

Top Fat Attack



Big Fat Deposits:

- ☐ Apple Body Shape – All your Fat is concentrated on the Upper part of your Body.

Male:

- ☐ Waistline 105cm and up.
- ☐ Big hard stomach / beer belly.
- ☐ Fat roll below their breasts called a liver roll.
- ☐ Slim arms and legs, no other fat except belly fat. Look stunning in a loose shirt and tight pants.

Female:

- ☐ Waistline 88cm and up.
- ☐ Big hard belly / pregnant look.
- ☐ Fat roll below their breasts called a liver roll.
- ☐ Facial hair.
- ☐ Beautiful legs and bum, looks stunning in a short loose dress.

Symptoms:

- ☐ Heartburn.
- ☐ Burping after eating.
- ☐ Sensation of fullness just under right rib cage.
- ☐ Reduced tolerance of fatty foods and refined grains.
- ☐ Regular headaches.
- ☐ Skin problems, brown spots on back & hands, little red dots on skin, skin tags and itching.
- ☐ Irritability or moody in the morning, friendly in the evening.
- ☐ Hot feet at night. Feet must be open when in bed.
- ☐ Varicose Veins or Spider Veins.
- ☐ Arthritis.
- ☐ Stiffness in upper and lower back with pain or tightness in shoulder area and between shoulder blades.

Crave:

- ☐ Deep fried foods.
- ☐ Sour foods.
- ☐ Salty snacks.

Cause of your weight problem:

- ☐ Chemical – Toxic or fatty Liver or lack of Gallbladder salts!
- ☐ Hormonal – Progesterone or Testosterone Imbalance!
- ☐ Nutritional- Nutrient Imbalance.
- ☐ [SIR1] Behaviour - Unhealthy Lifestyle, Stress, Emotional.

Bottom Fat Attack



Big Fat Deposits:

- ☐ Pear Body Shape.
- ☐ Too much fat on hips, thighs, buttocks and knees.
- ☐ Saddle bags & Cellulite!
- ☐ Small breasts and shoulders.

Symptoms for Women:

- ☐ Infertility.
- ☐ Ovarian cysts.
- ☐ PMS, irritability and mood swings.
- ☐ Menstrual complications.
- ☐ Excessive menstrual bleeding.
- ☐ Cyclic fatigue and brain fog.
- ☐ Pain in the lower back, hips and knees.
- ☐ Change in libido and vaginal dryness.
- ☐ Constipation, acne and hair loss.
- ☐ Menopausal symptoms like hot flushes and night sweats at night.

Crave:

- ☐ Creamy dairy products, like ice cream, cheesecake

and milk.

Cause of your weight problem:

- ☐ Chemical – Toxic liver – Too Much estrogen limits the Liver`s ability to Metabolise fat for Energy.
- ☐ Hormonal – Estrogen Imbalance!
- ☐ Nutritional - Nutrient Imbalance.
- ☐ Behaviour - Unhealthy Lifestyle, Stress, Emotional.

All Over Fat Attack



Big Fat Deposits:

- ☐ 15kg +
- ☐ Fat from Top to Toe.
- ☐ Loose Skin, Flabby Arms and a Double Chin.

Symptoms:

- ☐ Always Tired.
- ☐ Cold intolerance – Cold Hands & Feet.
- ☐ Poor Short-term Memory.
- ☐ Battle to Focus.
- ☐ Depression.
- ☐ Brittle Nails and vertical ridges.
- ☐ Dry skin.
- ☐ Dry hair. Hair loss - outer eyebrows thinning.
- ☐ Puffiness around the Eyes.
- ☐ High Cholesterol.
- ☐ Insulin Resistance.

Crave:

- ☐ Carbs - Bread, pasta, sweets and refined sugar.

Cause of your weight problem:

- ☐ Hormonal - Poor Thyroid Function – Poor Liver Function, The T4 doesn't get metabolised from T4 to T3, your pancreas lacks digestive enzymes to stabilise blood sugar.
- ☐ Nutritional - Nutrient Imbalance.
- ☐ Behaviour - Unhealthy Lifestyle, Stress, Emotional.

Stress Fat Attack?



Big Fat Deposits:

- ☐ Pendulous, hanging stomach.
- ☐ Love handles.
- ☐ Hump at the upper back, lower neck area.
- ☐ Swollen ankles.

Symptoms:

- ☐ Suffer from Insomnia, tired when you wake up in the morning. Anxiety, constantly in Flight or Fleet mode.
- ☐ Aggressive, moody or emotional and crying.
- ☐ Can't handle stress. Mind is overactive.
- ☐ Fluid issues, drink lots of water, but are always thirsty. Body can't absorb water.
- ☐ Calcium doesn't get absorbed; get cramps, a twitch in the eyes.
- ☐ Tight shoulders, inflammation or pain in joints, back and neck.
- ☐ Always out of breath after climbing stairs.
- ☐ Legs feel heavy, especially when exercising.
- ☐ Acne or poor skin.
- ☐ Arthritis.
- ☐ Heel spurs (Bunions) Calcification.
- ☐ Auto-immune conditions. Fibromyalgia (Auto-immune disease)
- ☐ Severe Menopause.

Crave:

- ☐ Salty foods
- ☐ Caffeine - Need coffee to wake up, loves coke!

Cause of your weight problem:

- ☐ Chemical - Too much Adrenaline leads to a toxic Liver; a toxic liver cannot metabolise Adrenaline and leads to too much Cortisol.
- ☐ Hormonal - Too much Cortisol creates a Hormonal imbalance. Cortisol blocks your Liver preventing it to metabolize fat and cause Big Fat Deposits as above, you can combine the Stress Fat Capsule with the Top, Bottom and All Over Capsule. It is Universal and can be used for weight Loss as well as for High Stress Levels and is a schedule 0 Pharmaceutical Drug and is safe to use for long terms without any side effects with your Chronic Medication.
- ☐ Behaviour - Stress, Trauma and Sleep Deprivation leads to, too much Adrenaline.