



A Better Weigh of Life

Instructions for Visi Weight Loss

You will notice “losing inches before pounds.” We suggest to take your measurements before taking your Visi Weight Loss.

How Do I Measure Inches for Weight Loss?

The numbers on the scale evaluate weight loss, but body measurements offer another gauge of your progress. Tracking measurements at various points on the body might reveal toning and improvements that you don't otherwise notice. The process for taking measurements is fairly simple, but consistency in how you measure is key in getting accurate measurements, allowing you to assess the changes in your body. You can take the measurements in any order, but working down from the top provides a logical order so you don't miss anything.

The accurate way to measure your waist:

- 1) **Remove or raise clothing.** Remove your shirt or raise it above your waistline and lower your pants. You need to make the measurement on your skin, not over clothing.
- 2) **Find your waist.** Use your fingers to find the top of your hip bone at your side (your "iliac crest"). Your waist is the soft area just above the hipbone, below your rib cage. If you have a hard time finding your iliac crest, stand in front of a mirror and bend over. Where a crease forms, around your belly button near the narrowest point of your mid-section, this is your waist line.
- 3) **Measure.** Stand up straight and exhale slowly. Hold the end of the tape measure at your navel and bring it around your waist to the front. The tape should be horizontal with the floor and your skin should not be pinched.
- 4) **Read the tape.** Place one finger on the tape at the point where the zero end of the tape hits your waist measurement and read the measurement.
- 5) **Repeat the measurement once more to ensure accuracy**
- 6) **Find a piece of clothing that is tight on you and use that as a base line.**

Q: How Do I Take Visi Weight Loss Capsules? Please see the following options below:

Take the capsule as recommended on the bottle. “You get **Better Results on An Empty stomach**”.

Please Note: To **Speed up your weight loss**, take **1 Visi Weight Loss capsule** with **warm water** along with a **good digestive enzyme**. (A digestive enzyme will allow the product to be absorbed by your body and will improve results!). The **earlier in the day** and the **longer you wait to eat** (ideally 1 Hour), to take the Visi Weight Loss capsule, the more benefits you get throughout the day.

(**Option 1**) Take **1 capsule daily on an empty stomach in the morning (upon awakening)**, and ideally wait **1 Hour** before you eat.
(if you are super hungry, then you can wait 20 minutes to ½ hour before you eat.)

(**Option 2**) Or you can Take **1 capsule daily, 1 Hour before your lunch** on an **empty stomach**.

Q: How Do I Take Visi Weight Loss Capsules, If I am on other medications?

If you are **taking medications and other supplements**, take your Visi Weight Loss capsule **separately**. (Ideally, it would best to wait 10-20 Minutes to take your other medications and supplements.)

Q: If you are sensitive to Green Tea or have a sensitive stomach, you have the following options:

- (1) If you are **sensitive to Green Tea** or have a **sensitive stomach**, and find taking any supplements on an empty stomach causes irritation to your stomach, then take your Visi Weight Loss capsule with food for the **first 2 Days**. Then once your body has adjusted to the Green Tea, try to take it on an empty stomach without food.
- (2) Or You can **take it 1 hour before Lunch on an empty stomach**
- (3) Or split the capsule in **1/2**, and take the **1/2 capsule** for the first few days, then **continue with a full capsule** thereafter.

Because Visi gives you natural energy, it is best to take Visi Weight Loss in the morning or earlier in **the day, not past lunch time**.
(as it might keep you up at night)

The following question is answered by **Rena Davis, BSc, MSc Clinical Nutrition Consultant and Biochemist**. (Rena is a popular speaker, consultant and trainer. She operates Total Healing Ltd., a wellness clinic in St. Helens, Oregon. Total Healing is an alternative health care center where for over 30 years, Rena has provided individualized health care for her clients. Rena is a firm believer in holistic health care and is an ardent student and teacher of the principles of wellness.)

If you feel nervous energy or any discomfort:

Then take the Visi Weight Loss capsule for the **first few days with food**. Some people had a reaction but it wasn't caffeine, it was the **sudden drop in cortisol**. So by taking Visi Weight Loss with food, this happens to slow the drop and everything has been fine. I find about 1 in 10 will feel spacey, tired or even sleepy. We have tested and we know this is the result of cortisol dropping. I don't know if you or anyone you know has ever been put on Prednisone for 30 days, then abruptly stopped-but the reaction is much the same. On

occasion, it can be the reverse, i.e., hyped. This is because cortisol depresses the thyroid, and once it drops the thyroid can jump up aggressively.

Visi Is a Whole Food

Visi whole food products are just that, “**whole foods**”, and there are no pharmaceutical ingredients included. The nutraceutical molecules in these foods are “**not destructive**” to the liver, kidney, blood, brain, heart, or cellular mechanisms.

We have positive results from Visi Weight Loss Users on many Rx drugs; even blood pressure, diabetic, and heart medication, on ACE-inhibitors, Plavix, Coumadin, Beta blockers, Metformin, Insulin, SSRI RX meds, anti-depressants, anti-gout meds, anti-headache pills, sleeping medication, etc.

The premise behind the nutraceuticals chosen by VISI for each of their products was first and foremost -- **DO-NO-HARM**. The clinical research and double, blind-medical studies that have been performed on the selected herbals is very intensive and broad-ranged. Even doing a simple PUB-MED search on the Scandinavian Berries (Artic Cloudberry, Bilberry, Bramble Berry, Lingonberry) will produce thousands of research papers and no warnings in the mix.

The ingredients are not contraindicated for those who have to take "drug screening tests" at work

Fat Cells - Cellular Level

Fat cells are light and puffy, while muscle cells are solid and dense -- imagine the difference between a drop of oil and a strand of meat. In fact, muscle is about 18 percent denser than fat, so it weighs about 18 percent more. The fact that your weight is the same doesn't mean that the fat turned into muscle, which is impossible. They are two different kinds of cells. What happened is that your body siphoned triglycerides from inside the fat cells, causing them to shrink, because you were demanding more energy than you gave it the fuel to produce. At the same time, your exercise routine stressed your muscles so they strengthened themselves against future stress.

Function

The result of these complex mechanisms is that you have helped your body become a better calorie-burner. Excess fat is little more than dead weight, while each pound of muscle tissue burns 50 calories per day just to maintain your body's current status. Five extra pounds of lean muscle burns 26 lbs. worth of calories in a single year. So by losing inches, you have essentially kicked out the weight that holds you back, but your static weight means that you've built more fat-fighting muscle mass.

Q & A with Dr. Rouse, Jr: Your Weight Loss Questions Answered

These are the professional opinions of Dr. Charles A. Rouse, R.Ph.,N.M.D., Founder of The Medicine Man Corporation, and are based on his knowledge, experience, research, and training in pharmacology.

These recommendations have not been reviewed by the U.S. Food and Drug Administration, and should not be construed as personal medical advice or instruction. No action should be taken based solely on the contents of this writing.

Q: How does it work?

A: The combination of 100% natural herb supplements work together to activate thermogenesis in your body, causing your appetite to be suppressed and your metabolic rate to increase, so you burn off more calories, resulting in weight loss. “ Yes, You will notice that those nasty cravings will be finally gone!”

Q: What is Thermogenesis?

A: Thermogenesis is the production of heat within the body. Thermogenics are a popular class of dietary supplements commonly used in weight loss programs. A thermogenic increases metabolic rate by slightly raising body temperature. While there is no official standard for defining a thermogenic, dozens of herbal and nutritional supplements have been noted to increase metabolic rate.

Q: Increased Metabolism?

A: Metabolism is the body's process of turning the calories we consume into energy. The time this process takes is called the metabolic rate. So, your metabolism is the rate your body burns calories for fuel and breaks down body fat. We all have different metabolic rates; some are faster or slower than others. **As we age our metabolic rate declines**, and therefore our **ability to burn fat drops**, which is why **as we get older (25 years plus) we put on weight more easily**. Visi Weight Loss increases your metabolic rate, **re-setting it to a more youthful, active metabolism**.

Q: Are there any side effects?

A: Visi Weight Loss contains 100% natural ingredients, which naturally increase your body temperature to burn fat. A very small percentage of customers, experience this process of a increased metabolism.

Q: My mouth is dry. Is this normal?

A: Some people may encounter a bit of dry mouth, which is normal and part of the process of losing weight. When taking any diet pill, you might experience a dry mouth. This is common with weight loss pills, however, we do not view the dry mouth as a side effect. Visi Weight Loss forces you to drink lots and lots of water that helps to cleanse your system while you have an increased metabolism. Visi Weight Loss works best when drinking at least 2 litres of water per day, approximately 8 large glasses of water.

Q: Do I have to diet or exercise?

A: There are no special diets or exercise regimes to follow with Visi Weight Loss as your body goes into a constant workout while taking Visi Weight Loss. Visi Weight Loss will give you extra energy that will help you stay active during the day, helping you burn off even more calories! It not only helps your mood, but also gives you clarity and stamina and energy.

We have many customers who take Visi Weight Loss 30-60 minutes before exercise with a full glass of water. Visi Weight Loss can burn up to 3.5% more calories during exercise and 14 times more calories for up to two hours after exercise

Q: Can Visi Weight Loss help me with my Stress, Mood, Mental Clarity and Focus?

A: Imbalanced mood and emotional health are huge contributors to overeating and weight gain. Visi Weight Loss helps balance the body's mood and moderate eating habits. It also promotes optimal brain function, which leads to mental clarity and focus.

Q: Can I take Visi Weight Loss when I'm pregnant or breastfeeding?

A: We advise you to consult your doctor before taking any weight loss supplements. Although there are no side effects, it is better to wait until you are no longer pregnant and have stopped breastfeeding.

Q. Is water consumption necessary for weight loss?

A: Yes this is a must. Minimum **8 glasses per day** to **flush toxins** out and **keep you hydrated**. If you **don't** drink water, you will have all the side effects of dehydration. It is well known that drinking water reduces calories eaten during a meal, especially among middle-aged and older folks. Drinking a mere 500 ml of **water prior to each meal** can often improve the **decline in weight** over a 12-week period by as much as 40%. Besides, water is great for **eliminating toxins and preventing constipation**. Actually, drink enough water to turn your urine light yellow. If it is a deep yellow then you are likely not drinking enough water. It's also **better to sip water all day long than to guzzle a large gulp or two all at once**. Your body would like to **process the water**, not urinate it.

Q. Do you recommend fiber for improving weight loss?

A. In my experience a tremendous amount of clinical evidence indicates that increasing the amount of dietary fiber promotes weight loss. My personal recommendation is fiber that is highly viscous and soluble. These fibers tend to bind with water in the stomach to form a gelatinous mass that induces a sense of satiety and reduces the glycemic index of any food or beverage.

Q. What is the major culprit for the obesity epidemic in the world?

A. Most obesity results from eating too much fat and sugar and not engaging in enough physical activity.

Q. What do you consider to be the most effective and successful weight loss program?

A. When someone becomes consistent in the following four areas of good health then good things always happen:

- 1) A positive mental attitude;
- 2) A health-promoting lifestyle;
- 3) A health-promoting diet void of wheat and high fructose corn syrup;
- 4) Supplementary measures.

Q: What are your recommendations for obese children?

A. Consumption of a low-glycemic index diet was found to be more effective than a diet low in fat, sugar and calories for promoting weight loss in obese children. Though children cannot take the Visi Weight Loss capsule, they can induce healthiness with the Visi Wellness pack.

Q. What is your medical opinion of artificial sweeteners?

A. Users of artificial sweeteners are more likely than nonusers to gain weight, regardless of their initial weight. The true, unrefined, organic naturals do not present this phenomenon.

Q: Is protein essential in dieting?

A. Definitely. Among overweight adults consuming a moderately low-fat diet (30% of calories as fat), higher protein intake (25% of total calories) resulted in significantly greater weight loss than did lower protein intake (12% of total calories). A higher protein and lower carbohydrate content is always for the better—it helps to burn fat. Eggs are an excellent source of protein. You can easily eat one dozen eggs per week, as they will not cause your cholesterol to go up.

Q: When reading the ingredient label, what is to be avoided at all costs?

A. If the word "trans" appears on the ingredients list, know that it is going to be working against you as you pursue your weight loss goals. In controlled studies, diets with trans fatty acids and yet normal in calories, significantly increased body fat—especially belly fat. Between anything with trans fat or wheat in it, the belly doesn't stand a chance.

Q: What should my ideal weight be?

A. Unfortunately, two out of three people in the U.S. are overweight and one out of three is obese. And the rest of the world is not far behind. It has been my experience that many people are in denial about being overweight. Actually the girth will tell you more than the scales. Because muscle weighs more than fat, some people weigh a lot but are not overweight. However, the midsection is the telltale revealer. With a tape measure, comfortably measure the distance around the smallest area below the rib cage and above the belly button. This waist measurement is a very good measure of total body fat, even more accurate than body mass index (BMI). For men the

Is Vísi Right for You?

The ionic minerals and the herbal molecules in the Scandinavian Berry Blend are a good solution to the body's recovery. Take this simple quiz to determine if Vísi is right for you.

If you answer two or more of the questions with an affirmative, then please consider the Vísi products as your best friend to the road for recovery.

1. Do you feel lethargic? Or not able to be as active as you like?
2. Do you have problems seeing as clearly as you used to, especially at night?
3. Do you experience foggy thinking or memory lapses?
4. Do you often feel tired throughout the day, despite having a decent night's sleep?
5. Has your skin lost its elasticity? Is it wrinkled, dry and aging more rapidly than you would like? Or do you have unsightly age spots?
6. Do you often get irritable, depressed or suffer from mood swings?
7. Have you experienced some unexplained weight gain that's difficult to get rid of?
8. Has your physical appearance been taking on that "aged" look?
9. Do you have any chronic discomfort, which seems to get worse with age?
10. Do you suffer from colds or flu-like symptoms more often than ever before?



12 Reasons To Try Vísi Weight Loss

1. Distinct Ingredient Profile

In addition to the antioxidant powerhouses of Arctic Cloudberry and Lingonberry, Vísi Weight Loss contains a unique and distinct ingredient blend that includes Green Tea Extract, Geranium Oil Extract, L-Carnitine, Garcinia Cambogia and Rice Tea Extract—all proven to address the primary fronts of healthy and lasting weight control.

2. Metabolizes Stored Fat

The ingredients in Vísi Weight Loss effectively help metabolize stored fat. The Garcinia cambogia content also helps inhibit fat production.

3. Suppresses Appetite

Vísi Weight Loss contains Garcinia cambogia (HCA), a well-known botanical that suppresses appetite and cravings.

4. Manages Stress and Mood

Imbalanced mood and emotional health are huge contributors to overeating and weight gain. Vísi Weight Loss helps balance the body's mood and moderate eating habits.

5. Higher Thermogenesis Rate

Green Tea Extract and other ingredients are known to boost the body's thermogenic process that burns fat faster.

6. Provides Superior Antioxidant Protection

The Arctic Cloudberry and Lingonberry in Vísi Weight Loss are some of nature's top antioxidant sources. And research suggests that a high antioxidant diet can help enhance weight loss efforts.

7. Encourages Mental Clarity & Focus

Vísi Weight Loss also promotes optimal brain function, which leads to improved mental clarity and focus.

8. No Jitters, Hunger, Hassle or Confusion

Most other weight loss programs come with downsides. With Vísi Weight Loss, you won't be hungry or have jitters, and there's no counting or memorizing. In fact, Vísi Weight Loss is delicious, simple and super easy to incorporate into your daily health program.

9. All Natural

The ingredients in Vísi Weight Loss are all natural, which means your body will be better able to absorb and utilize them for optimal weight control.

10. See and Feel the Results

People just like you are reporting remarkable results with Vísi Weight Loss—results you can both see and feel!

11. Promotes Overall Wellness

Vísi Weight Loss not only can help you achieve your optimal weight, it will promote new levels of overall wellness, especially when used with other Vísi products.

12. Forms Basis of Unique Opportunity

As you begin to enjoy the benefits of Vísi Weight Loss, you'll find that sharing it and the other Vísi products with others is easy. And as you do, you can earn income and other rewards through Vísi's leading compensation plan that will help transform your life in every way.

**Visi currently ships to the US, Canada, Australia and Japan.
Contact Your Global Distributor for more information.**