Plus Lean Body Program immediately following detoxification.

The PaleoMeal® Plus Lean Body Program is designed to support healthy weight loss and successful weight maintenance by helping patients lose fat while maintaining lean muscle. The program is easy to follow, which promotes high compliance and great outcomes.

Patients take a PaleoMeal DF shake and a Weight Loss Support Packet twice daily and follow the simple food plan outlined in the Patient Guidebook. Together, these program components provide effective support for:

Fat loss

Muscle maintenance

Satiety and reduced cravings

Energy and metabolic function

Blood sugar balance

Easy to use

Great taste and smooth texture

Convenient capsule packets

Does not cause hormone dysregulation, thyroid dysfunction, or heart arrhythmias as has been seen in other mass marketed programs

Simple steps to success are outlined in the patient guidebook, which is included in every program kit.

