



**START LIVING**

## REVIVE YOUR BODY IN 10 WEEKS

The LiYF weight loss programme has been designed by an experienced team of medical professionals, scientists and Ayurveda experts. The programme aims to detoxify the liver while optimising the way that the hypothalamus operates. This is the part of the brain that regulates thyroid and adrenal functions but, more importantly, certain metabolic processes in the body such as hunger and the feeling of being full after eating, which in turn impacts calorie intake and weight regulation.

🌿 **LOSE UP TO 15KG IN 72 DAYS**

🌿 **KEEP THE WEIGHT OFF**

🌿 **A NATURAL PRODUCT**

🌿 **NO SIDE EFFECTS**

🌿 **YOUR OWN DIETICIAN**

🌿 **VEGETARIAN FRIENDLY**

🌿 **GUARANTEED RESULTS**

🌿 **MONEY BACK GUARANTEE**

Finally a programme that guarantees healthy, safe & realistic weight loss results.

LiYF is a new Weight Loss Programme available in the UK

GUARANTEED RESULTS or your Money Back.

Money Back Guarantee : valid for 14 days, T&C's apply

## **LOSE 7-15% OF YOUR WEIGHT**

The average weight loss on the LiYF programme is 7-15% of your current body weight. Each one of us is different. However, the LiYF programme has successfully achieved 7-15% weight loss in 97.6% of all customers. You too can achieve these results.



## **BURN UNWANTED FAT**

LiYF targets the stored FAT within your body. Our unique LiYF Sprays help convert your body into a FAT burning machine.

## **CONTROL YOUR HUNGER**

The appetite suppressants in our LiYF sprays make it easy for you to control your hunger for the so-called little luxuries in life.

## **MAINTAIN MUSCLE**

As the programme targets FAT, you will retain your muscle mass. Our low calorie diet requires you to use your calories wisely, so only mild cardio exercise is permitted.

## **WEIGHT LOSS RETAINED**

By enhancing your body's metabolism we give your body the tools required to keep your weight off even after the LiYF Programme has been completed. LiYF works by conditioning your body so that you don't put the weight back on.

## **REDUCTION IN WAIST MEASUREMENT**

Seeing physical changes is one of the most rewarding benefits of the LiYF programme. By actually seeing your waistline reduce you know you are move towards your personal goals and feel a sense of satisfaction. Not only can you see daily physical changes to your body shape, our customers have also seen improvements to their skin.

## **GUARANTEED RESULTS**

With the LiYF Weight Loss Programme results are guaranteed! We believe in our product and promise to give you your money back if for any reason you're not happy within 14 days of starting the programme. T&C's apply.



## YOUR OWN WEIGHT LOSS COUNSELLOR

To ensure that you get the most out of the LiYF weight loss programme, one to one support from your own dedicated weight loss counselor (WLC) will be available. Your WLC is a qualified dietician who will be on hand to provide daily weight loss analysis, advice and guidance to support you throughout the programme.

- 🍃 Expert advice & guidance throughout the programme
- 🍃 Qualified support to ensure you get the maximum results possible
- 🍃 Food & nutritional support during and for after the programme
- 🍃 Analysis of daily weight loss to monitor your health throughout
- 🍃 Whatsapp, email, telephone support and peace of mind

## SIDE EFFECTS AND FOOD CRAVINGS

Our programme has already been successfully completed by hundreds of customers without any known side effects. Our unique LiYF sprays help you control your appetite and cravings so that you sustain a healthy LiYFstyle during and after the programme.

Guaranteed weight loss  
Recommended by over 500 Doctors  
Vegetarian & diabetic friendly  
100% Natural / Ayurvedic  
Targets unwanted fat  
97.6% success rate  
Loose Inches

## ABOUT US

The LiYF weight loss programme has been designed by an experienced team of medical professionals, scientists and Ayurveda experts around the world, with years of experience.

The LiYF weight loss programme is a journey in three separate stages: preparation, weight loss and maintenance. During this time, you will be equipped with the tools and support required to meet your weight loss goals and keep it off for good.



## MY LIYF JOURNEY – Shima, 50

### “I have finally found my cheekbones and waistline”

After 10 weeks I dropped three dress sizes, lost 7.5 inches from my waist and 12.3 kg. I have continued to lose weight and three weeks after finishing the programme I can now fit into my size 12 trousers and I have lost an amazing 19 kg in total!

I have finally found my cheekbones and my waistline under the fat I had and I have lost my treble chin. The transformation has boosted my confidence and I feel on top on the world. My family and friends tell me I look amazing and ask how I did it.

I never once imagined I could achieve these results. I needed a miracle and got it in the form of LiYF. The programme has changed my eating habits, and although I do still enjoy the odd naughty food it is limited.

I love my shape now and I aim to keep it.



## MY LIYF JOURNEY – Roy, 49

### “Fitter and more confident”

I can say nothing but good things about this programme. The only downside is that most of my clothes do not fit me any more, but the upside is by the end of the 10 weeks I lost 16.5 kg and feel fitter and more confident. I wish i had started LiYF sooner as I now feel healthy and alive. I will never go back to the old me.





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