

The Complete Diet and Detox system, by Model Herbs



MODEL HERBS introduces the “**Complete Diet System**” with a unique combination of supplements made from the highest quality of all natural herbs and crystallized juices to maximize your results with the least amount of personal effort. This 30 day **Complete Diet System** includes a **Daily Fiber**, **2 parts cleanse**, a **diet complex** and **Quick Fix the Instant Juice Fast**.

This unique combination of products are designed to **detoxify the colon, liver, skin, lungs, kidneys, heart and lymphatic system** while **reducing your appetite, boosting your metabolism and increasing your energy to improve your health, lose weight, feel better and rejuvenate your body & Mind**.

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- **The Complete System is a 30-day**, Turnkey Solution with 4-steps to Weight loss, full body detox and internal cleansing.
- **Step 1: Detox with “Cleanse”**.
- Cleanse has been developed to help support an optimal healthy lifestyle. Cleanse has been scientifically formulated with natural ingredients traditionally used to cleanse the bowel and detoxify the liver, skin, lungs, kidneys, heart and lymphatic system. Cleanse has been scientifically formulated as a gentle and effective detoxification and cleansing system helping to maintain healthy intestinal lining, liver function, colon, cellular function, and parasite elimination.
- **Step 2: Balance with Daily Fiber**.
- Daily Fiber is a well balanced blend of Arabinogalactan, Oat Fiber and Acacia Fiber to insure optimal results. Dietary fiber can play a positive role in helping to control cholesterol, blood glucose and body weight (the latter through appetite regulation). Regular consumption also may help reduce the risk of colon cancer, cardiovascular ailments and other diseases.
- **Step 3: Reduce Appetite - Boost Metabolism - Increase Energy** with Diet Complete - Weight Loss Formula – uses all three weight loss contributors!
 - **Diet Complete is scientifically formulated to stimulate healthy, permanent weight loss by suppressing the appetite, boosting your metabolism while also increasing calorie expenditure through thermogenesis.**The proprietary blend combines the amazing, clinically-tested Hoodia Gordonii with a host of all-natural herbs proven to boost metabolism, enhance energy levels and relieve stress. Digestive enzymes

and Bioperine are also added to assist proper digestion and ingredient bioavailability.

- **Step 4: Eliminate with Quick Fix instant Juice Fast.**
 - Quick Fix is an instant 24 hour Juice Fast that has been scientifically designed to stave off hunger with Hoodia, balance your blood sugar, rev-up your metabolism, detox your colon, liver, kidneys, skin, lungs, bowel and intestinal track for a deep body detox while shedding unwanted pounds in just 24 hours!
 - Fasting can be used for nearly every chronic condition, including allergies, anxiety, arthritis, asthma, depression, diabetes, headaches, heart disease , high cholesterol, low blood sugar, digestive disorders, mental illness, and obesity. Fasting is an effective and safe weight loss method. It is frequently prescribed as a detoxification treatment for those with conditions that may be influenced by environmental factors, such as cancer and multiple chemical sensitivity. Fasting has been used successfully to help treat people who have been exposed to high levels of toxic materials due to accident or occupation. Fasting is thought to be beneficial as a preventative measure to increase overall health, vitality, and resistance to disease. Fasting is also used as a method of mental and spiritual rejuvenation.

Directions

1. **For optimal results** please follow the instructions for each product and take the “Cleanse” 2 part system, Diet Complete and Daily Fiber at least 7 days before taking the “Quick Fix” Instant Juice fast.
 2. **Cleanse 2 part system Directions:** Start with 1 capsule each of both Cleanse and Cleanse II in the morning and in the evening with an 8oz glass of distilled water. Increase intake of both products by 1 capsule every day until you achieve 2-3 bowel movements per day. Do not exceed 6 capsules of each product daily. Once bowel function is satisfactory, reduce the number of capsules of each to 1 or 2 twice a day, using the minimal amount necessary to maintain bowel function. Remember to drink 8-10 8oz glasses of distilled water each day.
 3. **Daily Fiber Directions:** Take one scoop of Daily Fiber in 8oz of distilled water in the morning. Maybe repeated in the midday and in the evening. Make sure you drink at least 8-10 oz glasses of distilled water a day.
 4. **Diet Complete Directions:** As a dietary supplement, take 1 capsule with 8oz glass of distilled water 15-30 minutes prior to breakfast or your morning meal and 1 capsule with 8oz glass of distilled water 15-30 minutes prior to lunch or mid-day meal. For more effect some users take 2 capsules in the morning before the first meal. Do not take after 6:00pm. Do not exceed 4 capsules per day.
 5. **Quick Fix Directions:** upon awaking the day of taking Quick Fix only take 3 capsules of both MODEL HERBS Cleanse formula I & II* with an 8oz glass distilled water, with one serving of MODEL HERBS Daily Fiber*. This is then followed by one scoop of Quick Fix Instant Juice fast in an 8oz glass of distilled water. After this do not eat or drink anything else but Quick Fix and water for the entire day! Repeat taking only the Quick fix every hour for the entire day finishing the bottle of instant Quick Fix before you go to sleep. During the day drink a minimum of 10 8oz glasses of distilled water between the Quick Fix Juice fast.
- ** These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.*

- ***We are so sure you will be please that we offer a 60-day Money Back Guarantee. If you try "The Complete System" and if it does not live up to your expectations, simply return the unused portion for a full refund of the entire cost of product.(shipping &handling are not included)*

Hoodia Gordonii (stem) Hoodia is a succulent, cactus-like plant usually found in plain and rocky areas of the deserts of South Africa, Namibia and Angola. Several species of the plant exist, many grown as garden plants. One of the species, Hoodia Gordonii is thought to have medicinal properties. Hoodia Gordonii had long been used by San Bushmen, an indigenous tribe in South Africa to ward off hunger and thirst for long periods during hunting. The active ingredient of the plant has a direct action on the brain which suppresses appetite and helps cutting off ingestion of calories. (MacLean DB, Luo LG. Increased ATP content/production in the hypothalamus may be a signal for energy-sensing of satiety: studies of the anorectic mechanism of a plant steroidal glycoside. Brain Res. 2004 Sep 10; 1020(1-2):1-11; van Heerden et al. An appetite suppressant from Hoodia species. Phytochemistry.2007 Oct; 68(20):2545-53.)

Green Tea Extract Green tea is an extract from the plant Camellia sinensis, consists of polyphenols, especially catechins. It is also rich in antioxidants, anticarcinogens and antivirals. Japanese have long known the medicinal properties of the tea. Green tea induces thermogenesis (called so because it increases body heat) and speed up the rate at which carbohydrates and fats are broken down for energy. (Shixian et al. Green tea extract thermogenesis-induced weight loss by epigallocatechin gallate inhibition of catechol-O-methyltransferase. J Med Food. 2006 Winter;9(4):451-8.) Weight loss with green tea results from burning of excess fat and carbohydrates. (Belza A, Frandsen E, Kondrup J. Body fat loss achieved by stimulation of thermogenesis by a combination of bioactive food ingredients: a placebo-controlled, double-blind 8-week intervention in obese subjects. Int J Obes (Lond). 2007 Jan;31(1):121-30.); Diepvens K, Kovacs EM, Vogels N, Westerterp-Plantenga MS. Metabolic effects of green tea and of phases of weight loss. Physiol Behav. 2006 Jan 30;87(1):185-91)

Guarana Seed Extract Paullinia pinnata is an African woody vine mostly found in South America and the Amazon Basin especially in Brazil. It has long been known for its medicinal values. Guarana as a constituent in supplements or in soft drinks, is consumed by athletes as it is believed to burn fats. A research shows that guarana supplementation decreases lipid levels by enhancing its breakdown. (Lima et al. Lipid metabolism in trained rats: effect of guarana (Paullinia cupana Mart.) supplementation. Clin Nutr. 2005 Dec;24(6):1019-28.) It also improves the metabolic rate when taken in combination with green tea. (Sale C, Harris RC, Delves S, Corbett J. Metabolic and physiological effects of ingesting extracts of bitter orange, green tea and guarana at rest and during treadmill walking in overweight males. Int J Obes (Lond). 2006 May;30(5):764-73.)

Evodia Fruit Evodia is a deciduous tree native to northern China and Korea, however it is also cultivated as ornamental tree. It bears small reddish fruits which contains an alkaloid, Evodiamine. The Chinese literature refers to Evodia fruits as a "hot nature" herb. A study conducted by Kobayashi et al shows that evodiamine induces heat loss and heat production at the same time and dissipates food energy, preventing the accumulation of fat and the body weight increase. (Kobayashi et al. Capsaicin-like anti-obese activities of evodiamine from fruits of Evodia rutaecarpa, a vanilloid receptor agonist. Planta Med. 2001 Oct;67(7):628-33.)

Rhodiola Root Extract Rhodiola, better known as golden root or roseroot is mostly found in the arctic areas of Europe and Asia. It forms an important part of traditional medicines in countries like Russia and Scandinavia. It had been widely used as an adaptogen with various other healthful effects. In line with its traditional use to enhance work capacity, exercise endurance and physical activity, a study conducted by Walker and Robergs demonstrated that the herb has performance-enhancing properties. (Walker TB, Robergs RA. Does Rhodiola rosea possess ergogenic properties? Int J Sport Nutr Exerc Metab. 2006 Jun;16(3):305-15.). Other studies also confirmed Rhodiola's property to improve endurance exercise capacity. (De Bock K, Eijnde BO, Ramaekers M, Hespel P. Acute Rhodiola rosea intake can improve endurance exercise performance. Int J Sport Nutr Exerc Metab. 2004 Jun;14(3):298-307.)

Bioperine

Bioperine which is 95% piperine, is an alkaloid extracted from the fruit of black pepper or long pepper. Piperine is known for its exhaustive list of medicinal properties. Piperine administration has been shown to decrease the plasma lipids and lipoproteins levels, except for high density lipoprotein which is good for the body. Thus, it could be used for management of dyslipidemia and eventually weight loss. (Vijayakumar RS, Nalini N. Piperine, an active principle from Piper nigrum, modulates hormonal and apo lipoprotein profiles in hyperlipidemic rats. J Basic Clin Physiol Pharmacol. 2006;17(2):71-86.) Consumption of high-fat diet leads to formation of harmful reactive molecules (oxidative stress), which are a root cause of obesity related complications. Bioperine protects the body from oxidative stress, (Vijayakumar RS, Surya D, Nalini N. Antioxidant efficacy of black pepper (Piper nigrum L.) and piperine in rats with high fat diet induced oxidative stress. Redox Rep. 2004;9(2):105-10.), thus helping in weight loss.

Complete System Weight Loss Supplements: Complete System Weight Loss Supplements 30 day Complete Diet System includes a Daily Fiber, 2 parts cleanse, a diet complex and Quick Fix the Instant Juice Fast. This unique combination of products are designed to detoxify the colon, liver, skin, lungs, kidneys, heart and lymphatic system while reducing your appetite, boosting your metabolism and increasing your energy to improve your health, lose weight, feel better and rejuvenate your body & Mind.