

OUR PACKAGE INCLUDES

General

- » An analysis of your metabolism through our unique questionnaire.
- » Identification of your metabolism faults.
- » A ranking of your metabolism from 0 to 10
- » A selection of highly balanced 7 day food plans to fix your metabolism.
- » A cardio exercise plan and toning plan to maximise your metabolism.
- » Nutritional supplement recommendations to help rapidly repair your metabolism.
- » Choice of 3, 6 and 12 week plans for Home (walk, jog or bike) or Gym.

Motivation

- » Choice of 4 'Effort Levels' to suit your current motivation.
- » Option of weekly or fortnightly weigh-ins if you live near a consultant.
- » Special motivation techniques that can be implemented quickly and easily.
- » We call you if you go missing (available only if working with a consultant!)
- » 'Reminder' texts to keep you focussed and email support
- » System 10 classes at some of our centres.

COMPARISON TABLE

This table is to show you how using the 3 essential keys provides incredibly powerful results compared with other plans that normally leave out 1 or 2 of the keys.

RESULTS	12 weeks of most weight loss plans and diets	12 weeks of System 10
Weight lost	16 lbs (if lucky!)	35 - 45 lbs
Fat lost	9 - 10 lbs	30 - 40 lbs
Size change	1 - 2 sizes	3 - 4 sizes
Stubborn fat	Very little shifted	Targets stomach/hips/thighs
Body shape	Normally more unbalanced	Helps rebalance top and bottom
Cellulite	Small improvement	Rapid improvement
Toning	Softer, flabbier & saggier	Way firmer
The future	Start all over again	Weight under control

Losing FAT is the most important factor when losing weight. Genuine FAT loss is what really changes your SHAPE! What most people do not realise is that most current weight loss plans and diets result in VERY LITTLE fat loss.

VERY DIFFICULT WEIGHT LOSS CASES

Because our plan is based on fixing your metabolism, it can help people who are severely overweight or indeed obese. These people have multiple metabolism faults and unless they are properly dealt with they will never lose their weight! Other metabolism faults that can lead to difficult weight loss cases that we can help are: Slow Thyroid (Hypothyroidism), Endometriosis, Polycystic Ovarian Syndrome and Type 1 and 2 Diabetes.

MIRACULOUS HEALTH & ANTI-AGING BENEFITS

Nothing can beat fixing your metabolism for health or anti-aging benefits. It is the true miracle medicine. Metabolism faults are at the root cause of nearly all health problems. Serious health problems that people have lived with for years greatly improve or disappear altogether including many of the 'unexplained' health complaints that never seem to go away. Even more important is the increased protection against future serious illness and disease including the big 4 - Heart Disease, Cancer, Diabetes and Osteoporosis.

The single biggest controller of how fast you age in both face and body is the condition of your metabolism and in particular your hormone balance. Slowing the rate of decline of gland function and of other body systems and the resulting change in hormone levels is the most powerful anti-aging medicine you can get. It is miles more powerful than any pill or lotion on earth.



System 10

is committed to delivering the World's best Weight Loss plan to people. We are only interested in the truth about Weight Loss!


This is the only plan in the World to include the 3 keys that are absolutely essential for proper Weight Loss and your best results ever!

Lose up to

2 sizes (21lbs / 9.5kgs) in 6 weeks!

4 sizes (45lbs / 20.4kgs) in 12 weeks!

by losing real weight



I found the System 10 plan great with easy to follow food and exercise plans. The best part was the food plans gave me a structured routine. My loss so far is 20lbs which I was amazed by as I have an underactive Thyroid. I also have Diverticular disease which has improved greatly since starting the program.

Margaret

After 11 weeks on my plan I lost 48 lbs (3 stone 6 lbs), my resting heart rate dropped from 115 to 70 bpm, my blood pressure has reduced to almost normal from a dangerous high. I feel great.

Eamon

I've lost 29lbs on the System 10 program. I was amazed that I could eat so much and still lose weight. The program has given me a healthier perspective on food and I'm no longer afraid to eat.

Ann

System 10, Ennis Road, Limerick 061-325680

WELCOME

System 10 is a step by step plan of normal food, exercise and nutrition to give you a great metabolism and your best weight loss and body shape ever. Home and Gym plans are available. This plan was created by David McDonagh, dietician, fitness trainer and fitness lecturer. He has specialised in weight loss for over 15 years.

It is strictly only when you fix your metabolism that you can get these amazing weight loss results:

- ▶▶ **Real Weight Loss**
(that means real fat burning and not just water loss like on most plans)
- ▶▶ **The Fastest Weight Loss**
(a good metabolism burns more fat every hour 24 hours a day!)
- ▶▶ **Shift stubborn fat**
(controlled by metabolism hormone balance)
- ▶▶ **Re-balance a top or bottom heavy body**
(controlled by metabolism hormone balance)
- ▶▶ **Preventing sticking after 3 weeks**
(only if your metabolism gets stronger as you lose weight)
- ▶▶ **Greatly reduce cravings**
(controlled by metabolism blood sugar levels & digestive function)
- ▶▶ **Keep the weight off after**
(possible only if you develop a really strong metabolism)

THE TRUTH ABOUT WEIGHT LOSS

These are the undisputable facts about how to lose weight properly. This is not just about getting the best and fastest weight loss, but more important, this is the only way to get **real weight loss** and avoid the false weight loss (*mostly just water loss!*) that you get from nearly all plans.

1. More than dieting or exercise, your metabolism controls your weight loss.
2. The beneficial effects of dieting and exercise are controlled by your metabolism
3. However diet and exercise are also key to developing a good metabolism.
4. No amount of dieting or exercise can make up for a poor metabolism.
5. Too much dieting and exercise stresses your metabolism and will severely limit weight loss.
6. Metabolism faults can limit or stop weight loss no matter how much dieting or exercise you do e.g.
 - ▶▶ A slow thyroid can cost you 400 to 600 calories daily (*more than a 1 hour workout!*). An estimated 35% of people have undiagnosed slow thyroid.
 - ▶▶ Constipation (suffered by nearly 40% of adults) makes it virtually impossible to lose weight.
 - ▶▶ A sluggish liver (due to drinking, smoking and medicines) greatly affects your ability to burn fat.
 - ▶▶ Hormone imbalances change after a pregnancy can make it very difficult for some women to lose their excess weight.

Now you can see why 8 out of 10 people who try to lose weight stick after 3 weeks and then fail.

THE BEST & FASTEST WEIGHT LOSS EVER

The better your metabolism, the better your weight loss because you burn more fat every hour, 24 hours a day, 7 days a week. **Nothing can match that for results!** No amount of dieting or exercise can match the power of a good metabolism. Fixing your metabolism is categorically the best and fastest way to lose weight. You can get up to 3 times the results of other weight loss methods!

As you will see from all of the above, getting a great metabolism is a balancing of 3 keys with each key contributing its own **unique benefits** that makes it vital and irreplaceable. **This is the single most important weight loss fact you can ever learn.**

Key 1: Fix your metabolism faults

Key 2: A balanced diet (suitable to your weight)

Key 3: Exercise (aerobic & toning)

MORE ON THE CRITICAL IMPORTANCE OF EACH KEY

The Critical Importance of Fixing Your Metabolism Faults

- ▶▶ This is the only way to shift stubborn fat (highly influenced by hormone balance!)
- ▶▶ This is the only way to rebalance 'top' or 'bottom' heavy bodies (again controlled by hormone balance)
- ▶▶ The only way to keep weight off afterwards is to get a faster metabolism while you lose weight.

The Critical Importance of Balanced Food Suitable to Your Weight

- ▶▶ Under-eating is as bad as over-eating for limiting weight loss. Under-eating seriously slows your metabolism within 4 days!
- ▶▶ Under-eating creates incredible cravings and loss of energy which make it impossible to stay motivated for weight loss.

The Critical Importance of Aerobic Exercise & Toning

- ▶▶ No matter how healthy you eat, exercise is the only way to develop a really super fast metabolism
- ▶▶ No matter how healthy you eat, exercise is the only way to tighten up and avoid getting 'saggy' after weight loss.
- ▶▶ No matter how healthy you eat, exercise is the only way to get a really strong healthy heart!

If you leave out any key you are automatically limited to very poor results and very often false weight loss. Using the 3 keys you should now be able to clearly compare other weight loss methods and identify the false 'gimmicky' ones that will give you little or no results

Method	Grade	Maximum Real Results
Diet Pills /Liquid Diets	Very poor	0 to 0.5 lb of real fat weekly! (results stop at about 3 weeks!)
Dieting only	Poor	0.5 to 0.75 lb of real fat weekly! (results stop at about 3 weeks!)
Dieting + Aerobic Work	Fair	1 lb of real fat weekly! (results stop at about 6 weeks!)
Using the 3 Keys	Superior	2.5 to 3.5 of real fat weekly! (continuous results possible)

I started my 6 week System 10 plan on 29th November. I reached my target of 19lbs (1 stone 5lbs) and I am pleased to say that three months later I have kept the weight off.

Frances



I was exercising on a regular basis however the weight simply wouldn't shift, I found an advertisement for the System 10 weight loss plan in a local sports club and following some initial research decided to give the plan a go. I did the 12 week plan and the aim was to shed 3 stone. The results were almost instant. After two weeks on the plan I had lost just over 1 stone in weight, over the next 10 weeks I managed to achieve my goal for a 3 stone weight loss.

Keith