
SLIM-PLICITY

The Simple Science of Slim

slim™

Fat Loss | Energy | Science

In A "Perfect World"

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Glucose: Food is converted into glucose. Glucose is the food for our cells.

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Insulin: A hormone that is the "Gate-keeper" of our cells. It opens the door to our cells so glucose can enter and fuel our energy needs.



Cells: The basic building blocks of your entire body. Represents all cells (excluding fat cells), muscle, organ, etc.

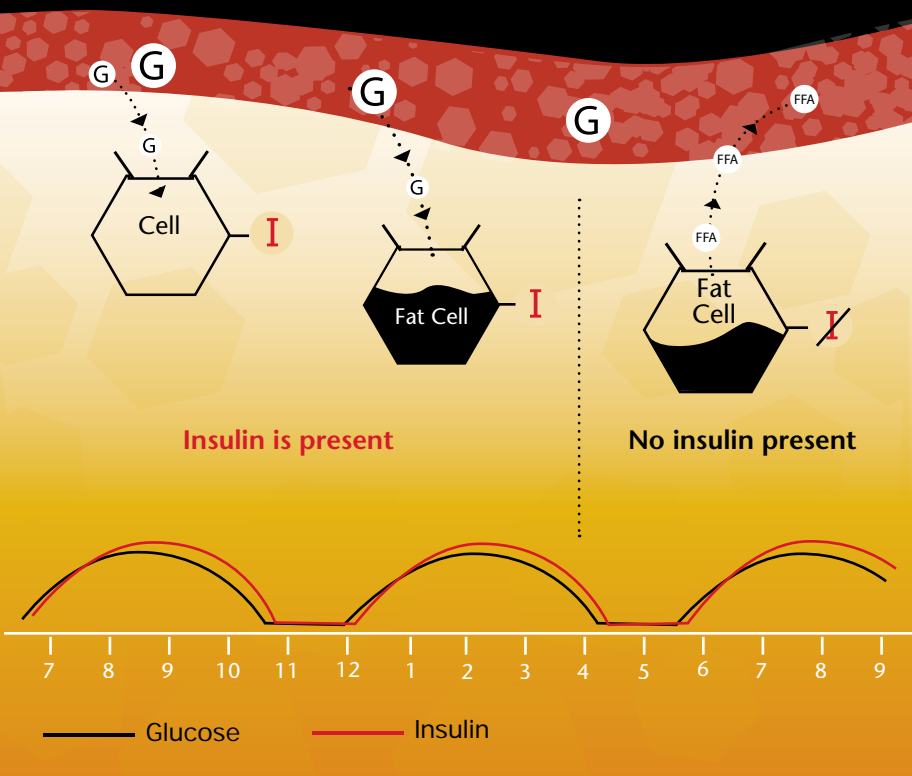


Fat Cells: Where excess glucose is stored for future use as food for the other cells.

FFA

Free Fatty Acids: The breakdown of stored glucose that re-enters the bloodstream burning fat to feed cells.





The Effect Of Our Modern Diet

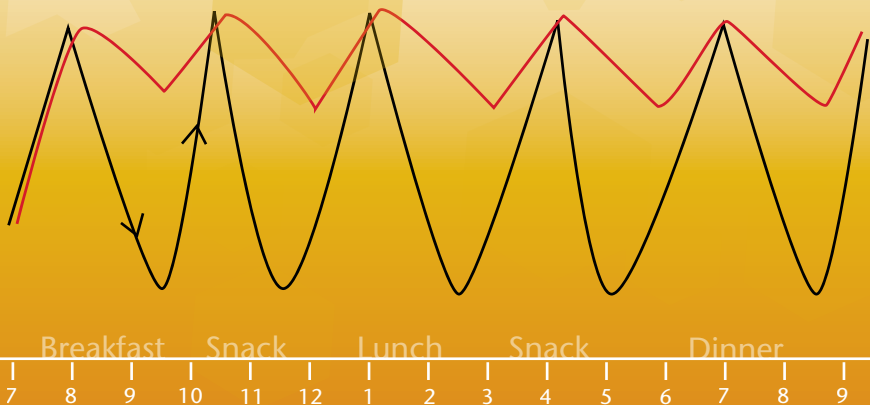
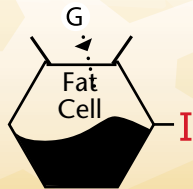
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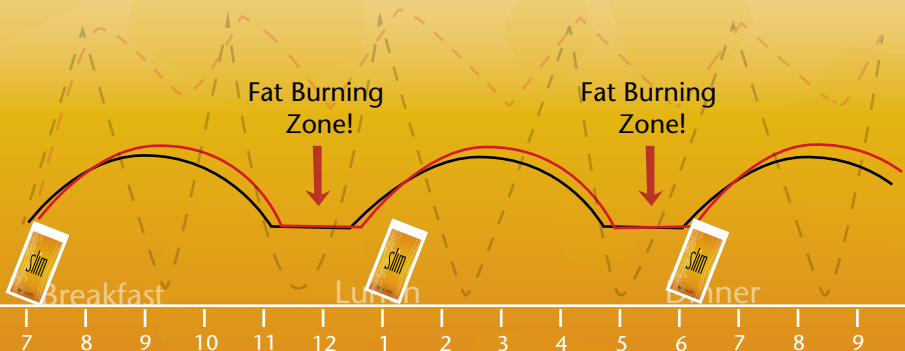
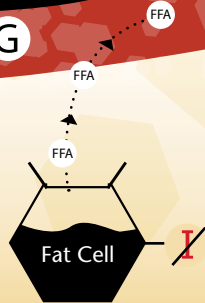
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1. **Glucose** level spikes then crashes
2. **Insulin** level spikes but remains longer
3. **Free fatty acids** can't feed cells because **insulin** is still present
4. Hunger/Cravings/Fatigue
5. Eat again
6. Increased **fat** storage



How Slim Helps

1. Slows rate that food is converted into glucose
2. Causing a lower amount of **insulin** to be produced
3. **Glucose** level and **insulin** level drop together
4. With insulin gone, fat cells release free fatty acids to feed cells
5. The body begins to store less fat and burn more – a “Fat Burning Zone” is created in between meals



Slim Benefits

What Slim users are saying...



"Increase in energy"

"Decreased food cravings"

"Less hunger during meals"

"Desire to increase activity"

"Gradual sustained fat loss"

"Better blood-sugar levels"

"Triglyceride improvement"

"Improved cholesterol levels"

"Metabolic Syndrome reversal"

"Better outlook & self esteem"

"With Slim I just feel good!"

How To Accelerate Fat Loss

5 Simple Adjustments

1. Eat a high protein, low carbohydrate breakfast. You'll love Lean Complete® meal replacement.
2. Along with Bios Life Slim® eat three healthy, well-balanced meals.
3. Space your meals. Four hours between breakfast and lunch, four hours between lunch and dinner, and twelve hours between dinner and breakfast.
4. Increase your physical activity.
5. Decrease the sweets and processed foods you eat. Avoid the empty calories of soft drinks and sports drinks.



Slim Results



Scott J. "I lost **46 pounds**, **34 inches**,
and **50 percent** of my body fat!"

Maria D. "I Lost **64 pounds**
and went from a
size **16 to a 6!**"

