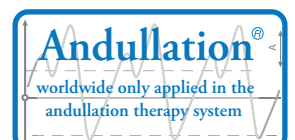




> Research Andullation Therapy  
Boosting and maintaining your slimming programme

*Medical Research Team HHP*



# Boosting your Slimming Programme and Maintaining your Flat Tummy

## > Slimming requires Energy

Slimming is impossible without healthy and balanced nutrition. Your metabolism represents the ability of your body to convert a very large part of the foodstuffs consumed (sugars, fats and protein) into the energy (ATP) which you need, as fuel for the normal functions of your non-fat body mass (muscles, organs and bone). All excess intake of foodstuffs is stored in the form of fat (Fig.1.). Nutritionists assist you in finding the diet, which is most suitable for you. However, you yourself are responsible for burning up the excess fat. Therefore you should not only exercise regularly and take part in sports, but you should also maintain your abdominal muscles. For this reason your slimming programme also takes up a lot of energy (ATP).

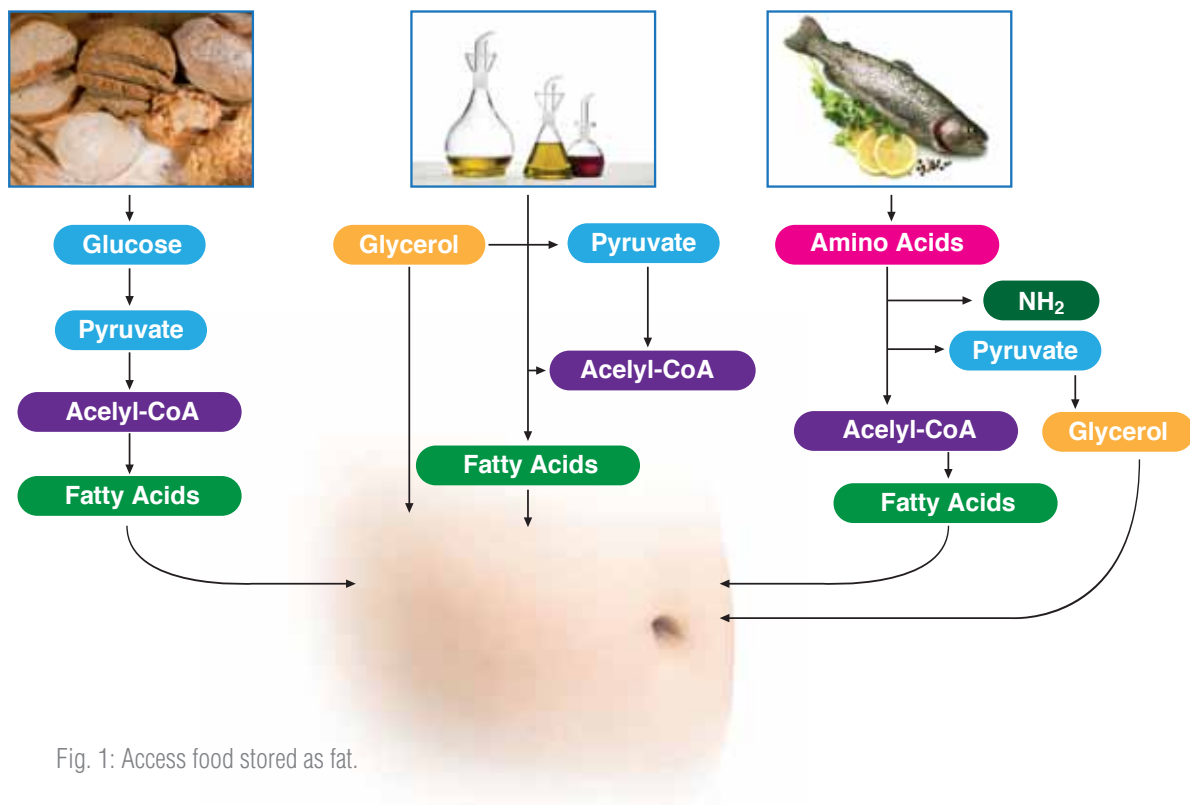


Fig. 1: Access food stored as fat.

## > Will you Abandon or Maintain your Slimming Programme?

Once you have finally reached the required weight, there is still a need for a lot of energy in order to maintain your effective slimming programme for the rest of your life. The control of weight is an excellent goal, but many people drop out (+/- 70%). As a result of the consequent yoyo effect, the lost kilograms very quickly reappear. And what is worse, this leads in itself to greater excess in weight. And having too much abdominal fat is in the long term partially responsible for lifelong health problems such as Type II Diabetes, heart disorders and diseases of the blood vessels. There is no way that a fat tummy gives any impression of health or strength. And so you need to maintain your body well so that your mind and spirit feel well in it (mens sana in corpore sano).

## > What to do in order to Maintain a Flat Tummy

You have three main goals:

- > You wish to maintain the hardly-visible process of losing weight.
- > After you have achieved your ideal weight, you wish to avoid the yoyo effect.
- > You wish to maintain for the rest of your life the sought-after and satisfying result.

Since you are getting slimmer and losing weight little by little, the intensity with which you burn up food (metabolism) gets somewhat lower when you are resting. This is called an incremental reduction in your basal metabolism. However, this means that you are then producing less energy (ATP), which is required for all functions of your body. So it is quite possible that you will begin to tire more quickly.

## > Abdominal Muscles

A flat tummy is the most important sign of a healthy and fit body. Your abdominal muscles are working all day long, whether you are sitting, standing or walking. The abdominal muscles are also very important for the carrying out of all everyday tasks. Whenever the supply of calories (sugars, fats and protein) from food is higher than the requirement for them, this will in the end lead to an accumulation of fat in these muscles. Since excess weight is associated with an uneven distribution between muscle mass and fat mass, it is seen that in such situations even more fat builds up in the abdominal muscles just as it is the case if people have too little physical movement and sport (Fig.2, 3, 4). Because the abdominal muscles play a very important role in the basal metabolism (see above), the production of energy (ATP) becomes less pronounced as more fat builds up in the muscles.

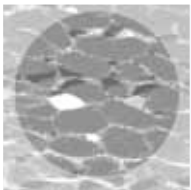


Fig 2: Normal muscle in a healthy 34 year old man who does sport – X90/6851  
Narula, Declerck, Kakulas – Neuropathology, Perth, Western Australia

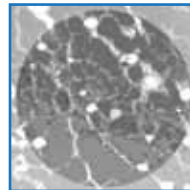


Fig 4: Fat in muscle cells in a 50 year old man who does a certain amount of sport – X90/1807

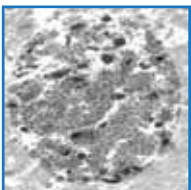


Fig 4: Complete muscular degeneration of an inactive 55 year old man - X90/71122

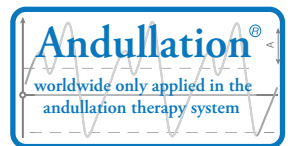
## > Andullation gives you the Energy to Maintain your Flat Tummy

Daily andullation treatment for 15 minutes gives the required energy boost in order to maintain your healthy eating habits, physical movement and attention to your tummy muscles for the rest of your life. And this is achieved in a simple and relaxing manner.

The Institute for Medical Research in Lausanne calculated, after a thorough investigation, that the amount of energy (ATP), which you produce in the energy generators of all your cells (de mitochondria) by using andullation, is the equivalent to the energy (ATP) which you produce during a 10km walk, or carrying out sport for one hour.

Andullation revitalizes you cells. Andullation as a logical consequence of normal physiological processes should therefore increase the energy (ATP) in your cells through, on the one hand, the stimulation of the active burning of food intake, and on the other hand, by increasing the basal at rest metabolism.

In addition, through the use of the andullation belt the fat consumption in the abdominal zone will be improved, leading to a strengthening of the abdominal muscles and a reduction of possible constipation symptoms.



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