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BEAUTIFUL FACE

BEAUTIFUL BODY

BEAUTIFUL SOUL

{ DETOXIFICATION }

Guide to Healthy Living



THE M'LIS COMPANY IS DEDICATED TO YOUR HEALTH AND WELL-BEING

THE M'LIS COMPANY is committed to the health, vitality, and appearance of our customers. We continue to research and develop products and programs that offer total body wellness.

Because of the tremendous need for Americans to periodically rid their bodies of accumulated toxins and waste materials, M'lis has spent over 25 years and a considerable amount of resources to develop and perfect a detoxifying and cleansing program. Designed with the aid and interaction of physicians, nutritionists, and herbalists, the M'lis DETOXIFICATION PROGRAM has already helped thousands of people.

HOW DOES THE M'LIS DETOXIFICATION PROGRAM HELP?

One of the most important factors for promoting good health and preventing disease is the detoxification of our bodies. The M'lis DETOXIFICATION PROGRAM has been designed to help the body cleanse itself of toxins, mucus, and other waste materials in the intestinal tract and the major vital organs, thus helping them to function better. This not only restores new energy to the vital organs, but to the entire body as well.

Everyone should follow the 3-day M'lis DETOXIFICATION PROGRAM 3 - 4 times a year, whether you are overweight, underweight, or at your goal weight. It is suggested that you start any weight loss or wellness program with this 3-day cleanse. It should also be done when plateaus are reached and weight loss becomes difficult. Average weight loss for these 3 days is 5-7 pounds of water and waste, which has been trapped in the colon. About half of this loss will be gained back once food is reintroduced.

The M'lis DETOXIFICATION PROGRAM is not a "cure-all," but is a definite aid for improving health and increasing vitality. It is also the starting point for help in many abnormal body conditions, such as allergies, acne, arthritis, skin problems, cellulite, obesity, etc.

BENEFITS OF THIS 3-DAY PROGRAM INCLUDE:

- Increased energy
- The digestive tract is given a chance to rid itself of accumulated waste and putrefied bacteria.
- Liver, kidneys, and blood are purified, and function more effectively.
- A mental clarity occurs that is not possible under the constant bombardment of chemicals and food additives.
- Dependency on habit-forming substances such as refined sugar, caffeine, nicotine, alcohol, and drugs is greatly diminished. As the blood is purified, residues of these additives are flushed from the body. Cravings and withdrawal symptoms cease.
- Bad eating habits are broken. As you come off the program, it is easier to start all over again with a wiser choice of diet.
- The stomach has a chance to shrink to normal size, making it easier to control the quantity of food eaten.

M' LIS DETOXIFICATION INCLUDES:

Natural herb formulas M'lis CLEANSE and FIBER combine to aid the body in ridding the intestinal tract of mucus and other waste material. In addition, M'lis CLEANSE aids in the rebuilding process and helps restore normal peristaltic action of the bowels.

Natural herb formula DETOX helps eliminate toxins from the liver, kidneys, and blood, as well as the intestinal tract, and acts as a blood purifier.

A mixture of fresh lemon juice, pure maple syrup, and distilled water taken throughout the day provides nourishment, speeds cleansing, and aids in the rebuilding process.

WHAT YOU'LL NEED TO BUY FOR M' LIS DETOXIFICATION:

1. M'lis DETOXIFICATION KIT which includes natural M'lis herb formulas DETOX, FIBER, and CLEANSE.

2. Approximately 21 fresh lemons (frozen concentrate is okay but fresh fruit is more beneficial).
3. Pure maple syrup (Grade A, B, or C) – Be sure it does not contain any other type of sweetener or additive. You will need either 1 pint or 2 eight ounce bottles.
4. Several gallons of distilled water. Do not use mineral or soft water.

These ingredients provide all the vitamins and minerals you'll need for the duration of the cleanse. See page 6 for instructions on preparing the lemon juice mixture.

Note: For a complete list of necessary products in the M'lis WELLNESS or WEIGHT LOSS programs, please see pages 8-15.

To receive maximum benefit from the program

**DO NOT EAT OR DRINK ANYTHING OTHER THAN
THE LEMON JUICE MIXTURE, DISTILLED WATER,
AND YOUR M'LIS DETOXIFICATION HERBS**

CONSULT YOUR PHYSICIAN IF YOU:

- are presently under his/her care
- are on prescribed medication
- are pregnant and/or lactating
- are 65+ years old
- are using this program in connection with weight loss; especially if you are obese, have heart or cardiovascular conditions, kidney disease, diabetes, hypoglycemia, gout, or chronic infections
- have any other type of serious medical condition

The 3-Day M'lis DETOXIFICATION PROGRAM is not meant to take the place of medical care. However, when undertaken several times a year in conjunction with a more selective and nutritious diet, this plan can help you attain better health and aid the body in resisting disease.

During detoxification, some people experience headaches and may even get dizzy or nauseous. There is no cause for alarm. These symptoms occur as toxins are stirred up prior to being expelled from the system.

WHAT M' LIS CUSTOMERS HAVE ASKED

CAN I DETOXYIFY FOR LONGER THAN 3 DAYS? Yes. People with more severe toxicity could benefit by cleansing for longer periods. However, it is more desirable to utilize the program regularly for 3-4 days each time.

CAN I CLEANSE WITH JUST WATER? Yes, but the M' LIS DETOXIFICATION PROGRAM is much better than just water fasting. It aids in the rebuilding process and cleanses without weakening. Because many people are already deficient as well as toxic, the longer they go without food, the greater the deficiency. Although water fasting is not considered dangerous, The M' LIS COMPANY does not recommend it.

WHY IS IT IMPORTANT TO USE DISTILLED WATER? Distilled water is pure, which means it has no chemicals or bacteria to interfere with the cleansing process. We recommend continuing to use distilled and/or pure spring water after your cleansing program. Do not use bottled mineral water since it may contain concentrations of heavy metals. Soft water is also a poor choice because of its high sodium content.

WILL I SUFFER HUNGER PAINS DURING DETOXIFICATION? Yes, you might and if you do, simply drink the lemon juice mixture more often. Since this mixture is food already in liquid form, it gets into the bloodstream faster and allays hunger. You might think you are hungry because you aren't chewing food, but with the mixture you are getting the nutrients you need.

CAN I USE OTHER JUICES? Yes. Any unsweetened fruit juice can be substituted, if necessary, but lemon juice contains important building aids and its astringent action makes it a superb cleansing agent. Fresh, ripe lemons are best of course, but frozen concentrate can be used if fresh are not available.

WHAT IF I FEEL LIKE I MUST EAT? Most people find that detoxification can be difficult because eating has become a pastime in our society, and we have

come to crave the taste of foods. The first time can be especially taxing. If you feel like you must eat, first increase the amount of maple syrup in your mixture and drink the mixture more often. This will raise the blood sugar level, which increases energy. If that doesn't work, try a short nap and additional water. As a last resort, eat an apple or banana, and then try to continue on with the program as outlined.

WHY IS IT IMPORTANT TO USE PURE MAPLE SYRUP? First, pure maple syrup contains many minerals and vitamins. For this reason, it will provide the body with energy. Second, pure maple syrup is a balanced, natural sweetener and can be used without causing an insulin response. Because of this, hypoglycemics can use the program without fear of lowering or raising blood sugar levels.

WON'T THE LEMON JUICE MIXTURE CAUSE TOO MUCH ACID FOR MY SENSITIVE STOMACH? No. Even though lemon is an acid fruit, it turns alkaline as it is digested and aids in attaining a proper pH balance.

IS DETOXIFICATION SAFE? Yes. This type of internal cleanse has been used safely for periods of up to 2 months over the last twenty years. The M'LIS COMPANY, however, recommends the cleanse for 3-10 days only.

CAN I DETOXIFY IF I HAVE HYPOGLYCEMIA? Yes. Detoxifying is especially beneficial to hypoglycemics. Be sure to use only pure maple syrup in the lemon juice mixture. Honey or other sweeteners will trigger an insulin response. M'LIS SLENDER-AID will also help to regulate blood sugar levels.

HOW DOES DETOXIFICATION AFFECT CELLULITE? Cellulite is waste materials trapped in connective tissue and fat cells, and is very resistant to ordinary dieting and exercise. While M'LIS DETOXIFICATION will not remove cellulite, it does clean out the intestinal tract, thereby speeding up the elimination of wastes from the body.

WILL I HAVE PLENTY OF ENERGY DURING THE CLEANSE? Yes, as toxins are expelled from the system, the energy level rises. If you are not as energetic as you feel you should be, simply add a little more maple syrup to the lemon juice mixture. This will raise and maintain your blood sugar level.

DIRECTIONS FOR THE M'LIS DETOXIFICATION PROGRAM:

DAYS 1 AND 2 - In order to prepare your body for M'lis DETOXIFICATION: eliminate meat, dairy, refined sugar & flour, alcohol and caffeine from your regular diet, drink at least 2 qt. of distilled water, and begin taking M'lis SLENDER-AID (2-3 capsules, 1/2 hour before each meal). (Note: M'lis SLENDER-AID is not a mandatory part of this program and is not included in the M'lis DETOXIFICATION KIT. However, it is a very useful tool in weight loss, if that is the desired outcome.) Begin taking M'lis DETOXIFICATION herbs along with sensible meals. Morning and evening take:

- 2 DETOX capsules,
- 2 CLEANSE capsules,
- 8 FIBER capsules

Days three through five, you will be eliminating all solid foods from your diet, and drinking only the M'lis lemon juice mixture and water. For the next three days of this program, mix 1 1/2 cups of fresh lemon juice with 2 quarts of distilled water. Add enough pure maple syrup to make it palatable. Approximately 1/3 c. for women and 1/2 c. for men.

DAY 3 - Morning and evening take:

- 2 DETOX capsules,
- 2 CLEANSE capsules,
- 8 FIBER capsules,

with 10 ounces of the lemon juice mixture. Throughout the day drink the remaining lemon juice mixture, plus at least 8 glasses of distilled water.

DAY 4 - Morning and evening take:

- 3 DETOX capsules,
- 2 CLEANSE capsules,
- 8 FIBER capsules,

with 10 ounces of the lemon juice mixture. Throughout the day drink the remainder of the 2 quarts of lemon juice mixture, plus at least 8 glasses of

distilled water.

DAY 5 - Morning and evening take:

- 4 DETOX capsules,
- 2 CLEANSE capsules,
- 8 FIBER capsules,

with 10 ounces of the lemon juice mixture. Throughout the day drink the remainder of the 2 quarts of the lemon juice mixture and at least 8 glasses of distilled water.

SUCCEEDING DAYS - Morning and evening take:

- 2 DETOX capsules,
- 2 CLEANSE capsules,
- 8 FIBER capsules,

Continue until capsules are gone. During these days you will be re-introducing solid foods as outlined in the following pages. Discontinue the lemon mixture. If you are continuing on to a 30-Day Program, you will need to purchase another Detoxification Kit plus an extra bottle of M'LIS FIBER to complete the full 30 days.

NOTE: Adjust the amount of M'lis FIBER to your diet as necessary. According to Dr. Dennis Burkett, one of the world's leading medical authorities on dietary fiber, the key to your health is watching what you eat, and watching your stool after you eat. If your stool floats, you are eating enough fiber. While fiber found in fruits and vegetables is good, the fiber found in grains, especially wheat bran and in psyllium, is superior.

If you are continuing on to the weight loss program, turn to page 15.

M' LIS WELLNESS PROGRAM

DIRECTIONS

1ST THROUGH 5TH DAY

Follow "DIRECTIONS FOR THE M' LIS DETOXIFICATION PROGRAM" as outlined in previous section.

6TH & 7TH DAY

1. DISCONTINUE the lemon juice mixture.
2. CONTINUE DETOX - 2 capsules both morning and evening.
3. CONTINUE CLEANSE - 2 capsules both morning and evening.
4. CONTINUE FIBER - 8 capsules both morning and evening.
5. CONTINUE to drink 8 glasses of water daily.
6. START drinking all the vegetable and/or fruit juices you desire.
7. START eating all the raw vegetables and/or fruits that you desire.
8. ADD whole grains to your diet on day 7.
9. ADD M'lis DAILY MULTIVITAMIN (2 morning and 2 evening) and M'lis CALCIUM LIQUID GEL CAPS (1 morning and 1 evening) to daily diet for 100% nutrition. These products are described in the following 'Vitamin Therapy' section. M'lis COMPLETE nutritional shake may also be taken with 2 meals daily, in place of the M'lis DAILY multivitamin for 100% nutrition.

8TH & 9TH DAY

1. CONTINUE as with days 6 and 7.
2. ADD yogurt or cottage cheese to your diet.
3. ADD small portions of fish, poultry, or eggs to one meal daily.

10TH DAY AND BEYOND

1. CONTINUE as with days 8 and 9.
2. CONTINUE taking M'lis herbs in DETOXIFICATION KIT until they are gone.

3. CONTINUE adding sensible food items to the diet.
4. DETOXYFY once every 3 - 4 months.

VITAMIN THERAPY

M'LIS DAILY MULTIVITAMIN/MULTIMINERAL

The Council for Responsible Nutrition published a survey compiled by the U.S. Department of Agriculture in 1992, which was very revealing. In the survey, 20,000 people were studied to find how many Americans achieved the intake of 100% RDA of ten nutrients in their daily diets. Results showed that not even one person in the study achieved 100% of the Recommended Daily Allowance (RDA) of the ten nutrients. This seems to indicate that virtually every American needs to take a nutritional supplement.

We must obtain vitamins from natural foods or dietary supplements in order to sustain life. Quite simply, vitamins are organic substances necessary for life. Vitamins are essential to the normal functioning of our bodies and, save a few exceptions, cannot be manufactured or synthesized internally. Necessary for our growth, vitality, and general well-being, they are found in minute quantities in all natural food.

Why does M'lis use a vitamin formula with chelated minerals? Chelation is the process by which minerals are changed into digestible or useable forms. The body's natural chelation process is not performed efficiently in many people and as such, they are only able to use a small portion of their mineral intake. By using an amino acid-bound chelated mineral supplement, a person is able to assimilate three to ten times the percentage of minerals verses a non-chelated mineral supplement. M'lis uses only chelated minerals in their supplements and only the highest quality natural vitamins.

Two capsules of M'lis DAILY per day provide 100% of the Recommended Daily Allowance (RDA) of all essential vitamins and minerals, encapsulated in a safe and natural form.



THE M' LIS WELLNESS PROGRAM



DAY	1	2	3	4	5	6	7	8	9	10
DATE										
INSTRUCTIONS	2 qts. water eliminate meat, dairy, refined sugars & flours Wellness Combo. Detox. Group #1	2 qts. water eliminate meat, dairy, refined sugars & flours Wellness Combo. Detox. Group #1	DETOXIFY Detox. Group #1	DETOXIFY Detox. Group #2	DETOXIFY Detox. Group #3	2 qts. water fresh fruit & veggies Wellness Combo. Detox. Group #1 Body Wrap & Massage	2 qts. water fresh fruit, veggies, and whole grains Wellness Combo. Detox. Group #1	continue as day before add yogurt, stm. veggie, lean protein (fish, poultry, egg) Wellness Combo. Detox. Group #1	continue as day before	continue as day before add nuts, seeds and other sensible foods Wellness Combo. Detox. Group #1

DAY	11	12	13	14	15	16	17	18	19	20
DATE										
INSTRUCTIONS	continue as day before (see day 10)	continue as day before	continue as day before	continue as day before	continue as day before	continue as day before	continue as day before	continue as day before	continue as day before	continue as day before

DAY	21	22	23	24	25	26	27	28	29	30
DATE										
INSTRUCTIONS	continue as day before (see day 10)	continue as day before Body Wrap & Massage	continue as day before	continue as day before eliminate meat, dairy, refined sugars & flours	continue as day before eliminate meat, dairy, refined sugars & flours	DETOXIFY Detox. Group #1	DETOXIFY Detox. Group #2	DETOXIFY Detox. Group #3	2 qts. water fresh fruit & veggies Wellness Combo. Detox. Group #1 Body Wrap & Massage	follow day 7; in subsequent days, gradually introduce foods as above (see days 8-10)

WELLNESS COMBINATION			
HERB	AM	NOON	PM
CALCIUM	2		2
DAILY OR COMPLETE	1 or 1		1 or 1
EVENING PRIMROSE OIL	3		3
FLAX SEED OIL	3		3
VITAL	1		
ENZYME	Take 2 with each meal, or with M'LIS COMPLETE		
SLENDER AID	Take 2 as often as necessary (up to 3x/day) to appease appetite and regulate blood sugar		
TRANQUILITY	Take 2 every 4 hours as needed for stress		

DETOXIFICATION HERBS - GROUP 1		
HERBS	AM	PM
CLEANSE	2	2
DETOX	2	2
FIBER	8	8
DETOXIFICATION HERBS - GROUP 2		
HERBS	AM	PM
CLEANSE	2	2
DETOX	3	3
FIBER	8	8
DETOXIFICATION HERBS - GROUP 3		
HERBS	AM	PM
CLEANSE	2	2
DETOX	4	4
FIBER	8	8

Exercise for a minimum of 20-30 minutes 5 times/week, and drink at least 8 glasses of water daily. To maintain wellness, continue to provide the body with 100% nutrition with M'LIS DAILY and M'LIS CALCIUM supplements, along with a well balanced diet. M'LIS recommends DETOXIFICATION 3-4 times each year for overall health.



THE M' LIS WEIGHT LOSS PROGRAM



DAY	1	2	3	4	5	6	7	8	9	10
DATE										
INSTRUCTIONS	2 qts. water eliminate meat, dairy, refined sugars & flours Weight Loss Combo. Detox. Group #1	2 qts. water eliminate meat, dairy, refined sugars & flours Weight Loss Combo. Detox. Group #1	DETOXIFY Detox. Group #1	DETOXIFY Detox. Group #2	DETOXIFY Detox. Group #3	2 qts. water fresh fruit & veggies Weight Loss Combo. Detox. Group #1	2 qts. water fresh fruit, veggies, and whole grains Weight Loss Combo. Detox. Group #1 Body Wrap & Massage	continue as day before add yogurt, stm. veg-gies, lean protein (fish, poultry, egg) Weight Loss Combo. Detox. Group #1	continue as day before	continue as day before may add nuts, seeds and other sensible foods Weight Loss Combo. Detox. Group #1

DAY	11	12	13	14	15	16	17	18	19	20
DATE										
INSTRUCTIONS	continue as day before (see day 10)	continue as day before	continue as day before	continue as day before	continue as day before	continue as day before	continue as day before	continue as day before	continue as day before	continue as day before

DAY	21	22	23	24	25	26	27	28	29	30
DATE										
INSTRUCTIONS	continue as day before (see day 10)	continue as day before Body Wrap & Massage	continue as day before	continue as day before eliminate meat, dairy, refined sugars & flours	continue as day before eliminate meat, dairy, refined sugars & flours	DETOXIFY Detox. Group #1	DETOXIFY Detox. Group #2	DETOXIFY Detox. Group #3	2 qts. water fresh fruit & veggies Weight Loss Combo. Detox. Group #1 Body Wrap & Massage	follow day 7; in subsequent days, gradually introduce foods as above (see days 8-10)

WEIGHT LOSS COMBINATION			
HERB	AM	NOON	PM
CALCIUM	2		2
CELL-U-RID	2	2	2
DAILY OR COMPLETE	1 or 1		1 or 1
EVENING PRIMROSE OIL	3		3
FLAX SEED OIL	3		3
SLENDER AID	2	2	2
VITAL	1		
ENZYME	Take 2 with each meal, or with M'LIS COMPLETE		
MAINTAIN	Use as body lotion after bath or shower to help cleanse connective tissue		
TRANQUILITY	Take 2 every 4 hours as needed for stress		

Exercise for a minimum of 20-30 minutes 5 times/week, and drink at least 8 glasses of water daily. To maintain wellness, continue to provide the body with 100% nutrition with M'LIS DAILY and M'LIS CALCIUM supplements, along with a well balanced diet. M'LIS recommends DETOXIFICATION 3-4 times each year for overall health.

DETOXIFICATION HERBS - GROUP 1		
HERBS	AM	PM
CLEANSE	2	2
DETOX	2	2
FIBER	8	8
DETOXIFICATION HERBS - GROUP 2		
HERBS	AM	PM
CLEANSE	2	2
DETOX	3	3
FIBER	8	8
DETOXIFICATION HERBS - GROUP 3		
HERBS	AM	PM
CLEANSE	2	2
DETOX	4	4
FIBER	8	8

M'LIS CALCIUM LIQUID GEL CAPS

Calcium plays an important role in health, as every single cell in the body contains it. Calcium regulates heartbeat, and diets rich in calcium can help prevent coronary heart disease and hypertension. Studies involving calcium have also been shown to lower the chances of developing colon cancer.

Having normal blood calcium is even more important than having enough calcium in your bones. If the blood calcium level falls below what is necessary to maintain normal functioning of the muscles and heart, the body will rob the bones of calcium, causing the bones to slowly weaken and deteriorate. Having proper blood calcium level has also been shown in studies to control high blood pressure.

Tests have shown that calcium can both slow and prevent osteoporosis. Osteoporosis is the brittle bone disease that affects one out of four women, and one out of twenty men in America. Although bone thinning is thought to be part of aging, this is not osteoporosis. Osteoporosis is the substantial loss of bone mass, about 30% or more of a person's original bone mass. Without a calcium supplement, it is estimated that after the age of 35, bone loss is at the rate of about 0.5 % annually.

WITH ALL OF THE DIFFERENT FORMS OF CALCIUM ON THE MARKET, WHAT TYPE, AND HOW MUCH CALCIUM SHOULD I TAKE A DAY?

The most important factor in choosing which calcium supplement to take is its solubility. This is of critical importance because the body can absorb calcium only in soluble form. For this reason, M'lis has chosen a liquid gel capsule, ensuring the greatest benefit possible for your body. (Forms of calcium that are in a formula including an antacid are the worst forms to use. They are from a shell source, making them less soluble, and by reducing the acid in the stomach, you reduce the absorption of calcium.)

It is well established that 2,000 mg daily of natural absorbable calcium will provide a safe and effective supplement to the diet.

M' LIS WEIGHT LOSS PROGRAM

DIRECTIONS

DAYS 1 THROUGH 5

Follow "DIRECTIONS FOR THE M' LIS DETOXIFICATION PROGRAM" as outlined in previous section.

DAYS 6 & 7

1. DISCONTINUE the lemon juice mixture.
2. CONTINUE DETOX - 2 capsules both morning and evening.
3. CONTINUE CLEANSE - 2 capsules both morning and evening.
4. CONTINUE FIBER - 8 capsules both morning and evening.
5. START drinking all the vegetable and/or fruit juices you desire.
6. START taking COMPLETE as a substitute for 2 meals daily.
7. START eating one meal a day of raw fruits and/or vegetables. Be sure not to exceed the allotted calories and fat grams.*
8. START taking 2 capsules of SLENDER AID (1/2 hour before each meal, 3 times daily) with a large glass of water, to appease appetite.
9. CONTINUE to drink 8 glasses of water.
10. START taking 4 CALCIUM GELCAPS (2 morning and 2 evening).

***WHAT ABOUT CALORIE AND FAT INTAKE?**

Counting calories and fat grams is important. Most women can lose very nicely on 1,000 calories a day and 20 fat grams, while most men can lose weight properly with a daily intake of 1,200 calories and 40 fat grams. It is important that you have this many calories and fat grams in your daily diet to prevent ketosis and muscle loss.

Keep in mind that two servings of M'lis COMPLETE, which provides you with 100% of daily nutrition, averages about 300 calories and 0 fat grams (powder only). M'lis DAILY has zero calories and zero fat grams.

DAYS 8 & 9

1. CONTINUE as with days 6 and 7.
2. ADD yogurt (unsweetened or sweetened only with pure maple syrup) to your meal.
3. ADD cottage cheese and lightly steamed vegetables.

DAYS 10 THROUGH 30

1. CONTINUE as with days 8 and 9.
2. ADD small portions of fish, poultry, or eggs to your one meal daily.
3. Nuts and seeds (raw, unroasted, unsalted) may also be used.
4. EVENING PRIMROSE OIL may be added to your program in order to help the body overcome weight plateaus. (3 morning, 3 evening)

If goal weight has not been reached by day 30, start again, beginning with day one.

THE M' LIS WEIGHT LOSS PROGRAM IS NOT JUST ANOTHER DIET

It is designed to take weight off and keep it off. Even more important, this ultimate program improves overall health. Instead of just covering up symptoms, it gets to the root of other “weight-related” problems and helps the body to correct them naturally and systematically. This program has helped thousands of people who had given up hope.

THE M' LIS WEIGHT LOSS PROGRAM IS COMPLETELY SAFE

Developed with the help of doctors, nutritionists, and formulators, M'lis superior products were created by some of the world's most progressive laboratories, to provide a completely safe weight loss. More than just a weight reduction program, it is a total program that does not create imbalances, cause ketosis, or create other problems. Instead, the program incorporates sound nutrition and utilizes eight superior products that work together to dissipate fat, and correct other “weight-related” problems.

In addition to losing fat, energy is elevated, vitality is enhanced, blood sugar level is stabilized, digestion is improved, constipation is eliminated, accumulated toxins in the system are removed, stomach problems are corrected, nervous tension is relieved, and overall health increases! And...this is all accomplished without the use of amphetamines, chemical diuretics, or other drugs.

CONSULT YOUR PHYSICIAN

Even though the M'lis WEIGHT LOSS PROGRAM is scientifically designed to promote weight loss successfully, safely, and pleasantly, it is always advisable to consult your physician before beginning any weight reduction program. A physician should be consulted if you have suffered from heart and cardiovascular conditions, stroke, kidney disease, diabetes, gout, hypoglycemia, or chronic infections. The very elderly, growing children, adolescents, pregnant women and nursing mothers, the very obese, and anyone under medical care for any other condition, should diet or cleanse only under direct medical supervision.

THE BASIC WEIGHT LOSS FORMAT

The M'lis WEIGHT LOSS PROGRAM is very easy to follow. Two meals a day are replaced with a total nutritional supplement drink mixture made from M'lis COMPLETE. A third regular meal, selected for its low calorie content, is eaten daily. This one meal can be either breakfast, lunch, or dinner, but should be eaten before 6 o'clock in the evening. And, as with any successful health program, exercise is encouraged.

THE KEY TO WEIGHT LOSS

This easy-to-follow program is based on the fact that to lose weight, you must consume less food and consequently fewer calories. By replacing two of your usual high calorie, low nutrition meals with M'lis COMPLETE (which is low in calories, yet high in nutrition) you can eat one well-balanced meal daily and still lose weight.

M'LIS COMPLETE CUTS YOUR FOOD BILL

Each serving of M'lis COMPLETE in either 8 oz. of non-fat milk, soy milk, almond milk, rice milk, or unsweetened fruit juice is much less expensive than each meal it replaces, yet it provides a broad spectrum of nutritional support to keep your energy level up and your caloric intake down. This advanced formula provides high efficiency protein, balanced amino acids, enzymes, lecithin, fiber, fructose, linolenic and linoleic acid, and 26 vitamins and minerals.

For a tasty variation, add your favorite fresh fruit and crushed ice, or stir in a few drops of flavoring extract such as almond, strawberry, raspberry, etc., and mix in a blender.

HOW M'LIS FORMULAS ASSIST IN OVERCOMING WEIGHT RELATED PROBLEMS

CLEANSE - This formula is a superb combination of 9 herbs that have an extremely beneficial effect on the entire intestinal tract, and goes beyond the cleansing ability of bran. It is also a bowel tonic and rebuilding formula. Helps improve intestinal absorption of vital nutrients while decreasing the absorption of toxins. Gentle, safe, and non-habit forming.

DETOX - A combination of 11 herbs that work together to help rid the liver, kidneys, and bowels of accumulated toxins and other waste materials. This formula also serves as a blood purifier.

FIBER - This superior source of fiber is essential in the fight against obesity. By speeding up the body's food processing time, the important vitamins, minerals, and other nutrients are absorbed from the food, yet fewer of the excess calories (that turn to fat) are absorbed. This formula also helps lower cholesterol levels in the blood, as well as cleanse the intestinal tract.

SLENDER-AID - Helps to appease the appetite naturally and lessen nervous tension while dieting. This blend of 11 natural herbs also works together to assist the body in breaking down and dissipating excess fat from around the heart and other vital organs.

FLAX SEED OIL (Omega 3 Essential Fatty Acid) - EFA's play a vital role in healthy cell renewal.

EVENING PRIMROSE OIL (Omega 6) - Has historically been used to stimulate metabolic function. During the weight loss process, Evening Primrose Oil has been known to be helpful in overcoming plateaus.

COMPLETE (VANILLA) - Two servings daily provide 100% nutrition to the body. M'lis COMPLETE helps to keep the energy level up and stimulate weight loss by keeping the caloric intake down.

DAILY - Two capsules per day provide 100% RDA of all essential vitamins and minerals. The only way to lose weight permanently and maintain a well functioning body is to get 100% nutrition in the daily diet.

CALCIUM - Provides the balance that the body needs to lose weight safely and permanently, while maintaining healthy blood and strong bones. Each capsule is 500 mg. 3-4 capsules per day provide the necessary 1500 - 2000 mg.

WEIGHT LOSS SELECTION CHART

RECOMMENDED GROUP

MEAT: Fish and poultry are best choices. (Veal, beef, and lamb are difficult to digest and should be eaten in moderation.)

FRUIT: Apricots, apples, berries, melons, peaches, pears, pineapples, tangerines, grapefruits, oranges, cantaloupes, strawberries, watermelons, and plums. No sugar, thank-you!

VEGETABLE: Raw or baked potatoes (twice weekly only).

JUICE: Any unsweetened fruit or vegetable juice except those listed on the next page.

BEVERAGE: Water, Herbal tea (no sugar).

DESSERT: Fruit – preferably eaten 3 hours after meal.

Note: Fruits should be eaten raw or cooked without sugar. If you use canned, make sure it is not packed in syrup or sugar. Raw fruit is always best.

AVOID GROUP

BEVERAGE: Wines, cordials, cocktails, beers, whiskeys, cola drinks, soda pop of all kinds, ginger ales, and club sodas.

JUICE: Grape juice and prune juice, which are high in natural sugars.

PREPARED FOOD: White flour bakery products, white spaghetti, macaroni, noodles, and gravies. Any foods prepared with refined white flour.

VEGETABLE: Hominy, rice, yams, potatoes (except raw or baked - only twice weekly), corn, and dried beans. These are high in starch and natural sugars.

MEAT: Ham, bacon, sausage, and other processed meats should be eliminated completely.

DESSERT: Candy and other sweets, such as cakes, pies, pastries, custards, jellos, ice creams, sherbets, and puddings.

ALWAYS AVOID: Sugar and salt.

FOR MORE INFORMATION OR A PRODUCT CATALOG,
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OR VISIT US ONLINE AT WWW.MLISCOMPANY.COM



{ DETOXIFICATION }

The secret to better health is to cleanse your body! It has been estimated that 95% of all disease begins in a toxic colon. In addition, a weak immune system exacerbates any health problem. The M'lis Detoxification Program is a complete internal process that purifies the liver, bowels, kidneys and blood, while cleansing all tissues of the body. This total body program is the first step in reversing the course of chronic health conditions, and is an important part of a regular health maintenance and prevention regimen.



To learn more about M'LIS
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