

AnthroSpa Logic
Wellness

Secrets to Weight Loss

anthrospa.com



Introductions

In this brief presentation you will learn about four main secrets to losing weight and supercharging your metabolism.

You will also learn about a program that can help with this. But before we get to that I want to introduce myself and learn a little more about you.



Balance your digestive system

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- Your gut has a delicate balance of 37 trillion bacteria that helps you to digest and absorb the nutrients in food.
- New research shows that balancing your gut health with more of the good bacteria can lead to better absorption of nutrients and inhibit bad bacteria that causes fat storage
- Certain foods can increase the good bacteria
- The NaturaTrim™ program which is an 8 week program that focuses on holistic health to lose weight, teaches you exactly which foods to eat and how to prepare them to significantly improve your gut health.

Reference

Stanislowski, M. A., Frank, D. N., Borengasser, S. J., Ostendorf, D. M., Ir, D., Jambal, P., Bing, K., Wayland, L., Siebert, J. C., Bessesen, D. H., MacLean, P. S., Melanson, E. L., & Catenacci, V. A. (2021). The Gut Microbiota during a Behavioral Weight Loss Intervention. *Nutrients*, 13(9), 3248. <https://doi.org/10.3390/nu13093248>

Manage Stress

- High stress levels can lead to higher levels of cortisol in the body, a hormone that can trigger a larger appetite and potentially lead to overeating.
- Having the right tools to manage stress are important
- Exercise that does not cause too much stress on the body can help
- The NaturaTrim™ weight loss program incorporates curated 10 minute at-home workouts that will not stress the body like long gym sessions and are proven effective. You also get meditations and inspiration



Reference

Xenaki, N., Bacopoulou, F., Kokkinos, A., Nicolaides, N. C., Chrousos, G. P., & Darviri, C. (2018). Impact of a stress management program on weight loss, mental health and lifestyle in adults with obesity: a randomized controlled trial. *Journal of molecular biochemistry*, 7(2), 78–84.



Eat the Right Balance

- To help metabolize foods more efficiently and balance those good bacteria in your gut.
- To help you feel satisfied and increase feelings of fullness.
- In the NatruraTrim™ Program, you learn how to prepare balanced gourmet meals that will help satisfy cravings and include ingredients proven to improve health.

Hydrate Efficiently

- It is important not only to hydrate sufficiently but efficiently.
- In the NaturaTrim™ Program, you learn how to hydrate efficiently by incorporating a special herbal detox strategy that helps boost your metabolism and improve your gut health

What is NaturaTrim™ ?

NaturaTrim™ is a 5 step, science-based, weight loss program and online course designed to help people over 35 lose up to 20 pounds in just 8 weeks from the comfort of their home and enjoy their food with

NO Strenuous exercise.

NO Supplements

NO Counting Calories

NO Fad Diets

NO Fasting

NO Special equipment needed

No Pills



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Why NaturaTrim™ ?

Unlike in other programs, you get a sustainable 5 step weight loss strategy that let's you enjoy your food along with

- personalized guidance and coaching with Mayo Clinic expertise
- special rewards for milestones
- gourmet recipes
- membership in an exclusive community of support
- live group sessions
- custom wellness plan
- a customized herbal detox kit
- curated resources
- full proprietary online course curriculum!



Benefits

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- Combines the most cutting edge research with innovative approaches to healthy eating and fitness to maximize your results for long term success and a healthy lifestyle change.
- Set and achieve your health and wellness goals while feeling empowered and motivated.
- Supercharge your metabolism to burn fat and get more energy.
- Learn how to control cravings that derail your progress.
- Learn how healthy eating can be delicious, not boring, and how you enjoy your food while still losing weight!
- Learn how to get leaner and stronger in less than 10 minutes a day without going to the gym!



Thank You

Thoughts and Questions?

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We only accept a select number of students

Reference: <https://web.colby.edu/st297-global18/2018/10/29/americas-fast-food-obsession/>

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