



The Last Diet

Ever heard of a diet that not only makes you lose fat, and fat alone (OK, water too) but also enhances your muscle tone? Well, now you have. While some high protein diets, often high in saturated fats, can tax your liver and kidneys, the Matol Diet provides you with just the right amount of the highest quality protein needed to protect and even improve your muscle mass, all the while keeping you deliciously sustained, until you've reached 100% of your weight loss goal.

And that's not all. The Matol Diet is the only diet on the market that reverses the physiological mechanisms that predisposes you to gaining weight in the first place. The Matol Diet is the only diet that addresses the source of your weight problem. What is the source of most weight problems?

According to Dr. Tran Tien Chanh, reputable MD and doctor in Nutrition, Biology and Sports Nutrition, "The cause of most weight problems in a modern society is insulin dysfunction. A diet grossly disproportionate in its share of saturated fats and sugars, such as in breads, cereals, muffins, cakes, pastries, pasta, pizza, rice, corn - very much like the North American diet - causes the pancreas to produce an overabundance of insulin, which stays in your system and puts the blood sugar level in a negative balance."

What does the bank do when your account is in the negative? They call you and tell you to put more money in your account. Well, your body will do the same. It will ask you to put more sugar in your body which is what you experience as sugar cravings. Sugar cravings are caused by a negative sugar level in your blood. And trust me, the need for sugar is very real when the sugar level in your blood is negative.

An overproduction of insulin leads to hypoglycemia or low glycemia, which in turn induces constant cravings, which in turn induces weight gain. Insulin not only regulates your blood sugar level, it is also the hormone that makes you gain weight and locks in fat cells.

"On the Matol Diet, you will transform your body's ability to digest sugars properly by regulating your insulin level. How? By giving your pancreas a well-deserved break, by cutting out simple and complex carbs, until you've reached your weight loss goal," says Dr. Tran Tien.

Matol Botanical International Ltd. could simply no longer ignore what the Center for Disease Control and Prevention labels as public enemy number 1: obesity, a serious health issue that affects nearly 30% of the population in North America. Obese individuals have a higher-than-normal rate of hypertension, Type II diabetes, cardiovascular diseases, gallbladder diseases, osteoarthritis, strokes, respiratory diseases and even some types of cancers. Government studies predict that one in three people born today will develop diabetes in their lifetime. According to the US Surgeon General, the number of overweight children has doubled and the number of overweight adolescents has tripled since 1980 in the USA.

Here we are, one of the richest countries in the world with the largest obesity rate per capita and some of the largest health care costs per person. How did we get here? Increased consumption of more energy-dense, nutrient-poor foods with high levels of sugar and saturated fats, combined with reduced physical activity and stress, all have contributed to where we are today, a state that the World Health Organization has no qualms labeling as an 'obesity epidemic'.

Matol Botanical searched high and low to find a way to bring a real solution to these problems, not some yo-yo deal and cer-

tainly not junk pills to further mess up your metabolism. We looked for lasting results with real, wholesome foods.

The Matol Diet teaches you key lessons that empower you to get results, on average, at the rate of 3 to 4 pounds lost per week for women and 4 to 5 pounds a week for men.

Lesson Number 1: Learn to live off of your body's own fat reserves

Your body gets its energy from three reserves: carbohydrates, protein and fats. The body first burns energy from its simple and complex carbohydrate reserves and, when depleted, turns simultaneously to its protein and fat reserves for energy. A person not in need of weight loss typically has approximately 1-2% of their body's reserves from carbs, approximately 19% from their muscle mass and a whopping 79% of their body reserves from fat.

Lesson Number 2: Your body only stores three days worth of carbs

The Matol Diet has a beginning and an end, like a treatment. Until you reach 100% of your weight loss goal, we restrict all sugars from your diet, even healthy fruits and those vegetables that have a high sugar content such as corn, potatoes, beets, peas, carrots and the like. Why? Because as long as sugar is entering your system, you're not burning fat. It's as simple as that. Remember, your body first takes its energy from your carb reserves. The idea is to deplete your carb reserves completely in order to get your body to turn to its fat to burn calories.

How do we get the body to burn its fat reserves and not its muscle mass reserves, if both are depleted simultaneously? A number of ways. By providing your body with foods that have a very high protein value, complete with 9 essential amino acids, 97% absorbable, which make them biologically-complete proteins. But are they good tasting foods? They're delicious, versatile and practical. Matol Diet foods come in a variety of foods and flavors, from puddings to wraps and muffins to soups and oatmeal and more. Secondly, we supplement your body with a nutrient-rich botanical and mineral health tonic, Km[®], that provides essential electrolytes to fulfill those normally found in foods restricted on the Matol Diet. Potassium-rich Km[®] also secures your muscle tissue, since potassium is a key ingredient in muscle building. The energy, detoxification and pH regulating properties in Km[®] are just icing on the cake.

The Matol Diet features high quality protein foods with real food, as well as a select supplement program to provide you with all essential nutrients throughout the diet process. You'll never feel as energized, look as vibrant or feel as strong as when you are on the Matol Diet. No wonder. Given the opportunity to heal itself, to showcase its innate and ingenious powers, such as in the way it is cared for on the Matol Diet, the body returns the favor with unparalleled force, radiance and beauty.



by Marie Fabiola Bolduc
**Director, Product Training
& Development**
Matol Botanical International Ltd.
mariefb@matol.com

Until one is committed, there is hesitancy,
the chance to draw back, always ineffectiveness.
Concerning all acts of initiative (and creation), there is one elementary
truth, the ignorance of which kills countless ideas and splendid plans:
that the moment one definitely commits oneself,
then Providence moves too.

All sorts of things occur to help one that would never otherwise have
occurred. A whole stream of events issues from the decision,
raising in one's favor all manner of unforeseen incidents and meetings,
and material assistance, which no man could have dreamt
would have come his way.

I have learned a deep respect
for one of Goethe's couplets:

*'Whatever you can do, or dream you can, begin it.
Boldness has genius, power and magic in it.'*

by W.H. MURRAY



Take the 3-Month Matol Diet Challenge

Buy 3 months supply of the Matol Diet

How would you feel and look if you weighed 42 pounds less?
At the rate of 3-4 pounds per week for women, it will take
you 3 months to lose what it took you years to put on.
This is it. This is the last diet you'll ever follow.
The days of feeling like a slave to sugar cravings
will soon be over. Do it, now.

**100,000 cancer cases a year in the US
are attributed to obesity**

The Harvard School of Public Health



Pour plus d'information, contactez :

Distributeur Indépendant Matol