

Dieting

Fat stored to protect the body against impurities/toxins



Fat burned but impurities/toxins remain – in higher concentrations



Body reacts to increased concentration of impurities/toxins – fat production to protect body = **REBOUND**



Cleansing

Fat stored to protect the body against impurities/toxins



Cleansing gives the body the nutrients it needs to succeed

Impurities removed at the same time that fat is burned



Better overall health
Less fat, more muscle (%)
and **NO REBOUND**

