

# Transitions™



*lifestyle system*



## Are you sick and tired of the diet roller coaster, the crash-and-burn, yo-yo dieting that only leaves you feeling disappointed and frustrated?

The decision to go on a diet coupled with the aggravation of choosing from the many programs now available can make the whole process confusing and cumbersome. The Transitions Lifestyle System™ is an all-encompassing program that enables you to set the pace for your weight-loss efforts. By removing the emphasis on dieting and replacing it with a complete lifestyle approach that includes healthy eating, exercise, stress reduction and supplementation, the Transitions Lifestyle System™ can help you achieve the weight-loss goals that up until now have eluded you.

The Transitions Lifestyle System™ presents a fresh approach to healthy living and weight management. The system is based on how your body reacts, absorbs and breaks down specific foods. The system explains how the glycaemic index (GI) of foods can impact your ability to lose or gain weight, and she provides helpful hints on healthy ways to eat.

Market America's Transitions Lifestyle System™ directly targets body composition and metabolism so that you can lose body fat without sacrificing muscle mass. The amount of lean muscle in proportion to body fat is what determines how effective your metabolism burns fat. The components of the Transitions Lifestyle System™ work together to deliver a new you.

Finally, you have a weight-management plan that really works and can be sustained for a lifetime! Thousands of people like you go on and off trendy diets every day, most without success. There's one important fact you need to know: You did not fail your diet; the diet failed you!

The system is extremely easy to follow and offers key support tools such as a daily journal with meal plans, exercises and stress-reduction techniques, as well as dietary supplements and educational DVDs all designed to help you reach your weight-loss goals.

**Transitions™ Daily Journal.** This support tool is like having a personal coach each and every day. It helps explain how the Transitions Lifestyle System™ works, including low-glycaemic-index eating, exercise suggestions, keys to staying on track and much more.

**Transitions™ Dietary Supplements.** Scientifically formulated to address the processes in your body that cause you to gain weight. They are designed specifically to support weight-management efforts and can help accelerate your level of success.

**Carbohydrate Absorption Inhibitor (CAI):** CAI does just what its name implies. It works on the enzyme of the small intestine to inhibit the breakdown of starch into glucose. As a result, the absorption of glucose from carbohydrate-rich foods such as bread, potatoes, rice and pasta is limited.\*

**Fat Conversion Inhibitor (FCI):** FCI has been shown to inhibit the fat conversion process in your body's cells and promote more effective burning of calories. FCI also increases your serotonin levels, which helps control your appetite.\*

**TC AMP:** Thermogenesis is the production of heat from the burning of consumed calories stored as fat. Transitions™ TC AMP is a thermogenic, natural, herbal blend formula that uses an ingredient called fermented Clary sage, in combination with a number of other key ingredients, to promote optimal levels of thermogenesis.\*

**Conjugated Linoleic Acid (CLA) Caffeine Free:** CLA is ideal for those who have lost weight or are losing weight and want the extra support to keep it off. It helps redistribute fat to fat burning muscle tissue, assists in promoting lean muscle mass and decreases the amount of fat stored in the body.\*

**Anti-Stress Formula:** Transitions™ - Anti-Stress Formula is for those who need to decrease anxiety, increase mental clarity, and helps the body deal with the effects of stress naturally. Transitions™ Anti-Stress Formula promotes relaxation without drowsiness, helps stabilize your mood, and is ideal for any adult individual encountering consistent stressful days or an upcoming stressful event. \*

**Transitions™ Support DVD.** Created to cover a variety of topics to ensure success on the system. The topics are "Why Can't I Lose Weight?" "Getting Healthy - Mind and Body", "Supplements for Success", "Detox Diet & Plateau/Grains, Health and Your Weight", "Get Off the Sweet Stuff/Good Fats/Bad Fats", "Staying On Track/Results for a Lifetime", "What is the Right Type of Exercise/Stress and Weight Gain" and "The Misleading Label." During each 20- to 30-minute segment, you will learn about weight-management challenges and real-life solutions. View them individually or with your weight-management support group to give you the additional support you need to make your new lifestyle vision a reality!

\*Vitamins should not replace a balanced diet.

