






The Weight Loss Equation

Most of us can relate to the frustration of trying to lose weight. How often have we lost weight and gained it back again? And, most importantly, we wonder if it's ever going to be any different. The good news is that recent advances in technology have been able to provide us with a greater understanding of the importance of knowing our metabolism – exactly how fast or how slow we burn calories (otherwise known as our RMR).

Many weight loss plans fail because we work with only half the equation. We may think we know the number of calories we are supposed to eat in order to lose weight, but exactly how is that number determined?

Chances are, it's the exact same number that's recommended to anyone that happens to be your same height and gender. We now know that your calorie requirements depend on your individual metabolism and lifestyle. There truly is No Body Like You!

				
PREDICTED RMR				
1724	1740	1743	1744	1743
MEASURED RMR				
1263	1523	1778	1979	2252

The missing part of the equation has been not being able to modify your caloric intake when your burn rate changes because your metabolism and lifestyle changed - now you can! Remember, your metabolism and lifestyle determine your burn rate.

Balance Log™ to the Rescue

Once you know *your* metabolic burn rate, the Balance Log software can help you to accurately track your daily calories based on your food intake and exercise. This user-friendly program allows you to monitor your metabolism and lifestyle.

By balancing the calories you *consume* with the calories you *burn*, you can successfully manage your weight. But if you “lose balance” – eating just 250 calories per day more than you burn –



you're gaining 25 pounds a year! Just 250 calories...that's a large soft drink, a small order of fries or a candy bar.

Being Tested

Because metabolic rates vary considerably depending on height, weight, age, gender, hormones, and lifestyle, it's important for you to first get tested to find out your starting burn rate.



Metabolism typically fluctuates during periods of active weight loss, which explains why so many people plateau during a weight loss program. Periodic re-testing and re-assessment will prevent gaining the weight back again.

To learn your individual burn rate, Natural Nutrition offers RMR testing using the Body Gem™, a revolutionary new technology that efficiently and accurately measures *your personal* metabolic rate. You may then elect to use the optional Balance Log software to help you realistically track your progress.

Get Started Today!

We know the importance of being tested for blood pressure and cholesterol. Now it's time to get tested for what could be the most valuable number of all...our metabolic burn rate!

Yes, losing weight is finally possible!

If you have questions or would like more information about Body Gem™ and the Balance Log™ software, contact Natural Nutrition today!

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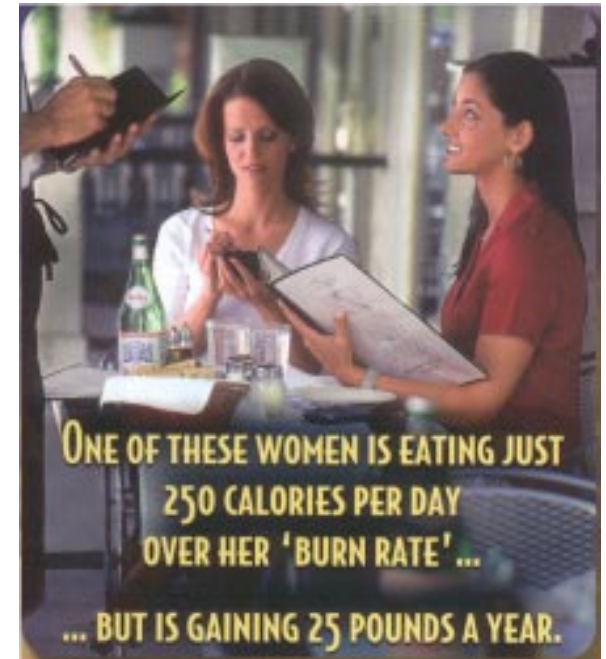
**Balance Log software and
Body Gem™ Metabolic Rate
Testing are Ideal For:**

- Individuals who have struggled with their weight for years and would like to learn how to lose weight realistically and successfully.
- People who are motivated to lose those extra pounds for an upcoming special occasion, such as a wedding or high school reunion.
- Individuals who have gained weight due to thyroid and/or other hormonal imbalances.
- Those who have special dietary concerns and would like to track their nutrient intake (ex. diabetic people tracking daily sugar intake).
- People who need help gaining weight.



**SAME AGE...
SAME HEIGHT...
SAME MEAL...**

**... DIFFERENT
*Metabolism***



For additional information about the
Balance Log software or the BodyGem
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**WHAT'S *Your*
BURN RATE?**