

the philosophy

this is not a diet programme but a permanent change in lifestyle

Forget about "dieting" for a moment:

The Annique Lifestyle Programme is not a diet programme – it has to become your lifetime nutritional philosophy, focusing on the consumption of **nutrient-dense, unprocessed foods and vita-nutrient supplementation**. This new habit will restrict processed/refined carbohydrates (which make up over 50% of many people's diets), such as high-sugar foods, breads, pasta, cereal, and starchy vegetables. Vita-nutrient supplementation includes a full-spectrum multi-vitamin, and essential oils/fatty acids combined with antioxidants.

Weight problems, diabetes II and appetite control:

Diabetes type II has become an international epidemic. Diets high in sugar and refined carbohydrates like bread, pasta, cereal, and other mainly "low-fat", processed foods, increase your body's production of insulin. When insulin is at high levels in the body, the food you eat can be readily converted into body fat, in the form of triglyceride (to top it off, high triglyceride levels in the body are one of the greatest risk factors for heart disease/cholesterol). Even worse, high carbohydrate meals tend to leave you less satisfied than meals containing adequate fat levels; so you eat more and feel hungrier sooner.

What should you do?

Get off the "insulin generating" roller coaster of the low-fat diet and cut down on your carbohydrate consumption.

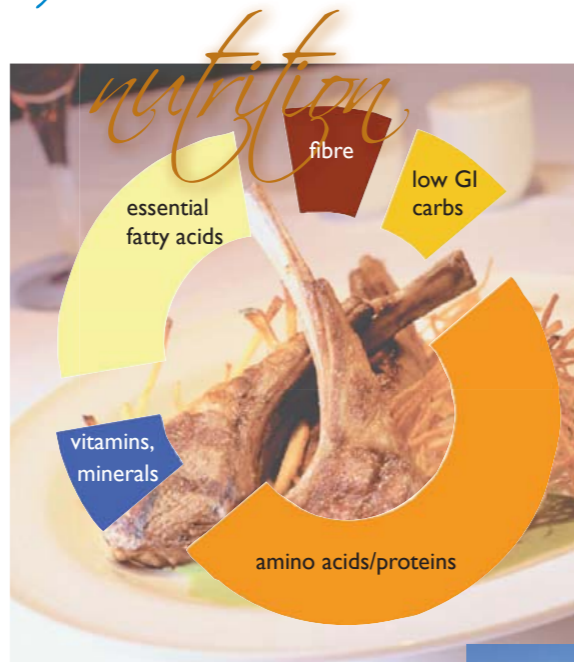
What happens to your body when you cut back on carbohydrates?

You'll start to burn fat for energy: If carbohydrates are the body's primary energy source, it will rarely use its secondary energy source, body fat, for energy unless carbohydrate consumption is restricted.
You won't feel hungry in between meals: By cutting the carbs, you'll maintain a more even blood sugar level throughout the day. No more false hunger pains or mid-afternoon "brain drains".

Your overall health will improve:

Many of the toxins you take in are stored in your fat cells. By getting your body to burn stored fat, you allow it to clean itself out [initial detox symptoms are unavoidable]. Combined with the benefits of stable blood sugar, the end result is that many common ailments you may have been experiencing could be alleviated. Fatigue, irritability, depression, headaches, and even many forms of joint and muscular pain simply disappear. All this leads to better health and complete well-being — something all of us strive to bring into our lives.

In modern times, the detrimental combination of low physical activity, hypercaloric intake, and over consumption of neocarbs is at the root of our obesity crisis. A return to an evolutionary based diet - lean meats, seafood, fish, vegetables, fruits, (raw) nuts and seeds, moderate physical activity, and adding all the essential vitamins, minerals, and herbs of primitive man, will ultimately be the cure.



win a dream holiday

Enter* in one of two categories for our Annique Lifestyle Competition and you could win one of these prizes (for both categories).

category 1: Ideal weight target ~ 20kg or less to lose to ideal BMI.

category 2: Ideal weight target ~ 21kg or more to lose to ideal BMI.

1st prize: A trip for two to THAILAND + a complete hair, skin care and colour make-over from Annique to the value of R3,000 + R2,500 towards a new wardrobe + Annique products to the value of R1,500

VALUE: R39,000!

2nd prize: A complete hair, skin care and colour make-over from Annique to the value of R3,000 + R2,000 towards a new wardrobe + Annique products to the value of R1,500

3rd prize: A complete hair, skin care and colour make-over from Annique to the value of R3,000 + R1,500 towards a new wardrobe + Annique products to the value of R1,500

4th prize: Annique products to the value of R1,500

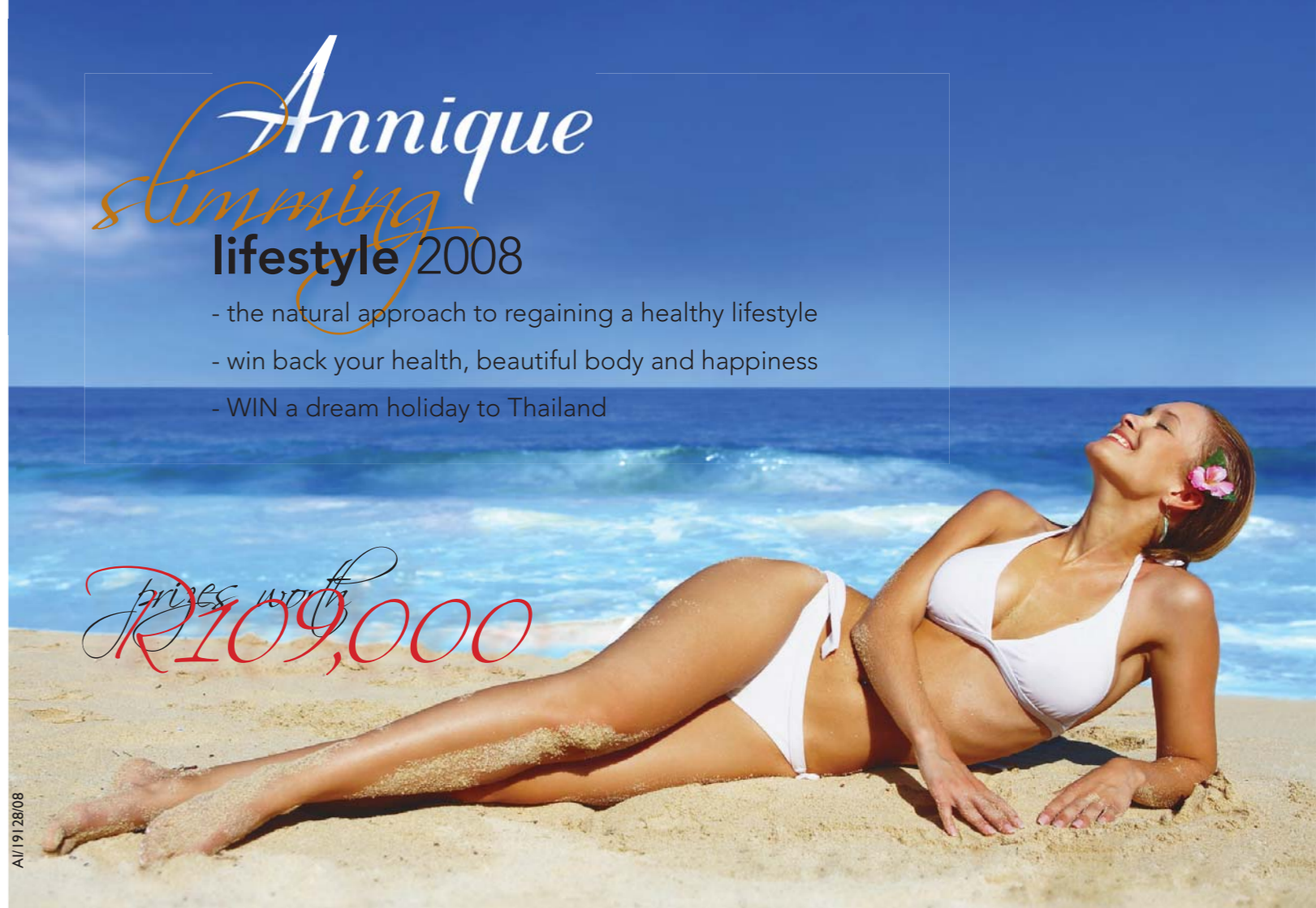
6 consolation prizes of R500 each: Includes Annique lifestyle products, body and skin care products.

*Rules apply. Please contact your nearest Annique Distributor for entry forms, more detail and instructions. WIN a dream holiday for two to the exotic Thailand – Bangkok and Phuket!

For more information contact Annique customer care : 012 345 9800
Visit our website at : www.annique.com

Your Annique Consultant:
Teli:

AI/19/12/08



Annique slimming lifestyle 2008

- the natural approach to regaining a healthy lifestyle
- win back your health, beautiful body and happiness
- WIN a dream holiday to Thailand

prizes worth
R109,000

STEP 1:

detox your liver and balance blood sugar levels, get essential vitamins and minerals

Your liver and pancreas are the main organs responsible for fat digestion, insulin control and ultimately weight loss and control. Ideal products to do this:

BODY CLEAR capsules

Methionine is a lipotropic agent that assists digestion by breaking down fats thereby preventing fatty build-up in the liver and arteries.

Tri-potassium citrate - works with sodium to control the body's water balance. Is required for carbohydrate and protein metabolism.

Blackcurrant - regulates cholesterol.

Choline helps in the breakdown and utilisation of fat and cholesterol, thereby reducing fatty build-up in the liver.

Rooibos in our capsules:

Provides antioxidants to protect organs against free radical damage.

LIFESTYLE SHAKE nutritional support

Boost your health with the Annique Lifestyle Shake vitamin and mineral supplement. Not only does the Annique Shake taste good, so the whole family will want to take it too, it also contains an extensive list of essential vitamins and minerals your body needs.

Vital benefits of the Annique Shake:

Antioxidants to help remove ageing and disease-causing free-radicals from the body (vitamins A, C and E, and nicotinamide);

Stress control with the perfect combination of B-vitamins to support heart-health;

Calcium absorption is supported with vitamin D3 and is, therefore, ideal for the aged or people who are often restricted to indoor activities;

Increased metabolism with vitamin B-complex. Increases energy levels and promotes weight loss; **Control PMS** and swelling of limbs during menstruation.

The Annique Lifestyle shake has also shown to be beneficial for scholars with concentration problems, lack of appetite and energy and specifically for children with ADD [more information on request].

HOODIA natural appetite control

This ingredient has been extensively researched and is very effective in controlling appetite by balancing blood sugar.

Imagine the weight you could lose if you could just reduce your appetite! Now you can with 100% pure Hoodia Gordonii. The KoiSan of the Kalahari have been eating the Hoodia plant to stave off hunger during long hunting trips. When South African scientists tested it, they discovered the plant contained a molecule, **named P57**. It controls your appetite making it easier to lose

that excess weight.

Annique's pure Hoodia has no known side-effects, it is stimulant free, will not give you the shakes, make your heart race or raise your body temperature.

Hoodia is also beneficial to control blood sugar levels, relieve PMS symptoms and enhance positive thoughts

DETOX ginger and Rooibos tea

The benefits of ginger root have been scientifically proven. It improves circulation and removes toxins from organs. Ginger also promotes digestion and is also ideal for weight loss. Combine it with Colon Cleanse and Green tea to perfect the programme.

STEP 2:

tone your muscles and improve metabolism for a lifetime of energy and health

BODY TONE capsules

Contains ingredients to naturally improve the formation of muscle tissue combined with a high essential fatty diet and essential proteins.

Hydroxycitric acid - inhibits a liver enzyme called ATP-citrate lyase, which converts excess sugar to fat.

L-Carnitine helps transport long-chain fatty acids which are burned within the cells to provide

energy – it thus increases the use of fat as an energy source.

Glutamine: Because this amino acid helps to build and maintain muscles, it is useful for dieters and bodybuilders.

Inositol, a B-complex vitamin, helps in the breakdown and utilisation of fat and cholesterol.

Chromium promotes the loss of fat and increase in lean muscle tissue.

METABOOST capsules

Because humans are naturally inclined to have a slow metabolic rate [all protein eaters have this] we need to naturally enhance the metabolic rate to suit our energy requirements for a modern lifestyle.

Kelp (Fucus vesiculosus): Because of its iodine content it has been used in the treatment of thyroid problems and is also useful for conditions such as obesity, hair loss and ulcers. **Ginger** fights inflammation, cleanses the colon and protects the liver. It is also useful for bowel disorders, circulatory problems, indigestion, nausea and vomiting.

The **dandelion root** is extremely effective in acting as a diuretic thereby controlling water retention.

Feverfew helps lower cholesterol and blood sugar levels. **Green Tea** acts as a weight loss aid that can promote the burning of fat and help regulate blood sugar levels.



LIFESTYLE CLUBS

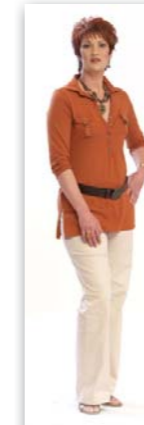
Annique's Primitive Lifestyle programme is a permanent lifestyle change to support health, energy, mood and longevity. This philosophy is based on eating natural, unprocessed, nutrient dense foods with plenty of amino-acids, essential fatty acids and cellulose. Avoiding colourants, sugar, flavourants and refined carbohydrates.

Annique suggests the following steps:

1. **Study** the Lifestyle Philosophy in the Annique Lifestyle Booklet;
2. Determine which herbal, vitamin and mineral **supplements** you will need to support your lifestyle change by completing the free Annique Health Analysis;
3. Make an **appointment** with your Annique Distributor for a free health, lifestyle and measuring consultation;
4. **Plan** your lifestyle change by determining your Body Mass Index; blood-type and shopping list supported by the Annique Lifestyle products;
5. **Maintain** your lifestyle change-over by attending sessions at your Annique Lifestyle Club.

success stories

some of our successful slimmers from 2007



"I regained my self-respect!"
Sandra Botha
Lost 15,4kg [80.4kg - 65kg]
20 weeks to lose weight

I feel like a new person, my health has improved and I don't crave the wrong foods anymore.



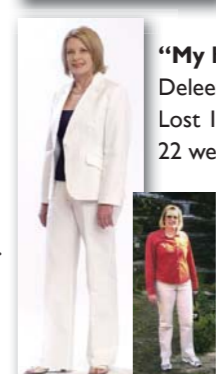
"I am positive about my life once more"
Tanja Labuschagne
Lost 30kg [100kg - 70kg]
23 weeks to lose weight

I used to be a very negative person, that has all changed. My backache from my big stomach is gone and I can finally exercise without being completely exhausted.



"I have never felt better in my life!"
Ina van Coller-Kleynhans
Lost 20kg [82kg - 62kg]
12 weeks to lose weight

My dangerously high cholesterol has normalised as well as my glucose levels.



"My husband has a new wife"
Deleen Venter
Lost 11kg [79kg - 68kg]
22 weeks to lose weight



"Before I lost the extra weight I was very shy, now I am free to just be myself."
Angelique van der Walt
Lost 11kg [69kg - 57kg]



"Annique is the first product that has ever worked for me"
Hanna Minnaar
Lost 25kg [85kg - 60kg]

When people ask how I've lost so much weight and how good I look - it feels great!
I never want to be without Annique, ever.