

# The Ultimate Quick Guide to ANNIQUE rooibos [R]evolutionary Lifestyle



Your  
holistic  
body  
confidence  
strategy



# ANNIQUE rooibos

## The Annique Lifestyle Philosophy

### *Back to Basics*

In today's modern society we all lead busy and stressful lives. As we rush around trying to fit everything into our day, we often skip meals, forget to eat and end up making poor choices, eating processed foods that are high in sugar and contain 'bad' cholesterol.

As a result, problems such as obesity, diabetes type II, weight fluctuation, food cravings, high cholesterol, heart disease and fatigue increase.

### **The Annique Lifestyle focuses on the following:**

- Encouraging lifelong eating choices which focus on nutrient rich, healthy foods.
- Reprogramming the body to digest stored fat, converting it into energy.
- Supplementing the body with specific micronutrient and herb formulations to support weightloss. These include the Annique Forever Healthy vitamin and mineral supplementation, Lifestyle Shake or Protein Shake and Herbal Teas.



# DID YOU KNOW?

## Obesity



Anyone who is 20% over their recommended weight for his/her age, gender, build and height can be considered obese. Even being moderately overweight causes:

1. Undue stress on your back, legs and internal organs.
2. Increases the body's resistance to insulin (which controls bloodsugar levels).
3. Increases susceptibility to infection.
4. Increases the risk of developing heart disease and stroke.
5. Increases the risk of developing diabetes and high blood pressure.
6. Increases the risk of developing gall-bladder and kidney disease.



# DID YOU KNOW?

## Diabetes Type II

Diabetes type II has become a national 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 raised levels in the body, the food you eat is converted into body fat, in the form of triglycerides.
- Triglyceride levels in the body are one of the greatest risk factors that increase heart disease and bad cholesterol.



# Quick Guide to Annique [R]evolutionary Lifestyle

## 1. Cut the Carbs

Carbohydrates are the most important element to eliminate from any diet. Replace or avoid all refined carbohydrates in your diet: Potatoes, bread, pasta, cake, sweets, chocolate, sugar, starch, wheat, corn, fruit juice, most fruits and trans-fatty acids from fast foods.

- High carbohydrate meals tend to leave you less satisfied than meals containing adequate fat levels; so you eat more and feel hungry sooner
- Cutting down on carbohydrates especially sugar, white flour and other refined carbs will start you on the right road to a healthy lifestyle with a fast metabolism.

## 2. Add to your diet

- Protein from red meat, fish, chicken, eggs, milk and cheese.
- Essential fatty acids from butter, fish and olive oil – not margarine.
- Fibre from green leafy vegetables, cabbage, spinach, green beans, peas and asparagus.
- Annique Rooibos and Herbs Slimming Bomb recipe.

## 3. Eat organic or natural foods

- Avoid processed foods.
- Prepare food at home - Don't eat fast foods!
- Eat basic menus with meat, salad and vegetables.

## 4. The ideal Annique Lifestyle menu

- Replace breakfast with a Lifestyle Shake.
- Replace lunch with a Lifestyle Shake.
- Your main meal is dinner – eat sufficient portions to ensure that you feel full. Don't starve yourself.

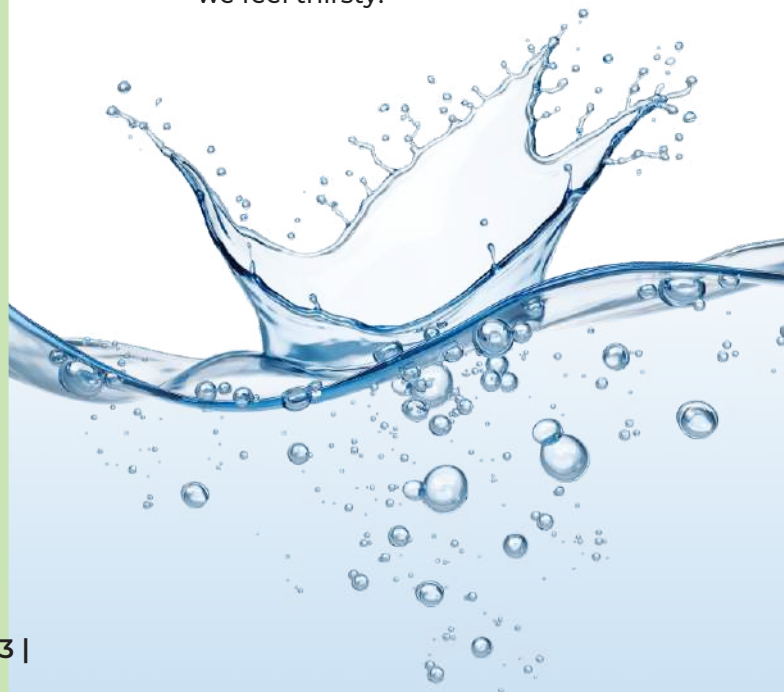
**Note:** If you find it difficult to replace both breakfast and lunch with a Lifestyle Shake, opt for a Lifestyle friendly meal instead (free from refined carbohydrates and sugar). The ideal recipe is to eat your main meal at dinner time. If this is not an option, it is acceptable to make lunch your main meal and then have a Lifestyle Shake for breakfast and dinner.

## 5. Stop eating between meals

- It is recommended to keep meals 5 hours apart, without snacking in between meals.
- Drink your Slimming Bomb teas mix or Annique Herbal Teas. Choose from Rooibos & Fenugreek, Rooibos & Senna Tea, Rooibos & Ginger Tea, Green Rooibos Tea, Rooibos & Buchu and Rooibos & Mint Tea, amongst others.
- If you really need to snack, choose healthy options such as raw seeds, avocado, nuts or biltong. Again, ideally you need to condition your body to stop snacking in between meals. It is always more difficult in the beginning, so opt for snacks in the first week of following the Lifestyle Programme if you need to. Then move away from snacking in between meals. Your body will function best if you allow four to five hours of no food, in between meals.

## 6. Water is essential for efficient metabolism and body systems

- DRINK 30ml of pure water per kg of body mass. (For example, a 50kg person should drink 50 x 30ml per day = 1.5 litres.)
- MINIMISE the intake of alcohol, coffee and normal tea. (Alcohol acts as a diuretic and thus dehydrates the body.)
- Drink Annique Rooibos and Herbs teas.
- THIRST is a late indicator of the need to drink – we should therefore drink throughout the day and not just when we feel thirsty!



# ANNIQUE rooibos

## Lifestyle Programme

### cheat sheet



Eat this		
<b>Meat</b> <ul style="list-style-type: none"> <li>Beef</li> <li>Lamb</li> <li>Venison</li> <li>Biltong</li> <li>Mince</li> <li>Goat</li> </ul>	<b>Poultry</b> <ul style="list-style-type: none"> <li>Chicken</li> <li>Turkey</li> <li>Duck</li> <li>Ostrich</li> <li>Eggs</li> </ul>	<b>Seafood</b> <p>All seafood especially:</p> <ul style="list-style-type: none"> <li>Salmon</li> <li>Tuna</li> <li>Sardines</li> <li>Prawns</li> <li>Hake</li> </ul>
<b>Fats/Oils</b> <ul style="list-style-type: none"> <li>Avocado</li> <li>Avocado oil</li> <li>Olive oil</li> <li>Butter</li> </ul>	<b>Diary</b> <ul style="list-style-type: none"> <li>Cheese</li> <li>Full cream yogurt</li> <li>Full cream milk</li> <li>Cream</li> </ul>	
<b>Nuts/Seeds</b> <ul style="list-style-type: none"> <li>Almonds</li> <li>Walnuts</li> <li>Cashews</li> <li>Pecan</li> <li>Flaxseed</li> <li>Pumpkin seed</li> <li>Sesame seed</li> <li>Sunflower seed</li> </ul>	<b>Limit fruits</b> <p>MOST BENEFICIAL</p> <ul style="list-style-type: none"> <li>Berries</li> <li>Pears</li> <li>Apples</li> <li>Lemons</li> </ul>	
<b>Vegetables</b> <p>MOST BENEFICIAL</p> <ul style="list-style-type: none"> <li>Anything green</li> <li>Chillies</li> <li>Garlic</li> </ul>	<b>Friendly Drinks</b> <ul style="list-style-type: none"> <li>Rooibos tea</li> <li>Water</li> <li>Lifestyle Shake</li> <li>Protein Shake</li> </ul>	

Avoid these	
<b>Refined carbs</b> <ul style="list-style-type: none"> <li>All baked products</li> <li>Cereals</li> <li>Bread</li> <li>Pasta</li> <li>Pastries</li> <li>Couscous</li> </ul>	<b>Processed Food</b> <ul style="list-style-type: none"> <li>Viennas</li> <li>Processed meat</li> <li>Canned foods</li> <li>MSG</li> <li>Margarine</li> <li>Bottled salad dressing</li> </ul>
<b>Sugary foods</b> <ul style="list-style-type: none"> <li>Sugar</li> <li>Cooldrink</li> <li>Fruit juice</li> <li>Cake</li> <li>Cookies</li> <li>Chocolate</li> <li>Flavoured water</li> <li>Sweets</li> <li>Ice cream</li> <li>Tomato sauce</li> <li>Instant hot drinks</li> <li>Malted drinks</li> </ul>	<b>Other</b> <ul style="list-style-type: none"> <li>Alcohol</li> <li>Table salt</li> <li>Chips</li> <li>Anything instant</li> <li>Peanuts</li> <li>Trans fats</li> <li>Vegetable oil</li> <li>Potatoes</li> </ul>

### Useful tips

#### SAVE MONEY

- Plan meals in advance
- Buy in bulk
- Buy seasonal products
- Shop at farmer's markets
- Start a vegetable garden
- Eggs are versatile and make quick, easy and nutritious meals

#### KEY WORDS

- Grass fed
- Organic
- Free range
- In season
- Hormone free
- All natural

Love yourself enough to change your lifestyle

Build your meal around light, quality protein, add a portion of fat and fill the rest up with colourful, non-starchy vegetables.

## Supplement

Supplementation is key for a healthy body and mind. Annique's Forever Healthy supplements provide the necessary nutrients for optimal, healthy, sustainable weight loss.



# DID YOU KNOW?

## Water



The body consists of about 80% water and can lose about 1.5 litres a day through the skin, lungs, gut and via the kidneys as urine, thereby enabling toxic substances to be eliminated.

### Types of Water

- o Tap water – often contains chemical additives used for purification. If possible, avoid tap water or use a recommended filter.
- o Mineral water – is good but only if correctly bottled at source and without the introduction of contaminants and bacterial overload. Check the label for mineral content.

## Inside tract

Most people have less than optimal digestive systems, leading to poor absorption of nutrients. The digestive system contains beneficial flora and enzymes that break down and absorb nutrients from food. Taking probiotics will enable the body to absorb maximum nutrition from food and supplements and allow the digestive system to heal itself.

**Probiotic** means 'for life' in Greek. These friendly micro-organisms, when taken in adequate quantities, form the core of nutritional supplements, as their use positively influences the whole body and a person's overall health.

Gary Huffnagle, a professor of microbiology and immunology at the University of Michigan, says that research in recent years has opened our eyes to how important **probiotics** are.



Microflora such as yeast and bacteria play a very important role in our health, especially gastrointestinal health. We are recognising there are many diseases linked to the changes or shortages in that flora.

- Gary Huffnagle

# OptiFlora+ Vegi Capsules

## Probiotic for digestive support

Probiotics can be super beneficial to your general health. Good health starts in the gut. An imbalance between good and bad organisms in the digestive tract can lead to poor digestion, discomfort in the gut and many illnesses develop because of prolonged imbalances in the gut. The entire gut lining is replenished every 4 days, so continual supplementation for probiotics is key for great health.

Annique's Forever Healthy OptiFlora+ contains 15 strains and 18 billion colony forming units (CFUs) of probiotics.

### Benefits:

- Replenishment and maintenance of the beneficial intestinal flora (see below what factors are responsible for destroying and disrupting healthy intestinal flora).
- Prevention and treatment of diarrhea
- Prevention and treatment of intestinal disorders:
  - Inflammatory bowel diseases
  - Spastic colon
  - Irritable Bowel Syndrome
- Stimulation of the immune system
- Prevention and treatment of Candida albicans overgrowth
- Enhancement of mineral absorption
- Alleviation of lactose intolerance symptoms

### Did you know probiotics can help you lose weight?

- **Metabolism:** Gut bacteria harvest energy from the food that you eat. They play a crucial role in your metabolism that directly influences weight loss or gain
- **Hormonal Balance:** Gut bacteria regulate the release of gut hormones. These hormones control blood sugar and encourage satiety (the feeling of being "full")
- **Inflammation:** Unhealthy gut bacteria produce toxins that trigger a systemic inflammatory response. Research shows that people who suffer from obesity or type 2 diabetes have higher levels of toxins in their systems. Inflammation is the major cause of disease in our modern age
- **Leaky Gut:** Intestinal inflammation, or leaky gut, drives obesity and problems with blood sugar. When the gut barrier is "leaky," bacterial toxins make their way into the bloodstream. Probiotics (like Bifidobacteria) can reduce gut leakiness and blood sugar levels



OptiFlora+ can ease your change to Annique's Lifestyle Programme, by assisting in the maximum absorption of nutrients and soothing detox challenges such as bloating, constipation and indigestion.

## 4 things that can wipe out good bacteria in the gut

1. Stress

2. Poor diet (especially a diet high in refined carbohydrates)

3. Illness

4. Medication

# 7 SIGNS

of digestive tract imbalance

1

Constipation, Irritable Bowel Syndrome (IBS), bloating, belching, indigestion, diarrhoea, cramps

2

Skin conditions like acne or eczema

3

Food allergies or intolerances

4

Immune system deficiencies

5

Undesirable changes in bowel movements

6

Thrush causing candida and other fungal infections

7

Taking antibiotics, contraceptive pills and having hormone replacement therapy

# 14 ailments improved

- The effects of food poisoning
- Food allergies
- Lactose intolerance – helps to break down lactose from milk
- Infections such as sore throat, candida and bladder infections
- Prolonged times of stress
- After surgery or a course of antibiotics
- Constipation or any bowel problems eg:
  - *IBS*
  - *Bloating*
  - *Belching*
  - *Indigestion*
  - *Diarrhoea*
  - *Cramps*
  - *Thrush*

## Important Note

It may be necessary to supplement up to three times the normal dose of one capsule per day when taking the dose after a course of antibiotics or fighting off an infection.





# Slimming Supplements

There are three supplements, each has a specific function to assist and support the body during the weight loss process, when used in conjunction with a healthy eating plan.

The three supplements in the slimming supplements are:

- **Meta Boost Capsules:**  
Boost your metabolism, increase your energy levels and converts white fat into brown fat that can more easily be used as energy aiding in weight loss.
- **Fat Attack Capsules:**  
Improves the burning of fat in the body
- **Chromium Picolinate Tablets:**  
Improves the body's response to insulin. It also helps reduce the loose skin that develops during weight reduction.

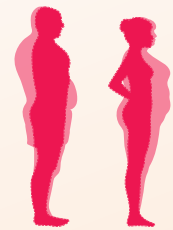
**Benefits of using the new Fat Attack, Meta Boost and Chromium products aimed at healthy weight loss:**

- 1 Easy to use
- 2 Affordable
- 3 Targeted application to ensure assistance in weight loss.
- 4 Unique formulas – there are no directly comparable products on the market
- 5 No stimulants are included, just natural ingredients that aid in healthy weight loss.
- 6 Halaal certified

**Unique Selling Points of Annique's Slimming Products:**

- Contains no stimulants or illegal/harmful herbs or additives
- Works synergistically with Annique's Forever Healthy vitamin and mineral supplements
- Are produced in a facility that is approved by the SAHPRA (South African Health Products Regulatory Authority).
- using Good Manufacturing Practice (GMP). All Annique Rooibos products are under review for registration with SAHPRA.
- Contains Green Rooibos extract for its powerful anti-allergic and antioxidant qualities.
- Are distinguishable from other supplements.

## FACTS about Chromium Picolinate:



With rapid weight loss the skin shrinks slower than the weight loss rate and Chromium can assist with shrinking the extra skin.

Chromium enhances the action of the hormone insulin and can improve insulin sensitivity and enhance protein, carbohydrate, and lipid





# Superfoods A must for every 21<sup>st</sup> century diet

Superfoods are superheroes from our food sources. They offer maximum nutritional benefits that our bodies require. They also contain large amounts of minerals, vitamins and antioxidants. Antioxidants are especially important to our bodies, because they neutralise free radicals. Each superfood is like a booster to your already existing Forever Healthy supplements.

## Annique Superfoods:



The super heroes in your diet

- **Jam-packed with health promoting nutrients**
- **Developed to supplement your diet with a variety of antioxidants, vitamins and minerals that are lacking**
- **Helps compensate for modern fresh produce's lack of nutrients**
- **Supplements a rainbow of colour into our diets**

### 4 REASONS why you should eat or supplement with a rainbow of plants

1. Fruits and vegetables get their colour from health-promoting phytochemicals that occur naturally only in plants. Yip, the brighter the food, the more goodness it contains!
2. It provides essential nutrients and disease fighting benefits
3. Variety is key – including different coloured veggies and spices in your diet, daily, ensures that you constantly supply your body with optimal nutrition
4. Most of us do not get our 5 veggies per day through our diet, not to even mention the recommended 10 per day. Supplementation is a convenient way to add vital nutrition to your diet.

#### Superfood Yellow 30 Hardgel Capsules

Nature's anti-inflammatory! A powerful combo of nutrient-dense yellow root spices like turmeric and ginger, with beta carotene from carrots and Green Rooibos. This super combination may aid in digestion, natural detoxification and can improve your metabolism

#### Superfood White 30 Hardgel Capsules

Garlic is a well known immune boosting supplement. Some of its benefits are antiviral, antibacterial and antibiotic, all these wonderful benefits are due to a chemical called allicin. Allicin is the hero active in garlic extract which helps the body fight against toxins.

#### Superfood Green 30 Hardgel Capsules

A blend of 7 mostly green vegetables. All of which are great at reducing cholesterol, but all have great weight loss benefits too. Rich in antioxidants and vitamins this combination will help boost your metabolism allowing the body to burn the existing fat stores.

#### Superfood Brown 30 Hardgel Capsules

A powerful blend of 6 adaptogenic mushrooms to help the body enhance adrenal function, immunity, physical and mental endurance, and to prevent adrenal fatigue. It helps the body to manage stress better. Stress can significantly impact your ability to maintain a healthy weight. It can also prevent you from losing weight. Whether it's the result of high levels of the stress hormone cortisol, unhealthy stress-induced behaviours, or a combination of the two.

#### Superfood Purple 30 Hardgel Capsules

A powerful blend of 10 purple berries and other fruits to help fight against free radicals and maintain healthy arteries and heart. Purple foods have a natural purple pigment due to an antioxidant called anthocyanin. When more of this antioxidant is present, the darker the colour of the fruit is. It helps fight against free radicals and helps maintain healthy arteries and the heart. Anthocyanin has also been shown to aid in weight loss, due to the antioxidant and anti-inflammatory benefits.

#### Collagen drink

Raspberry collagen drink may aid in weightloss due to its ability to increase satiety and may also increasing muscle mass. Remember, collagen is the main structural protein in your muscles.



# 4 EASY STEPS to a new you



## Step 1 DETOXIFICATION

The first step to a healthy body is to detox and cleanse the body. This allows the body to **eliminate toxins** that have built up over time as a result of **incorrect eating** and kicks organs (especially the liver) into gear to start burning stored body fat for energy.

### The Process:

- Detoxification occurs when the variety and quantity of foods introduced into the body is restricted as per the Annique Lifestyle Programme.
- The body will know how much and what kind of toxic matter should be eliminated.

### Benefits of Detoxification:

- Eliminates toxins from the body.
- Cleanses the liver and other organs.
- Allows the whole body to operate more efficiently.
- Results in more energy and reduces cravings.
- Helps to balance hormones that can influence moods.
- Prepares the body for more efficient weightloss.

### What to Expect:

- As the food intake is reduced, the body will immediately try to get rid of excess matter. Signs that toxins are being eliminated can occur within hours or days. These could be accompanied by headaches, dizziness, weakness and a queasy feeling in the stomach.
- The mode of elimination is called the healing crisis and it is important to know the symptoms of what you can expect over a period of four, seven or 15 days, depending on what kind of toxins are in your body.
- The healing crisis occurs in one of five forms:

**Nosebleed:** may be preceded by dull sense of hearing, ringing in the ears, tears, nose itching and beating of the veins in the temples.

**Vomiting:** signs of asthma, change in rhythm of breathing, bitter taste in the mouth, cardiac pain, stomach cramps, a lower pulse rate and trembling of the lower lip.

**Urination:** symptoms of heaviness of the bladder, thickness of and excess urine, bright colour of urine on the fourth day of detoxification.

**Perspiration:** signs of lightheadedness, itching, and alternating chills and fever.

**Diarrhoea:** signs of intestinal pain and cramping, heaviness of the body, flatulence, backache, discoloured faeces and grumbling intestines.



### Did you know?

The correction of the body occurs from top to bottom. Thus the first sign is usually a headache, the last diarrhoea.

Detoxification is not dangerous for people who have no serious disease but those suffering from any degenerative disease or who are taking medication should do so with the agreement and support of their health care practitioner. Pregnant or breastfeeding women should not undergo detoxification.



Activated charcoal is a black, odourless, flavourless powder that has been used since ancient times to treat various ailments. Today, it is used to treat drug overdoses, an emergency anti-poison remedy and for natural detox. Some used to help filter water and even prevent hangovers.

Activating charcoal is made when charcoal is treated at high temperatures which causes it to develop microscopic holes, which increase its surface area. It doesn't get absorbed by your gut, which means that when it reaches your gut it is in its unchanged form. The charcoal's porous texture has a negative electrical charge, which causes it to attract positively charged molecules, such as toxins and gases. When liquids or gases pass through this activated charcoal, they bind to it through a process known as adsorption. These toxins and chemicals get trapped in your gut and eliminated through stool instead of being absorbed into your body.



Zerotox

Contains Absorbatox™ that adsorbs heavy metals, toxins and nitrates.

Heavy metal toxicity can have detrimental effects on your health. Zerotox is FDA certified, helps to restore organ equilibrium and is safe to use (it doesn't get absorbed into the bloodstream, but stays in the gastro intestinal tract) even in severe cases. Absorbatox™ adsorbs toxins, changing its molecular structure and rendering it harmless, after which the body removes it naturally.

## Benefits of Activated Charcoal:

- Improves kidney function by filtering out undigested toxins and drugs
- Minimizes intestinal gas and flatulence, lower cholesterol levels
- Helps prevent diarrhea
- Natural detox aid



Product	Zerotox	Activated Charcoal
Positioning	Annique's advanced product	An entry level product
Format	Capsule	Tablet
Active ingredients	Absorbatox™ adsorbs heavy metals, toxins and nitrates.	Activated Charcoal adsorbs toxins and gases
	Green Rooibos	Green Rooibos
Function	Aids in natural detox	Aids in natural detox
Recommended for	IBS Acid reflux Heavy metal poisoning Hangover Relieves allergies	Flatulence Improved kidney function Heavy metal poisoning Hangover

# Additional Annique products to use during the Detoxification Process



### OptiC

Vitamin C has amazing health properties, from supporting the cardiovascular and immune systems. OptiC is unique, as it contains zinc, selenium and green Rooibos for better absorption.



### OptiFlora

OptiFlora can ease your change to Annique's Lifestyle Programme, by assisting in the maximum absorption of nutrients and soothing detox challenges, like bloating, constipation and indigestion.



### Bone Broth

Bone Broth, also known as collagen broth, is an exceptional and convenient drink. It contains more than 90% protein and provides 20g protein per serving. It is the ideal protein source for those who are sensitive to dairy products. Additionally it improves the immune system and naturally detoxifies. It supports healthy skin, hair and nails, and is also beneficial for brain and heart health.



### Annique Herbal Teas

#### Rooibos & Ginger Tea

Contains ginger to improve circulation and remove toxins from the organs and promote digestion.



#### Green Rooibos Tea

Rejuvenates your body and skin from within. Green Rooibos is unfermented and supplies much more antioxidants, Bio-flavonoids and aspalathin than normal fermented Rooibos Tea.



#### Rooibos & Buchu Tea

Contains mountain buchu and Rooibos to cleanse the bladder and kidneys and bring natural relief from burning when urinating and other infections in the body. It is excellent for reducing sensitivity during PMS and menstruation.



Liver Support is key in your daily supplementation, as it can assist the liver by detoxing it, undoing damage to cells and improving blood flow to the liver, making it perform its functions better.

It helps the liver to filter your blood, aiding in managing weight and metabolism and improving energy and vitality

## Step 2 ACTIVATE YOUR METABOLISM



### What is metabolism?

Your metabolism involves a complex network of hormones and enzymes that not only convert food into fuel but also affects how efficiently you burn that fuel.

The process of the metabolism determines the rate at which we burn our calories and therefore how quickly we gain or lose weight.



The next step after detoxification is to start building up a healthy, fast paced metabolism.

### Benefits of a healthy metabolism:

- Improves energy levels.
- Helps all the organs of the body to function efficiently.
- Helps to reduce the risk of many diseases including heart disease, strokes, obesity.
- Helps with improvement of thyroid functioning which affects hormone balance, mood swings, etc.

### What to Do:

- Exercise regularly: Exercising for 30 minutes to an hour even three times a week will help boost your metabolism. This does not have to be at a gym. Walking, running, cycling, jogging, exercising at home all count. Take the stairs instead of the elevator, take your dogs for a walk or enjoy a walk in the park over the weekend! Exercise can be fun!
- Follow the Annique Lifestyle Programme.
- Take Annique Meta Boost. For optimal results, add Chromium Picolinate tablets.
- Include the Rooibos & Fenugreek, Rooibos & Fennel Tea and Rooibos & Mint Tea in your daily routine.



Drink Annique Rooibos & Fenugreek, Rooibos & Fennel Tea and Rooibos & Mint Tea or the Slimming Bomb on p.15 as part of your daily routine.

# Meta Boost 60 Capsules

Meta Boost is a unique herbal formula developed to naturally aid in weight loss, by boosting the body's metabolism. Metabolism is the body's process of converting food and drink into energy.



## Key active ingredients:

Green Rooibos that is

- High in antioxidants
- Sugar and carbohydrate free
- Helps inhibit fat-storage hormones within the body. Rooibos's unique bioflavonoid, Aspalathin, helps to reduce stress hormones that trigger hunger and fat storage, typically associated with high blood pressure, heart disease, metabolic syndrome, insulin resistance and Type 2 diabetes.
- Helps with digestion
- Helps prevent cancer
- Helps prevent heart disease
- Protects the liver against disease
- Relieves allergies

**Guggul** is made from the sap (gum resin) of the Commiphora mukul tree, which is native to India. This tree has been used in traditional medicine for centuries. Today, guggul is used for arthritis, lowering high cholesterol, "hardening of the arteries" (atherosclerosis), acne and other skin diseases and weight loss. Guggul helps to naturally detoxify the body and regulate a optimal metabolism.

**Cinnamon:** Scientists have found that cinnamon extract helped increase brown fat in subcutaneous (fat layer under the skin) fat cells. This is good for people who battle with belly fat, because belly fat is unhealthy white fat. Cinnamon may help turn belly fat (white fat) into brown fat that can be used up to maintain body temperature and as energy. (Improved metabolism)

**Fenugreek** is a herb that is similar to clover and may suppress the appetite and increase feelings of fullness, which could help reduce overeating and lead to weight loss.

**Chromium** helps to lower blood sugar. When blood sugar levels are high, the body produces more insulin to deal with this, which causes more calories to be stored as fat. Chromium might lessen cravings, hunger, and binge eating and assist getting rid of loose skin. It increases lean body mass and decrease percentage body fat.

**Green Tea extract** aids in weight loss by making your body more effective in the process of burning calories for energy, which leads to better weight loss.



## Benefits:

- Boosts your metabolism
- Helps manage your blood sugar
- Reduces cravings
- Converts white fat into the brown fat. Most of the fat in our bodies is white fat and it is used to store excess calories as fat. Brown fat can easily be used as energy, aiding in the weight loss process
- Promotes healthy digestion
- Suppresses the appetite
- Increases feelings of fullness
- Helps lower blood sugar in diabetics and can enhance the body's reaction to insulin

## Who will benefit?

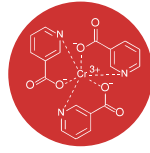
- People struggling to lose weight
- People who have cravings
- Especially older adults (40+)

## Unique Selling Points:

- Natural, herbal formula
- Contains no stimulants
- Promotes general health in addition to weight loss benefits

# Chromium Picolinate 30 Tablets

Chromium is crucial mineral that helps to lower blood sugar. When blood sugar levels are high, the body produces more insulin to deal with this, which causes more calories to be stored as fat. Chromium might lessen cravings, hunger, and binge eating and assist getting rid of loose skin. It increases lean body mass and decrease percentage body fat.



## Benefits:

Chromium enhances insulin sensitivity in the body – resulting in

Improved blood sugar

Reduced hunger and cravings

Helps to reduce the excess skin during rapid weight loss

Insulin is responsible for signalling the body to take glucose up in cells (to use for energy). In diabetes and other metabolic diseases, there is a problem with this signalling process, which leads to high blood sugar levels. High blood sugar mostly leads to weight gain and inability to lose weight and too much sugar in the blood for long periods of time can cause serious health problems if it's not treated and can increase the risk of heart disease and stroke, kidney disease, vision problems, and nerve problems.

Blood levels of chromium are lower in people with type 2 diabetes than in healthy individuals and many diabetics tend to be deficient in chromium, so supplementation for them is key.

Chromium helps to reduce excess skin during rapid weight reduction since it shrinks more slowly than the weight loss rate.

## Who will benefit?

### People who:

- want to lose weight
- are insulin resistant
- Want to maintain a healthy lifestyle
- Reduce the risk of joint problems
- Seek improved mental health
- Diabetics



## DID YOU KNOW?

Not all forms of chromium are created equal! There are many different forms of chromium used in dietary supplements. Research has shown that chromium picolinate is, the most effective and best absorbed form of chromium.



## Unique Selling Points:

- Affordable
- Easy to swallow
- Green Rooibos enhances absorption
- Vegan and vegetarian friendly
- Halaal certified





# Step 3 BURN FAT AND TONE YOUR BODY



## Did you know?

If you are still hungry between meals, you can choose a healthy option of raw nuts or seeds, biltong, cheese or veggies such as avocado, celery or salad leaves.

Try to space meals and/or snacks at least 5 hours apart, to give your digestive system a chance to work optimally.

## Benefits:

- If you are not eating refined carbohydrates and sugar, the body will start using up existing stored body fat for energy.
- To enable this process, take the Fat Attack 60 Capsules daily.
- It will use the fat for energy i.e: burning calories and you will start to lose weight.
- Eventually, your muscles will also start to tone, when supported by the right exercise and supplements.
- You will start feeling fitter and have more energy.
- Your clothes will start to fit more comfortably and gradually you will lose weight on a consistent, sustainable basis.

## What to Do

- Keep exercising, or if only exercising once a week, increase the frequency of exercise and try to include some weight bearing exercise such as pilates, yoga, body conditioning, stretching to increase flexibility and tone muscles.
- Keep following the Annique Lifestyle Programme.
- Help to control your appetite and hunger cravings with Annique Rooibos & Fennel Tea, so that you don't eat more calories than your body needs during the weightloss process.
- Help to speed up the loss of those kilograms by taking Annique Forever Healthy NAD, Superfood Green and Bone Broth.
- Choose from the following Herbal Teas to support your weightloss process: Rooibos & Senna, Green Rooibos, Rooibos & Mint and Rooibos & Fennel.



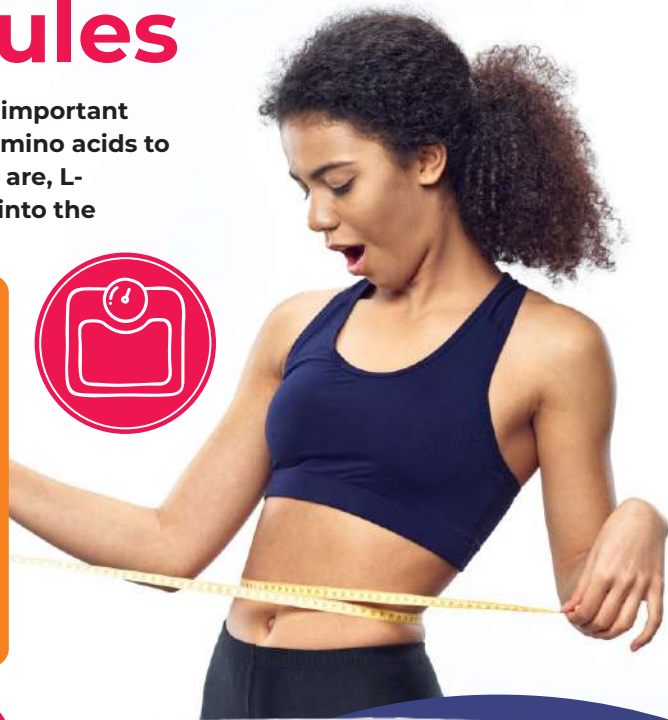
# Fat Attack 60 Capsules

Fat Attack is a supplement that helps the body to burn fat. This is an important process for losing weight. It includes Green Rooibos, Green Tea and amino acids to naturally kickstart the body's fat burning processes. The amino acids are, L-Tyrosine and an amino acid precursor named GBB, that is converted into the amino acid, L-Carnitine, in the body.

## Green Rooibos is

- high in antioxidants
- Sugar and carbohydrate free
- Helps inhibit fat-storage hormones within the body. Rooibos's unique bioflavonoid, Aspalathin, helps to reduce stress hormones that trigger hunger and fat storage, typically associated with high blood pressure, heart disease, metabolic syndrome, insulin resistance and Type 2 diabetes.
- Helps with digestion

Green Tea extract aids in weight loss by increasing the number of calories your body burns.



## What are amino acids?

Amino acids are molecules that are used by all living beings to make proteins in the body. They are the building blocks of proteins. Your

body needs thousands of proteins to function optimally. Amino acids are like letters of the alphabet. Just like you make different words with different letters, amino acids make different proteins when combined in different ways.

L-Tyrosine is an amino acid that is important to the proper function of the thyroid, making it an effective supplement for weight loss and weight control.

In the body, L-Tyrosine is crucial for making important hormones, like dopamine - a chemical that regulates the pleasure centres of the brain and nervous system. It gives you the "feel good, motivated" feeling. It is also important for

- Memory, mental performance and motor skills
- Adrenaline and noradrenaline - these are hormones that manage stress in the body
- Thyroid hormones that help regulate your entire metabolism and helps the body maintain a healthy weight

Gamma-Butyrobetaine or GBB is the molecule that your body converts into L-Carnitine, a non-essential amino acid that helps the body turn fat into energy. It is responsible for the transport of fatty acids around the body to then be used as energy. This allows you to burn more calories throughout the day and especially if you exercise. It stops the accumulation of fats and helps you lose weight quickly. The energy that is produced can be used by the heart, brain and muscles, causing a positive effect on all three of these parts in the body.

The body can produce L-Carnitine on its own. However, supplementing L-Carnitine can help to make up for deficiencies, especially in people who eat plant-based diets and don't get adequate amounts of amino acids from animal products, like milk, fish and meat.

## Other benefits of L-Carnitine

- Heart health
- Brain health - it can help you to focus better
- Exercise performance - may improve recovery, stamina and reduce muscle soreness



## Unique Selling Points:

- Natural and unique formula
- Stimulant-free

## Product Benefits:

- Helps to burn fat by converting fat into energy. It works by transporting fatty acids from food into the mitochondria of the cell. There, they are converted into energy.
- Supports the production of thyroid hormone this will speed up the body's metabolism
- Helps manage premenstrual syndrome (PMS)
- Helps to reduce stress
- May slow down the ageing process due to its effect on cellular health

# CAUSES OF CRAVINGS

Know the difference between hunger and cravings. The latter will only be satisfied by eating a specific food, while hunger is satisfied by eating enough of any food.



## 1. SUGAR



A sweet tooth is caused by a lack of chromium, calcium, magnesium and vitamin B3 and all of these are depleted by consuming anything sweet. This depletion causes unstable insulin levels, which in turn will result in fluctuating blood sugar levels. Solve this craving within 3 days by following 3 simple steps:

- NO SUGAR OR STARCH
- Supplement the necessary vitamins and minerals
- Supplement 1000mg Omega-3 (in **OptiMega**) This will decrease the resistance of the cells to insulin.

**REMEMBER: A PORTION OF PASTA IS EQUAL TO TWO CUPS OF SUGAR!**

## 2. STARCH



A craving for starch is associated with depression. Starch mimics tryptophan which transports serotonin to the brain. This is why we always feel better after pasta or a sandwich. However, the result is an insulin imbalance and you are back to square one! To combat, implement the following:

- Exclude starch from the diet or limit as far as possible.
- Replace starch with nuts, especially almonds. They are rich in tryptophan.
- Take lunch-time walks in sunlight to increase serotonin production.
- Supplement tryptophan with magnesium and vitamin B6.
- Supplement omega-3 DHA and EPA (in **OptiMega**), calcium and magnesium (**OptiCalMag**) as well as a multivitamin (**OptiVite**) and a pro-biotic (**OptiFlora**).

## 3. SALT



Craving salt is associated with a lack of Essential Fatty Acids, ie. Omega-3+6. Implement the following:

- Supplement 3000mg fish oil (in **OptiMega**). Take 1000mg morning, noon and night for one month. Decrease to morning and night and later to night only.
- Balance your diet by including flaxseed oil, olive oil, nuts, seeds and avocado as well as sardines in your diet. These will ensure enough omega-6. Remember to also cut down on salt intake.
- Take your last **OptiMega** omega-3 capsule at night with your **OptiCalMag** calcium / magnesium capsule.

## 4. ICE



An abnormal need for ice is associated with an iron deficiency. Cold drinks and/ or ice will prevent the absorption of iron.

- Take an iron supplement **TOGETHER WITH OptiVite** for one month. A liquid iron supplement is better. Then continue with **OptiVite** only.
- Monitor iron deficiency by noting the colour of your urine after eating beetroot. The more intense the red colour, the lower your iron levels. If the deficiency returns or persists go to your doctor and ask for a Full Blood Count AND iron studies.

## 5. PICA



This is all sorts of peculiar cravings during pregnancy and is usually associated with a lack of minerals e.g. calcium and magnesium, chromium and zinc. A balanced diet, as well as **OptiVite**, **OptiCalMag**, **Diabetes Support** and **OptiMega** is very important.

## 6. CHEESE AND/OR OTHER DAIRY



This is due to the lack of calcium and magnesium.

- Supplement 6000mg calcium and 400mg magnesium (in **OptiCalMag**) with omega-3 (in **OptiMega**) at night.

# Support natural weight loss with **NAD**

Have you ever wished there was a way you could feel younger, or to slow down your ageing process? Now you don't have to wish for your time machine or wish your next birthday could be skipped – scientists may have discovered a way for you to age healthier.

The key to healthier ageing and natural weight loss, especially after 40, lies in an extraordinary naturally occurring coenzyme, or helper molecule, called Nicotinamide Adenine Dinucleotide or NAD.



**What is NAD?**  
NAD is an essential coenzyme that is found in every living cell in our body.

## 2 reasons why NAD can help you lose weight

### 1 NAD helps you support your body clock

The circadian rhythm determines your sleep-wake and hunger cycles. NAD plays an important part in our circadian rhythm, because it influences the body's cycles, which regulate other physiological processes like metabolism, body temperature, digestion, hormone release and our cells' ability to communicate with other cells.

NAD plays an important role in the communication link between our circadian rhythm and cell's mitochondria. Mitochondria are the power plants in cells and are responsible for converting food into energy.

Long periods of low NAD can disrupt your body clock (your sleep-wake and hunger cycles) and lead to degenerative diseases like Parkinson's, Alzheimer's, Rheumatoid Arthritis, and Osteoporosis.

### 2 NAD assists with metabolic health

NAD and the link with your body clock are also important to maintain metabolic health. If our body clock is out of sync then the body will not regulate appetite as it should. It also affects when and how we burn energy for exercise and how glucose is transferred in our blood cells. Not looking after your metabolic health could lead to metabolic disorders like diabetes.

## Why is NAD IMPORTANT

Our cellular health depends on NAD. Without it, cells cannot function. It is an essential coenzyme to the human brain, blood and muscle health. It is also responsible for many cellular functions in our body and also contributes to greater longevity.

Some of these functions are...

Helps cells to produce energy from the food we consume daily

Protects the brain and cells from damaging oxidative stress, that can lead to cognitive decline

Helps cells to produce energy from the food we consume daily

*Our bodies produce NAD, but ageing and stress causes the NAD levels to decline. It also declines dramatically after 40, so supplementation is key.*



# SLIMMING BOMB

## Ingredients

- Rooibos & Ginger Tea
- Rooibos & Senna Tea
- Rooibos & Fennel Tea
- Rooibos & Mint Tea
- Rooibos & Buchu Tea
- Rooibos & Fenugreek Tea
- Rooibos & Cinnamon Tea
- Slices of lemon (optional)

## Method

Put one tea bag of each of the teas in a large jug and add 3 litres of boiling water. Drink warm or cold. Add honey if desired.



Bone Broth is a health food that is trending worldwide, and for good reason! This superfood contains protein, good fats, collagen and essential minerals that are easily absorbed by your body.

# BONE BROTH



**Do you want to look and feel young and radiant? Who doesn't!**

Now, you can feel great from the inside out with Annique's Forever Healthy Bone Broth Health Drink. Bone Broth, also known as collagen broth, is an exceptional and convenient drink. It contains more than 90% protein and provides 20g protein per serving. It is the ideal protein source for those who are sensitive to dairy products. Additionally it improves the immune system and naturally detoxifies. It is also beneficial for brain and heart health.

## 5 reasons BONE BROTH CAN HELP YOU LOSE WEIGHT

*Top Tip:*

To spice things up a little, you can add any herbs or spices to the Bone Broth powder according to your personal taste. Some suggestions include mixed herbs, ginger, garlic, onion powder, turmeric and cayenne pepper. You can even add Bone Broth to stews and soups, for an added health boost to these foods.

1

### Zero carbs

With no carbs, this health drink is perfect for the Annique Lifestyle Philosophy. It is also dairy-free, so lactose intolerance is eliminated.

2

### It can fill you up for longer

Bone Broth is rich and satisfying and a little goes a long way. Because of its composition, it will keep you fuller for longer and is an ideal if you practice intermittent fasting.

3

### Supports healthy detox

Bone Broth supports the liver and kidneys in their function, aiding in the body's natural toxin eliminating functions.

4

### It contains building blocks for your body

The collagen in Bone Broth helps to soothe sore joints and smooth out wrinkles. It also has amazing beauty benefits for hair, skin and nails. What you will not see – stronger and more flexible arteries, muscles, joints and cartilages.

5

### It's good for your gut

Many weight challenges stem from an unhealthy digestive tract. Bone Broth strengthens the gut, aiding in digestive challenges like constipation and indigestion. It can repair a leaky gut.

**FOR WEIGHT LOSS:** Take it in the morning and throughout the day to help you stay full and keep you feeling energetic without the crash.

# Step 4

## MAINTAIN YOUR LIFESTYLE CHANGE



**You have reached your goal weight! Now you need to maintain it.**

- Remember to keep eating healthily and exercise regularly, three or more times a week.
  - Keep drinking Annique Herbal Teas.
- Take Annique Forever Healthy Supplements to maintain your 'holistic body confidence strategy'.

### Additional aids to support your weight maintenance process



#### Annique Lifestyle Shakes

Actively follow your Annique Lifestyle Programme and replace one or two meals per day with an Annique Lifestyle Shake



#### Annique Forever Healthy supplements

Supplementing your diet with vitamins and minerals is crucial. The Forever Healthy range of vitamin and mineral supplements were created by nutritional experts to provide the optimum balance between science and nature. Advanced, complex scientific formulas, combined with the best nature has to offer, provides a range that will help to improve and preserve your health and well being.

#### Annique Herbal Teas for each step

Use any of the following Annique Herbal teas to assist at various stages of the weight loss and maintenance process:

##### STEP 1: Detoxification

- Rooibos & Ginger Tea - with ginger root to assist in the removal of toxins.
- Green Rooibos Tea to promote general health with high levels of antioxidants.
- Rooibos & Buchu Tea - with buchu to aid in relieving water retention, and kidney ailments.
- Add Milk Thistle and Dandelion to cleanse and support the liver.

##### STEP 3: Burning calories, muscle toning, appetite control

- Rooibos & Senna Tea.
- Green Rooibos Tea.
- Rooibos & Mint Tea.



##### STEP 2: Kickstart a healthy metabolism

- Rooibos & Fennel Tea – Rooibos and fennel help to stimulate the metabolism and is likely to suppress the appetite and the desire for sweet foods.
- Rooibos & Mint Tea – with mint to help in relieving stomach ailments, cramps, indigestion and even headaches

##### STEP 4: Supporting your Lifestyle change and maintaining your goal weight

- Annique Rooibos tea and all Herbal Teas.



# TESTIMONIALS

## Lizette van der Merwe

I joined Annemarie Cronje's Lifestyle Club in August 2021 and started following the Annique Lifestyle programme. Her winning recipes and advice helped me lose weight. My parents are both overweight; they are on oxygen and my dad is diabetic. As a result, I wanted to focus on losing weight while I was still young.

**My programme involved the following:**

- Lifestyle Shake 2 x per day with natural yoghurt
- Drinking the Slimming Bomb teas every day
- Drinking NAD every day
- When I made dinner for my family it included meat, vegetables and salad

**At the end of three months I had lost 11.9kg**

I had previously struggled with rashes and daily headaches and I was unaware that this was related to sugar. These are now completely gone thanks to the Annique lifestyle. I feel healthier; I have more energy and will definitely keep on following this lifestyle plan.



Before

Before



Lost  
**11,9**  
kg in  
3 months

After

## Maatje du Preez

In Feb 2020 I joined a healthy lifestyle challenge from another Annique consultant, Gert de Lange, which in short is the Annique Lifestyle programme package in a fun game format.

- Breakfast: Annique Lifestyle Shake
- Lunch: Yesterday's leftovers from supper
- Supper: Salad/veggies and meat

I completely left out sugar, bread, pasta, rice, sweets, chips, baked and deep fried goodies. I cut back on the coffee, only one cup a day and drank lots of water and Annique Rooibos Tea and I exercised 4 times a week, and did a 5km walk on Saturdays. In that first four weeks I lost 7kgs. I was hooked. For the first time in my life, there was actual weight-loss and I could not believe it. Some days I shake 2x a day, because it is so delicious, easy and convenient. I make sure to eat a lot of fresh green, leafy and colourful food. I add seeds where possible and make sure my dishes are packed with fibre. I drink Bone Broth on a regular basis, which has also helped a lot with joint pain. Annique Rooibos Tea is now my beverage of choice. In summer, I make a 1.5 litre of tea every night and drink it all during the following day. My favourite is the Green Rooibos, Rooibos & Moringa, Rooibos & Fennel (the fennel is especially delicious ice cold) and Rooibos & Milk Thistle, which helps a lot with allergies.

When I want a chocolate I buy a little one and preferably dark chocolate, but I no longer keep chocolate/sweets and chips at home. I make sure to have healthy snacks on hand (carrot sticks/ cherry tomatoes, cucumber, seed packs. In more than a year of living healthy, I never starved myself; my food is still delicious and looks/tastes amazing.

A year and nine months later, I live a healthy life. This is not an effort or a struggle anymore. I have lost over 30kg and going strong. I no longer have headaches. My sinuses are only seasonal. I no longer have joint pain. My chronic knee pains are a thing of the past. My cholesterol came down from 11.5 to 3.7. I feel fantastic and the compliments keep coming in.

Lost over  
**30**  
kg in  
21 months



Before

After



Before

After

# The Inside Scoop on the Rooibos Lifestyle Shake

Annique's Rooibos Lifestyle Shake is a firm favourite amongst thousands of Consultants and Customers. Did you know it was the first product Annique launched in 1971 when the business started? And it is still one of our top sellers.

We have received countless testimonials over the years on how the Lifestyle Shake has improved people's lives for the better, from healthy weight loss to a healthy snack for growing kids and how it has helped the elderly and others to recover from illness.

There have been several new developments and technological advancements in the health supplement space in recent years, paving the way for developing a new, improved Annique Rooibos Lifestyle Shake. The South African Health Products Regulatory Authority (SAHPRA) also established new rules with recommendations for the minimum and maximum dosages for ingredients providing the opportunity to include more of some essential ingredients in the new formula.

**Annique's new and improved Rooibos Lifestyle Shake is a premium supplement with a special blend of ingredients to help replace and maintain your body's nutrient levels.**



**This incredible new formulation now contains the following:**

- 54% fewer carbohydrates
- More protein and good fats for sustainable energy
- More vitamins and minerals to support good health
- One month's supply (33 servings)

## The Difference Between the New Lifestyle Shake 500g and the previous Shake 300g:

	New Shake Formula	Previous Formula
	New and improved formula	
SAHPRA	SAHPRA (South African Health Products Regulatory Authority) approved and compliant with the Complementary Medicines (Quality, Safety and Efficacy) act.	Not SAHPRA approved
Macro nutrient (carbohydrates, proteins and fats) comparison	<ul style="list-style-type: none"> <li>• More good fats added (from responsibly sourced palm oil, which is naturally rich in vitamin E, essential to improve mental and heart health)</li> <li>• Protein increased by 31%</li> <li>• Carbohydrates reduced by 54%</li> <li>• The effect is more sustainable energy and improved maintenance of blood sugar levels</li> </ul>	
Vitamins and minerals	Increased vitamin and mineral content. 20 out of the 24 vitamins and minerals have been increased in the new formula.	
Fibre	The new Shake contains inulin, a soluble fibre that aids digestion, helps to relieve constipation, and even aids in the body's absorption of calcium and magnesium.	Contains apple fibre
Taste	Contains a slightly different, yet still creamy and delicious taste	
Size of pack	Now available in a 500g, one-month supply pack	Available in 300g, less than one month supply
Servings per pack	33 servings	20 servings
Packaging	The packaging has also been updated to be a convenient pouch, which is more eco-friendly and uses less plastic. It is also more flexible and lightweight and is produced with significantly less carbon emissions.	Plastic jar
Both formulas contain:	<ul style="list-style-type: none"> <li>• Skim and full cream milk</li> <li>• Rooibos extract</li> <li>• Stevia (sweetener)</li> <li>• Vitamins and minerals</li> </ul>	

## Directions For Use

Mix two scoops (15g) with 250ml full cream milk, yoghurt, water or Rooibos and shake or mix well.

Suitable for pregnant and breastfeeding women, but it is advised to consult your healthcare practitioner before using this product.

It is recommended from 4 years.

Before starting to use the product or any other weight loss product, it is advisable that certain people, like children, insulin-dependent diabetics, and those with damaged renal function, consult their doctors.



## Supports

- 1 A healthy nervous system and brain
- 2 A healthy metabolism
- 3 The body's cell maintenance and production
- 4 Weight loss
- 5 Healthy blood sugar levels

## Benefits

- Convenient
- Delicious
- It contains fewer carbs for sustained energy
- Fibre may help to keep you regular

## Helps to

- Build and maintain strong bones
- Reduce fatigue and exhaustion



# NEW and IMPROVED

## 500g (30-Day Supply)



Macro Nutrient Content	New Shake	Contribution to Total formula	Previous Shake	Contribution to Total formula	Difference
Protein	2.5	17%	1.9	13%	32%
Carbohydrates	4.7	31%	10.2	68%	-54%
Fat	5.4	36%	0.6	4%	8 times more
Fibre	1.1	7%	1.1	7%	-

Stevia is one of the best low-glycemic sweeteners around. It is derived from the stevia plant leaves and is 40 times sweeter than sugar. It is a highly effective alternative to a healthy lifestyle. It also helps with the digestion of lactose (in dairy products).

### Vitamin and mineral composition

NUTRITIONAL INFORMATION	Unit	New Shake Per 15g	Current Shake per 15g	Difference
<b>VITAMINS</b>				
Vitamin A	IU	599,4	76,65	522,75
Vitamin C	mg	20	15	5
Vitamin D	IU	120	0,5	119,5
Vitamin E	IU	3	2,75	0,25
Vitamin B1 (Thiamine)	mg	0,24	0,1	0,14
Vitamin B2 (Riboflavin)	mg	0,26	0,15	0,11
Vitamin B6 (Pyridoxine)	mg	0,34	0,25	0,09
Folic Acid (Vitamin B9)	mg	80	40,5	39,5
Vitamin B12	µg	0,48	0,4	0,08
Biotin (Vitamin B7)	mg	6	97,5	91,5
Pantothenic Acid (Vitamin B5)	mg	1		1
Nicotinamide (Vitamin B3)	mg	3,2	3,15	0,05
Vitamin D 3	IU	3,2	0,85	2,35
Vitamin K	µg	24	0	24
<b>MINERALS</b>				
Calcium	mg	28,2		28,2
Phosphorus	mg	7,9		7,9
Potassium	mg	8,8		8,8
Chromium	µg	4	1,5	2,5
Copper	mg	0,1	0,05	0,05
Iodine	µg	30	5,4	24,6
Iron	µg	3,6	1062	-1058,4
Manganese	µg	460	465	-5
Selenium	µg	11	16,5	-5,5
Zinc	µg	4	0,2	3,8

### Unique Selling Points

- One month's supply
- Free from nuts
- Free from wheat
- Free from MSG
- Trans fat free
- Gluten-free
- Preservative free
- No added sugar
- Free of potentially harmful artificial sweeteners
- Unique formula with Rooibos for its health-promoting properties
- Halaal



**NEW**

# TIPS FOR BETTER health



## 1. DRY/NO EAR WAX

- Lack of omega-3 (in OptiMega).

## 2. BLOATING/FLATULANCE

- Lack of pro-biotics/digestive enzymes (in OptiFlora).

## 3. DRY FLAKY SKIN

- Omega-3 (in OptiMega), water.

## 4. CLOTTING TENDENCY

- Folic acid (sublingual), Vit B12, Omega-3 (in OptiMega), Vit E

## 5. ANOREXIA AND/OR ACNE

- 20mg Zinc ( 2 x OptiDerm) at night for a month in addition to OptiVite. Then 10mg (OptiVite) daily.

## 6. CONSTIPATION

The reason for this is a lack of normal digestive tract bacteria. The chicory fibre in the Shake acts as a pre-biotic.

- 2 OptiFlora on an empty stomach in the morning with 650ml warm water.

## 7. FLUFFY TEETH/PLAQUE/BAD BREATH

- This is caused by a poor digestion. To correct, take OptiFlora pro-biotics, digestive enzymes and B-vitamins (in OptiVite and OptiCalm). Remember, deposits on the teeth are also associated with deposits in the arteries. Control the visible symptom and you control the hidden one as well.

## 8. SYMPTOMS DUE TO LACK OF CALCIUM AND MAGNESIUM

The combination of omega 3 (in OptiMega) with calcium, and magnesium (in OptiCalMag) is nature's sleeping tablet. The best time to take is on an empty stomach before bedtime.

- Abnormal sweating of the scalp
- Craving for cheese
- Splitting/peeling of nails
- Difficulty in falling asleep
- Thinning of hair
- Cramping of toes and calves
- Menstrual cramping (NB for teenagers)
- Heart palpitations
- Anxiety attacks



# ANNIQUE rooibos


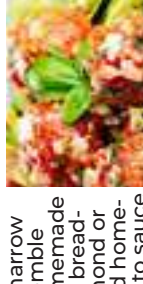








## Lifestyle 7-day planner

### DAILY ALLOWANCES

- 300-400ml of full cream milk. Use butter and not margarine.
- As much green salad vegetables with lemon juice, olive oil and fresh herbs as desired.
- Drink 1,5l - 2l of mineral water per day.
- As much Annique Rooibos tea as you like without sugar or sugar supplements - Rooibos has a natural sweet taste.
- Avoid all sugar and refined carbohydrates.
- Limit your intake of coffee and try to eliminate caffeine from your diet altogether.
- Do not eat more than one fruit per day. Try to buy food in their 'natural' state and avoid all canned and processed foods. Your [R]evolutionary eating programme should be made up of whole food products - no sweeteners, preservatives or colourants.
- Remember to take your Annique Forever Healthy supplements!
- Green salads may include the following:
  - rocket, spinach and basil leaves
  - herbs and olive oil with FRESH lemon juice plus salt and balsamic vinegar
  - asparagus, cucumber, avocado
  - spring onion, chives, red onion
  - feta cheese, mature cheddar, cottage cheese

## Annique's easy meal planner for the first 7 days of the [R]evolutionary LIFESTYLE eating programme.

During this week you will start detoxing your body and changing your digestive system from burning carbohydrates (sugar, pasta, bread, cake, sweets) for energy to burning fat. To ease the changeover, the Annique Lifestyle Shake provides support and supplementation during the day. It is, however, essential to eat a good meal with the approved foods at dinner. Avoid eating between meals at all costs.

DAY	BREAKFAST Take 2 Meta Boost, 2 Fat Attack and 1 Chromium Picolinate (optional)	TEA	LUNCH	TEA	TEA	DINNER
<b>1</b>	Annique Lifestyle Shake: 2 scoops in full cream milk (cow, sheep or goat) or double thick Greek yogurt or water or Rooibos tea	2 cups of the Slimming Bomb tea recipe OR Rooibos & Ginger tea or Rooibos & Fenugreek tea	Annique Lifestyle Shake: 2 scoops in full cream milk (cow, sheep or goat) or water or tea OR a third to a half of a serving of Bone Broth	10:00	15:00	Take 1 NAD Capsule with other supplements recommended by your Annique Consultant  18:00 - 20:00   Oven baked chicken pieces with onions and mushrooms, broccoli and salad   Zoodles (baby marrow swirls that resemble spaghetti) with homemade meatballs (swop bread-crumbs with almond or coconut flour) and homemade Italian tomato sauce
<b>2</b>	Annique Lifestyle Shake: 2 scoops in full cream milk (cow, sheep or goat) or double thick Greek yogurt or water or Rooibos tea	2 cups of the Slimming Bomb tea recipe OR Rooibos & Ginger tea or Rooibos & Fenugreek tea	Annique Lifestyle Shake: 2 scoops in full cream milk (cow, sheep or goat) or water or tea OR a third to a half of a serving of Bone Broth	2 cups of the Slimming Bomb tea recipe OR Rooibos & Ginger tea or Rooibos & Fenugreek tea	2 cups of the Slimming Bomb tea recipe OR Rooibos & Ginger, Rooibos & Fenugreek Tea or Rooibos & Senna Tea	 Spinach and bacon omelet or frittata with green salad and feta cheese   Shepards pie topped with cauliflower mash and green salad
<b>3</b>	Annique Lifestyle Shake: 2 scoops in full cream milk (cow, sheep or goat) or double thick Greek yogurt or water or Rooibos tea	2 cups of the Slimming Bomb tea recipe OR Rooibos & Ginger tea or Rooibos & Fenugreek tea	Annique Lifestyle Shake: 2 scoops in full cream milk (cow, sheep or goat) or water or tea OR a third to a half of a serving of Bone Broth	2 cups of the Slimming Bomb tea recipe OR Rooibos & Ginger, Rooibos & Fenugreek Tea or Rooibos & Senna Tea	2 cups of the Slimming Bomb tea recipe OR Rooibos & Ginger, Rooibos & Fenugreek Tea or Rooibos & Senna Tea	 Tuna fish cakes with roasted vegetables and green   Tomato bredie made with stewing beef, served with cauliflower rice and green beans
<b>4</b>	Annique Lifestyle Shake: 2 scoops in full cream milk (cow, sheep or goat) or double thick Greek yogurt or water or Rooibos tea	2 cups of the Slimming Bomb tea recipe OR Rooibos & Ginger tea or Rooibos & Fenugreek tea	Annique Lifestyle Shake: 2 scoops in full cream milk (cow, sheep or goat) or water or tea OR a third to a half of a serving of Bone Broth	2 cups of the Slimming Bomb tea recipe OR Rooibos & Ginger, Rooibos & Fenugreek Tea or Rooibos & Senna Tea	2 cups of the Slimming Bomb tea recipe OR Rooibos & Ginger, Rooibos & Fenugreek Tea or Rooibos & Senna Tea	 Roast chicken with avocado, green salad and creamed spinach
<b>5</b>	Annique Lifestyle Shake: 2 scoops in full cream milk (cow, sheep or goat) or double thick Greek yogurt or water or Rooibos tea	2 cups of the Slimming Bomb tea recipe OR Rooibos & Ginger tea or Rooibos & Fenugreek tea	Annique Lifestyle Shake: 2 scoops in full cream milk (cow, sheep or goat) or water or tea OR a third to a half of a serving of Bone Broth	2 cups of the Slimming Bomb tea recipe OR Rooibos & Ginger, Rooibos & Fenugreek Tea or Rooibos & Senna Tea	2 cups of the Slimming Bomb tea recipe OR Rooibos & Ginger, Rooibos & Fenugreek Tea or Rooibos & Senna Tea	 Roast chicken with avocado, green salad and creamed spinach
<b>6</b>	Annique Lifestyle Shake: 2 scoops in full cream milk (cow, sheep or goat) or double thick Greek yogurt or water or Rooibos tea	2 cups of the Slimming Bomb tea recipe OR Rooibos & Ginger tea or Rooibos & Fenugreek tea	Annique Lifestyle Shake: 2 scoops in full cream milk (cow, sheep or goat) or water or tea OR a third to a half of a serving of Bone Broth	2 cups of the Slimming Bomb tea recipe OR Rooibos & Ginger, Rooibos & Fenugreek Tea or Rooibos & Senna Tea	2 cups of the Slimming Bomb tea recipe OR Rooibos & Ginger, Rooibos & Fenugreek Tea or Rooibos & Senna Tea	 Roast chicken with avocado, green salad and creamed spinach
<b>7</b>	Annique Lifestyle Shake: 2 scoops in full cream milk (cow, sheep or goat) or double thick Greek yogurt or water or Rooibos tea	2 cups of the Slimming Bomb tea recipe OR Rooibos & Ginger tea or Rooibos & Fenugreek tea	Annique Lifestyle Shake: 2 scoops in full cream milk (cow, sheep or goat) or water or tea OR a third to a half of a serving of Bone Broth	2 cups of the Slimming Bomb tea recipe OR Rooibos & Ginger, Rooibos & Fenugreek Tea or Rooibos & Senna Tea	2 cups of the Slimming Bomb tea recipe OR Rooibos & Ginger, Rooibos & Fenugreek Tea or Rooibos & Senna Tea	 Roast chicken with avocado, green salad and creamed spinach

# 21 DAYS

TO CHANGE YOUR

*life*

**"It takes the average person only  
21 days to change their ways"**

- Dr. Kobus Neethling,  
Author of "Talk to your food".

## So focus and wonders could be achieved within the next 21 days.

Within the 21 days to a new lifestyle with the Annique Lifestyle Programme, you never need to feel hungry, dizzy or have any cravings ever again. **Possible weightloss in 21 days: 6,6kg - 10kg**

### DAY 1 TO 4

**Breakfast:** Annique Lifestyle Shake mixed with 250-300ml full cream milk. Don't use low-fat milk, the fat has been substituted with sugar. Take your Meta Boost, Fat Attack and Chromium Picolinate with food/Shake in the mornings.

**Tea time:** Green Rooibos tea and Senna tea, Ginger tea and Fennel tea.

**Lunch:** Annique Lifestyle Shake mixed with 250-300ml full cream milk.

**Dinner:** Any of the following - nothing else!

- Meat - Fillet, lamb chops, mince meat and venison. Any meat without the additives or sauces.
- Poultry - Duck, turkey, chicken. Anything with wings.
- Fish - Caviar, salmon, crayfish, prawns, sardines, tuna, any seafood - no oysters, mussels or pickled fish.
- Other - Eggs the way you like it.
- Salad - May contain the following: Celery, Chinese cabbage, cucumber, lettuce, olives, onions, pickles, radishes, chives, garlic, tomato, fresh green herbs like mint or fennel.
- Oils - Butter, olive oil, mayonnaise made from oil, vinegar and eggs only.
- Cheese - 115g hard cheese.
- Flavourings - Salt, mustard, wine vinegar, green herbs.
- Liquids - Water and Annique Rooibos tea.

### DAY 5 TO 8

Add - 115g veggies (from: artichokes, avocado, green beans, broccoli, brusselsprouts, cabbage, mushrooms, cauliflower, sweet peppers, spinach)

Add 30g cream and 85g cream cheese

### DAY 9 TO 12

Add - Mussels and oysters may be cooked in wine.

Add - nuts like almonds, pecan nuts, pine nuts, but no peanuts or cashews.

### DAY 13 TO 16

You may eat ONE fruit per day. Sour cream may be used in recipes and salad dressing.

### DAY 17 TO 21 AND BEYOND...

Revisit your 21-day-programme and take a stand on how you are going to eat in future. Don't go back to the old way of eating.

### AVOID FOREVER

Never eat bread, cereals, corn, wheat, ice cream, tomato sauce, all pastas, low fat milk, beans, sugar, sweets, chocolate, rice, biscuits and cakes. One unnecessary gram of carbohydrate can stop your fat metabolism for 24 hours. Add a day for each time you relapse into the old ways before continuing with your 21-day-programme.

## Super rules

- Eat from ALL the allowed food groups.
- Don't eat if you are not hungry and it is advised to eat your main meal at DINNER time, if you can't...drink a reasonable amount of water.
- One meal at a dinner should be sufficient, but keep snacks of approved food (biltong, cheese, cold chicken) handy, to stop the hunger pangs in between meals.
- Take all your Annique Forever Healthy micronutrients to ensure no nutritional deficiency occurs. You are not a dietician and cannot afford to spend hours compiling complicated menus for yourself or your family - you will have peace of mind with a good supplement of vitamins and minerals.
- Read labels, but buy unprocessed, fresh food.
- If you are unsure if food is allowed, rather LEAVE it.
- Digestive Bran and the Broom Salad Recipe is ideal for keeping you regular.
- Full cream milk may be replaced with sheep or goat's milk. NO soya or rice milk replacements are allowed.

## MONITOR YOUR PROGRESS

Individuals who monitor themselves tend to be more successful in weightloss and maintenance because writing down your results makes you aware of and accountable for your progress.

Check your weight and take your measurements every two weeks:

WEEK	START	2	4	6	8	10	12	14	16	18
DATE										
Left bicep										
Chest										
Waist										
Hips										
Left thigh										
Knee										
Weight										

