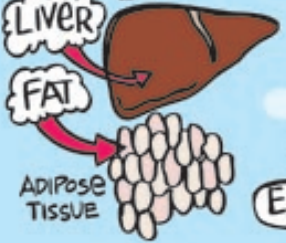


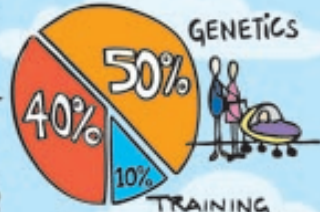
PRIMAL PRINCIPLES for LASTING FAT LOSS

YOUR BODY IS NOT READY TO LOSE WEIGHT UNTIL IT IS **HEALTHY & DETOXIFIED**

TWO PLACES TOXINS ARE STORED IN THE BODY

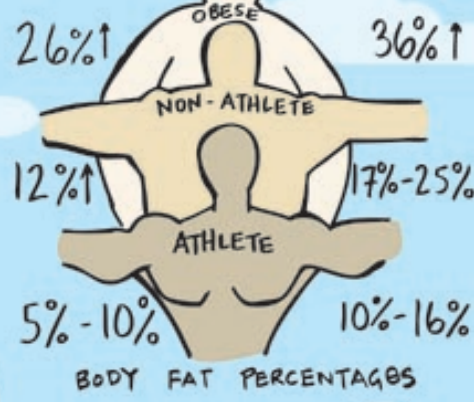


HEALTHY & DETOXIFIED



TRAINING IS A SMALL PIECE OF THE WEIGHT LOSS EQUATION

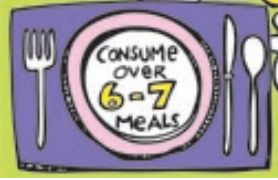
≡ BODY COMPOSITION ≡
MALE **FEMALE**



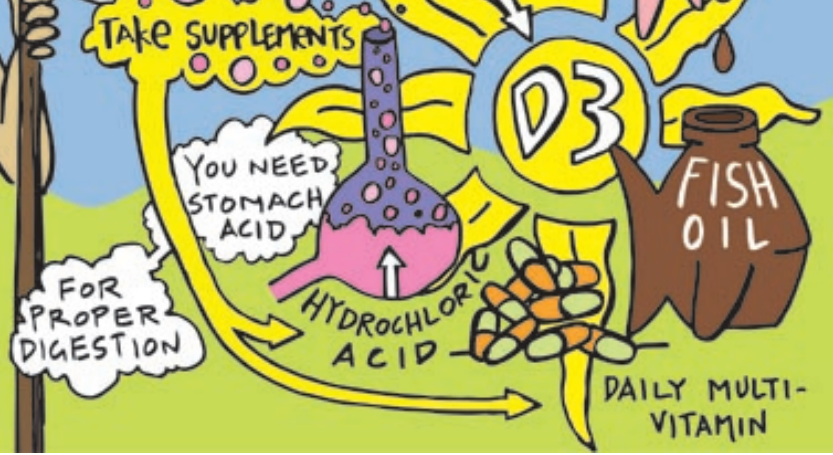
IS THERMOGENIC & RAISES METABOLISM

MEET a **PROTEIN goal**

MEN 4g/PER Kg BW
WOMEN 2g/PER Kg BW



99.9% OF PEOPLE ARE D3 DEFICIENT



TAKE FISH OIL FOR OMEGA 3s