

AROMA Patch™

Simple, natural, fun way to enhance your DIETARY MANAGEMENT!

AROMA PATCH™ LIFESTYLE SUPPORT PLAN

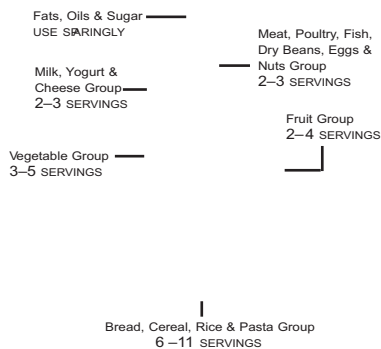
Congratulations on taking a sensible and healthy step to establishing good eating habits and A NEW YOU!

This brochure is designed to give you the facts behind the booming weight-loss business claims, to help you avoid the outright scams, and to encourage you to consider thoroughly the costs and consequences of the dieting decisions you make.

HISTORY OF AROMATHERAPY

For centuries, cultures around the world have used essential oils from flowers and plants as ointments, incense, perfumes, cosmetics and for medicinal and culinary applications. Today aromatherapy has become quite sophisticated in its practice and is seen as a natural alternative therapy used to enhance overall health and well-being. The benefits obtained from aromatherapy depend upon the quality of the essential oils used. These essential oils, extracted from various parts of plants and flowers, have a remarkable ability to relax, stimulate and influence our overall mood.

FOOD GUIDE PYRAMID



Source: US Department of Agriculture,
US Department of Health and Human Services

THE FACTS ABOUT WEIGHT LOSS

Here are some general points to keep in mind:

- Any claims that you can lose weight effortlessly are false. The only way to lose weight is either to reduce the number of calories you eat or to increase the number of calories that you burn off through exercise. Most experts recommend a combination of both.

- Very low-calorie diets are not without risk and should be pursued only under medical supervision. Unsupervised, very low-calorie diets can deprive you of important nutrients and are potentially dangerous.

- Fad diets rarely have any permanent effect. Sudden and radical changes in your eating patterns are difficult to sustain over time. In addition, so-called crash diets often send dieters into a cycle of quick weight loss, followed by rebound weight gain once normal eating resumes, and even greater difficulty reducing when the next diet is attempted.

- To lose weight safely and keep it off requires long-term changes in daily eating and exercise habits. Many experts recommend a goal of losing about a pound a week. A modest reduction of 500 calories per day will achieve this goal, since a total reduction of 3,500 calories is required to lose a pound of fat. An important way to lower your calorie intake is to learn and practice healthy eating habits.

SENSIBLE WEIGHT MAINTENANCE TIPS

Losing weight may not be effortless, but it doesn't have to be complicated. To achieve long-term results, it's best to avoid quick-fix schemes and complex regimens. Focus instead on making modest changes in your life's routine. A balanced, healthy diet and sensible, regular exercise are the keys to maintaining your ideal weight. Although nutrition science is constantly evolving, here are some generally-accepted guidelines for losing weight.

- Consult with your doctor, a dietician, or other qualified health professional to determine your ideal healthy body weight.
- Eat smaller portions and choose from a variety of foods.
- Load up on foods naturally high in fiber: fruits, vegetables, legumes, and whole grains.
- Limit portions of foods that are high in fat: dairy products like cheese, butter, and whole milk; red meat; cakes, chocolate and pastries.
- Exercise at least three times a week.

THE AROMA PATCH™

The Aroma Patch™ releases a mild aroma and works as a device designed to act as a constant gentle reminder to help you stick to your diet and exercise program. When the patch is applied in the morning, the pleasant aroma will be with you all day.

BENEFITS

Our goal is to help you become a healthier, happier and more confident person. If you look good, you feel good.

HOW TO USE THE PATCHES

Using an Aroma Patch™ is simple. Each morning take a fresh patch, peel off the backing and apply it to either the inside of your wrist or upper arm. Make sure that your arm is clean, dry and free from body lotion. Do not immerse the patch in water. If the patch gets wet, simply replace it with a fresh one. Smell the sweet aroma throughout the day, especially when temptation comes your way.

NO DIRECT CONTACT

Essences in the Aroma Patch™ are not in direct contact with the skin. However, in the unlikely event that irritation occurs, replace the new patch in a different position from day to day. If irritation still occurs, discontinue the program.

FOUR WEEKS SUPPLY

Aroma Patches are in boxes of four weeks supply, containing 28 patches and may be continued throughout your program.

SAFETY

The Aroma Patch™ works through the sense of smell acting as a device to remind you of your diet and exercise program. It is not transdermal and therefore does not enter the bloodstream or interfere with any medication. The Aroma Patch™ is for external use only and should not be eaten. Before undertaking any dietary program for significant weight loss, it is advisable to consult your doctor.

LIFESTYLE SUPPORT PLAN

The Food Guide Pyramid shows how to build a healthy diet by eating a variety of foods each day. Use the Food Guide Pyramid plan as part of your dietary management.

LIFESTYLE SUPPORT PLAN - SUGGESTED FOODS

Choose a balance from the six different food groups to make sure you get all the nutrients you need to stay healthy.

Starchy Foods: These include foods such as breads, potatoes, pasta, rice, noodles, millet, oats, crackers, polenta, cracked wheat, couscous and breakfast cereals. They should form the main part of every meal or snack.

Fruit and Vegetables: Eat at least four servings of fruit and vegetables a day. Choose from fresh, frozen or canned fruit packed in natural fruit juice. Remember that fruit juices and dried fruit can be included in your daily food intake, added to the meal or in the form of a snack, from breakfast to dinner.

Milk and Dairy Products: Aim for three servings each day. A typical serving is 1/3 of milk, one small yogurt, cottage cheese, low-fat creme fraiche or a small portion of low-fat cheese. Switch to naturally low or reduced-fat versions to cut down on fat but not calcium.

Protein Foods: At each meal, aim to eat 3 oz. protein, such as meat, fish, poultry and game. Lower-fat choices include lean meat, chicken, turkey, duck (skinless), fish (white and oily), eggs, tofu, beans and lentils, which may be added to meat dishes or replace meat altogether. Cook them with no added fat, or just a little—in a marinade, for example. Try to eat fish at least twice a week—including canned sardines, tuna, salmon and herring, but drain off any oil prior to use.

Fatty and Sugary Foods: Fat is necessary, but don't eat too much of it. Use spreads such as olive oil spreads, and oils such