

METASYS® PROGRAM

Interview with DR SATYA , founder and developer of the exclusive METASYS program.

- ***What is Metasys ?***

Metasys is a comprehensive health programme developed by Doctors and Scientists in Europe. It is clinically tested with 5 scientific publications.

- ***How does it work ?***

Metasys works by increasing the Energy (equivalent to half hour jogging per day) reducing Fat absorption, mobilising stored fat (about 2 dress sizes in 3 months) increasing Metabolic rate and reducing the risk factors for chronic diseases. The result is; you look good, feel good, eat well, move more and live longer.

- ***What is it for ?***

Metasys addresses 3 issues

A Weight Loss

B Beauty

C Health

- ***How much weight can I expect to lose ?***

Metasys programme has been expertly designed as a three month programme to provide safe, sensible and lasting weight loss without any yo-yo effect and without major side effects. This not a quick fix by any means, it is the most natural way to lose weight.

As everybody's metabolic rate is different , the weight loss rate of each individual is dependent on various different factors like age, sex, hormonal balance, stress level, physical activity, diet habits and lifestyle.

Clinical trials with Metasys alone show you can lose about 4 kg over 3 months. Results from following the full programme as detailed in the booklet indicate an average weight loss of more than 5 Kg over 3 months.

However, please understand, it is not just the question of losing x amount of Kg, it is the question of adjusting the balance between, muscle mass, fat, water and Bones depending on your body shape. Sometimes, you may not have lost any noticeable change in total weight in the first month, but the parameters of muscle, fat and water are corrected to give you perfect shape. Hence we say "Shape up! with Metasys". It takes about three months to feel the full benefits.

- ***Once I finish the three month programme, do I need to continue taking it ?***

Depends what you are taking this for.

Weight loss---- It is not advisable to lose too much weight too quickly. Body cannot cope with sudden huge weight loss, it is in fact dangerous for your health to lose more than 1% of your body weight in one week (about 10% loss over 3 months is ideal and safe).

At the end of 3 months if you want to lose more weight, you can continue taking it till you reach the correct weight for your height (see chart in booklet)

Beauty & Health----- You can continue to take Metasys indefinitely to maintain ideal shape and 100% Health. Metasys is clinically tested and proven safe for continuous use over the years

- ***What kind of diet do I need to follow ?***

The programme booklet has a full dietary recommendation, menu plans, Diary etc. The recommendations are simple and easy to follow so that any changes you make tend to be permanent resulting in healthy diet for life (not just for 1 or 2 weeks)

- ***How does it work for Beauty ?***

Beauty is indeed skin deep, but, believe it or not, your skin cells are renewed every 2 weeks, hair grows 1 cm each month and nails grow 0.4 mm every month. So, the BEAUTY has to come from WITHIN not just outer adjustment. Metasys helps to renew the cells in your body, reduce free radical damage by anti-oxidants, detoxify and repair the skin, hair and nails.

It helps you to shape up--- you need to put on weight in some areas, and lose weight in other areas ---- as the case may be---- Metasys knows where to adjust the balance .

Metasys just does that----- "Shape up !"

- ***Does it help CELLULITE ?***

CELLULITE is due to toxins and excess salt which retains water and traps in fat cells. You must always watch for the hidden salt in all processed, prepared and stored foods. Avoid them. Metasys helps by releasing the toxins by opening up the fat cell. It takes about 3 months to see this change. This is the most natural way to deal with CELLULITE.

- ***I am not over weight but my WAIST is big, Does Metasys help me ?***

Waist fat is the result of eating lot of high glycemic foods like white bread, potatoes, Rice, Pasta etc. This triggers high insulin release which stores the extra energy as fat around the waist. Avoid high GI foods. Metasys is shown to reduce the waist size by 2 dress sizes in 3 months.

- ***I have JELLY BELLY ----- Does Metasys help me ?***

in a survey in UK, about 56% women aged 25 to 45 are concerned about this. This is mainly because of too much processed foods and fizzy drinks which causes fermentation and bloating. . It is advisable to go for fresh foods and plain drinks and water. Metasys neutralises the fermentation with anti-oxidant effect and detoxification.

- ***Some of my customers say, they are not worried about weight, but their BUM is BIG----- Why people get big bums, Does Metasys help for this ?***

Yes-- ----- Eating excess Saturated Fat like Chocolate, Cheese, Cakes etc results in this Fat accumulated on the buttocks. Avoid excess saturated fat. Metasys is shown to reduce saturated fat absorption in clinical studies.

- ***Does it help BINGO WINGS ?***

Too many fat diets result in muscle loss rather than fat loss and this along with skin problems and hormonal change cause bingo wings. Eat lean protein in proportion. Metasys helps this problem by maintaining the proportion of the muscle and improving the skin elasticity and correcting hormonal balance.

- ***A lot of customers are worried about SAGGY BREASTS as they grow older. Does Metasys help ?***

Bad dieting and hormonal changes causes saggy boobs with loss of supporting connective tissue and muscle. Focus on strengthening the pectoral muscle and eat foods with plant hormones like Soy, Lentils, Green tea etc. Metasys strengthens the connective tissue and increases the muscle resulting in firmness and better cleavage and adjusts hormonal balance.

- ***A lot of people talk about lack of ENERGY particularly in the afternoons with afternoon dip. Does Metasys help ?***

Yes, Metasys raises the energy, equivalent to half hour jogging every day. It helps by stabilising blood and insulin levels and to provide uniform energy.

- ***Does it fight WRINKLES ?***

Wrinkles are due to persistent damage to the skin with pollution and injury and ageing. This results in loss of collagen & elasticity. Metasys helps by increasing the elasticity & collagen content, renews skin to avoid pimples at young age and wrinkles at later stages. It is very good for dry skin.

- ***Does it help my brittle HAIR and NAILS ?***

It is important to maintain good antioxidant level to maintain the smoothness and longevity of hair and nails. The polyphenols in Metasys helps for this by renewing and repairing Hair and Nails continuously.

- ***Does it help Menopause symptoms and thyroid problems ?***

During periods and at menopause, the hormonal balance changes dramatically which results in unwanted side effects often that bothers many. The plant hormones in Metasys help to stabilise this.

About 40% of women have low thyroxin levels beyond menopause. This causes weight gain, depression, lack of energy etc. Metasys works by changing the Metabolism, which takes about 3 months to take effect.

- ***Does it help for my heart health ?***

Metasys helps to reduce and reverse the free radical damage and over about 6 months it helps to reduce the risk factors like Cholesterol, homocysteine and c-reactive protein. Metasys increases energy, reduces fat level and thus help to maintain heart health.

- ***Does it help DIABETES ?***

Metasys is not a MEDICINE for DIABETES, but it helps to stabilise insulin and sugar balance over 3 to 6 months. On the long run it helps to control Diabetes better and reduce long term health problems.

- ***Some of my customers have Polycystic ovaries, can they take Metasys ?***

About 30% of women have poly cystic ovaries--- this is not serious, but can cause acquired symptoms and people with poly cystic ovaries find it very difficult to lose weight. Metasys helps these symptoms and help them to lose weight over 3 to 6 months.

- ***I take drugs for Diabetes and Blood Pressure. Can I take Metasys ?***

Metasys just contains green tea extract which is specially prepared for this purpose. There is no contra indication with any drugs or Medicines and in fact , Metasys can help Diabetes and BP over a length of time .

- ***Oh, I took green tea extract before, it is the same then?***

No—The Green Tea Extract used in Metasys is specially formulated by a patented process and it is 25% water extract which is one of its kind. This is the one tested in those medical studies which are published.

- ***Why can't I drink green tea instead of taking Metasys ?***

Metasys green tea extract is specially prepared with a patented process for this programme and tested for its efficacy. Tests show, to get the same effect of polyphenols, one needs to drink 100 cups of green tea per day which is impractical and dangerous with all that water!

- ***Can children take Metasys to lose weight ?***

There is no contraindication why children cannot take Metasys, but, Doctors do not recommend any weight loss medication for children below 14 years of age. They should be advised to look at their diets, exercise pattern and see their Doctor.

- ***What about pregnant women ?***

Metasys is not tested with pregnant women and pregnant women should not be trying to lose weight in the first place, they should be putting on weight! So, Metasys is forbidden for pregnant women.

- ***OK, this all looks great! Like a miracle pill ?!***

Absolutely not! Metasys is a programme put together by scientists to help people to change their lifestyle over 3 to 6 months. Metasys works best as a programme suggested in the booklet. People are advised to be sensible with their diet and look at their physical activity suggested in the booklet. It takes 3 to 6 months to feel some of the above benefits because it takes time to change their Metabolism and Body Shape.

Thank you!

My pleasure!!