

Weight Loss Cocktail Party

I would like to welcome you to this Taste of Success call, this call will be focusing for the next 3 weeks of the Weight Loss challenge, to educate your guests of the benefits, testimonies associated with Xango. And For the guest with us tonight, what you do with this information is your business, all we'll ask if it you want more information and the person that invited you to the call will get it to you and answer your questions.

First I would like to introduce my guest _____ to share his story of success.

My name is Cerisse Gallant, I have been a student of nutrition for the last 10 years and have taught weight loss success with my previous company. I am not a doctor, and what I share is information, and I will point you in the direction of doing further research for your self to make your own decision.

I personally have lost 17lbs with this cocktail in 90 days just by adding this beverage to my lifestyle.

I am going to educate you on making some lifestyle changes, not depriving yourself of food, and adding a simple cocktail twice a day to your meals

In 90 days you will experience

- Elimination of Body Fat
- Increase Libido, and sex drive
- Tighten and increase skin vitality
- Increase Muscle mass and energy
- Increase memory retention tenfold
- Increase hair thickness and growth
- Increase metabolism for faster weight loss
- Feel young again
- In 30 days if your coach-able get the product for FREE, if your ambitious lose 20lbs and be earning an average of \$700 a month as a 5K with Xango

Since the 70's overweight and obesity has increased sharply for both adults and children.

75% of Americans are over weight, 32% of Adults, and 19% of Children age 6-11 are obese, quoted from the Center Disease Control and Prevention.

These increasing rates raise concern with American health, Being overweight and obese increase the the risk of many disease's and health conditions, including

Hypertension

Osteroarthritis

High Cholesterol and high triglycerides

Type 2 Diabetes

Coronary heart disease

Stroke

Gallbladder disease

Sleep Apnea and respiratory problems

Some cancers, breast and colon

If you stay overweight you are shortening you Life

There are 3 basic things that cause overweight and obesity

- Energy imbalance, eating more calories that used up in a day.
- Body weight is a result of genes, metabolism, behavior, enviroment, culture, and social economic status.
- Behavior and Environment play a large role causing people to be overweight and obese. These are the greatest area for prevention and treatment.

1st lets address Energy imbalance over a long period of time, results in weight gain.

Weight gain: You consume more calories than are used in a day

Weight Loss: You used more calories than you consume

No weight changed Calories consumed= Calories used

How many have try to diet, cut back, starve yourself, eat less, and lose weight just to gain it all back.

This is the worst thing you can do to your body, your programming your body to be a fat gaining machine, your slowing your metabolism down so slow your body thinks its going into starvation mode and begins storing fat

On this program you eat want you want, when your hungry, but I'll encourage you to take a look at the calories in some of your, what you might think is healthy eating.

For example I snack on cut veggies because they're healthy, the Humus I dip them in, because its healthier that dip, had 70 calories per tablespoon, I was eating low calories veggies with 350 calorie of dip, well I should of just ate a dinner.

Same thing with a salad, watch the dressing, it could a 300 calorie dressing.

2nd Body weight is a result of genes, metabolism, behavior, environment, culture, and social economic status.

We all have different body type, some are prone to a slim frame, some a muscle bound, some and heavier framed with larger hips or shoulders. Keep this in mind, you will lose weight and be healthier, but know matter how much you work at it you may not turn into that super model frame and become 6 inches taller.

Overweight people are emotional eaters, we eat when were happy, sad, upset, and bored. We eat for comfort, we eat when were not hungry. We eat to socialize.

Overweight people are hungry all the time; they have a slow metabolism, hormone imbalance.

Over weight people skip breakfast, Change that right now and you'll lose weight. Breakfast starts your metabolism.

Overweight people eat diet food, this is one of the biggest problems, since the 70's all we have heard about is low fat, no fat, stay away from fat, reduced fat. Diet foods have more sugar, than fat, and many have unhealthy sugars. Stay away from diet pop, start drinking regular pop, if you must drink pop.

As a nation we've increased in Adults being overweight from 15% to 32% since the 70's and there has been every diet wrote.

Diets don't work for the long term

When you eliminate fat from your diet:

- Your skin is dry and wrinkled
- Your joints ache
- You have headaches
- Arthritis
- You have Elimination and digestive problems
- Energy levels are low
- Toxics build up and are stored in your fat cells and you puff up.

Let me be the one to tell you, you need Fat in your diet everyday. Every meal, it tells your brain your full. I'm satisfied, we need it to function

You need Good Fat

If your body doesn't get what it needs it craving something all the time.

If you crave:

If you want to eat all the time: you need good fat in your diet

Sweets: you need more protein in your diet

Salty foods: You need water; your body is telling you you don't have enough water in your body. Salt will conserve the amount of water in your body.

3rd Behavior and environment play a role to being overweight and obese

Reduce time watching TV

Walking, just walking will help you lose 10lb a month

Increase physical activities,

Don't try this at all if you going to try for 2 weeks and Quit get a buddy and commit to 90 days. And track results, weight and measurements are critical, sometimes you don't lose anything for weeks but the inches still slide off.

Have you and your buddy meet several times a week to walk at a local park and enjoy the fresh air, breathe Overweight people don't breathe deeply.

Why this plan works

The good Oil tells your body I'm full

You get to eat just about whatever you like, of course eating sensible with increase your results.

Kefir gives you better digestion of fats

Belly fat is linked to high cholesterol, high insulin, high triclycerides, this cocktail helps you lose the fat stored in your belly, I lost 5 inches around my waist.

Kefir boost energy helps digestive system,

Coconut oil stimulates your metabolism; you burn more calories each day. Keeps skin and hair healthy and you'll look more youthful, it also helps you with stress relief

Olive oil is protection against heart disease, helps lower cholesterol, colon cancer prevention, protective to the stomach.

Xango improves immune system, stimates the thymus gland to increase metabolism, improves digestion, and elimination, anti- inflammatory, anti-aging, anti-oxidant to flush toxins from your body. And many more benefits.

2/3's of your brain is composed of Fats:

Fatty acids are the key to a healthy brain. Some researches believe imbalance of omega fatty acids may lead to mental disorders, including hyperactivity and depression.

Our western diet is imbalanced in omega 3 fatty acids. We have 20 times the omega 6 fatty acids in our diet with the dairy and meat we consume.

We need to boost the omega 3 fatty acids, to balance this eat more fish, Flax seed oil, and it is also in our 3Sixty5 vitamins.

Avoid Trans fatty acids found in oils, margarines and shortenings, use cold pressed or extra virgin olive oil.

To get the best results in the next 90 days, make some lifestyle changes.

- Increase activity, and you'll feel like doing more when your energy begins to increase.
- Drink half your weight in water every day, this is the most important part, Fat is stored in your cells, and the oils help metabolize and burn fat, but you must flush it out of your system or it just floats around in your body.
- Use the 3sixty5 vitamins, multi vitamin multi mineral, coQ10 for heart health, omega 3's, women formula for bone health and Men's formula for prostate health.
- Use the cocktail 2 times a day, with meals, if you need to lose more than 50 lbs increase each serving with 1 more oz. of Xango and 1 more oz. of Kefir and then drink it 3 times a day.
- Or play around with the recipe, add ½ cup of fruit and a tablespoon of plain yogurt and protein powder and make a meal replacement, Make 6 times the recipe and blend and it store in your refrigerator for 3 days. It's the Best Fast Food ever
- When working with the coconut oil it is liquid above 73 degrees, it's stored on your counter, in a glass jar and put it in warm water for a few minutes and it turns to liquid.

So get ready for that sexy waistline, and in 90 days you'll go shopping for some skinny jeans. You'll have to buy new pants; they will be falling off you.

I have put together a group of select individuals that are committed to losing 1000lbs. together by convention in November; our group is going to be the biggest losers in Xango. If you want to be part of the Biggest Losers and get some promotion pictures at convention Email me at Cerisse@cerisse.com and let me know how much you'll weigh in 90 days and you can be part of my select team of individuals that will lose. So far our group has lost 219lb together.

Remember it didn't take 2 weeks to screw up your metabolism; we are converting your body into FAT Burning machines

And any mechanic knows that all machines need to be well oiled to operate properly or they'll burn up.

This is the same with our bodies, without oil we are burning up, our skin is dry, wrinkles, we have arthritis, headaches, and when we eat 1 potato chip we want to eat the whole bag because it has some fat that our bodies need for survival.

The best part is when you lose 20lbs everyone will ask you what your doing and you'll tell them about the Fat burning cocktail. They'll want to try it and you'll teach them where you'll get all the products.

When you share this with 5 Buddy's that want to lose 20lbs or more, you'll earn referral checks from the company for spreading the word about this Life changing product, and all you have to do is share your success and become a good inviter.

Take the weight loss challenge, throw a cocktail party, invite your friends to meet your friend that lost 15lb in 10 weeks drinking a weight loss cocktail, come and sample and learn all about it.

We're looking for Business partners, 5 friends that want to drink their juice for free, and we teach them how to drink their juice for free, and then we teach their friends. You earn word of mouth advertising.

We're living in financially hard times, gas, is 17% higher than last year, food is up 5%, foreclosures are on a rise, Michigan is one of the hardest hit states for unemployment, and Jackson Michigan was the worst city in the state of Michigan in June.

We have a fantastic opportunity to educate families how to be healthier and earn an extra \$500 a month and to a lot of families that is some life changing income.

For \$35 you can start a home based business, and lose weight, or improve your health at the same time, the tax advantages alone make this a very attractive, we teach you how to save \$5000-\$7000 off you tax liability before you even make a dime with your home based business.

The good news is our industry of direct sales is recession proof, our industry does well in good times, but we do fantastic in hard time because people are looking for an additional stream of income.

And the best part is drink 2 cases, eight bottles, at \$25 per bottle wholesale. In your first 30 days, and if your not happy they give you your \$ back. No questions asked.

We want to send you home with a packet of information ask the person that brought you to give you:

A cd from Dr. Albert Miller, on 25 Q+A on Mangosteen juice, and a cd from Cindy Samuelson on the perfect business for women.

We appreciate your time and attention,

Rich, Do you have any final comments?