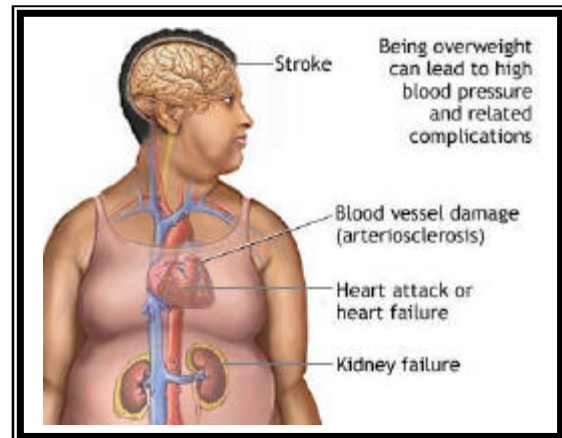


INTRODUCTION

According to studies, “*obesity*” is the most common disease in today’s life. Obesity not only regarded to a negative impression, it is a disease directly linked to many “civilized chronic diseases”, too.

Based on the country medical report, 30% of the deaths each year are attributable to obesity. More than 30 kinds of diseases are proved complicated with obesity :

- a. **26%** of the obese individuals suffer **high blood pressure**
- b. **30%** of the operations on **gall bladder** was related to obesity.
- c. **42%** of the breast and **colon cancers** related to obesity.
- d. **70%** of the **heart diseases** related to obesity.
- e. **80%** of the **type II diabetes** related to obesity.



Obesity is a known risk factor for **coronary heart disease** and **stroke**, too.

And, statistic shows about 15 billion of the world’s population is obese today, and around 1.15 billion of them are suffering diseases linked to obesity...

In view of the above, people really to try on various types of slim care products or programmes to obtain the body shape or weight loss they dream of. Exercise, eat less, fasting, liposuction, enema and other ways of slimming are common today. However, they are advantages and disadvantages of these slimming products or programmes. Some products even create side-effect that leads to more serious health problem.

The ineffective types of slimming approaches are only constraining the fat from our body and these are against the normal physiological process. Moreover, the body weight is regained once we stop the consumption of the approaches. All these approaches not only waste money but harmful to our health.

Dr. Alan Howard from Cambridge University concluded that a right or healthy slimming method must abide to the following conditions :-

- safe to be consumed
- balanced nutrients
- reduces weight effectively in a healthy way
- maintains ideal weight effectively
- makes you energetic

INS SO EASY SLIM CARE NUTRI-SCHEME

Pursuant to the important of a quality slim care product for the consumers, INS has conducted its R&D for years. Today, INS introduces a nutritionally-balanced, safe, natural and healthy slim care scheme to the consumers, which consumers could lose their weight in the condition *of healthy, relax and no-hunger!!!*

~ INS Natural Scheme for Slim Care

A combination of the most primitiveness medical theory with the modernist bio-technology.



Features of INS So Easy Slim Café Nutri-Scheme

- Quality Biotechnology Product
- Natural
- Safe
- Effective
- Healthy

3 Major Functions of INS So Easy Slim Care Nutri-Scheme

- DETOXIFICATION** ➡ So Easy is made of hi-fiber and organic elements to dispose of the toxins in our body, in other words, removes all the Chronic Feaces accumulated in our colon walls.
- HEALING** ➡ So Easy consists of 18 types of amino acids, 7 types of vegetables extract, vitamins, Omega, minerals, etc. All these elements assist our body in normalize the metabolism process and hormone secretion.
- NOURISHING** ➡ The nucleic acid content in So Easy promotes the generation of protein, controls the cell's metabolism process and decides the cells' healthy level. This function is to improve our immune system and provide balanced nutrients in addition to the ideal body shape we dream for.

Ingredient of INS So Easy Slim Care Nutri-Scheme

Wheatgrass



It provides balanced diet for revitalizing. In addition, it disposes of our body's and blood's toxin, improves the cells functions, restrict the cancer cells and chemical elements to reduce the risk of infected by diseases.

Enzymes



Assist in the digestion process, nourishing, regeneration and degeneration of body cells.

High Fiber & organic elements



The most primitive, most natural way to excrete the chronic feaces

Other Nutrients : **18** types of **amino acids**, **7** types of **vegetable extract**, **vitamins**, **acid nucleic** and **Omega**



To provide balance nutrients to our body

How INS So Easy Slim Care Nutri-Scheme Slimmed You Down

“HUNGER” is a normal term the consumers have to suffer during slimming or weight loss process. However, INS So Easy Slim Care Nutri-Scheme enhances in natural and primitive way for slimming, the consumers will never experience HUNGER or any tension, anxiety or worry derived from the hungry feeling.

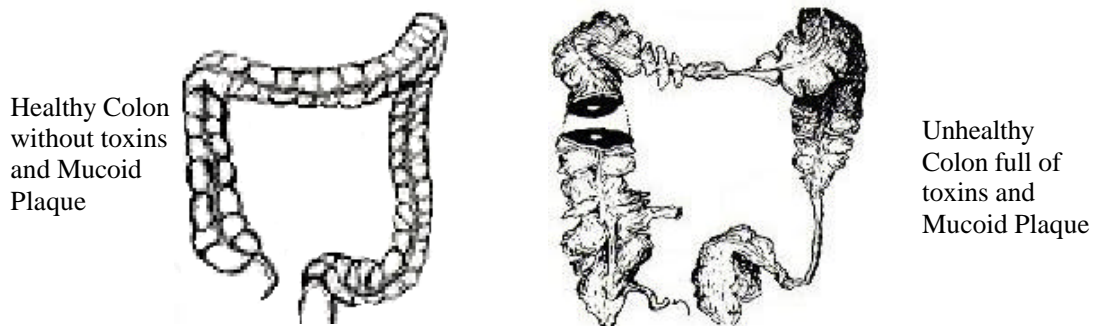
During the whole slim care process, INS So Easy Slim Care Nutri-Scheme will firstly provides high fibre and organic elements to excrete the toxin inclusive Chronic Feaces from our body. Then, it provides sufficient and necessary enzymes to heal and tone the body. Lastly, it supply completed and balanced nutrient to the body.

It is never been SO EASY to slim down and just a simple scheme that can be consumed by everyone.

Fact on Mucoïd Plaque

Ilya Mechnikov, the Nobel laureate in physiology or Medicine 1908 pointed out that “As the undigested foods accumulated in our colon decompose and ferment, they produce poisonous, which is the factor for diseases and senility.” This phenomenon is called “self-poisoning”, and the poisonous are called “Mucoïd Plaque”.

The build-up of Mucoïd Plaque leads to bacteria and toxins that contaminate our body system, where it slows down our metabolism process and causes the imbalance of hormone. Mucoïd Plaque also destroys or inhibits our nerve system and causes fatigue, migraine, insomnia, back problem and hypersensitive. Once the poisoned dead cells are unable to be excreted from our body, obesity will occur because our body is too busy to cope with the toxins and therefore unable to proceed the fat burning function. There is about 3-5kg of Mucoïd Plaque in our body, and some person could have to carry more than 10kg of this Mucoïd Plaque with them for their whole life. The Mucoïd Plaque remains in our colon walls is a major source of many diseases. As a result, the first step we need to do is remove the Mucoïd Plaque to eliminate ourselves from diseases.



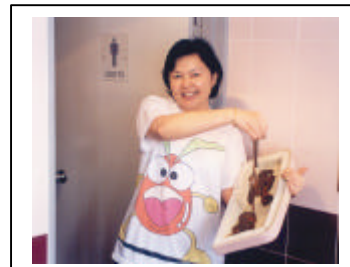
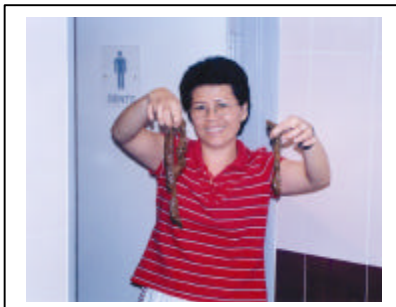
Diseases resulted from Mucoïd Plaque :

- The colon tract becomes narrow, shape changed and sap down
- Self-poisoning, blood pollution, liver and kidney are damaged
- Contaminated Blood which brings harm to cells
- Arteries disease such as arteriosclerosis, high blood pressure, stroke, heart attack, etc
- Blood Acidity, hypersensitive, diabetes and dermatosis
- Senility
- Accumulation of the free radicals which will changes the genetic structure
- Metabolism problem, urine acid, Gladstone, gout, arthritis, etc.

The Features on Mucoïd Plaque after taking INS So Easy

In general, the consumers will excrete Mucoïd Plaque on the 2nd or 3rd day consuming INS So Easy Slim Care Nutri-Scheme. The Mucoïd Plaque resulted by INS So Easy is normally :-

- Has a length could be from 1 foot up-to 6 feet
- Not smelly, not sticky



Were you even be SO HAPPY with your feaces as they ?

TESTIMONIAL



I never thought that I can lose weight through such an efficient way since I was certified by the specialist that my body hormones were experiencing imbalanced conditions. I went to several slim care centres but the results were limited within 10kg. After consuming “So Easy Slim Care Nutri-Scheme”, my weight had dropped for almost 20kg. I was so gratified with the results as my skin condition has improved too. Most of the people might have a wrong perception that weight loss is a very difficult and hard process. However, “So Easy” provides result in just 3 days time and I experienced no hunger and tiredness at all during the sliming process. It is indeed a very effective slim care product.

Sincerely, "weight loss" used to be something far beyond my reach. However, by practicing "So Easy Slim Care Nutri-Scheme", I discover that obesity is not only affecting my appearance but is the root cause of many chronic diseases. "So Easy" has allowed me to experience the health condition that I have never felt before, and it has helped me to lose almost 18kg of my body weight. Besides, my skin becomes brighter and radiant. Now, even though I eat as usual and don't practice any hard exercise, my weight is still gradually dropping. I am extremely delighted as all the shirts and trousers that used to be tight have all went loosen and even my wrists and feet have slimmed down, too. Put 100% confidence in this product and you will find that losing weight is actually a easy mission.

Lee Kok Hong
25 year old



Before : 81 kg

After : 63 kg

18 kg lost



Lew Tien You
30 year old



Before : 91

After : 79 kg

12 kg lost

After consuming "So Easy Slim Care Nutri-Scheme", my body has experienced the best condition that it never experienced before. It is like throwing a heavy burden off my body. In the past, I thought that weight loss is something sounds impossible for me and it is no way to start on the diet schedule despite I wish for a slimmer body, too. However, "So Easy" has made my dreams come true as I had successfully thrown away almost 12kg of my body weights. Besides, my oily skin had improved and my hair had grown too. I am so happy that I could meet an effective slim care product which provides me outstanding results. It is hard to described my feeling now, only those have tried this product will deeply understand the miracles of the product.

I had tried several slim care products found in the market such as fat burner and so on. However, these products had made me suffered from palpitation and I easily got piss off. "So Easy Slim Care Nutri-Scheme" has regained my confidence on slim care products. It provides me outstanding results, helped me to lose about 12kg and improved my skin condition. I used to think that "weight loss" is a very difficult and torturing process. However, by consuming "So Easy", even though I do practice normal daily meals, my body weights still manage to lose gradually. Besides, my bowels have gone smooth too. "So Easy" is indeed a very effective and healthy slim care product.

Ong Kok Teong
31 year old



Before : 98 kg



After : 86 kg

12 kg lost

Liew Yau Choong
37 year old



Before : 89 kg

14 kg lost

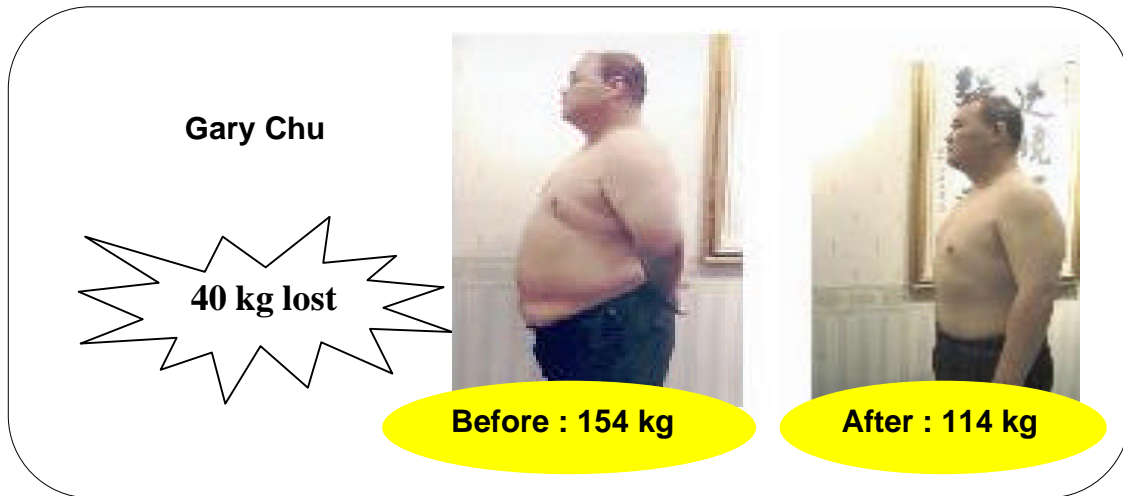


After : 75 kg

Due to obesity, I was breathless easily. However, the condition has improved since I consumed "So Easy Slim Care Nutri-Scheme". I used to treat losing weight a very difficult process where "starving" is a must. But "So Easy" has proven me to be wrong. I had tried other products but none of them provide me the results like "So Easy" did, where in just a few week times I had successfully lost 14kg of my body weight. Besides, my triglycerides level had dropped to normal level too. It is indeed a very effective slim care product. Be confident with it and you will find that "skim figure" is no more a dream.

All these times, I always thought that it is necessary for people who are plump as I eat more to obtain more energy. But after I consume "So Easy Slim Care Nutri-Scheme", I notice that sufficient vegetables and fruits can provide me the same energy that any other meal does. Before this, I had tried several slim care products found in the market but they could provide me nothing but where as "So Easy" had provided me energy an assisted me in losing for almost 18kg in just a very short period, my triglycerides had dropped to normal level , too, after the consumption. In the past, I used to have strange smell once I experienced heavy perspiration due to excessive meat consumption. But now, the condition has improved. I feel great on this amazing result.





BMI Measurement:

BMI- Body Mass Index Measurement

Calculation of BMI on Metric Calculation:

$$\text{BMI} = \frac{\text{Weight in Kg}}{(\text{Height in cm} \times \text{Height in cm})}$$

Example: $\frac{66 \text{ kg}}{1.65 \times 1.65}$
 = 24.24 (Normal Range)

$\frac{75 \text{ kg}}{1.65 \times 1.65}$
 = 27.54 (Overweight)

Standard Weight: $(1.65 \times 1.65) \times 22 = 59.895\text{kg}$

Underweight	Normal Range	Overweight	Obese
BMI < 18.5	BMI 18.5-25	BMI 25-30	BMI > 30

CONSUMPTION GUIDE

1. Recipes before Slimming Programme (*Foods Reduction Period*)

There are 2 principles during the foods reduction period :

- 1st Principle : Stop all unhealthy habit, such as smoking, drinking, coffee, tea, junk foods, chilies, fried foods, etc
- 2nd Principle : Light meals, less meat, low fat, low sodium, low sugar and low flavouring.

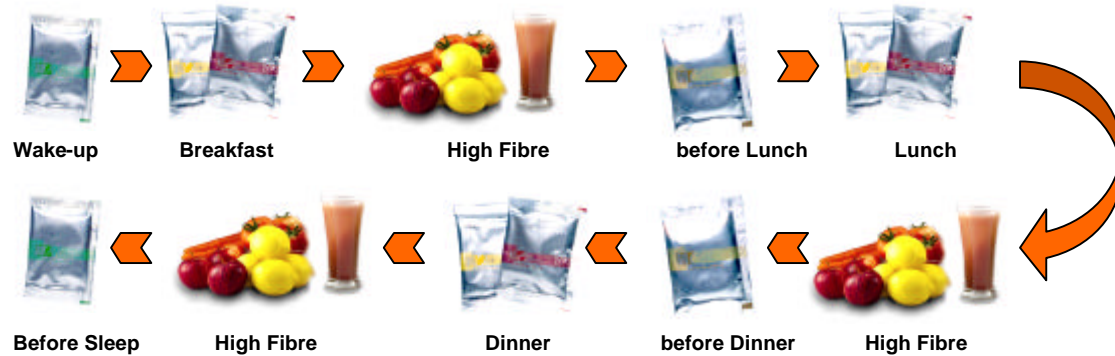
If the slimming programme drops at 4/2/04 to 6/2/04 for 3 days, we ought to reduce the intake of foods 3 days before 4/2/04. The recommended recipe for these 3 days is as follow :-

- Day 1 (1/2/04)** : intake less meat / only vegetable, only satisfy 70% of your hunger.
- Day 2 (2/2/04)** : intake only vegetable, fruits, porridge, only satisfy 50% of your hunger.
- Day 3 (3/2/04)** : intake only vegetable, fruits (apple or watermelon), vegetable broths, porridge, only satisfy 30% of your hunger.
- Day 4 (4/2/04)** : only INS So Easy Slim Care Nutri-Scheme



2. Recipes During Slimming Programme (*Slimming Period*)

The sequence of consuming INS So Easy Slim Care Nutri-Scheme is shown as below :-



NOTE :



Bio-Wheatgrass

Main Function : detoxification and toning functions, assist in metabolism process and hormone secretion.



Bio-Cell

Main Function : Replacement function, improves our immune system, the nucleic acid content will assist in regeneration of healthy new cells, reduces the unpleasant reaction resulting from energy dropped during the slimming process.



Bio-Balance & Bio-Diet

Main Function : The most primitive, most natural way to excrete the chronic feaces.

Instruction : Pour 300ml water into the shaker, then add-in Bio-BAL and Bio-Diet, shake and consume immediately. (Please do not leave for more than 10 seconds to avoid solidify)



High Fibre : High Fiber Fruit and Veggies Juice

Ingredients : Carrot (35%)+ Apple (30%)+ Tomato (30%)+ lemon (5%)

Instruction : Soaked the fruits and veggies to remove pesticide, cut into small cube, only 1/8 piece of lemon with the yellow skin peeled. Blend all the ingredients in a blender. Can be consumed directly. A glass of High Fiber should be about 250-300ml.

Reminders during the Slimming Process

1. Drink plenty of water (at least 5 litres), drink some high fiber fruit juice if hungry; both of them improve the detoxification process.
2. Throw out all the civilized burden, enjoy only slimming
3. Lesser in watching of TV programme, reading of newspaper or magazine, playing computer game, etc; this is to avoid the losing of energy
4. Avoid sex or masturbation
5. Do not take medicine without advice (except the medicine for high blood pressure and diabetes)
6. Inform the nutritionist at one if found any physiological problem.
7. Closely and often liaise with nutritionist during the slimming process
8. Do not off-set, be too busy or exhaust during the slimming process, maintain a happy and relax feeling for optimal effect.
9. Do some sweating physical exercises, such as waving hand, articular moving, dirigation, yoga or gymnastics to active the whole body joints, and let our heart beats 100 – 120 times for sweating a bit.
10. Sit silently, count on your breath to peace and pure your mind
11. Despite the slimming scheme will recuperate our health, we shall maintain the healthy lifestyle and diet habit for a forever health.

A simple exercise should be maintained during the Slimming Programme for a optimal effect :-



Action 1

Open your legs as the shoulder width, stand on tiptoe, stretch your head up. Repeat for 10 times



Action 2

Put your hands on the back of your neck. Band your upper body to the back. Repeat for 10 times



Action 3

Put your hands on the back of your neck. Wave your upper body to the left and left. Repeat for 10 times



Action 4

Hold your waist with your hands. Massage your waist with your fingers



Action 5

Beginning from the navel, press your stomach with fingers, from left to upper part, then right to bottom part. Repeat for 3 times



Action 6

Stretch your hands to front with your palm above (inhale) and move your hands to the back slowly. Wave your hands to front and close our hands back to back (exhale). Repeat for 2 times

3. Recipes after Slimming Programme (*Foods Resuming Period*)

The principle of Foods Resuming :

Fluidity foods → light meal → normal meal (but do not overtake, 70% full is the best practice)

Besides food, “Sex” is another factor should be controlled during the foods resuming period to avoid the exhausted of energy (Note : during slimming, energy should be saved for detoxification)

Recommended Recipes for Foods Resuming Period

Example	5 days for slimming period	Foods Resuming Period		
		1 st – 2 nd day	3 rd to 5 th day	After the 6 th day
Breakfast	INS So-Easy Slim Care Nutri-Scheme	Fluidity foods	Light Meal	Normal Meal
Lunch		- Watermelon juice - Apple juice - Soya milk	- Soya milk - Porridge - Whole wheat bread	- avoiding oily, spicy and acidity foods - select only 1 menu from the recommendation
Dinner		- Vegetable broths - Porridge	- steamed sweet potato - alkaline fruits - Rough rice with egg and non-starchy veggies	Note : only feed ourselves with 70% full
		- ragged cooked vegetable - vegetable broths - alkaline fruits	- alkaline fruit - vegetable broths - porridge - steamed sweet potato - fried vegetable	

Note : Do not eat protein content foods together with carbohydrate content foods. Take note of the following :-

1. Rice with non-starchy vegetable only (rough rich if possible)
2. Do not intake rice if intake meat (if we have eaten meat, we have to eat 700% of vegetable to neutralize it)
3. Eat only soup noodle if we would like to have noodle
4. the lighter the meal the better
5. No coffee, tea or the likes during the foods resuming period
6. Choose unsaturated oil for cooking if necessary, such as olive oil
7. Practise the “3 low and 1 high” principle, i.e. low fat, low sugar, low sodium and high fiber